

Who Are We?

By Sandra Ehman

As you all know, the EC covers the spectrum of diverse interests of our GLBT community, from youth to seniors. But, I have a question: do you read them all or just the ones that pertain to your needs? Or do you attempt to read everything to keep you up to date on what others' are doing?

We, as seniors, do the same things--have fun, learn and get serious. From a wonderful lecture on raptors (not chicken hawks), which included live birds of prey, to a speaker from AIDS Rochester. Did you know that many seniors are will be living with AIDS?

Since 2004, we've taken a boat trip, chugged along on the railroad, danced, picnicked, did yoga, cried for members who have crossed the rainbow bridge and laughed at our brown bag auctions. We've met new people, made wonderful friends, and have developed a network of support for each other....What more can you ask of a group?

Our dances are bringing a broad spectrum of ages together for fun-filled, drug-and-alcohol-free nights with good food, music and auctions.

Coming up to start 2008 is a wonderful eight-week program called "Guided Autobiography," which will be a great way to look back at our lives.... This workshop will be moderated by two Rainbow Seniors who have been trained in Guided Autobiography; we'll share topics that will allow us to share stories, and the group will have a maximum of 8 members. Stay tuned for more info on our Web site and newsletter.

For ALL of the GLBT community, we invite you to join us, no matter how young or old you feel. Sign language interpreters are available, too, so come on down!!

The Big 5-0

By Brian Hurlburt

The year was 1975. I was a senior in high school and on my way to study hall. Once taking my seat, I would once again take out a piece of paper and a #2 pencil and begin to figure out what year it would be when I turned the BIG 5-0. At 17 years old, it was years away. Let's see...2007. BAM!

This year in November I turned 50 and I said to myself, "what in the world happened?" It is hard for me to believe. I know, I know, it's just a number. But how did I feel turning a half century old? To my surprise, not so bad. I was a little upset about it beforehand, but once it got here, I felt proud of all I had done so far and excited about what the future still holds for me. A future that will be spent with a lot of my new friends at Rainbow Seniors of Western New York.

My partner and I joined the Rainbow Seniors a little over a year ago. As I was 49 years old at the time I, by no means, considered myself a senior, but that is beside the point. We were looking for new friendships and a social network in the gay community that provided both had good times together and a group that really cared about each other's needs. We found that with the Rainbow Seniors. Oh, and so much more! We have found a great support group to help us grow into older, proud gay senior citizens.

Are you looking for the same? Be sure to check us out, no matter what your age. We are here for you. Our website is rainbowseniorswny.org, which lists all of our upcoming events, including our potlucks every third Sunday of the month at 1st Universalist Church of

Rochester, 150 South Clinton Avenue. The potlucks are a great way to get to know us. We hope to see you soon!