



Promoting and addressing life issues affecting the general welfare of older gay, lesbian, bisexual, transgender, and intersex (GLBTI) individuals



## The Rainbow Seniors Newsletter

---

March 2005

### Change of date for our March potluck

- Please note that we have had to change the date of our March potluck to *Sunday, March 27*, same time, same location. Only the date has been changed!
- Join us the 27th for Corned Beef/Cabbage and other green foods, but if you're not in a belatedly Irish mood, feel free to bring traditional Easter foods. Following our meal, we'll play bingo.
- As always, we need your help with set up and clean up. This month we ask people with last names beginning **A-G** to assist with set up and those with last names beginning **H-N** to assist with clean up. Thank you pitching in!

### Yum! All-you-can-eat pancakes on March 12

Come to the Maple Tree Inn on Saturday, March 12 for all the buckwheat pancakes and fresh maple syrup you can eat, for \$7! Add homemade sausages and eggs for a few \$\$ more. Location: Angelica, NY, south of Nunda. Caravan leaving Rochester at 7 a.m. Need a ride? Willing to carpool? Call Sandra and Ginny, 585.473.4765. To learn more about the Inn, go to [www.cartwrightsmapletrereinn.com](http://www.cartwrightsmapletrereinn.com).

### Intergenerational Panel April 17

RSWNY, the GAGV Youth Group, and AIDS Rochester will be co-sponsoring an Intergenerational Panel on April 17, the date of potluck. RSWNY will provide the pizza, and we're asking you to bring a salad or dessert. All of our activities—the Board meeting (2 p.m.), the Intergenerational Panel (4 p.m.) and potluck, including the Youth Group and folks from AIDS Rochester—will all take place at AIDS Rochester, 1350 University Ave. There's plenty of parking. This was a very informative and well-attended event last year, so don't miss it! In fact, invite anyone whom you think would be interested to join us (clergy, straight-but-not-narrow friends and family, etc.).

### Yoga workshop, Saturday, April 16

Yoga teacher Laurie Brewer will share her expertise and show us how to stretch, breathe, and stay flexible at 10 a.m. on Saturday, April 16, 1st Universalist Church, corner S. Clinton and Court. This workshop is for anyone, regardless of fitness level. Some of us will work from a chair, some of us from the floor. This is a great way to learn movements that help keep us more limber and make it easier to cope with arthritis and other motion-limiting diseases. Wear comfortable clothing! RSVP to Sherlea at 585.544.2633, [sherlea\\_dony@rainbowseniorswny.org](mailto:sherlea_dony@rainbowseniorswny.org). There's no charge for members; non-members \$3.00.

### Rainbow Seniors' t-shirts, polos, and sweatshirts

Our shirts should be ready by our March potluck (the 27th). If you can't make it on the 27th, call Sherlea, 585.544.2633, if you want to pick yours up.

### Great evening of music with Holly Near

[HOME](#)

[ANNUAL REPORTS](#)

[BY-LAWS](#)

[COMMITTEES](#)

[CONTACT LIST](#)

[UPCOMING EVENTS](#)

[NEWSLETTERS](#)  
[April 2005](#) [March 2005](#) [February 2005](#) [January 2005](#)

[ARCHIVES](#)  
[Empty Closet](#)  
[Articles](#)  
[February 2005](#)  
[December 2004](#)  
[January 2005](#)  
[November 2004](#)  
[October 2004](#)  
[September 2004](#)  
[August 2004](#) [July 2004](#) [June 2004](#) [May 2004](#) [April 2004](#) [March 2004](#) [February 2004](#) [December 2003](#) [January 2004](#) [November 2003](#)  
[Archived Newsletters](#)  
[December 2004](#)  
[November 2004](#)  
[October 2004](#)  
[September 2004](#)  
[July/August 2004](#)  
[June 2004](#) [May 2004](#) [April 2004](#) [March 2004](#)

[February 2004](#)

[January 2004](#)

[PHOTO](#)

[COLLECTIONS](#)

[RSWNY presence](#)

[at GAGV Business](#)

[Luncheon and](#)

[Awards Nov 6,](#)

[2004 The 2004](#)

[Halloween](#)

[Meeting The 2004](#)

[RSWNY Annual](#)

[Picnic RSWNY at](#)

[the 2004 Pride](#)

[Parade and Picnic](#)

[RSWNY at the](#)

[2004 Sweetheart](#)

[Ball RSWNY at](#)

[the 2003 Rochester](#)

[Gay Pride Parade](#)

[The 2003 RSWNY](#)

[Annual Picnic](#)

[Assorted Photos](#)

[MEMBERSHIP](#)

[FORMS](#)

[FEEDBACK](#)

[FORM](#)

[LINKS](#)

[WEBMAIL](#)

[Click here to log in](#)

Heartland Music, the Rochester Raging Grannies, and the Rochester Women's Community Chorus are pleased to sponsor Holly Near in concert on Saturday, May 7, 2005 at the Hochstein Performance Hall, 50 N. Plymouth Avenue.

Activist, singer, and songwriter, Near has been a tremendous influence in the formation and promotion of the women's music movement. Popular among lesbian-feminists in the 1970s and still changing and growing today, the prolific Near founded alternative record label, Redwood Records, in 1972 to promote music from feminist and politically conscious artists worldwide. To date she has released 20 albums of her own. Near has been performing for over 30 years and is certain to draw a gay-friendly crowd.

To see Near's concert schedule: <http://www.hollynear.com/concerts.html> <

To read more about Near: [http://www.glbtc.com/arts/near\\_h.html](http://www.glbtc.com/arts/near_h.html)

Tickets are \$20 regular admission; \$15 for seniors. Call Lucinda at 585.256.1822 or call Marge at 585.442.1567 or e-mail [mforth@rochester.rr.com](mailto:mforth@rochester.rr.com) to obtain tickets. Lucinda and Marge are part of the Rochester Raging Grannies (as well as RSWNYers).

Farewell, friend

Audrey Merkel died on February 9 after a long battle with cancer. Audrey had a lot of friends, loved to play cards, and never missed the LPGA. She was a kind-hearted person who loved her dogs. "Hollydog" was her last baby. Audrey got involved in the computer world back in 1960, and retired from the City of Rochester. Notice of a memorial service will be in the D&C when a date is set by her family.

Euchre Club

The Euchre Club meets on the first Sunday of the month from 3-6 p.m. We'll have a beginners' table for those who want to learn. RSWNY members play for free; non members pay \$2. Please contact Sherlea at 585.544.2633 or [sherlea\\_dony@rainbowseniorswny.org](mailto:sherlea_dony@rainbowseniorswny.org) to let her know you're coming on March 6. Bring munchies to share. Please note the time change for April 3. Please call Karen at 585-703-4799 to RSVP for April. We're looking for people to host in May. Here is the schedule:

March 6	Sherlea and Nan's house
April 3	Karen and Barb's, <b>1-4 p.m.</b>
May 1	Location TBA

Potluck and other dates of interest

- Saturday, March 12 – Buckwheat pancakes and fresh maple syrup, all you can eat. Maple Tree Inn, Angelica. Caravan leaves at 7 a.m. Call Sandra and Ginny, 585.473.4765, for details.
- Sunday, March 27 – Corned Beef/Cabbage and other green foods for St. Patrick's Day or traditional Easter fare. Bingo after our meal.
- Saturday, April 16 - Yoga for Everyone, 10-11:30 a.m., 1st Universalist Church, 150 S. Clinton Ave., corner Court. Wear comfortable clothes.
- Sunday, April 17 - Intergenerational Panel at AIDS Rochester, 1350 University Avenue. Pizza provided, bring salad or dessert! ARI is handicap accessible.
- Sunday, May 15 - Cinco de Mayo theme, wear Mexican clothing and bring Mexican food!
- Sunday, June 19 - Annual meeting/election of officers.
- Sunday, July 17 - TBA.
- Sunday, August 21 - RSWNY Annual Picnic and Brown Bag Auction, Ellison Park, noon.

For transportation, call DeeDee at 585.872.2631.

First place chili contest recipe

Dot M's chili won first place at our February chili contest! Imitation being the best flattery, here it is if you'd like to duplicate it:

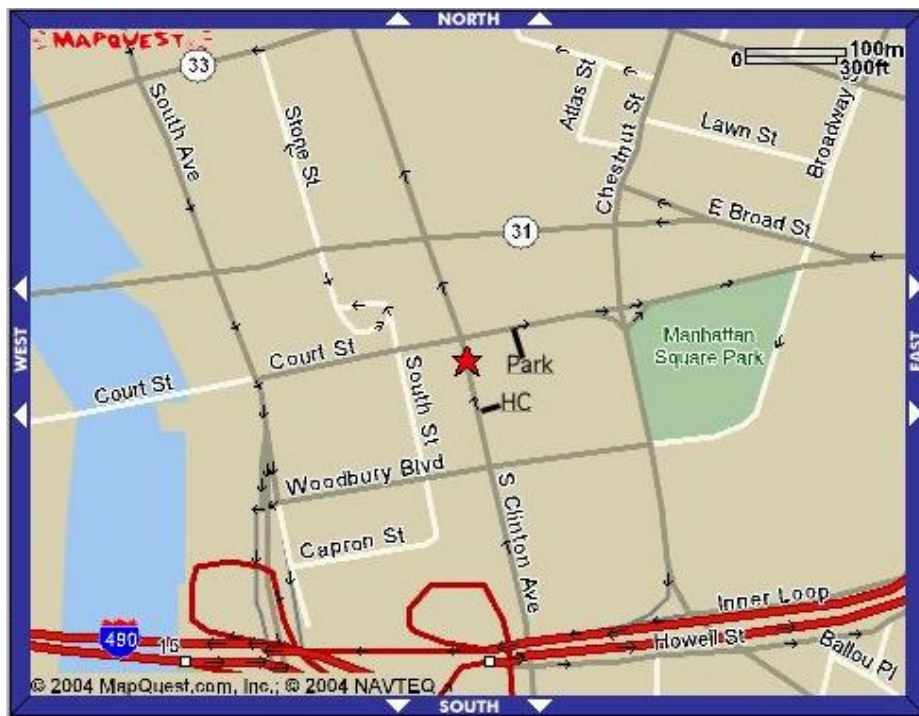
Chili Con Carne:

- 2 lb hamburg
- 1 tbsp salt
- ¼ cup oil
- 1 tsp red pepper
- 1 tsp chili powder
- 1 or 2 onions (cut small) (optional)
- 1 lg green pepper (cut small) (optional)
- ½ tsp black pepper
- 1 tsp dry mustard (more if you wish)
- 1 tbsp vinegar
- 3-4 (14-½ oz) cans of red kidney beans
- 3-4 (14-½ oz) cans diced tomatoes
- Garlic powder (optional)

Brown hamburg in oil, also spices, peppers, onions. Cook on simmer for 15-30 min. Stir frequently. Add tomatoes and beans and cook on low (after bringing to a boil) for 3 hours.

P.S. She usually cleans all cans with water, then pours it into the chili (1/4-1/2 can).

Map To 1st Universalist Church



[Mapquest Terms Of Use](#)



© 2004 by RSWNY. All rights reserved.

Designed by Karmicom Design.

[Click here to contact](#)