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# **Support Aging with Strength and Connection**

by George Ryder, resource aging.ca.gov/aging\_resources

ay is Older Californians Month, a time to recognize and celebrate the resilience, wisdom, and ongoing contributions of the state's older population. This annual observance not only honors the lives and experiences of older adults but also encourages families, caregivers, and communities to talk openly about aging — breaking down outdated stereotypes and building a more

supportive future for all.

The California Department of Aging (CDA) is urging people across the state to use this month as an opportunity to start important conversations about growing older. "Starting the conversation is a sign of strength, not weakness," says CDA Director Susan DeMarois. "Older adults are vibrant, capable, contributing members of our communities. Let's celebrate the possibilities that come with every new chapter of life.'

These conversations don't need to be formal or daunting. In fact, they can begin in simple, everyday ways – while cooking, gardening, or cleaning out the garage. What matters most is creating space for honest, respectful dialogue about needs, preferences, and plans for the future. Whether you're offering help or asking for it, the goal is to promote independence, not impose control.

California Health & Human Services Agency Secretary Kim Johnson emphasizes that these early discussions are essential for long-term well-being. "Starting the conversation early is the best way to ensure independence and dignity as we age," she said. "It's about empowering people with information and resources and helping them to thrive."



With the number of older adults in California rapidly increasing — expected to outnumber residents under 18 by 2030 - it's more important than ever to build systems of support. Nearly one in four Californians will be 60 or older by that time, making tools like the state's Master Plan for Aging a critical resource. This 10-year roadmap outlines goals and strategies to ensure older adults can age safely and independently in their homes and communities.

To support families and caregivers in navigating this shift, the CDA offers an Aging Resource Guide, available at aging.ca.gov/ aging\_resources. The guide, available in multiple languages and formats, covers a wide range of practical topics including:

- Scam Awareness: Learn how to recognize and avoid fraud targeting older adults.
- Nutrition and Meals: Find recipes,

essential nutrients, and information on meal delivery and community meal

- Caregiver Support: Access counseling, education, and respite services for family caregivers.
- **Emergency Preparedness, Fall** Prevention, and Housing Options: Get tips and insights for staying safe, connected, and independent.

As Wanda Stapley, 86, of Modesto, puts it: "If I ask for a ride or help lifting a box, it doesn't mean I need to be rescued - it just means I need a little help." Her words are a powerful reminder that aging is not about losing control but embracing change with dignity and support.

This May, let's honor Older Californians by listening, connecting, and planning.

Explore California's Aging Resource Guide by *clicking here*. .

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Fred Palmer

Nat. Gay and Lesbian Chamber of Commerce Nat. Gay & Lesbian Journalist Association Sacramento Rainbow Chamber of Commerce

ISSN # 1084-7618 United States Library of Congress

### Outword Magazine Inc.

Mailing Address 1026 Florin Road, #344 Sacramento, CA 95831

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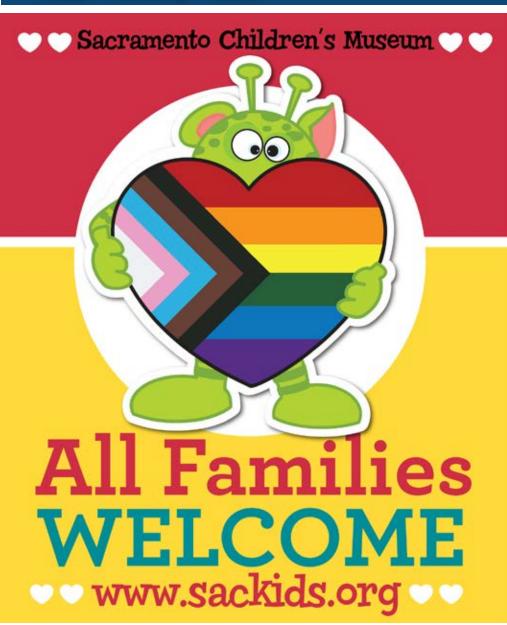
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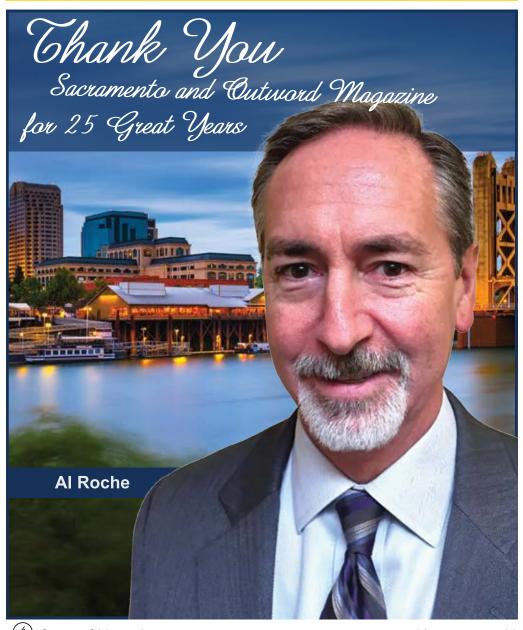






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# **Instilling Hope and Resilience to Empower Our Community**

his May, we recognize Mental Health Awareness Month—a vital time to reflect on the importance of mental well-being and its impact on our communities, workplaces, and families. Mental health affects everyone, shaped by a variety of life experiences and stressors. While we've made significant progress in raising awareness and reducing stigma, many challenges remain—especially within historically underserved communities.



In Sacramento County, 15.8% of residents reported experiencing poor mental health for 14 or more days in the previous month, according to 2021 data. Nationally, one in five adults and children will face a diagnosable mental health condition in their lifetime. Despite the availability of education, support, and treatment, nearly two-thirds of those affected do not seek help. Barriers such as high costs and limited access to care continue to prevent many from getting the support they need.

LGBTQ+ individuals are nearly three times more likely to experience mental health challenges like depression or anxiety. This disparity stems not only from societal stigma related to sexual orientation and gender identity, but also from the intersectional discrimination faced by many LGBTQ+ individuals from diverse racial, ethnic, and cultural backgrounds.

"As a gay Asian man living with depression, I struggled for many years trying to find out who I am and where I belong," said Patrick Ma, a member of the Stop Stigma Sacramento Speakers Bureau. "If you are struggling, it's ok to reach out and ask for help. There are plenty of resources available."

Mental Health Awareness Month is more than a moment of recognition—it's a call to action. It encourages us to uplift one another, foster resilience, and build a culture of understanding and compassion year-round. Supporting mental health starts with

small, meaningful actions. Whether it's checking in with a friend, offering words of encouragement, or initiating a conversation, your outreach can be a lifeline to someone who's struggling. A simple text, phone call, or video chat can go a long way in making someone feel seen and supported.

Mental illness is treatable, and recovery is possible—especially when individuals have access to education, family support, peer networks, and community resources.

For more information on how Stigma Sacramento helps support mental health and build understanding, please visit StopStigmaSacramento.org or search "Stop Stigma Sacramento" on Facebook and Twitter.

To find other ways to improve mental health and help reduce stigma in your community, check out online resources from Take Action for Mental Health, National Alliance on Mental Illness and Mental Health America.

Stop Stigma Sacramento is part of the "Mental illness: It's not always what you think," project funded by the Division of Behavioral Health Services through voter-approved Proposition 63, the Mental Health Services Act (MHSA).



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# This Is Not Normal!

by Valentina Fuerza (She/Her)

There is a story about a frog sitting in a cold pot that is progressively getting hotter, to the point that it is boiling. The frog does not know that it is in danger because it acclimates to the water temperature and it ends up ending its earthly career. While it has been disproven, it describes a phenomenon called creeping normality, a culmination of small, incremental changes that allow people to accept major change. We observed this very phenomenon towards the "end" of COVID. Slowly people stopped cleaning every surface, wearing masks, and standing 5 feet away from each other. Public health experts and disability justice advocates fought the changes because in fact COVID has not come to an end. Unfortunately, financial interests trump health risks.

We are now in the late stages of creeping normality as we witness the decay of democracy and human rights in the United States of America. However, it started with harmless locker talk.

The right uses hate speech and stochastic terrorism to further their mission of creating a white Christian utopia by attacking LGBTQ+ kids' safety and rights, hiding behind freedom of speech. In our own backyard teachers and librarians received bomb threats fueled by the rhetoric that organizations like Turning Point USA (TPUSA) and far-right "influencers" use. Affirming clergy were also targeted for preaching LGBTQ+ inclusion. The response from institutions like UC Davis and CSU Sacramento is that freedom of speech must be protected, even if it is hate speech, to comply with flawed

Around the country TPUSA spreads its message of blatant hate against the transgender community and progressive values. The organization was founded by Charlie Kirk in 2012 to advocate for far-right values in education spaces, an irony given the far-right's ire toward education and academics. The organization calls for christian nationalism, promotes conspiracy theories, and condemns progressive educators. Kirk's public speeches echo messaging from the likes of Joe Rogan, Andrew Tate, and Donald Trump. Recently, California Governor Gavin Newsom platformed Charlie, agreeing that trans women being in women's sports is "deeply unfair".

Calling locker room talk harmless is disingenuous because talk inevitably creeps into action. While anti-lgbtq+ advocacy always existed, never has it been more at the forefront of political discourse as it is today. The so-called "women's rights" advocates argue against trans people's access to public restrooms that align with their gender and against their inclusion in women's sports. They say that they do not want men in women's bathrooms and locker rooms while

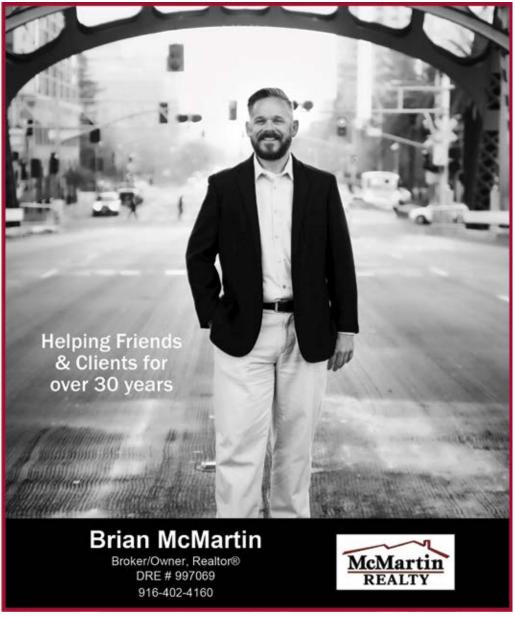


photo by Vic Alcuaz

siding with human trafficker Andrew Tate and known rapist Donald Trump. States like Utah and Florida implemented legislation banning trans folks from using the correct bathroom in all government buildings, K-12 schools, and colleges. Further, The US President's Executive Order "Keeping Men Out of Women's Sports" created a significant barrier for trans women athletes, and the new **International Olympic Committee Chief** Kirsty Coventry echoes that EO's sentiment.

Needless to say, our community is under attack. However, it is important to note that for the most marginalized, the United States of America has never been kind. Yes, trans and queer people have made great progress, but Black trans women are still undervalued and tokenized, and many gay men proudly state that they are not "that kind of gay", even wearing MAGA hats in queer spaces.

What started with locker room talk has crept into an outright call for trans genocide. So what are we going to do about it? We must be more visible and loud than ever. It's about time that we hop out of the boiling pot and resist.





You are not defined by a mental health condition.



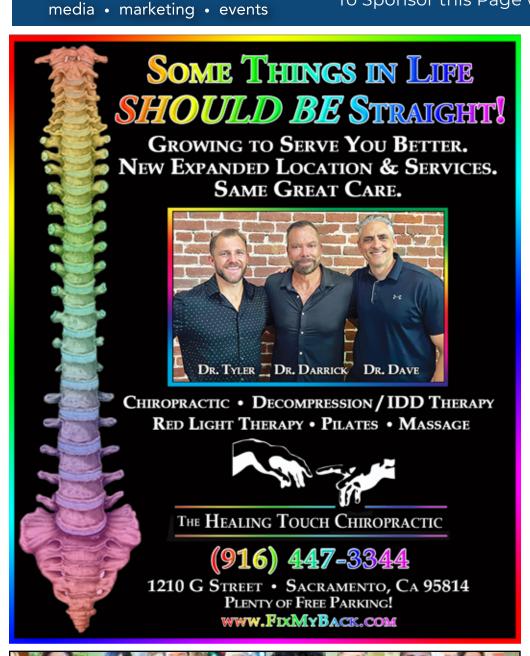
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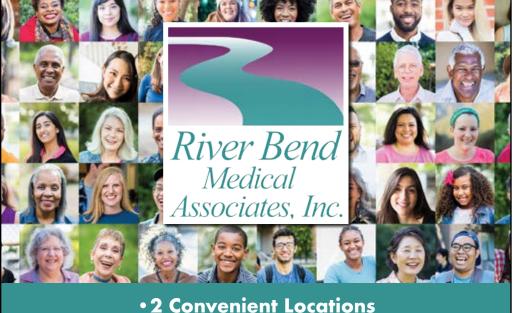


StopStigmaSacramento.org

ision of Behavioral Health Services through the voter approved Proposition 63. Mental Health Services Act (MHSA)

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# 100 Days of Trump: Chaos, Pain and Resistance

by Allen Morris, Policy Director, National LGBTQ Task Force

he first 100-days of the new administration has sent the world a very clear message and initiated an intentional shift in federal policy and governance, one that has created chaos, pain and scorched a path that is set to erode our very democracy if left unchallenged.

And our historically underserved communities, particularly LGBTQ and immigrant communities, are bearing the brunt of the many unconstitutional and potentially illegal actions of the Trump administration.

In just over three months, we've witnessed the dismantling of decades of civil rights progress through executive orders, tariffs, agency rollbacks, and judicial appointments rooted in exclusion, fear, and control. And while we are seeing many blocked in courts and challenged in the streets, the impact as we resist is stark and clear – unjust deportations that have placed people in foreign prisons, affirming healthcare provisions ended or denied, the economy decimated for the working class and more.

At the core, there has been an immediate escalation of attacks and blatant disregard for due process rights from inauguration day. Travel bans, expanded interior enforcement of our government agencies that are putting thousands of civil servants out of work , plain-clothed police kidnappings, and executive orders that lay out the foundation for mass detention and deportation – these actions are rooted in irrational hatred and not isolated incidents.

We are witnessing a coordinated strategy to www.thetaskforce.org

redefine the definition of "American" and divide communities. We are seeing the elevation of principals of conservative "Christian" ideology and White Nationalism put in practice.

The key to successfully fighting back and winning is understanding thar our safety is tied together. The attacks on working class people are symptoms of a broader authoritarian shift that seeks to marginalize, surveil, and silence us. Attacks on trans youth can and will impact the lives of all LGBTQ people. A nation of immigrants cannot ignore what is happening to thousands of individuals without cause and with malice.

As we reflect on these first 100 days, family, we must reaffirm our commitment to organizing, resisting, and building power. We've been here before and came out on the other side. Do not allow fear or the rise in attacks to define our future. The goal to overwhelm and distract us must be met with solidarity to advocate for policies rooted in dignity, freedom, and equity for all. While some shackles may be different from our own, we must remain committed to freedom for all people in dark times."

For more information go to:

# **Helping Support Children and Teens**

Jennifer Bateman

SVP Youth Development, Boys and Girls Clubs of America

hildren and teens in the United States are facing a youth mental health crisis, with 2 out of 5 high school students feeling sad or hopeless in the last year. Boys & Girls Clubs of America is committed to providing kids with the tools and support they need to build healthy self-esteem and connecting them with mentors they can go to for help.

This Mental Health Awareness Month and throughout the year, Clubs provide safe places where kids feel comfortable talking about what's going on in their lives, not only with peers but with trusted adults. Thanks to this support system, kids learn to recognize and manage their emotions. In fact, 90% of Club youth report being able to identify their emotions and how their feelings influence their actions.

It's because of this safe, nonjudgemental space that Club kid Arya, found the help she needed after losing her father.

"When I lost my dad to suicide, I felt the world had left me behind and I struggled to express my grief. My Club had a mental health and suicide prevention program called Hope Squad, that became my support system.

Our Hope Squad leader Megan and my Club gave me the tools and inspiration to emotionally heal, pursue my goals, and be a leader in my community." - Arya P., 2024-2025 Pacific Youth of the Year

Young people thrive when all aspects of their health and well-being are met. That's why Clubs open doors in communities around the country every day to provide nourishment, guidance, and the confidence kids need to thrive. This Mental Health Awareness Month, learn more about how you can support the mental health of the kids and teens in your life.

Together we can continue to boost selfesteem, and confidence and help all young people reach their full potential. For more information visit: https://www.bgca.org

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"I don't like to talk about it."

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sacgaymenschorus.com

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# **Ada Vox headlines 2025** Davis PrideFest by Wendy Weitzel

rag queen Ada Vox will be the headline performer at the 2025 Davis PrideFest on June 7. The event is just one of a month's worth of local activities to celebrate LGBTQ+ pride, including a fun run, skate and comedy nights, and plenty of drag gueens. The activities share the theme "Forever Loud and Proud!"



The 11th annual Davis PrideFest is at Civic Center Park, at Sixth and B streets, behind Davis City Hall. The community-focused, family-friendly event includes a music festival, resources, vendors, food, drinks and more - from 3 to 8 p.m. on Saturday, June 7.

Ada Vox was a semi-finalist in ABC's "American Idol" in 2018, and the runner up in 2022 on the Paramount+ drag queen singing competition "Queen of the Universe." She performed at the 2022 Davis Pride event. The San Antonio-based singer lists her influences as Lady Gaga, Beyoncé, Aretha Franklin and Patti Labelle. Notable performances include The Animals' "House of the Rising Sun," Jennifer Holiday's "And I am Telling You I am Not Going," and Journey's "Open Arms." She was the first drag queen make the "American Idol" Top 8.

Northern California activist folk duo Emma's Revolution will also bring their truth-telling lyrics and melodies to the 2025 Davis PrideFest. "For more than 20 years, Emma's Revolution has written about critical issues happening in the world, lending their voices to the movements those issues inspire, and delivering moving, uplifting performances. Their songs have been praised by Pete Seeger, covered by Holly Near, featured on NPR's 'All Things Considered' and Pacifica's 'Democracy Now!,' and sung around the world," their website says. Band members Pat Humphries and Sandy O. are queer and non-conforming women who work on the front lines of social justice movements.

Organizers have a great lineup of performers and activities scheduled, with returning entertainment including the Sacramento Gay Men's Chorus, the marching band Noise Violation and the always popular Drag Revue. There will be activity zones for children, teens and seniors. The event is free but donations are welcome. The title sponsors are Dignity Health and Woodland Clinic Medical Group.

Food trucks include Authentic Street Taco,

Hefty Gyros, Sahara Kebab, Street Philly Truck, Bubble Hive, Kona Ice and NikNek Lemonade. Vegetarian options will be available.

The following day, Sunday, June 8, is the Run for Equality, starting at 8 a.m. It includes a 5K and 1K run/walk from Central Park, at Fourth and C streets, downtown Davis. The run is the fundraiser that makes the festival possible. Registration is \$35 until May 26, \$40 from May 27 to June 7, and \$45 on race day. Visit https://www.davispride.org/run.

Saturday, June 14, is Skate with Pride. The night will include a disc jockey, disco lights and food trucks from 7 to 9 p.m. Skating will be under the Davis Farmers Market Pavilion in Central Park, Fourth and C streets, in downtown Davis. Participants bring roller or in-line skates and wear colorful attire, skating to lively music. This event is also free, with donations welcome.

On Thursday, June 19, Dunloe Brewing Co. will be the venue for Drink with Pride and Drag Trivia, from 6 to 9 p.m. at 1606 Olive Drive in Davis. Trivia is \$15 to enter.

The fun continues Friday, June 27 for Davis Pride Comedy Night, from 5:30 to 9 p.m. at Stonegate Country Club, 919 Lake Blvd. Presented by Laughs on the Lake, tickets are \$40 through June 8, \$60 June 9-26, and \$75 on June 27, with VIP experiences available. Visit https://www.davispride.org/comedy to see the lineup and purchase tickets.

To set the tone for Pride Month, volunteers will paint rainbow crosswalks around Davis' Central Park between 6 and 9 a.m. on Sunday, May 25.

The Davis Pride committee is happy to help businesses show their colors and promote their pride events for June. Email admin@davisphoenixco.org for a poster.

For more information about the event, or becoming a sponsor, exhibitor or volunteer, visit https://www.davispride.org/. To learn details as they unfold, follow Davis Pride on Facebook and Instagram.



### **Senior Pride** Special Issue

# **Don't Miss The First Book Festival In Over A Decade**

by J. Scott Coatsworth

n Saturday, May 31st, Sacramento will host its first book festival in over a decade. Held at the Shepard Garden and Arts Center next to McKinley Park, the festival is the culmination of a project started last year by the California Writer's Club, Sacramento Branch and joined by writers clubs, bookstores, and literacy organizations from around the Greater Sacramento Area.

Starting at 10 AM, the Sacramento Book Festival will host more than 140 local authors, five bookstores, and a number of other sponsor organizations, including the Mustard Seed School - visitors are asked to bring a new or gently used children's book for the school, which teaches the children of unhoused families.

It all started with a Farmer's Market. In the early spring of 2024, the CWC put out a call for anyone who was interested in a new book festival. Its ambitions were smalltwelve booths and maybe twice that many authors. Advertising was minimal, mostly word of mouth on social media. And vet book lovers came out in force, from as far north as Redding, and book sales were brisk. The organizers knew they were on to something.

Now for their second year, they're organizing a full-blown festival with something for everyone.

There will be activities for children in the Kids Zone, five-minute readings all day long in the Street Reads area, a series of genrebased panels, and a keynote by NY Times bestselling author James Rollins. There will also be a food truck-Juju's Burgers-and a coffee kiosk. Over a hundred authors will be selling their books, and many will be signing as well.

Although the festival is not a queer event per se, it's filled with queer organizations and authors, including queer authors and authors of LGBTO fiction and non-fiction: Rowan Altwood, K.D. Blakely, Rebecca Calisi-Rodriguez, Chance Christopher, J. Scott Coatsworth, Joel Cannon, Liz Faraim, Kim Fielding, R.A. Frick, R. A. Gates, Michael Gorman, Kelly Haworth, Pat Henshaw, Michael Johnston, G.B. Lindsey, Phillipa

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Our other sponsors include - 916 Ink, Amatoria Fine Art Books, Avid Reader on Broadway, Black Women Write, Capital Books on K, Capitol Crimes, Elk Grove Writers Guild, Friends of the Sacramento Public Library - Book Den, Northern California Publishers and Authors, Northern California Romance Writers, Paper Lantern Writers, Sacramento Literacy Foundation, and Underground Books.

Openly gay author and Event Lead J. Scott Coatsworth is excited to bring a new world-class book festival to Sacramento after years without one: "We're building this festival from the ground up, working closely with every local writing-related group and organization that we could find, and creating a diverse space that welcomes everyone, regardless of their age, race, identity, sexual orientation, disability, or neurodivergence. We're hoping that every Sacramento book lover turns out for this event-we want to do it again in 2026, but even bigger!"

The Sacramento Book Festival will be held on Saturday, May 31st, from 10Am to 4 PM at the Shepard Garden and Arts Center (3330 McKinley Blvd, Sacramento, CA 95816) next to McKinley Park. The festival recommends carpooling to the event if you can, as the venue has limited spaces, but there's a lot of free parking in the neighborhood around the park. For more information, click the image below.







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# **The Power of Granting Wishes and** its Positive Impact on Society

bv Aaron Stillwell, Field Manager, Wish of a Lifetime from AARP

ranting life-changing wishes to older adults, celebrating their accomplishments, and sharing their stories to empower people to choose how they live as they age is the driving ethos behind Wish of a Lifetime from AARP. Since our inception, we have granted nearly 3,000 wishes, reconnecting loved ones, fulfilling lifelong dreams, commemorating service, and reigniting passions.



Our mission is to change the story of aging, one wish at a time. We believe everyone should age with hope and joy, and our wish-granting program is designed to eliminate the barriers preventing older adults from experiencing these emotions. By orchestrating individualized, purpose-driven wish experiences, we help older adults overcome the challenges of aging, such as financial constraints, health issues, and social

The impact of our work is profound. Wish recipients report being happier, healthier, and more involved in the world after their wish experience. The ripple effect of a granted wish extends beyond the individual, touching their families, communities, and even the broader society.

One of the most inspiring examples of our work is the story of Howard, a 74-year-old man who had always dreamed of performing on Broadway. Howard spent most of his life struggling with low self-esteem and never felt comfortable in his own shoes. It wasn't until he discovered theatre in his late 50s that he began to find confidence in himself. With the support of a local LGBTQ+ senior group, Howard's passion for theatre blossomed, and he finally felt comfortable expressing himself

Howard's wish to perform on Broadway

was granted by Wish of a Lifetime in 2023, and it was a life-changing experience for him. He had the opportunity to take center stage at the Broadhurst Theatre, performing alongside high school students as part of the Annual High School Theatre Festival. Howard's story is a testament to the transformative power of a wish. It not only fulfilled his lifelong dream but also inspired him to continue pursuing his passion and sharing his story with future generations.

At Wish of a Lifetime from AARP, we believe that every older adult deserves the opportunity to experience hope and joy. We invite you to join us in making this vision a reality. If you know an older adult who has an unfulfilled wish, we encourage you to submit their wish to us. Your support can help us grant more wishes and create a domino effect of joy and hope in the lives of older adults and their communities.

To learn more about our work and how you can get involved, visit our website at wishofalifetime.org. In honor of National Honor Our LGBT Elders Day on May 16 we're looking forward to our inbox being flooded on that day with wish applications for LGBTO+ adults 65 years and older to celebrate their accomplishments, service, and learn about their lives. Together, we can change the story of aging, one wish at a time.

### Help Save the Suicide and Crisis Lifeline by ActionLink

The federal government recently proposed eliminating all funding for the 988 Suicide & Crisis Lifeline's LGBTQ+ Youth Specialized Services – a program that provides emergency crisis support to LGBTQ+ youth considering suicide.

The national 988 Suicide & Crisis Lifeline's LGBTQ+ Youth Specialized Services has received more than 1.2 million crisis contacts since 2022. Defunding the program will put young people at risk. LGBTQ+ youth are more than four times as likely to attempt suicide than their peers, and taking away this important resource will be devastating.

Our friends at The Trevor Project served more than 231,000 crisis contacts through this lifeline in 2024 alone. They've put together a petition urging Congress to fight back and help us protect this life-saving program.

Click the image to sign the petition, and ask your friends and family to sign it too!





— SACRAMENTO BUSINESS JOURNAL —

# INCLUSIVITY IN BUSINESS —— AWARDS 2025——

# BUILD A BETTER WORKPLACE

Join us as we celebrate the individuals and organizations championing inclusive practices that strengthen workplaces and elevate communities.

In addition to the awards program, there will be a panel discussion moderated by Scott Syphax,

President & CEO of Syphax Strategic Solutions, featuring industry leaders directly responsible
for inclusive efforts within their organizations. The discussion will focus on actionable strategies
to foster inclusive workplaces while navigating the evolving national landscape.

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"Help us fight religious intrusion into our secular government" - Ron Reagan, Jr.

**LEARN MORE** 

Sac.ffrf.org

## **How The Senior Pride LGBTQ+ Resource Fair Became An Annual Event**

by Tandy Bowman and Cathy Perry

**T**e saw a need where we could make a difference ~ When we first returned to California from Minnesota in 2013, my life partner Tandy Bowman and I were sure we'd find an active out community of older LGBTQ+ folks, and we were ready to get involved. After all this was California, not northern Minnesota, where through our grassroots all volunteer nonprofit organization, Servant Hearts, we'd been working with LGBT youth, GSA groups, an older population of very closeted LGBT folks and bringing diversity to the Northland by hosting concerts by One Voice and the Twin Cities Gay Men's Chorus.

Once settled, we were astonished to find no welcoming services for Seniors at the Sacramento LGBT Center. As we began to meet other folks of our boomer generation, we realized there were common needs for supportive community, ways to stay engaged with one another and how folks could find safe/welcoming accessible services as they

Our generation is unique in that many didn't have children, they experienced loss of biological family, friends and faith communities. So many lost partners during the AIDS epidemic, others were forced to tightly lock the closet door during the 1950's Lavender Scare.

As our circle of supportive allies and knowledge of Sacramento's LGBT culture grew, Tandy & I saw the possibility to make a difference, and approached our Board of Directors for approval to create a new project. We began to meet regularly to create a community of LGBT & Ally Seniors. The goal was to make aging for LGBT people safer, less worrisome, more purposeful, better educate themselves about aging services and how to remain self-sufficient as they grew older. From these efforts the Wisdom Project=LGBT Elders of Servant Hearts was launched in 2014.

The Wisdom Project remains focused on older LGBTQ+ people remaining authentic, not returning to the closet as we require more care, providing programs that keep us socially connected and engaged. Selfsufficiency and independence being the primary goals.

The first Senior PRIDE LGBTQ+ Resource Fair was held in 2014. We took a leap of faith and flung the closet door wide open to showcase organizations specific to the needs of LGBT Seniors and Sacramento's aging population. The City of Sacramento's Hart Senior Center provided the venue. We featured exhibitor's, speakers, civic leaders and local LGBT people who were doing noteworthy work. For the next 5 years the Fair grew in popularity, filling all available space at the Hart Senior Center.

The pandemic halted the annual Fair and in-person programs. We cautiously reinitiated the annual Fair in 2023. Not surprisingly, there was a huge interest and more exhibitors than before requesting tabling space. This year we have moved to a larger venue, establishing a wonderfully cooperative partnership with Eskaton Village Carmichael.

Organizations and service providers are



**Senior Pride Organizers Tandy Bowma** and Cathy Perry

vetted; to ensure services are safe and welcoming for LGBTQ+ identifying people to access (Title 22 compliant and knowledgeable about the Senior LGBT Bill of Rights signed into law in 2017 - SB219).

This incredible journey was possible only with the support of the courageous allies who have lifted us up and given us safe space for our meetings, fairs, Café Nights, discussion groups and concerts. So many stood with us through challenges, detours and adversity. Folks like Rodney, Eileen, and Pat at First United Methodist Church, Rosanne Bernardy at City of Sacramento's Hart Senior Center, Leslie Adorno De Chacing at SMUD. Kaye Crawford was our masterful guide in navigating the local LGBT community. Heidi Richardson at County of Sacramento, and Fred Palmer at Outword Magazine deserve our sincere thanks for keeping us visible.

2025's Fair will Celebrate & Honor LGBTQ+ Elders & Allies to whom we owe

Join us May 16th for the 9th edition of the Senior PRIDE LGBTQ+ Resource Fair at Eskaton Village Carmichael - 3939 Walnut Ave. Carmichael, 11am-2pm, with live Music by Midtown Jazz from 11:30am-1:30pm, at 12:30pm -Speakers Henry Feuss, City Preservationist - Historical LGBT Project, and Fred Palmer of Outword Magazine. View the Historical Book Display by Sacramento Public Library, plus 30 outstanding exhibitors. Refreshments, Valet Parking and cash only Bistro will be offered ~ we'll see you there!

With gratitude ~ Cathy & Tandy



# Our Annual LGBTQ+ Pride Special Issues

- 1. Senior Pride
  Specialing this one now!
  You are reading this one now!
  You are reading this one now!
- 3. Sacramento Pride Special Issue Hits on June 12, 2025
- 2. California Pride Special Issue Hits on May 22, 2025

4. LGBTQ+ History Special Issue Hits on June 26, 2025



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Let's Celebrate And Honor Our LBGTQ+ Elders and Allies

# 2025

# 9th Annual Senior PRIDE LGBTQ + Resource Fair



May 16th • 11 am - 2 pm **Eskaton Village Carmichael** 3939 Walnut Ave Carmichael, CA 95608

> Live Music Midtown Jazz II:30 am - I:30 pm

**Speakers** Henry Feuss, City Preservationist ~ LGBTQ **Historical Project** 12:30 pm Fred Palmer, Publisher of Outword Magazine 12:40 pm

Display by Sacramento Public Library **EVC Resident Preview** IIam-I2pm Open to the Public I2pm-2pm

Valet Service Provided

brought to you by: Wisdom Project = LGBT Elders of Servant Hearts

Midtown Jazz





# 2025

# 9th Annual Senior PRIDE LGBTQ + Resource Fair

### 2025 Fair Sponsors

**Outword Magazine** 

www.Outwordmagazine.com

**SMUD** 

www.smud.org

**Eskaton** 

www.eskaton.org

Sacramento Rainbow Chamber of Commerce

www.rainbowchamber.com

Col Pat Thompson & Barbara Brass

**RATT Pack -Political Activism & Fighting for Democrary** 

www.survivingthesilence.com

Sacramento County Senior & Adult Services

www.saccounty.gov

El Hogar – SeniorLink

www.elhogarinc.org

Wish of a Lifetime from AARP

www.wishofalifetime.org

PrimeTimers of Sacramento

www.primetimersofsacramento.org

WelbeHealth

www.welbehealth.com

**Servant Hearts** 

www.servant-hearts.org























brought to you by: Wisdom Project = LGBT Elders of Servant Hearts















# 2025

# **9**<sup>th</sup> Annual Senior PRIDE LGBTQ + Resource Fair

### **Exhibitors**

Sacramento Police Department

www.pd.cityofsacramento.org

Sacramento County Voter Outreach

www.saccounty.gov

City of Sacramento Preservation Project

www.cityofsacramento.org

La Familia Counseling Center

www.lafcc.org

Agency on Aging Area 4

www.agencyonaging4.org

**CSUS** ~ Renaissance Society

www.renaissa.csus.edu

AARP www.aarp.org

Resources for Independent Living (RIL)

www.ril-sacramento.org

Sacramento Rebuilding Together

www.rebuilding togethers a cramen to. org

2-I-I Sacramento

www.2IIsacramento.org

California Department of Financial Protection & Innovation

www.dfpi.ca.gov

Sacramento Public Library

www.saclibrary.org

**Del Oro Caregivers** 

www.deloro.org

**Renters Help Line** 

www.rentershelpline.org

Alzheimer's Association of Greater Sacramento Region

www.alz.org

Legal Services of Northern California

www.lsnc.net

Society For the Blind

www.societyfortheblind.org

WEAVE Inc. Sacramento

www.WEAVE.org

VA Northern California Health Care System

www.va.gov

brought to you by:

Wisdom Project = LGBT Elders of Servant Hearts





# 2025

# 9th Annual Senior PRIDE LGBTQ + Resource Fair

### Acknowledgements & Thank You's

**Eskaton Village Carmichael** SMUD - Leslie Adorno DeChacing & Jamila Adams Outword Magazine - Fred Palmer Ron Tackitt, Julie Ebe **Board & Advisory Team of Servant Hearts** Volunteers - Cliff Shockney, Daniel Friedlander Bill Donat, Lee Perrone Cynthia Driver Cathy Perry, Tandy Bowman Midtown Jazz - 916-505-6555 Fair Sponsors & Exhibitors for Unwavering Support of Senior LGBTQ+ People ~ Diversity & Inclusion

### Wisdom Project = LGBT Elders' 2025 Programs

2nd & 4th Wednesdays – Elder LGBTQ+ Conversations 1:00pm - 2:30pm - Eskaton Land Park 3rd Weekend Gathering - Brunch Out/Picnic/Potluck Annual Senior PRIDE LGBTQ+ Resource Fair Picnic in the Foothills October 2025

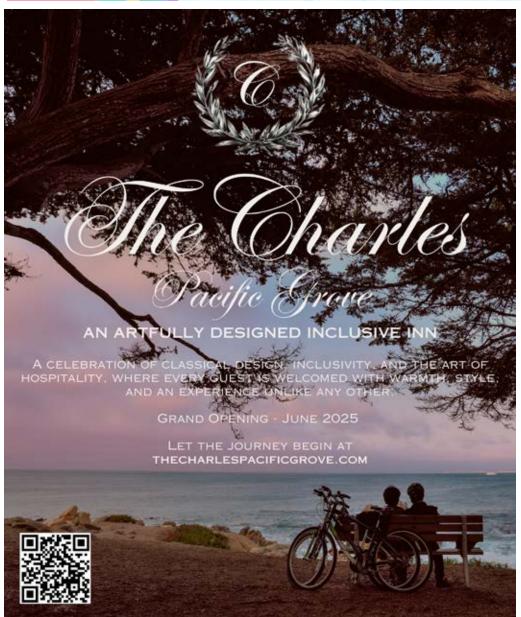
# **Servant Hearts Awareness & Empowerment Projects** of Servant Hearts

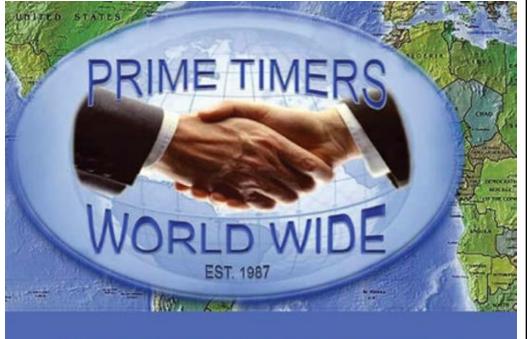
Phone: 218-760-2415 or 218-760-9268 Email: servant\_hearts@hotmail.com Website: www.servant-hearts.org EIN# 11-3750941 Servant Hearts is a 501(c)(3) non-profit, an all-volunteer organization serving minoritized communities in California & Minnesota











Prime Timers of Sacramento is a group of mature men (21+) who enjoy the social community that is thriving here in Sacramento.

All details can be found on our website, Facebook, or Meetup.com

www.PrimeTimersofSacramento.org

# **Placer Pride 2025: A Celebration for All Ages**

by Nicole Frances Williams

**T** et ready to celebrate love, authenticity, and community at Placer Pride 2025. Hosted by the Flacer Logarithms family-friendly event is returning to Royer Park in May 17 2025 from 11 a.m. to 5 p.n **→** Placer Pride 2025. Hosted by the Placer LGBTQ+ Center, Roseville, CA on Saturday, May 17, 2025, from 11 a.m. to 5 p.m. Admission is free, donations are welcome, and everyone is invited to join in a vibrant day of pride and unity.

Placer Pride has become a beloved tradition in our region, bringing together LGBTQ+ community members, allies, families, and friends for a day full of joy and connection. With live entertainment, resource booths, food trucks, family activities, and more, there's something for everyone at this welcoming outdoor event.

"Pride is a reminder that everyone deserves to be safe, seen, and celebrated," says Jacque Vaughn,, Board Vice President of the Placer LGBTQ+ Center, which hosts the annual event to build community and support for establishing a physical Placer LGBTQ+ Center. Pride is a day where you can be your authentic self, find support, and feel the strength of our growing community.'

### What to Expect at Placer Pride 2025

The day's festivities will feature an exciting lineup of performers from across the region:

- Sacramento Gay Men's Chorus will uplift the crowd with their powerful and moving performance.
- Talented drag artists like Iris Omega, Val Shapero, and Hellen Heels will bring sparkle, glamour, and highenergy performances to the stage.
- Musicians like Lizz Shine and Jazzè will deliver soulful sets that invite everyone to dance, sway, and connect.
- Comedians Maryam Moosavi and Melissa McGillicuddy will keep the laughs coming with clever, heartfelt
- Plus, don't miss quick-draw portraits by Kellyn Planteen, capturing your Pride spirit in under a minute!

All day long, attendees can enjoy food trucks, lawn games, family activities, and a wide variety of LGBTQ+ community

resources and vendors. Placer Pride is a welcoming, affirming event for all ages - from



### Why Placer Pride Matters — Now More Than Ever

In a time when LGBTQ+ rights and visibility are under increasing threat across the country, events like Placer Pride are more important than ever. Pride is not just a celebration; it's a statement of resilience, belonging, and love. Your presence helps create a safer, more supportive environment for LGBTQ+ youth, individuals, families, and allies right here in

And when you donate at Placer Pride or donate to Placer LGBTQ+ Center online, you're doing more than supporting an event – you're investing in a vision: a community where every LGBTQ+ person is safe, valued, and free to thrive. Donations help the Placer LGBTQ+ Center continue offering vital programs, support groups, outreach services, and youth initiatives year-round.

### Get Involved

Vendor registration, entertainment applications, and volunteer sign-ups are open! Visit placerlgbtqcenter.org/placer-pride to learn more and get involved.

Whether you're a longtime supporter or joining us for the first time, we invite you to come as you are, celebrate who you are, and stand with a community committed to making Placer County a safer, more welcoming place for all.

See you at Placer Pride 2025!

Follow us @PlacerLGBTQCenter for updates or visit placerlgbtqcenter.org/placer-pride.

### Additional Board Member Quote

"In a climate where LGBTQ+ rights are being challenged, Pride is more vital than ever. It's not just a celebration — it's a declaration that we belong, we're resilient, and we're building a stronger future.'

For more information, *click here*.



MORE THAN JUST A PARTY; THE LARGEST ANNUAL LGBTQ+ ADVOCACY EVENT IN YOLO COUNTY.

# Davis PrideFest 2025 Saturday, June 7, 2025 3 - 8 pm Civic Center Park - 6th & B Streets, Davis CA

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American Folk Music & Social Justice Activist Duo

For the complete main stage line up and performance schedule, visit www.davispride.org/entertainment

### Join Us For A Full Month of Pride Events

Saturday, June 7 • 2 pm Pride is A Protest Rally - Davis Central Park

Sunday, June 8 • 8 am Run/Walk for Equality - Davis Central Park

Saturday, June 14 • 7 pm Skate with Pride - Davis Central Park

Thursday, June 19 • 7 pm Pride Trivia Night - Dunloe Brewing

Friday, June 27 • 5:30 pm LOL presents Davis Pride Comedy Night -Stonegate Country Club

Davis PrideFest is presented in part by











For more information about Davis Pride 2025 events, sponsors, and exhibitors, please visit





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# May 20, 2025

6:00 - 7:30 PM

1015 20th St, Sacramento, CA 95811

Hosted Drinks & Appetizers

RainbowChamber.com

### **Sacramento's First Pride Run** is Coming! by Michael Bunuan, President of Sacramento Frontrunners

n 2021, after COVID-19 caused Sacramento Pride to be cancelled for the second year in a row, Sacramento Frontrunners decided to organize an informal three mile run around the State Capitol while carrying Pride flags. As passersby honked horns and yelled their support, there was no doubt we would come back and do it again next year. Sure enough, this now annual event gained more and more participants, culminating in 2024 when, with the support of local running organizations such as the Sacramento Running Association, over 70 people showed up to celebrate Pride by running through the streets of downtown Sacramento!



It's now 2025 and what started as a small idea is now a big reality. On Saturday, June 14, 2025, 8:30 am, Sacramento will be holding its first ever official Pride Run featuring a timed 5K (3.1 mile) run/walk and a 3K (1.8 mile)

The goal of the Pride Run is to bring together members pf our LGBTQ+ community, their family, friends and allies through movement and exercise. Whether you are a novice or a well-seasoned athlete, we join together to affirm our inner strength and perseverance as we strive towards that rainbow finish line. Regardless of your pace, we collectively cheer and affirm each other on the pavement from the beginning to the end.

The course starts in front of the Delta King in Old Sacramento going north along the River Bike Trail to Discovery Park, then back to the start. This race is

organized by Sacramento Frontrunners, a local LGBTQ+ running and walking group. The race is already getting support from local running groups and organizations, including the Sacramento Running Association and Fleet Feet Sports. It's gained several sponsors, including the Ryan Maguire State Farm Insurance Agency. All profits will be benefitting the Sacramento LGBT Center.

Since 1992, Sacramento Frontrunners has gathered to promote running and walking in the LGBTQ+ community. Our organization has brought people of all ages, abilities and diverse backgrounds to meet and encourage each other on weekly runs and races, as well as social events.

To get more details about our event and to register, visit www.sacramentopriderun.com. If you are potentially interested in being a Pride Run sponsor or donor, please email sacfrontrunners@gmail.com. We hope to see vou there!



# The Return of "Poker Face"

If anyone can save us from these dark times, it's the hilarious Natasha Lyonne and her glorious series "Poker Face," which is returning for a second season this May 8 on Peacock.

With her wild hair and quirky voice, Lyonne is a true original, and the show's first season was my favorite new series of 2023. Creator Rian Johnson returns to direct the first episode of Season 2, which promises to be another winner if the list of future guest stars is any

Cynthia Erivo, John Mulaney, Margo Martindale, Kumail Nanjiani, Katie Holmes, Simon Rex, Awkwafina, Ego Nwodim, Patti Harrison, and John Cho are just some of the talented folks joining Lyonne's clever crime solver, Charlie Cale, and her vintage, blue, '69 Plymouth Barracuda.



# **Alison Bechdel Book Signing In Sac**

lison Bechdel is coming to the Tsakopoulos Library Galleria this month to discuss her latest book, "Spent:

A Comic Novel."

The hilarious new work follows a cartoonist named Alison Bechdel, who runs a pygmy goat sanctuary in Vermont, and is existentially irked by a climate-challenged world and a citizenry on the brink of civil war.

For twenty-five years, Bechdel self-syndicated the weekly comic strip "Dykes to Watch Out For," and she is also the celebrated author of "Fun Home," a classic graphic novel that was adapted into a Broadway musical that won five Tony Awards.

Copies of Bechdel's books will be available for sale, and a book signing will follow the presentation, which is scheduled for Sunday afternoon, May 25 from 4:00 to 6:00 p.m.

This is a free event, but you should register via the library website and arrive early. Doors will open at 3:30 p.m. Go to: https://engage.saclibrary.org/ event/13094301



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# Nic Cage Goes Ballistic Again **Plus, "Secret Mall Apartment"**

guess I am a bad movie critic, but I just could not bring myself to sit through "A Minecraft Movie," so you will have to 'settle' for these four blockbuster-free reviews of less mainstream films.



### The Surfer

The 61-year-old actor Nic Cage just keeps cranking out movie after movie, and no matter how shoddy the material, he almost always gives it his all. He has nothing to prove anymore - Cage already won a well-deserved Oscar for 1995's "Leaving Las Vegas" - and so the actor now seems to relish his current, unofficial title as King of

This psychological thriller is Cage at his ballistic best, playing a middle-aged dad who endeavors to surf at an idyllic beach with his son and is thwarted and tormented by the very territorial locals. Let's just say that Cage's character doesn't exactly take things lying down. "The Surfer" is trashy, revenge movie heaven for Cage fans like me. See it on the big screen at a theater near you, before it disappears.



### **Secret Mall Apartment**

One of the most highly acclaimed movies of 2024 will finally be screened in Sacramento this May, at Dreamland Cinema on P Street in midtown. Last time I checked, the movie had an extremely rare 100% approval rating on Rotten Tomatoes, based on 48 critic reviews. I have not seen the film yet, but you can read its synopsis below.

In 2003, eight Rhode Islanders created a secret apartment within the busy Providence Place Mall and kept it going for an amazing four years, filming everything along the way. The remarkable stunt was part public/private art and part defiance against local gentrification. "Secret Mall Apartment" will screen twice at Dreamland, on May 24 and 25. Go to: www.thedreamlandcinema.com



### **Another Simple Favor**

This wacky sequel to 2018's "A Simple Favor" reunites the adorable Anna Kendrick with Blake Lively, who gets to play multiple roles this time out and looks fabulous doing it, thanks to her character's incredible wardrobe.

The film's plot is preposterous, with so many twists that I could hardly keep up, but all you really need to know is that Kendrick's character agrees to travel to Italy to be maid of honor for her frenemy, Emily (Lively). The gorgeous island of Capri is the real star of the movie, and things go wildly off the rails once the movie gets there. Available via Prime Video.



### A Nice Indian Boy

I rarely run a review twice, but this recent queer rom-com is so charming that I have to put it on our readers' radar again, since it is newly available to rent or buy. (For some inexplicable reason, "A Nice Indian Boy" never made it to Sacramento theater screens despite receiving rave reviews from audiences and critics elsewhere.)

The great Jonathan Groff costars with a talented Indian American actor (Karan Soni) as a queer couple who face obstacles that include the very funny, traditional Indian family of Soni's character. Do not miss this movie now that it is streaming.

### Food Beverage Nightlife and More





### Sacramento Rainbow Chamber Foundation Raises Over \$35K for LGBTQ+ Scholarships!

Big Day of Giving VIP Drag Queen Bingo was a sold-out celebration of generosity, community, and fabulous fun! The night dazzled with appearances from the Sirens Cheerleaders, the Sisters of Perpetual Indulgence, and even Rainbow Chamber board members decked out in drag—plus a drag king! As you can see from the photos, the energy was pure magic.

photos by Amy Medina Photography amymedinaphotographer.com



# Disco Kings & Disco Queens

by Chris Narloch

Tor some folks who were around during the late '70s, disco was more than music. It was a way of life, and you can see that depicted in "Saturday Night Fever," the classic film from 1977 that made John Travolta a movie star.

Some of the fashion may be dated now, and much of the music is best left in the past, but timeless disco songs from that era like "Y.M.C.A.," "I Feel Love," "I Will Survive," and "Stayin' Alive" are more iconic now than they were five decades ago.

If you are inclined to get in touch with your inner disco, read on for three ways to turn the beat around.

### A Tribute to the Bee Gees

You only have to drive to Harris Center in Folsom for this super-fun concert by You Should Be Dancing, a popular Bee Gees tribute band from the Bay Area. Experience several dozen hits originally written and/or performed by the Brothers Gibb during the disco era, when the Bee Gees were at the height of their fame.

The setlist includes Stayin' Alive, How Deep Is Your Love, Too Much Heaven, Night Fever, More Than A Woman, Nights on Broadway, Iive Talkin', Shadow Dancing, Emotion, How Can You Mend A Broken Heart, To Love Somebody, Islands in the Stream and more.

This live Tribute to the Bee Gees is scheduled for the evening of May 24, 2025. To purchase tickets, visit: www.harriscenter.net/ <u>bee-gees</u>

### **Grace Jones Live in Concert**

The one and only, otherworldly, often imitated but never duplicated Grace Jones will perform a rare concert in Napa this June that promises to have you delirious with the desire to dance. Jones was also a model and an actress, and her music was influenced as much by reggae and funk as disco, but the singer never fails to get a crowd on its feet and dancing.

Jones' unforgettable club classics include such bangers as Pull Up to The Bumper, Love Is The Drug, Demolition Man, My Jamaican Guy, Nipple to the Bottle, and I Need a Man. For tickets to her Napa concert on June 13 at the Meritage Resort and Spa, visit: www.ticketmaster.com/ grace-jones-tickets/artist/735403

### **Donna Summer Disco Party**

If you're really disco-determined, you can fly across the country to Boston for its 11th Annual Celebration of Summer: Donna Summer Disco Party. Summer was born in Boston, and this family-friendly event is free and open to the public, courtesy of Mayor Michelle Wu and the Boston Office of Tourism, Sports, and



Entertainment.

City Hall Plaza will be transformed into a giant outdoor discotheque, and guests will be able to dance the night away to all of Donna Summer's greatest hits in a groovy atmosphere complete with glow sticks, bubbles, colorful lights, a disco ball, a DJ,

and the highly anticipated return of roller skating on the Plaza.

You can celebrate the Queen of Disco's musical legacy on the evening of June 27, 2025. For more information, go to: https:// www.boston.gov/calendar/donna-<u>summer-disco-party-0</u>

# ind Mouth Pervices 2025 SPRING SOIREE

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**THURSDAY** 

2025

MAY

5PM - 7:30PM



For more information and tickets, click here



# **Out & About**

with Matthew Burlingame

istory is now and your part in it is being written every single day. In a world that often feels heavy, remember that joy is an act of defiance. So get out there and reclaim your joy! Whether it's singing along with your favorite artist, losing yourself in a Lpowerful theater production, or strolling through a colorful street fair, every moment of celebration is a reminder of resilience. Sacramento is alive with experiences waiting to be had, stories waiting to be shared, and communities ready to welcome you. Go out, show up, and be part of it.

# May 8

Join us at Outword's monthly happy hour at Badlands Sacramento, 2003 K St. for a dose of Liquid Therapy! Everyone is welcome to enjoy the fun May 8 from 5:30-7 p.m., with chances to win prizes and enjoy drink specials. Reconnect with old friends and make new ones. Badlandssac.com

# May 10

The 5th annual Front Street Brewfest returns Saturday, May 10, from noon to 4 p.m. at the Front Street Animal Shelter, 2127 Front St. Enjoy unlimited tastings from top Sacramento-area breweries and cideries, live music, outdoor games, and food trucks—all while supporting animals in need. Don't miss this unforgettable block party!

Killdeer Farms kicks off the season with a vibrant Mother's Day Market from 9 a.m. to 1 p.m. Saturday, May 10, at 4951 Jefferson Blvd. in West Sacramento. Celebrate with handcrafted goods, fresh flowers, live music by Dylan Vroom, and treats from Emile's Café and Nibble & Nosh. Enjoy the flower patch and pollinator garden-pets kindly excluded.

# May 11

Makeup & Mimosas: Drag Brunch with a Punch struts into Punch Line Sacramento at 12 p.m. on Sunday, May 11. Presented by Live Nation Concerts, Punch Line Sacramento and Lolgbt+ Presents, this dazzling drag brunch serves up fierce performances, laughter and cocktails. Don't miss the glam and glitter at Punchline Sacramento 2100 Arden Way-seating is limited, so arrive early! PunchLineSac.com

# **May 17**

Dress Up. Wine Down. Do Good. Join the Handle District for a stylish evening of fashion, wine and community at Dress Up Wine Down from 5 to 7:30 p.m. Saturday,

May 17, on Capitol Avenue between 18th and 19th streets. Enjoy Lodi Wine tastings, local shopping and support WEAVE's mission with onsite donations. Admission is free! Dressupwinedown.com



The national tour of Parade arrives Saturday, May 6, at 7:30 p.m. at the SAFE Credit Union Performing Arts Center, 1301 L St. in Sacramento. Based on the true story of Leo Frank, a Jewish factory manager in 1913 Atlanta wrongly accused of murder, the Tony-winning drama explores injustice, identity and the power of truth.

Do you have events, birthdays, or announcements to share? Feel free to send them to <u>matthewburlingame@gmail.com</u>



Seven-time Grammy nominee Ryan Adams takes the stage at 8 p.m. on Saturday, May 17, at the Crest Theatre, 1013 K St. in Sacramento. Known for his raw, genreblending sound and praised as "one of rock's most talented songwriters," Adams brings decades of Americana and alternative rock to this intimate live performance. Don't miss this unforgettable night. Crestsacramento.com

# May 20

Join the Sacramento Rainbow Chamber and Sacramento LGBT Community Center for a vibrant Community Networking Mixer at 6 p.m. Tuesday, May 20, at the Center, 1015 20th St. in Sacramento. Entrepreneurs, advocates and allies are invited to connect, collaborate and celebrate community. Bring your business cards and energy-RSVP required for this inclusive evening of networking. Rainbowchamber.com

# May 21

The Sacramento Press Club hosts its 5th Annual Golden State Journalism Awards dinner Wednesday, May 21, at the Kimpton Sawyer Hotel, 500 J St. in Sacramento. Doors open at 6 p.m. with cocktails and registration, followed by dinner at 6:30 and a program from 7 to 9 p.m. Celebrate California's top journalists at this special evening event. Nkestrategies.com

# May 28

The Stonewall Democratic Club of Greater Sacramento presents the Four Freedoms Awards on May 28 at Elks Tower, 921 11th St. This special evening honors leaders who champion LGBTQ+ rights, equality, democracy, and justice. Awardees will be announced throughout the month. Join us as we celebrate those shaping a more inclusive future! Sacstonewall.org

# Thru June 8

Capital Stage, 2215 J St. presents the Sacramento premiere of Unseen by Mona Mansour, running through June 8. Directed by Benjamin T. Ismail, this gripping drama follows conflict photographer Mia, who awakens in Istanbul unable to recall the massacre she captured on film-sparking a volatile reunion with her girlfriend and mother. Capstage.org

# June 20-22

Celebrate love, pride, and self-expression with the Sacramento Gay Men's Chorus in Everybody Say Love at The Sofia, 2700 Capitol Ave. Experience an electrifying mix of iconic drag-inspired hits and timeless anthems on June 20–22. Evening shows at 7 p.m., matinees at 3 p.m. Get your tickets early! Sacgaymenschorus.com

# Every Thursday

Come loud, come proud, come hungry! Join Christapheros and Roscoe's for Open Mic Night on Thursdays from 8 p.m. to midnight at Roscoe's Bar & Burgers, 2007 K St. All are welcome to share their talents-or just kick back and enjoy great food, drinks, and entertainment in a lively, supportive space.







# **UNLEASH**YOUR INNER

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# out Word

digital media

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# RAINBOW FUND

help support LGBTQ+ media here in Sacramento

For 30 years, Outword Magazine - Sacramento's tongest-running LGBTQ+ publication has been a trusted voice, sharing stories, uplifting our community, and keeping you informed.

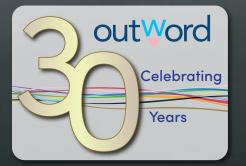
Now, more than ever, LGBTQ+ media matters, especially given the ruthless attacks our community has already suffered. This is why we've launched a subscription and reader support donor service to help keep Outword as a resource that ensures vital information continues to flow.

Please consider making a contribution, in the dollar amount that works for you, using our relaunched Outword Rainbow Fund. Every contribution will make a difference and with a simple, and secure transaction, you can show your support.

We are proud to be one of the LGBTQ+ voices for the Sacramento community over the years, and we are committed to continuing for years to come. Let's not let our voices be silenced.

Help us continue getting the Word Out.

Thank you, from the Outword team.



For more information please email us or give us a call: fred@outwordmagazine.com 916-329-9280

www.outwordmagazine.com





### Senior Pride Special Issue

# Pride Events in Galifornia 2025

Sacramento Senior Pride Date: May 16, 2025

**Location: Eskaton Village Carmichael** 

Website:

**Placer Pride** Date: May 17, 2025

Location: Rover Park, Roseville, CA Website; PlacerLGBTQCenter.org

**Long Beach Pride Festival and Parade** 

Dates: May 17-18, 2025

Location: Marina Green Park, Long Beach, CA

**Website: Long Beach Pride** 

WeHo Pride (West Hollywood) Dates: May 30-June 1, 2025

Location: West Hollywood, CA

Website: WeHo Pride

**Sonoma County Pride** Dates: May 30-June 1, 2025 Location: Santa Rosa, CA Website: Sonoma Pride

**Davis Pride** 

Dates: June 7, 2025

Location: Civic Center Park, Davis, CA

Website; DavisPride.org

LA Pride (Los Angeles)

Date: June 8, 2025

Location: Los Angeles, CA

Website: LA Pride

Sacramento Pride

Dates: June 14-15, 2025

Location: Capitol Mall, Sacramento, CA

Website: Sacramento Pride

**Elk Grove Pride** 

Date: June 21, 2025

Location: Laguna Town Hall, Elk Grove, CA

**Website: Explore Elk Grove** 

San Francisco Pride

Dates: June 28-29, 2025

Location: Civic Center, San Francisco, CA

Website: San Francisco Pride

Silicon Valley Pride (San Jose)

Dates: August 29-31, 2025

Location: Plaza de César Chávez Park, San Jose, CA

Website: Silicon Valley Pride

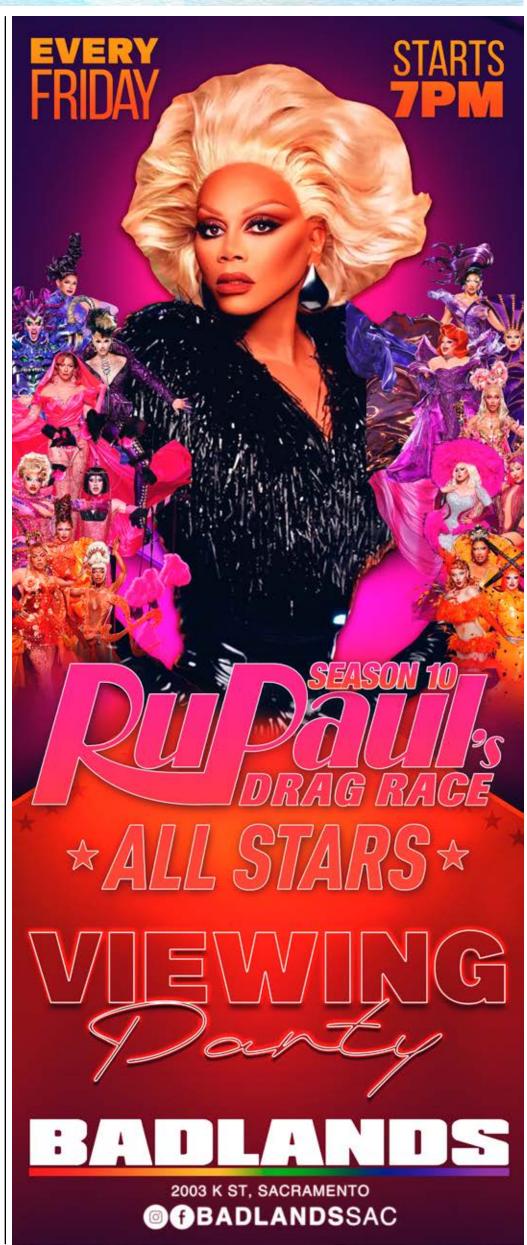
**Palm Springs Pride** 

Dates: November 6-9, 2025

Location: Palm Canyon Drive, Palm Springs, CA

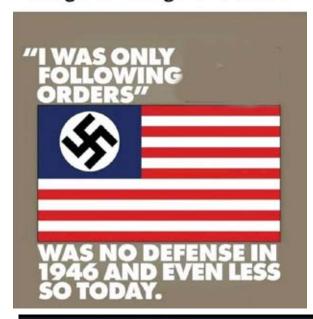
**Website: Palm Springs Pride** 

Please note that event details such as dates and locations are subject to change. It's advisable to check the official websites for the most current information.



# Memes from Facebook

Defend the constitution and resist fascism. UNITE! Stay peaceful and let's get in some good "trouble."



To my American friends:

As Trump shuts down your LGBT+ suicide and mental health crisis hotline during these trying times, Canada has added a US toll-free number to ours so you can get help anytime you need at no cost.

Kindness and empathy have no borders.

1-877-330-6366



Funny how all of the sudden...



- No one's eating our cats and dogs anymore
- No one's performing sex change operations in schools anymore
- No one's aborting babies after birth anymore
  - The price of eggs doesn't matter anymore
  - A recession won't be a bad thing anymore

around for 8hrs of the day



BREAKING: The Republican-led Texas House just passed bill HB 366 making it ILLEGAL to share altered political memes, images and videos without a disclaimer.

The Penalty for offenders would be up to one year in jail or a \$4,000 fine.

BREAKING: Texas House of Representatives just passed a bill to CRIMINALIZE political memes.

Tru Justice

Offenders could face ONE YEAR IN PRISON or a \$4000 fine if the meme does not have a disclaimer on it



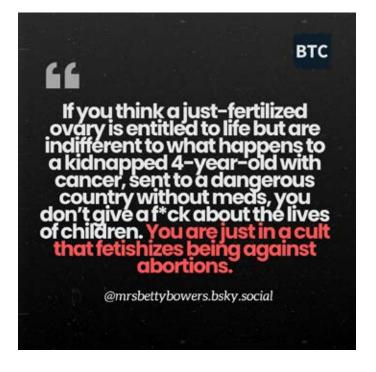


DOODLE BY MEG

HE REALLY WORE A BLUE SUIT, NOT EVEN BLACK OR NAVY AT LEAST, BUT BLUE. TOTALLY EMBARRASSING AND DISRESPECTFUL.

Anonymous

втс



# Memes from Facebook

"I LOVED AND SUPPORTED AARON AS MY SON, AND NOW I LOVE AND SUPPORT AIRYN AS MY DAUGHTER. I DON'T KNOW WHAT THE BIG DEAL IS. I LOVE ALL MY CHILDREN."

Robert De Niro via Variety



We don't work for billionaires. We work for the people. And, we will continue to fight like hell for them!"

- REP. MELANIE STANSBURY OCCUPY DEMOCRATS

The GOP budget has \$0 for FEMA's emergency management funding, yet provides \$300M to pay for Trump's golf trips.

Extreme weather doesn't discriminate between red and blue districts.

The GOP is choosing Trump's golf over the safety and security of their constituents.



**Attorney General Pam Bondi thanks** Trump for saving "258,000,000" people from fentanvl death.

That's 2/3rd of U.S. citizens. So 2/3rd of U.S. citizens almost died 



ABC News 🧼

Pres. Trump has said "egg prices are down" but his assessment of egg prices is potentially misleading, some food economists told ABC

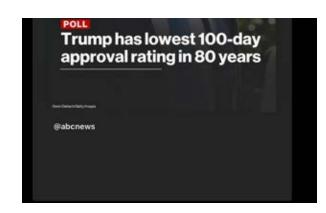


🎥 No Lie with Brian Tyler Cohen 🤣

@NoLieWithBTC

Let me fix that for you:

He lied.



"There are no Amish with autism." THE "Vaccines aren't tested against placebo." "The MMR vaccine has never been studied as a possible cause of autism." AS. It's NOT the caus

# - DR. NEIL STONE, Infectious Diseases doctor

When you're 20 and can eat anything you want When you're over 35 and look at food







# Treat Mom to a Bud-tiful Day

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Cake

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Abx Cad Kanha

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**Sky Gardens Dabwoods** 

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Sluggers **Rosin Tech Labs Kiva Chocolate** 

Petra

Solis Flower 3.5g, 14g, 28g Flower

Fig Farms UpNorth Sense Halara

**Buddies Brand Doja Indoor Flower** Yada Yada 20g Flower

**Ember Valley** Flight Bite

\*Valid on stated days/dates only. An empty integrated cannabis vaporizer or a spent cannabis cartridge shall be properly disposed of as hazardous waste at a household hazardous waste collection facility or other approved facility. While supplies last. Must be 21+. Management retains all rights. May not be combined with other offers. No cash value. C10-0000254-LIC • C10-0000199-LIC • C10-0000748-LIC • C10-0000324-LIC • C10-0000749-LIC • C10-0000869-LIC • C10-0000411-LIC • C10-0001535-LIC • C10-0000707-LIC



# Stacy London and Clinton Kelly Are Back! by Ron Tackitt

Les! It appears that the blood feud is over, and these two are besties again! Thank goodness. Their chemistry is undeniable and so much fun to watch. And now, we have a new fashion-based show to enjoy with them as hosts. It's a spin-off of their wildly popular "What Not to Wear," which originally aired on TLC. This time, it's called "Wear Whatever the F You Want," and it's available on Amazon Prime.



The twist is that the makeover candidates choose the style they've always wanted to wear—and Stacy and Clinton help make that dream a reality. I've only watched the first two episodes so far, but it's fun to see how the makeovers play out. Of course, hair, makeup, and accessories are all part of the transformation, but instead of being told what to do, the choices are up to the guests. Stacy and Clinton, naturally, are there to lend a helping hand and offer expert fashion advice.

If you ever binge-watched "What Not to Wear," you should definitely head over to Amazon Prime and give these two reunited friends a look-see.



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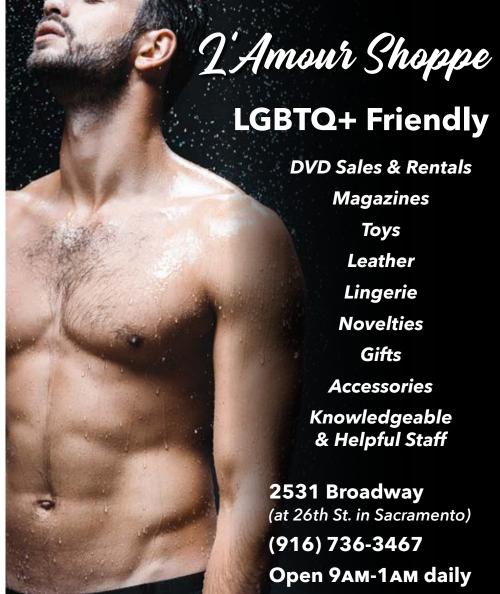
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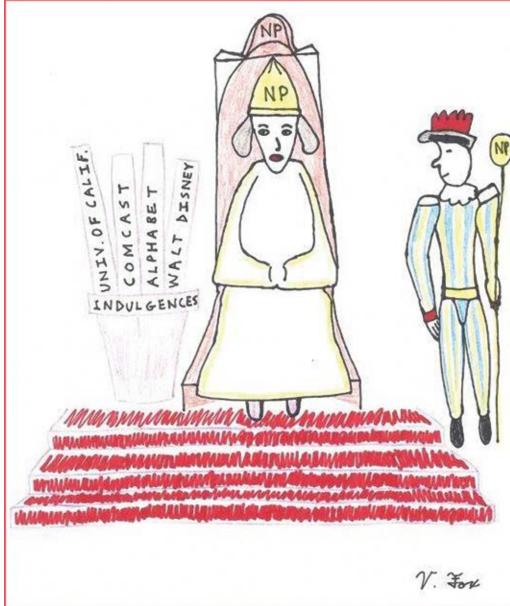
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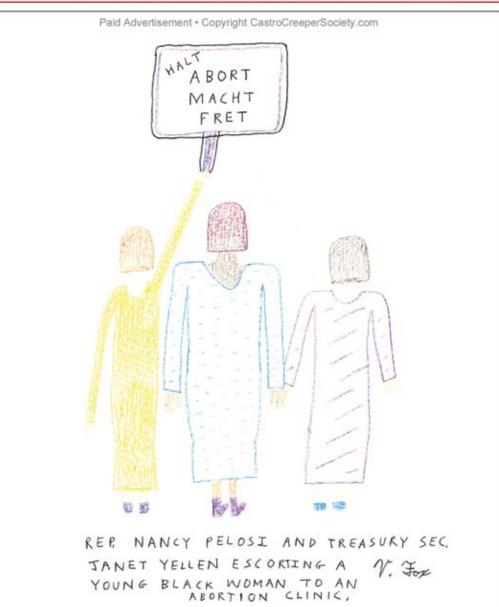
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