

Checked my mood ring. Yep, still gay –

Like Christmas trees ripped from a farm, every holiday session we are forced to leave our comfortable habitat to sit in a living room with a heterosexual family in the suburbs. This is what the heteros like to call “visiting family”. Though it's not technically a hate crime, it feels like one. We powder our noses and wear our loose-fitting jeans to make others feel better about themselves. When we want to put on a show, we grab our “roommate” and force them to endure 12 hours of “*fuck my life*”. What I love even more about being gay over the holidays is we all know that when we are feeling bored we can easily shape the narrative around other's business without any direct involvement. For example, we all know that Uncle Dawn is cheating on Aunt Pam before she does. We simply might share that information with someone. So, we stir the pot and leave it to boil over like a scene out of Mean Girls. Not that I support this behavior or deny that I haven't spilled the tea on a few of my “family” members. I know that you all are reading this and thinking... is this Jason? Shouldn't he be telling us how to survive family gatherings? Well, we are all adults and are going to be placed in holiday situations that will test us. So, my simple advice is... you do you, just own it and be able to live with your choices.—Jason



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The Center will be closed Nov. 28th & 29th.

Jason Eaton Lynch

Director of Elder Services
jeatonlynch@lgbtqcolorado.org

Bryant Mehay

Manager of Elder & Disability Programs
bmehay@lgbtqcolorado.org



Thankful 4U

Friday, November 1 | 11:00 AM – 2:00 PM



You're invited to West of 50's Thanksgiving: an annual event to celebrate and revel in the strength of our community! Use the QR code to RSVP for this year's wholesome afternoon of food and friends.

RSVP is open!

Space is limited and walkups to the event will be turned away. RSVP is required to attend. If you need assistance with registration please connect with Jason or Bryant.

Club 50

Club50 — We are excited to introduce you to the new Community Group! **Club50** drives West of 50 programs, creates volunteer opportunities, and makes meaningful change whenever possible.

The club will be meeting the **first Wednesday** of every month starting on **November 6th** at **1:30p to 2:30p**.

Agenda

- Community Feedback regarding the Tea Dance
- Community Feedback regarding West of 50's Thankful 4U celebration
- Review of Holiday Party set for Dec. 6th
- Community Engagement activations
- West of 50 performance review
- Concept ideas for the talent show

Nov. 6th at 1:30pm. Location Pete's Kitchen: 1962 E Colfax Ave, Denver, CO 80206

WOF! Lets go to the opera! West of 50 is going to the Colorado Opera to see *Daughter of the Regiment*! We have been invited to the dress rehearsal for this awesome show. There is a limit to of 8 for this viewing. The first 8 to sign with Jason or Bryant will get a seat. RSVP's must be submitted by Nov. 1st.

Dress Rehearsal Date: Thursday, November 7th at 7:00pm.

Location: 1385 Curtis St, Denver, CO 80204

For those who would like to purchase tickets you can do so and use the below promo code.

What happens when an orphaned girl is raised by an entire French regiment? Chaos, comedy, and plenty of heart! *Daughter of the Regiment* follows Marie, the spirited girl who grows up among soldiers and is forced to choose between the love of her military family and the handsome young man who has stolen her heart.

With soaring high notes, hilarious misunderstandings, and charming romance, this high-energy production is a feel-good experience for all. Don't miss Opera Colorado's lively rendition of this classic, featuring dazzling vocal performances and the Opera Colorado debut of RuPaul's Drag Race star Monét X Change in a special cameo appearance! Use promo code COLFAX for 20% off tickets to any performance, November 9-17. Secure your seats now for an unforgettable evening of music, laughter, and star power. Here is a link to buy tickets with your promo code automatically added:

<https://my.operacolorado.org/overview/1741?promo=colfax>



Creative Meditation with Quána Madison

Friday, November 8th
11:45a.



THE CENTER
ON GOLF COURSE
West of 80



Want to show off your art at The Center's Holiday Party & Art show?
Art is due the week of **November 18th!**

We will be hanging art the week of **November 25th.**

We will be decorating The Center for the holiday party on **Tuesday, November 26th** Starting in the morning and going until we are finished.

Pancake Pop-up! The West of 50 team is hard at work getting things ready for the Holiday Party and Art Show. But **WE NEED YOU!** We need help trimming photos for this year's holiday decorations. Please join us for a morning of community building, pancakes, and fun!
Date: Thursday, November 7th
Time: 10a—12p



Push'n Pansies

Second Wednesdays
1:00 - 2:00 PM

Push'n Pansies: Navigating Medicare is stressful and confusing! What makes the process even more frustrating is every year the program changes!

In some cases this is a good thing and in others... not so much. Join us for a conversation on what to expect for 2025 and what you can do to get this most out of this coverage.

Date: Wed. Nov. 13th.
Time: 1p

Rustle n Crunch

Avis B

Rustle n crunch, rustle n crunch
These two things I love a bunch
When the leaves are on the ground
You know for sure where I'll be found
Down by the river, or at the park
Me and the dogs let out a BARK
For it's a joyous time of year
Before the holidays are even here
rustling n crunching, we step along
While in my heart sings a song.

Nutrition News

Whatever happened to coupons?

This tried and true saving tool moved digital. Though not the most convenient, one can still save money by downloading the app of your favorite grocery store you can sift through their digital coups and add them to your account. When you enter your member ID at the register the "clipped" coupons will automatically be deducted from the bill.

You can also go to the products website to find coupons. Many of these products will make you sign up to receive them.

VI- MEMORIES OF AN OLD MAN

Ken Felts

After the ship was fully provisioned with fuel and other supplies, we set off for the east coast of North Korea. Being a very mountainous country, there are few areas along either coast that lends itself to being accessible for a shore landing of troops. Wonsan bay on the east coast is perfect. The coastal terrain is smooth, contains the transportation systems, and is an important strategic location. North Korea, well aware of its vulnerability, made sure the bay and harbor were well supplied with hundreds of mines. Our job was to remove them.



Swallow under fire, 1952



Near miss

We attached the mine cutters to the two paravane cables and let them stretch behind the ship in a “Y” formation. The paravanes are attached to the ship with cables and every 50 feet or so we attach a mine cutter. We start at the edge of the bay and slowly work our way inward with laps parallel to the beach line, each time moving closer to the shore. Cutting and then exploding their mines seemed to irritate the North Koreans and they would open fire on our ships each time we neared the coast. While on the Swallow,

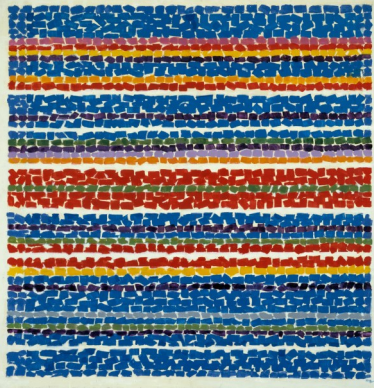
we were shot at numerous times, some quite near, but we were never hit. Our small ship was prone to roll considerably when a stormy sea disturbed the water around us. And when that happened, I would be hanging over the railing feeding the fishes with my lately consumed dinner. I never really got over being seasick during even a small storm.

Twenty-six, mostly young, sailors were housed in a small sleeping space. At any one time several were topside on eight-hour watch, the rest sleeping or occupied with duties on deck. If there were any Gays on board, I was never aware of it. On the very first day of clearing mines in Wonsan harbor, I was met with my first artillery barrage from shore. I was almost paralyzed at first, not knowing what to do. On a small wooden ship, there is literally no place to hide. We were far enough offshore that none of the attacks struck our ship or the others in our fleet. It became so routine, being under fire, that and no hiding place, we would grab our cameras and take photos of the ongoing action. Before the war was over, six mine sweepers had been sunk, each losing several personnel. These were the only ships lost during the Korean War.

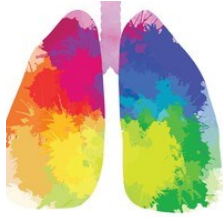


Ken as 20mm gunner

During one sweep at Wonsan, an American pilot’s plane was damaged by ground fire while over North Korea and had to ditch his plane in the harbor near us and was all smiles when we pulled him on deck. After about six weeks at sea, we returned to our home base in Sasebo, Japan, for several days before we repeated our cycle, often going to the western coast to sweep for mines at bay of Inchon. The water was frozen, and we cut a swath as we plowed through. Due to the low temperatures, our lookout time on the bow was cut to 15 minutes. Sometimes at sea we would tie up with a supply ship and had the treat of visiting the ship’s store for chocolates and other treats. But we were most happy when we returned to our home base in Japan. I took the time on those occasions to explore the Japanese countryside, small villages and other points of interest.



WOF—A field trip to the Denver Art Museum! - This past September, Jason had the awesome opportunity of seeing the Composing Color: Paintings by Alma Thomas while presenting at the Creative Aging Convening. Much like our own artists Alma embraced creative aging and crafted dazzling paintings of patterns. Her work focused on themes from space, earth, and music. Please join us for an afternoon of community and art! **Date:** Thursday, November 14th. **Time:** 1p. Space is limited.



Lunch & Learn— What did one lung say to the other? “We be-lung together!”

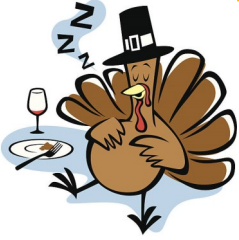
November is Lung Cancer Awareness Month. Lung cancer is one of the most common forms of cancer and the leading cause of cancer deaths. Many people know about the need for mammograms to detect possible breast cancer and colonoscopies for colorectal cancer. But people at high risk of developing lung cancer often do not know about their screening options for the early detection of lung cancer. Patients aged 50-80 with a heavy smoking history may qualify for a low dose CT to be covered in full by Medicare, Medicaid and most insurances. Representatives from the Lung Cancer Screening program at National Jewish Health and The White Ribbon Project will be visiting The Center on Colfax to increase awareness of lung cancer, explain the eligibility and potential benefits of Lung Cancer Screening CT and the impact of lung cancer on the LGBTQ community. We will also discuss how to talk to your doctor about your cancer risks, and why being out to your doctor may be important for your care.

National Jewish Health is the leading respiratory hospital in the nation. Since 1899, we’ve made groundbreaking discoveries; educated providers, scientists and patients; and integrated the latest discoveries with personalized, coordinated care for respiratory, cardiac, immune and related disorders. The Lung Cancer Screening Program at National Jewish Health engages patients interested in screening. The Program Coordinators determine patient eligibility for Lung Cancer Screening CT, arrange Shared Decision Making visits and schedule annual low dose CTs with the goal of identifying lung cancer early.

The White Ribbon Project is a 501(C)3 grass roots campaign set out to change people’s perspective about lung cancer. It’s about building a community where people talk about lung cancer, show they are not alone and are always better and stronger together. The project was created by Heidi and her husband, primary care physician Dr. Pierre Onda. They started making ribbons in their garage to raise awareness that anyone with lungs can get lung cancer and no one deserves it! Since October 2020, the movement has taken off around the world. Across the US, Canada, EU and beyond, the international lung cancer community people are making ribbons to hand out to lung cancer patients, their caregivers, friends & families, the medical & science communities, including cancer centers and local companies to raise awareness. Thousands of white ribbons have been made and distributed!

Date: Wednesday, November 20th. Time: 11:45a—1:00 p.

Please RSVP so we know how much food to order.



Turkey Time- Does Eating Turkey Actually Cause Sleepiness?

November is back, and with it comes many wonderful things. Some of my personal favorites include: crisp sunny mornings, pumpkin spice lattes, cozy sweaters and of course... TURKEY! I love all the traditional Thanksgiving foods and prefer my turkey smothered in gravy. I also always participate in the tradition of taking a nap after eating my Thanksgiving meal. Do you do this too? Have you ever wondered why does it seem like everyone is sleepy post digging into that delicious turkey meal? I am sure you have heard the debate that turkey makes us sleepy due to a chemical called tryptophan, so let's learn more about it!

So what is tryptophan? Tryptophan is an amino acid that our body uses to build proteins, repair tissue in the body and promote growth. Our body does not naturally make tryptophan, so we need to get it from the food we consume, such as cheese, fish, milk, soybeans and turkey. Tryptophan can become a building block for neurotransmitters such as serotonin, which is the feel-good hormone that makes us

feel calm and promotes sleepiness. But not all tryptophan becomes serotonin, research has shown actually very little of the tryptophan from turkey leads to an increase in serotonin to produce sleepiness. Essentially, the tryptophan from turkey is NOT what makes you sleepy after eating Thanksgiving dinner. So, what is making us so sleepy after enjoying a meal?

Researchers believe that the sleepiness we feel is correlated to the body's digestive response from eating such a big meal. After eating a big meal, the brain sends out signals telling your body to slow down to digest the food, as well as spikes in our insulin and glucose, resulting in energy crashes. If you partake in a few alcoholic beverages, that can also cause you to feel a bit sleepy at the end of a long, sometimes stressful, day of interacting with others.

So there you have it- turkey doesn't make you sleepy but there is nothing wrong with taking a good old nap on Thanksgiving or any other day matter of fact! Happy Thanksgiving West of 50, we appreciate you and all the joy you bring to our community! - Helena

Lunch Bunch! - Lets get a BJ! In 2024 Biker Jim's Gourmet Dogs was voted one of the Best Hot Dogs in America by Bloomberg. This Denver staple has been featured on Food Network, The Cooking Channel, The Food Channel, Anthony Bourdain's No Reservations, Denver's Channel 7, and many more.


When you go to get a BJ, you can choose from 13 different dogs. Such as Wild Boar, beef, Jack-A-Lope, or buffalo. These dogs can be topped with a verity of different toppings! If you need more than a delicious BJ, you can add a side such as fries or a salad. *Attendees are reasonable for covering the cost of their meal.*

Date: Nov. 21st

Time: 12:30p

Location: 2148 Larimer Street, Denver, CO 80205





The Center on Colfax's Holiday Party & Art Show

Friday, December 6th

4:00 p Meet the Artist & learn about their art

5:00p–8:00 p Community Parity

Art – Entertainment – Community
Drinks – Food – Give Aways

Oh, Please Don't Leave Me by Kathleen Kelleher



"Wait! *Wait!*" I hollered madly. But none could hear me. All of them were already on the bus, the bus door was shut tightly, a-n-d the bus had already left The Center's parking lot. It was 9:36 am, and -- yes -- just as Steve had forewarned me: "The bus is leaving at 9:30!" Again, he emphasized: "at 9:30."

Wait! Wait! This time I was sending a mad-and-crazy hand signal. My left-turn hand signal jerked up and down at the bus: Wait! Wait! I screeched and turned left in front of the bus onto Lafayette from Colfax. Clearly: I was *l-a-t-e*. The bus driver couldn't help but see me signaling frantically. "*Oh, please don't leave me!*" I really wanted to go to Estes Park. I sped down the Zero-Parking Street that is Lafayette ASAP, I found a gap between cars, and I backed into the gap ASAP ... with one of my back wheels up -- and over -- the curb. "*I'll deal with the fine later. I just wanna go to Estes Park.*"

I parked, I ran, I huffed, I puffed. I musta had a cadre of supporters on the bus ... because Mandy, the bus driver, waited for me. "*OMG! I made it.*" Miraculously, the door to the Wonderful, Giant Bus opened up for me. I ascended the steep bus steps. I stood at the top. I gasped. Some clapped, some offered mouth-to-mouth resuscitation, some noted: "*You always do make a Grand Entrance, don't you?*" With my last breath of air, I could only whisper into Mandy's ear: "*You are a dear, dear bus driver,*" whereupon I plopped down into the one empty seat. All 30+ of'em had so kindly waited for me.

"*What time is it?*" I asked my seatmate, Sage. "*It's 9:45,*" he responded. Holy mother Mary, and j, m, and j: I had actually: 1) found "a parking spot" down at the other end of the street from The Center, 2) ran the block-long distance back to the bus, and then 3) *Allelu-jahhh: Ascended Up Into the Bus ... in 9 minutes total.* A record never

to be broken again.

And then, next: *Ahhhhhhh ...* again. All of us, including me we all arrived so happy to be in Estes Park. We descended the steps of The Big Giant (Beautiful) Bus, and we sauntered to the closest corner so that we could cross the street.

"*Wait! ... Wait!*" was what we heard. "*Now what?*" I thought to myself. "*Wait! ... Wait!*" yet again. Turns out it was The Man in the Automatic Signal Box at the Corner of Elkhorn Street and ? Street. Again He ordered: "*Wait! ... Wait!*" So, of course, our theme song became: "*Wait! Wait!*" Then, next, another deep breath: *Ahhhhh, finally* -- we, all of us, crossed on over into: *The Gloriousness of the Day: a Perfect, Per-fect* day. Not a cloud in the Coloradoblue sky. All the aspens so very Golden and a'Twitterin.' The creek all a'burbalin' and streamin' behind us. And -- *Behold!* -- three mermaids -- Avis, Laurie, and Cheryl -- positioned *Per-fectly*: just'a'sittin' on the rocks that jutted down into the stream ... themselves all happy and a'burbalin.'

And so -- naturally -- it came to pass that *we just had* to start taking pictures. "*I'll take pictures of all three of you mermaids...*" I said, "*with each one of your own cameras.*" Next, I took about 15-20 photos with each camera. By about the 10th, they stopped posin' ... and started acting "all natural," like real-live mermaids. And the soft breeze kept'a'blowin, and the green-and-golden back-lit stream kept a'rollin'along behind us. "*Can you take my picture now?*" I asked. Then I got myself all situated ... on a different little mermaid rock, looked up into the autumnal sky, and said, "*I wanna look natural, so I won't be posing ... I'll be meditating upon this: This Most Per-fect Day in Estes Park.*"



November 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Key

Lesbian: Lesbian Lounge

Story: Telling Your Story

Stitch: Stitch &

Bitch

Sex: Older Wiser Sexually Smarter

Art: Open Art

Move: Movement

DPSG: Disability Peer Support Group

1 No programming

2

11a
Thankful
4U!
RSVP required

3

4 10 lesbian
1:30 Story
6:15 Stich

5 10 Men's
2 Sex

6 10:30 SS
yoga
1:30 Club50

7 10 Open Art
10 Pancake
7p Monet X
Change

8 10:30 Move-
ment
11:45Meditation
1:30 DPSG

9

10

11 10 lesbi-
an
1:30 Story
6:15 Stich

12
10 Men's
2 Sex

13 10:30
SS yoga
1 Push'n
Pansies

14 10 Open
Art
1p Denver Art
Museum

15 10:30 Move-
ment
1:30 DPSG

16

17

18 10 lesbi-
an
1:30 Story
6:15 Stich

19
10 Men's
2 Sex

20 10:30
SS yoga
11:45Lunch
& Learn
Trans Day

21 10 Open
Art
12:30 Lunch
Bunch

22 10:30 Move-
ment
1:30 DPSG

23

24

25 10 lesbi-
an
1:30 Story
6:15 Stich
Art Hanging

26 10
Men's
2 Sex
Holiday
Decorating

27 10:30
SS yoga

28 Happy
Thanksgiving
The Center's
Closed

29
Center
Closed

30

