



# HIGH SIERRA SIDELINES



April 2022 Prime Timers "For the Best Times of Your Life" Reno NV Vol. XXII, No. 4



Dan D., Ken D., Doyle, Stephen, Bill R., Pablo, and Dennis L. at Carson City's L.A. Bakery and Café for Lunch Bunch.

## HATING SPORTS MAKES YOU A REAL MAN by Cliff Bostock, *Georgia Voice*

We are all aware that gay men are stereotyped as being unathletic at birth. While straight boys pointlessly throw balls at one another, gay boys throw shade. While straight men shriek in stadiums, gay men shriek in horror outside rehab hospitals where Britney has been straight-jacketed. The problem with this terrible, emasculating myth is that it's so very, very true for many of us. It's true too that there is a high sports culture in queer life now, but the community is still divided. I've been to more Super Bowl parties than dark rooms and always end up sitting in the corner talking about toxic masculinity while eating Cheerios and Little Debbies with plenty of other bitches.

Why, culturally, are sports so important? It really is about our primitive, lingering rites of masculinity. For old queers, it was simply true that if you did not participate in sports or just sucked at them, you were immediately suspect. This wasn't just about after-school team sports. It was a rite of initiation that every boy went through when physical education became a required class. You didn't have  
(see *SPORTS* on page 3)

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## THE PRESIDENT'S COLUMN

Welcome to April showers, Easter flowers, and the Passover Celebration. In the world of High Sierra Prime Timers – Reno, it is a year in which we hold our bi-ennial election of chapter officers. This starts by nominating members who are willing to carry out the duties of the office(s) for which they are being nominated.

I am hoping that we get enough members to attend lunch on the second Monday of April so we can have an after-lunch business meeting. Nomination of officers would take place at that meeting. If we don't get a reasonable amount of lunch attendees, we will carry out the nomination process via emails to the Chapter President.

To nominate a member for office, first make sure the member is willing to be nominated. All chapter offices are open for nominations. They include  
(see *PRESIDENT* on page 2)

## CHAPTER OFFICERS

President: Charlie H.  
Vice-President: Vacant  
Secretary: Charlie H. (acting)  
Treasurer: Joe S.  
Board Member: Bill R.  
Board Member: Vacant  
Membership: Doyle C.  
Website: PTWW  
Newsletter Editor: Charlie H.



Birthday greetings to Jose B. on the 25<sup>th</sup>; Dennis L. on the 28<sup>th</sup>; and Dan D. on the 29<sup>th</sup>.

## THINGS THAT ARE A HAPPENIN'

**Good Luck Macbeth Theater** “The Land Before Dinosaur Park,” a new and original parody of a pop culture favorite. A larger than life dinosaur adventure. Apr. 1 – 9. Seniors \$20 in advance. Eves at 7:30. Matinee Apr. 3 at 2 p.m. **Reno Philharmonic Orchestra.** Music of Mozart, Strauss, Prokofiev. Pioneer Center. Apr. 2, 3. Sat. @ 7:30 p.m., Sun. @ 4 p.m. **Reno Wind Symphony.** “Made in America,” music of American band composers. UNR, Nightingale Concert Hall, Apr. 3. 3 p.m. **Grow Your Own, Nevada,** gardening classes on line. Apr. 5 – 28. Tues. and Thurs. 6 – 8 p.m. For schedule and sign-up info see [www.growyourownnevada.com](http://www.growyourownnevada.com). **Mid-town Reno First Thursday.** In-store events, food and beverage tastings, art exhibits, live music. Apr. 7. Reno mid-town district. **12<sup>th</sup> Annual Harp Plus Concert.** Harp showpiece and chamber music. UNR Church Fine Arts, Nightingale Concert Hall, Apr 9, 7 p.m. **Reno Aces Baseball Home Opener vs .Sacramento River Cats.** Greater Nevada Field. Apr. 12. Also thru Apr. 17. Aces vs. Salt Lake Bees Apr. 19 – 24. **Toccata-Tahoe Symphony Orchestra and Chorus,** “St. Matthew Passion.” Apr. 9 Presbyterian Church, South Lake Tahoe;

Apr. 10, Trinity Episcopal Church, Gardnerville;  
Apr. 12, St. Thomas Aquinas Cathedral, Reno; Apr. 15, St. Patrick’s Episcopal Church, Incline Village. See [www.tickettailor.com/events/tahoesympphony](http://www.tickettailor.com/events/tahoesympphony). **Opera Goes Topsy Turvey.** Nevada Chamber Opera. Music from best loved operettas and the golden age of musical theatre. UNR Arts. Bldg., Hall Recital Hall. \$7. Apr. 15, 7:30 p.m. Apr. 15 - **Passover Begins.** **Silver Dollar Court “Closet Ball.”** Virginia St. Brewhouse, Apr. 16, 8 p.m. **Easter Sunday.** Apr. 17. **A.V.A. Ballet Theatre** “Beauty and the Beast.” Pioneer Center, \$25 - \$75. Apr. 23, 24. 8 p.m. **Washoe County 4-H Livestock Show.** Apr. 24. Reno-Sparks Livestock Events Center. **Reno Jazz Festival** presents jazz composer and vocal phenom Michael Mayo. UNR Church Fine Arts, Nightingale Concert Hall, Seniors \$31. Apr. 28, 7:30 p.m. **Virginia City Grand Prix.** Competitive off-road motorcycle races. Apr. 30 – May 1. **Reno Jazz Festival Showcase,** Lawlor Events Center, Apr. 30, 6:30 p.m. \$18. See [www.unr.edu.rjf](http://www.unr.edu.rjf). **Reno Philharmonic Orchestra.** Beethoven Symphonies 1 and 9. Pioneer Center, Apr. 30 – May 1. Sat. @ 7:30 p.m., Sun. @ 4 p.m.

## PRESIDENT (from page 1)

President, Vice-President, Secretary, Treasurer, and up to six Board of Directors members. A description of these offices and their duties is included in our Constitution and By-Laws. Let me know if you need a copy.

Elections for new officers are held at the May meeting (or via email). June marks our 22<sup>nd</sup> Anniversary. The Board is working on a possible celebration. The new officers’ term begins on July first.

As the Covid-19 pandemic winds down to just another annual shot like the flu, I am hoping that we can return to our normal chapter events including going on day trips, attending ball games, getting together for a Broadway play or a Philharmonic concert. And of course, last but certainly not least, having our monthly lunch and business meetings monthly on the second Monday at 1 p.m.

As a member you are welcome at any time to offer your ideas about any activities or events the Chapter should consider. Just talk to any Chapter officer or give them a call. Hoping you are all well and ready to dive into Spring and then Summer.

--Charlie H., President



Dan D., Ken D., Doyle, Stephen, Bill R. (hidden), Pablo, Darryl (hidden), Charlie (standing), Patrick, and Ron S. enjoying lunch in Carson City on March 14<sup>th</sup>.

**SPORTS** *(continued from page 1)*

the choice not to participate, so once a day for years, you were required to demonstrate your total lack of coordination, exhibit your skinny or fat body, and endure the humiliation of being the last picked to join the team every day. Now, you could get away with this if you had some compensatory masculine role like, say, being a bad boy with a motorcycle. If, however, you were an intellectual or artsy nerd, then you were branded a sissy.

My parents tried their best to jockify me. When I was only five, they gave me a catcher’s mit. I lined it with moss and put alabaster eggs in it. My father, a total jock, thought this was hilarious, but my mother was horrified because, of course, mothers were blamed if their boys turned out to be pansies. She took me to a child psychologist that year and she also enrolled me in tumbling classes in a gym. Actually, I remained in gyms the rest of my life, but this is the strange thing: When I was in high school being tormented, I hid the fact that I was at the YWCA four times a week. I figured it would be added to the reasons I was a freak.

There was stereotypically one sport I really did take to: wrestling. Yes, I had my first orgasm on top of a boy while my uncle, the wrestling coach at

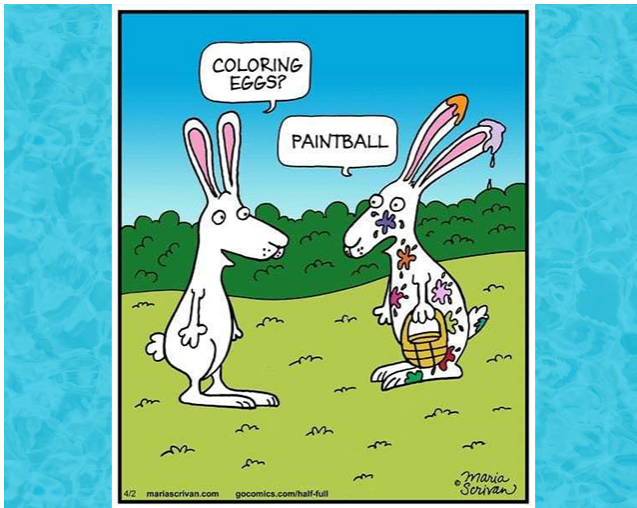
my private religious school, watched. I overheard him telling my parents how enthusiastic and good I was at this sport, which was very popular in the Philadelphia area. When we moved south, there were no wrestling programs, so I invited boys to try out for my own neighborhood league.

Gay men since the late 70s developed a brilliant escape from the stereotype of the sissy boy. Since our imaginations are so prolific, we realized that ultimately it is the image of the athlete that is important in American culture, not athleticism itself. Thus the “sport” of bodybuilding turned us all into jocks. Really, the word ‘jock’ in gayspeak refers to body type, not the actual participation in sports. Daily workouts also provided us the illusion of indestructability during the AIDS crisis. Of course, gay jocks—the dumb gay jocks—are often as critical of sissies as straight men, frequently moreso. They don’t want anyone to exemplify the bit of truth behind the stereotype, because they think it will reflect poorly on them.

You really can’t be male in America and not undergo this test of masculinity. I have a memory that has posed a riddle ever since fifth grade. I was on the field during recess, playing softball. When I came up to bat, I heard the usual cruel insults, and then, somehow, I slammed the ball above everyone’s head. My teammates were screaming and ran with me around the diamond to claim my home run and win the game. Then they picked me up and carried me to class, chanting my name. I asked my mother later that day why the boys who were always so mean to me suddenly became so kind. “Because,” she told me, “for a minute, you became what we all want you to be. If you don’t do that, your life is going to be very difficult.” I never did that in any way and the difficulty made a man out of me, bitch.



***HAVE YOU TRIED TO RECRUIT A NEW OR FORMER MEMBER? IT’S NOT DIFFICULT. JUST TELL THEM THEY’LL HAVE THE “BEST TIME OF THEIR LIFE.”***



## **BEATING THE AFTERNOON SLUMP**

Head outside and sit in the daylight for 10 minutes. Better still, have your lunch outside and divide your break between eating and a walk. It will help reset your chronological clock, keep down the amount of melatonin (the sleep hormone) your body produces during the circadian dip and give you a valuable boost of beneficial vitamin D, reducing your risk of osteoporosis as well as various cancers.

Choose activating protein, not energy-sapping carbs. So a tuna salad without the bread is a better choice than a tuna sandwich. A green salad sprinkled with low-fat cheese, a hardboiled egg and some sliced turkey wins over a pasta salad. The change can really make a difference.

Enjoy teatime. Get into the routine of a mid-afternoon cup. It's a good step toward beating the afternoon doldrums thanks to that little bit of a caffeine burst and the few quiet minutes it entails. Keep a selection of exotic flavored teas (preferably caffeinated) in your office and an aesthetically pleasing cup just for tea.

Clean your desk and clear out your email inbox. Both are relatively mindless tasks that don't require great amounts of concentration or clear thinking, and both will leave you feeling more energized because you'll have accomplished something visible as well as having reduced energy-sapping clutter.

Make an "I was thinking of you" phone call. To your partner, child, siblings, parents, a friend or a retired colleague. A five-minute keep-in-touch call will lift your spirits for hours and reinvigorate you

to get your work done.

Put a drop of peppermint oil in your hand. Briskly rub your hands together, then rub them over your face (avoid your eyes). Peppermint is a known energy-enhancing scent.

Stretch. Roll your shoulders forwards, then backwards, timing each roll with a deep breath in and out. Repeat for two minutes.

Consider a morsel of dark chocolate. This is not a license to overindulge, but dark chocolate does have some unique advantages. Unlike milk chocolate, it is truly a healthy food, closer to the category of nuts than sweets, given the high levels of healthy fat and antioxidants it contains. Plus, it has abundant fiber and magnesium. Additionally, it provides a little caffeine, as well as a satisfyingly decadent feeling. But don't eat more than one square.



### Vision Statement

A world that accepts and celebrates all human diversity.

### Mission

Bringing together mature gay and bisexual men for friendship, personal growth, activities, and support.

### Prime Timer Values

The right for all people to live authentically and with dignity.

Personal enrichment through service to others.

Families of choice as well as families of origin.

Healthy aging through supportive relationships.

Healthy physical, emotional and sexual living.

The blending of all generations.

Personal growth through education and mentoring.

Collaboration with other organizations that share our core values.

*(High Sierra Prime Timers – Reno is a Chapter of Prime Timers World Wide.)*



## EASTER SYMBOLS

Easter Eggs. The oval-shape egg has been a universal symbol in many religions across the millenia, symbolizing new life, rebirth, and fertility. The origin of the Easter egg is based on the fertility lore of the Indo-European races. To our pre-Christian ancestors, it was a most startling event to see a new and live creature emerge from a seemingly dead object. The egg to them became a symbol of spring. Long ago in Persia, people used to present each other with eggs at the spring equinox, which for them also marked the beginning of a new year.

In Judaism, eggs are an important part of the Passover seder plate. For some Christians, the egg symbolizes the rock tomb out of which Christ emerged to the new life of his Resurrection. Also, there was a practical reason that eggs became popular on Easter: They were forbidden during the 40 days of Lent. However, chicken still laid eggs, so they were often collected and decorated.

The Easter Bunny who visits children on Easter morning, was an invention of German Protestants; the 'Osterhase' or Easter Hare, brought eggs and sweets to good children, in the same way that Santa Claus brought gifts to well-behaved youngsters.

The Easter Hare played this Santa Claus-like role at the start of the Easter season, judging whether or not children had been obedient to their parents. The symbolism is not particularly religious, but we can be reasonably certain the the Lutherans of long ago were not intending to teach their children about fertility. Like Santa Claus, the Easer Bunny is something fun to do with the kids.

*--The Old Farmer's Almanac*

This is the moment to change it all—the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, our livelihoods—together we must Invest in Our Planet. Because a green future is a prosperous future.

We need to act boldly, innovate broadly, and implement equitably. It's going to take all of us. All in businesses, governments, and citizens—everyone accounted for, and everyone accountable. A partnership for the planet.

And while there is still time to solve the climate crisis, time to choose both a prosperous and sustainable future, and time to restore nature and build a healthy planet for our children and their children, that time is short.

The Earth Day 2022 Theme is Invest in Our Planet. What will you do? Find information on Earth Day events, activities, and what individuals and organizations can do to make a difference.

Fifty years ago, the first Earth Day started an environmental revolution. Now, we are igniting an education revolution to save the planet. This formal campaign, launched Summer 2020, is combining grassroots support and on-the-ground efforts by students, educators, and nonprofits with national level commitments from Ministries of Education and Environment. Through our Climate and Environmental Literacy Campaigns, we will ensure that students across the world benefit from high-quality education to develop into informed and engaged environmental stewards.

*--#InvestInOurPlanet*





### **Macaroni and Cheese**

Bring a large pot of salted water to a boil. Stir in 1/2 lb. macaroni. Stir occasionally until al dente, about 1 min. less than package directions. Drain. Put 1 c. heavy cream and 2 c. freshly grated sharp cheddar cheese in the pot. Stir over low heat until cheese melts into a sauce, 3 to 5 min. Add pasta to sauce and stir thoroughly. Add some thinly sliced chives if desired. Serve immediately.

### **Parmesan Crusted Tilapia**

Preheat oven to BROIL on HIGH and place a rack 5 – 6 inches from the broiler unit. Line a rimmed baking sheet with foil and spray with cooking spray. Set aside. Pat 4 tilapia fillets dry and season with salt and pepper to taste. Combine 2 tbsp. melted butter; juice from 1 lemon; and 1 tsp. garlic powder in a small bowl. Brush butter mixture on both sides of the fish. Place fish on prepared baking sheet, bottom side UP, and broil for 5 min. Flip fish over, sprinkle with ¼ c. grated Parmesan cheese. Return to broiler for 5 – 6 min. Garnish with lemon wedges and parsley.

### **Italian Chicken**

Preheat oven to 350 F. Mix ½ c. brown sugar and 1 envelope dry Italian salad dressing mix in a small bowl. Dredge 3 – 4 lbs. boneless skinless chicken breasts in the sugar mixture. Place in a 9 x 13 in. baking pan. Sprinkle any leftover sugar mixture over chicken. Bake for 45 – 60 min. Baste occasionally with the juice that forms in the pan. You can make a complete meal by adding green beans and mushrooms to bake along with the chicken.

### **Let's Put a Smile on Your Face**

Two friends who grew old together made a deal that whoever died first would come back and inform the other how life after death was. Their biggest fear was that there was no after life at all. After a long life, Dan was the first to die. Benny mourned him, and waited for him to come and visit. True to his word, two months later, as Benny was sleeping, the voice of Dan appeared in his head. “Benny...Benny...” “My gosh, is that you Dan?” “Yes, I’ve come back like we agreed.” “That’s wonderful? What’s it like?” “Well, I get up in the morning, I have intercourse. I have breakfast and then it’s off to the golf course. I have intercourse again, bathe in the warm sun and then have intercourse a couple more times. Then I have lunch, keeping healthy, lots of greens. Another romp around the golf course, then pretty much have intercourse the rest of the afternoon. After supper, it’s back to the golf course again. Then it’s more intercourse until late at night. I catch some much needed sleep and then the next day starts all over again.” “Wow, Dan! Heaven sounds amazing.” “What heaven?” I’m a rabbit somewhere in Arizona.”

Check out Doyle’s blog:  
<http://doyleslistreno.wordpress.com>  
Prime Timers World Wide website:  
[www.theprimetimersww.com](http://www.theprimetimersww.com)  
Great information for seniors:  
[www.newtoreno.com/senior/htm](http://www.newtoreno.com/senior/htm)

| April 2022   |  |   |   |           |   |  |
|--|--|---|---|-----------|---|--|
| <a href="#">◀ March</a>  |  |   |   |           |   | <a href="#">May ▶</a>  |
| Sun  | Mon  | Tue   | Wed   | Thu       | Fri   | Sat  |
|  |  |   |   |           | <b>1</b><br>Good Luck Macbeth Theatre THE LAND BEFORE DINOSAUR PARK. Thru Apr. 9 <sup>th</sup> .<br><br>APRIL FOOLS DAY | <b>2</b><br>Reno Phil. Orchestra Music of Mozart, Strauss, Prokofiev, Pioneer Center 7:30 p.m. Also Sunday at 4 p.m.   |
| <b>3</b><br>Reno Wind Symphony 'Made in America' Music of American band composers. UNR Nightingale Concert Hall 3 p.m. | <b>4</b><br>LUNCH BUNCH 1 P.M. SI AMIGO MEXICAN 1553 S. VIRGINIA ST.                             | <b>5</b>  | <b>6</b><br>SENIOR COFFEE HOUR OUR CENTER 2 P.M.  | <b>7</b>  | <b>8</b>  | <b>9</b>   |
| <b>10</b>  | <b>11</b><br>LUNCH BUNCH 1 P.M. FAMOUS DAVE'S BBQ 4925 KIETZKE LANE                              | <b>12</b><br>Reno Aces HOME OPENER vs. Sacramento River Cats Greater Nevada Field Thru Apr. 17. | <b>13</b><br>SENIOR COFFEE HOUR OUR CENTER 2 P.M. | <b>14</b> | <b>15</b><br>PASSOVER BEGINS<br><br>GOOD FRIDAY   | <b>16</b><br>SILVER DOLLAR COURT 'CLOSET BALL' Virginia St. Brewhouse 8 p. m.  |
| <b>17</b><br>EASTER SUNDAY   | <b>18</b><br>LUNCH BUNCH 1 P.M. SKIPOLINI ITALIAN 13971 S. VIRGINIA ST. (SUMMIT SHOPPING CENTER) | <b>19</b><br>Reno Aces vs. Salt Lake Bees. Greater Nevada Field. Thru Apr. 24.                  | <b>20</b><br>SENIOR COFFEE HOUR OUR CENTER 2 P.M. | <b>21</b> | <b>22</b>   | <b>23</b><br>A.V.A. BALLET BEAUTY AND THE BEAST Pioneer Center Also on Sunday  |
| <b>24</b><br>Washoe County 4-H Livestock Show 8 a.m. Reno-Sparks Livestock Events Center                               | <b>25</b><br>LUNCH BUNCH 1 P.M. CHUY'S TEQUILERIA THE VILLAGE AT RANCHARRAH 7500 RANCHARRAH PKWY | <b>26</b>   | <b>27</b><br>SENIOR COFFEE HOUR OUR CENTER 2 P.M. | <b>28</b> | <b>29</b>   | <b>30</b><br>Reno Jazz Festival Showcase UNR Lawlor Events Center 6:30 p.m.<br><br>Reno Phil. Orchestra Beethoven Symphonies 1 and 9 Pioneer Center Also on Sun. at 4 p.m. |

More Calendars from WinCal