




"Don't let the past steal your present. This is the message of the holidays: We are never alone."  
 Taylor Caldwell  
 During the holiday season remember that PFLAG is always here to support you.





# *The Voice of PFLAG Hartford*

# *Caring*

**Volume 24, No. 6**

**November/December 2015**

**IN THE PFLAG HARTFORD FAMILY:**

**AT THE SEPTEMBER MEETING:** We elected our new Board members for the coming year. The following are the 2015-2016 Board Members; Lori Davison, President, Eric Lazarus, Vice President, Mark Pixley, Treasurer, Amanda Klatt, Resource Coordinator, Nancy Lichtenberg, Speaker Chair, Tracy Martinez, Newsletter, Edith Barrett, Diversity Chair, Lisa Mehlmann, Membership, Kai Berzinskas, Fundraising, Kaylee Zheng, Techno Diva and Carole Mackenzie. Congratulations and thank you all for serving!

**Good-bye and thank you** – to our outgoing Board members: Connie G., Mike R., Joan J., Jean C., Mary Beth & Tom M., and Donna S. Your work was very much appreciated!



**MEMBERSHIP REMINDER:** It's not too late to renew or join PFLAG Hartford! You can pay at on our website at [www.pflaghartford.org/membership.html](http://www.pflaghartford.org/membership.html) . Prices are shown below. Remember your dues are tax deductible!

**PFLAG is much more than a welcoming place for parents and friends of lesbians & gays. Lesbian, Gay, bisexual, transgender people and allies are also encouraged to attend our meetings. LGBT people come with or without their family members, and parents and friends come with or without their LGBT loved ones. PFLAG is for YOU!**

**PFLAG HARTFORD MONTHLY SUPPORT GROUP MEETS:** Third Wednesday of each month, 7:30 p.m., Immanuel Congregational Church House, 10 Woodland St, Hartford. First Tuesday of each month, 6:30 p.m, at 63 Linden St., Manchester. For more information, please call Lori at 860/305-2743.

**MEMBERSHIP DUES:**

Student/Limited Income: \$15  
 Household Membership: \$40  
 Individual Membership: \$25

**MONTHLY MEETING REMINDER**

Tuesday, Nov 3 – 6:30 p.m. Manchester  
 Wednesday, Nov 18 – 7:30 p.m. Hartford  
 Tuesday, Dec 1 – 6:30 p.m. Manchester  
 Wednesday, Dec 16 – 7:30 p.m. Hartford

*(Paid membership includes a one-year subscription to Caring & The National PFLAG newsletter.)*

Please make your check payable to **PFLAG Hartford** and send it to:

PFLAG Hartford, P.O. Box 260733, Hartford, CT 06126-0733

**PFLAG Hartford promotes the health and well-being of gay, lesbian, bisexual, transgender, queer and questioning persons and their families and friends through:**

**SUPPORT: To cope with an adverse society**

**EDUCATION: To enlighten an ill-informed public**

**ADVOCACY: To end discrimination and to secure equal civil rights.**

*PFLAG provides an opportunity for dialogue about sexual orientation and gender identity and expression, and acts to create a society that is healthy and respectful of human diversity*

**UPCOMING /ONGOING EVENTS**

- **STONEWALL SPEAKERS** is a volunteer speakers' bureau composed of LGBT people and allies dedicated to reducing violence and bias while promoting equality for all. We speak to thousands of Connecticut students and adults annually. Listeners will meet LGBT people and their allies in person; hear candid accounts of their lives; and receive honest, informed answers to any questions they have. Let your high school, college, business, religious group or community group know we are available. For more information please contact [coordinator@stonewallspeakers.org](mailto:coordinator@stonewallspeakers.org).
- **XX CLUB "Twenty Club"** – The Transsexual Support Group of New England meets the 2<sup>nd</sup> & 4<sup>th</sup> Saturday of every month from 2-5 p.m. at The Hartford Gay & Lesbian Health Collective, 1841 Broad Street, Hartford, CT [www.twentyclub.net](http://www.twentyclub.net).
- **LIVING SOULFULLY** (Men Loving Men In Community) meets the 4<sup>th</sup> Wednesday of every month, 7:30-9:30 p.m. at The Hartford Gay & Lesbian Health Collective, 1841 Broad Street, Hartford, CT. 860/278-4163.
- **Mpower CT** – Social gathering for gay and bisexual men ages 18-35 meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 7-9 p.m. at The Hartford Gay & Lesbian Health Collective, 1841 Broad Street, Hartford, CT. 860/278-4163.

**ONE BIG EVENT:** Saturday, November 21<sup>st</sup>, 6 p.m. to midnight. An invitation to the Gayest Gala in Hartford! This year's event is *Mad Men* meets Alfred Hitchcock. Think Don Draper sharing a drink with Cary Grant. Or Grace Kelly and Eva Marie Saint slipping away to the women's room for a *tete-a-tete*. It's a whole new level of sophistication and hip nostalgia. The fifties never were so stylish or so queer. Tickets are \$150. Visit their website [www.onebigevent.org](http://www.onebigevent.org) for more details.

**TRANSGENDER DAY OF REMEMBRANCE**

There will be a Transgender Day of Remembrance vigil at the Metropolitan Community Church sanctuary on **November 20<sup>th</sup>, starting at 7 p.m.** Transgender Day of remembrance (TDOR) is an annual observance on November 20<sup>th</sup> that honors the memory of those whose lives were lost in acts of anti-transgender violence. During the week of November 16-22, 2015, individuals and organizations around the country participate in **Transgender Awareness Week** to help raise the visibility of transgender and gender non-conforming people and address the issues these communities face. For more information go to <https://www.hglhc.org/hglhc-content/1037>.

What is the Transgender Day of Remembrance? The Transgender Day of Remembrance (TDOR) was started by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence that year and began an important memorial that has become the annual Transgender Day of Remembrance.

*"The Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people - sometimes in the most brutal ways possible - it is vitally important that those we lose are remembered, and that we continue to fight for justice."* Transgender Day of Remembrance founder Gwendolyn Ann Smith

### **GREAT NEWS: NEW HAVEN PFLAG IS BACK!**

Guilford Youth & Family Services plans to organize and run "The Geography Club," a moderated LGBTQ youth support group, and we have arranged for our PFLAG chapter to re-open and hold a simultaneous parents' meeting!

Our first meeting will be on Tuesday, November 10, 2015, at 7 PM - 8 PM at the GY & FS center in downtown Guilford. We have decided to meet the second Tuesday of each month from 7 PM - 8 PM, and as noted above the youth group will meet at the same time, although parents do not have to have a child attending The Geography Club in order to attend the PFLAG meeting. GY & FS is located at 36 Graves Street, and parking is in the City Hall lot (the entrance to GY & FS is in the back of the building and it is accessible from the City Hall parking lot, located at 31 Park Street). For more information contact Jane Ferrall at [greaternewhavenpflag@yahoo.com](mailto:greaternewhavenpflag@yahoo.com).

## **Connecticut TransAdvocacy Coalition**

### **CALL FOR THE TENTH ANNUAL TRANSGENDER LIVES CONFERENCE WORKSHOP PROPOSALS**

Our Tenth Annual Transgender Lives: The Intersection of Health and Law Conference will be held on April 30, 2016 at the UConn Health Center in Farmington, Ct. In preparation for this conference we are announcing our CALL FOR WORKSHOP PROPOSALS for the conference. The conference is for Service Providers, Medical and Legal Professionals, Trans and Gender non-conforming community, allies and all those interested in the Health and Law issues facing the Trans and gender non-conforming communities.

The goal of the Trans Health and Law conference is for participants to gain a better understanding of the issues facing transgender and gender non-conforming individuals.

This year some of the workshops topics we are looking for are on the following:

Health and transitional health care	Aging transgender population
Legal protections and documentation	Policy/civil rights
Employment and education	New guidelines for travel
Life and family issues	Improvement in your gender presentation
Partner(s) and family	Middle of the road concerns
Health care coverage & government guidelines	Allies

You can submit your workshop electronically this year by clicking the link [www.transadvocacy.org](http://www.transadvocacy.org). This will be an online form that explains all relevant details for submission and importantly will allow you to fill out your proposal online. We encourage you to submit your proposal as soon as possible. **The deadline for workshop proposals is November 30, 2015.**

As this conference has dramatically grown over the years, we recognize that many of you have very important topics and experience which fold into our theme of The Intersection of Health and Law. Workshop space is limited and all proposals will be reviewed for applicability and relevance to the Conference theme and audience.

If you have any questions, please email us.  
Sincerely,  
Transgender Lives Organizing Committee  
CT TransAdvocacy

## True Colors Annual Conference

**SAVE THE DATE!**  
**True Colors 23**  
**March 18 & 19, 2016**

Workshop proposals are now being accepted. The deadline for proposal submission is November 20, 2016. Go to [www.ourtruecolors.org/Programs/Conference/workshop-guidelines.html](http://www.ourtruecolors.org/Programs/Conference/workshop-guidelines.html) for more information.

## LOOK WHERE PFLAG HARTFORD HAS BEEN!

Hartford Capitol City Pride Festival

UConn panel

Hartford Stage LGBT Night

Pratt Whitney lunch talk

CTGLC Expo

“De eso no se habla” Latino LGBTQ conference

PFLAG National Conference

Hartford Hooker Day Parade

Southington Public Schools Mental Health Professional Workshop

E.O. Smith High School GSA Presentation    Griswold High School Teachers Workshop

Wadsworth Antheneum Volunteer & Docent Training    CREC Schools Nurses Training



## 11 Facebook Groups Every LGBT Person Should Know

By Curtis M. Wong, Huffington Post, 10/21/15

The Supreme Court's [June 26 ruling on marriage equality](#) seems to be having an impact on social media, as more [Americans are embracing Facebook as a tool](#) to publicly identify as lesbian, gay, bisexual or transgender (LGBT) than ever.

A [new report released last week](#) by Facebook's Research and Data Science division found that roughly 800,000 Americans updated their Facebook profiles to express a same-gender attraction or custom gender in the past year, while fans of LGBT-specific Facebook pages have increased 25 percent.

Facebook's researchers were quick to tie the spike to the national legalization of same-sex marriage in June in their survey. Still, when he launched the [LGBT+ Groups of Central Valley group](#) in 2011, Justin Kamimoto said Facebook made perfect sense as a platform well before that. Kamimoto, 22, who works in digital media and had relocated from California's Bay Area to Fresno before launching the group, told The Huffington Post in an interview that he found Facebook to be an invaluable resource in connecting him and others with like-minded people in the area, which is miles away from the sizable LGBT populations of San Francisco and Los Angeles.

"Many people in the Central Valley do not have access to transportation to be able to visit places like community centers or resource offices," he said. "Facebook is something that you don't need to leave your home for and is a great place to find support and connections."

Meanwhile, a spokesperson for Facebook said that groups are a critical component to the site experience, uniting users around a "common goal or issue."

"Empowering people to share their experiences and live openly is central to Facebook's mission to create a more open and connected world," the spokesperson said.

HuffPost Gay Voices has curated a list of 11 Facebook groups that we feel every LGBT person should know. While this is by no means a comprehensive list, the collection represents the diverse range of issues, interests and goals of the LGBT community and its allies.

### Parents Of Transgender Children

This [group](#), which currently has 2,700+ members, supports parents of transgender children, gender-variant children and any child about whom a parent is "gender" concerned. They help, advise, encourage and support each other. They also host an additional group, [Allies of Transgender Children](#), for supportive family members and friends.

### Queer North America Rideshare

[This group](#) is designed to connect queer travelers to one another in hopes that we can build a solid network of LGBTQI-friendly rideshare opportunities throughout the US, Canada & Mexico. It currently has over over 6,900 members.

### Gay Professionals

[This group](#) is intended to be a place where individuals can interact and discuss anything as related to a business or professional nature as well as true professional networking. Currently has over 14,400 members.



## Transgender World

With over 4,500 members, [this group](#) is for transgender people in general, trans-oriented individuals, their friends and people who love them. It's a place for these individuals to meet, to chat, to have fun with respect, to open up, to be heard, to gather, to find a date, soulmate or life partner or to simply connect with each other.

## Transgender Support

[This group](#), which currently has over 5,600 members, is intended as a safe space for members of the trans community and its supporters/allies.

## LGBT Real Talk Radio

[This group](#) is a communication focal point for the lesbian, gay, transgender and bisexual community. With over 2,300 members at present, it's a safe and free environment that promotes unity among our community, education, awareness, and a common connection for all members.

## GLBT Writers and Readers

[GLBT Writers and Readers](#) aim to offer support and encouragement for all GLBT writers, whether they are published or not, and for all GLBT readers. Here, the group's more than 8,600 members can ask and answer questions about writing, publishing, and reading as well as have general discussions.

## Lesbian TTC, Pregnancy and Parenting

This is a private place where we can discuss the ups and downs of TTC (trying to conceive), pregnancy and everything in between from the lesbian perspective. [The group](#), which currently has over 1,200 members, is closed. Only members can see posts.

## LGBT Advocate

This is [a group](#) set up as a safe forum for the lesbian, gay, bisexual and transgender (LGBT) community, and their allies. Organizers aim to make all people from the LGBT community and their allies to feel safe and welcome. It currently has over 12,900 members.

## LGBT CrossFitters

Over 1,400 members have joined [this page](#), which is for men and women who love CrossFit, and who happen to be members or allies of the LGBT community.

## LGBT Pride Support

With over 6,000 members, [this group](#) was created for LGBT support, and for people to get things off their mind and make new friends.

## “We are the Change” PFLAG National Conference

Lori Davison, PFLAG Hartford President

Two weeks ago I had the opportunity to represent PFLAG Hartford at PFLAG's National Convention, “We are the Change”, in Nashville. It was a whirlwind three days where friendships were rekindled, new contacts were made, goals were set, workshops were presented, and awards were given. It was so great to connect with PFLAG parents, allies, and LGBTQ folks from Idaho, Texas, Alberta, Illinois, Florida, Mexico City...from all over North America!

The highlight of the convention, for me, was gaining new insight on how PFLAG Hartford can better serve people in communities of color. I spent time meeting with the group “Familias por la Diversidad Sexual” – a PFLAG-type group for Spanish and Portuguese speakers – and attended a workshop on “Reframing Diversity Efforts”. Both gatherings gave me many ideas to share with our new Diversity Chair, Edith Barrett in order to continue this critical effort.

While in Nashville I was also able to give back - on Friday, by joining other PFLAG members to volunteer at a local food bank, and on Saturday, by presenting a workshop for attendees who wanted to better support the families of trans and gender non-conforming people. For some chapters, members may be well versed on supporting LGB folks and their families, but are challenged when it comes to the “T”. The workshop helped attendees better understand issues related to gender identity and expression. The feedback from the workshop confirmed that the message was heard, with participants saying the workshop was “right on target”, “thorough and interesting” and the “best workshop I’ve attended today” (nice praise since it was in the last time slot! zzzzzzz)

The most moving part of the convention was when Pam Mettler (Caitlyn Jenner’s sister) came to the conference to receive the Betty DeGeneres Advocate award on behalf of her mother, Esther Jenner Avry, who was unable to travel. The award is given to those who use their visibility to advance PFLAG’s mission. Nobody can deny that Caitlyn’s mom has been very visible this year, publicly opening hearts and minds in order to support family.



Friends reunited: Catherine Hyde and Lori Davison. Catherine is from PFLAG Columbia-Howard County, whose chapter was honored for its work of Support in creating the Gender Conference East event.



Pam Mettler receiving the Betty DeGeneres Advocacy Award from Betty herself, on behalf of her mother Esther Jenner Avry.

**PFLAG HARTFORD IS LOOKING FOR A LIBRARIAN!**

*The librarian would set up and take down the library at each Hartford meeting, keep track of the books and review, select and purchase new books for our library. Interested parties please contact our Vice President, Eric Lazarus at [vp.pflaghartford@gmail.com](mailto:vp.pflaghartford@gmail.com).*

**PROFESSIONAL SERVICES DIRECTORY:** If you would like to advertise your business/service in *Caring* for one year (6 issues), send your business card and a check for \$50 (made payable to PFLAG Hartford) to: Tracy Martinez, 85 Hilton Drive, East Hartford, CT 06118. Your Patronage of our advertisers, who help us pay the costs of sending the *Caring* newsletter to you, would be greatly appreciated by them and by us. Please mention that you saw their advertisement in *Caring*.

**the hartford gay and lesbian health collective helps people save their lives**



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Grace Episcopal Church  
55 New Park Ave.  
Hartford, Ct. 06106  
(860) 233-0825  
[GraceHartford@sbcglobal.net](mailto:GraceHartford@sbcglobal.net)

Absolutely everyone is welcome at this parish where we hope you will find a community of faith to support and encourage you.

We worship God through a traditional liturgy, celebrated with open minds and generous hearts.



Sunday - 8:00 A.M. Low Mass  
10:30 A.M. Sung Mass or Solemn High Mass  
Tuesday - 5:30 P.M. Low Mass or Healing Mass  
Wednesday - 7:15 A.M. Low Mass  
Thursday - 5:30 P.M. Low Mass

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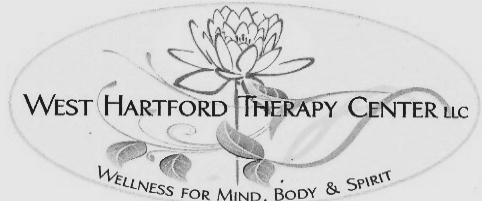
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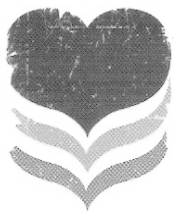


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**CARING IS THE BI-MONTHLY  
NEWSLETTER OF  
PFLAG HARTFORD**

**Editor:** Tracy Martinez

*Caring* welcomes articles, letters and other submissions for publication.

**Deadline:** 15<sup>th</sup> of even numbered months.

**Connecticut PFLAG Meetings**

**PFLAG HARTFORD:** Information on front page or on our website: [www.pflaghartford.org](http://www.pflaghartford.org)  
Email: [pflaghartford@gmail.com](mailto:pflaghartford@gmail.com)  
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Contacts: (860) 305-2743

**PFLAG SOUTHWESTERN CT**  
Hot Line: (203) 874-7365

**PFLAG SECT (SOUTHEASTERN CT)**  
When: Second Monday of every month,  
Potluck at 6:00 pm; Meeting at 7:00 pm  
Where: Noank Baptist Church,  
18 Cathedral Heights, Noank (Groton)  
Helpline: (860) 447-0884  
Email: [bjalthen@sbcglobal.net](mailto:bjalthen@sbcglobal.net)  
Web site: [www.pflagsect.org](http://www.pflagsect.org)

**PFLAG GREATER NEW HAVEN**  
Contact: Jane Ferrall  
Email: [Greaternewhavenpflag@yahoo.com](mailto:Greaternewhavenpflag@yahoo.com)

**PFLAG/MANCHESTER YOUTH SERVICE BUREAU**  
When: First Tuesday of every month, 6:30-8:00pm.  
Where: 63 Linden Street, Manchester  
Contacts: Youth Group, Kellie Sheridan (860) 647-5263  
Parent Group, Lori Davison [pflaghartford@gmail.com](mailto:pflaghartford@gmail.com)

**NORWALK**  
Support Group for PARENTS of trans/gender creative children of all ages, and of all our LGBTQ children!  
When: 2<sup>nd</sup> Sunday of every month, 3:00-5:00 pm  
Where: Triangle Community Center  
618 West Avenue, Norwalk, CT 06850

**Central and Western Massachusetts**

**Franklin - Northampton**

When: Second Tuesday of every month from 6-8 pm  
Where: Northampton at Northampton Crossing  
325 King St. (conf. rm. Pioneer Valley Family  
Medicine)

Contacts: 413-625-6636 or [jcmalinski48@gmail.com](mailto:jcmalinski48@gmail.com)

**The Berkshires:**

Contact: (413) 243-2382 or [mssemnn29@gmail.com](mailto:mssemnn29@gmail.com)

**Springfield Area:**

Where: Agawam  
Contact: (413) 732-3240 or (413) 783-7709

**Greenfield, MA**

Help Line: 413/625-6636  
E-Mail: [PFLAGPV@valinet.com](mailto:PFLAGPV@valinet.com)

**STRAIGHT SPOUSE SUPPORT NETWORK:**

**In Connecticut and Western Massachusetts**  
Monthly Support Group, Third Sunday,  
West Hartford, CT.

Contact Jane Harris at (413) 625-6636 or  
[jcmalinski48@gmail.com](mailto:jcmalinski48@gmail.com)  
or at [www.straightspouse.org](http://www.straightspouse.org)

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