



PFLAG of Cape Cod

Parents, Families and Friends of Lesbian, Gay, Bisexual,
Transgender, Queer and Questioning People

PFLAG

NEWSLETTER

Winter 2016 - 17

WE NEED YOU!

Be a part of the movement! There has never been a more important time than now to support and be an advocate for the LGBTQ+ community. PFLAG of Cape Cod is looking for members who wish to become more involved with Chapter activities, and supporting our important mission. For more information, please contact Denise at Denise@pflagCapeCod.org

From Our Chapter President

Greetings PFLAGers! PFLAG of Cape Cod was busy in the community this past fall and early winter, and we look forward to an equally active 2017. Highlights include,

Alternative Gift Market

We were at the Alternative Gift Market at St. Barnabas Church in Falmouth, in November where we raised \$1,349 for PFLAG of Cape Cod to buy supplies for our Speaker's Bureau and library grade copies of Michael Sadowski's *Safe Is Not Enough: Better Schools for LGBTQ Students*, for distribution to various Cape schools. Café Chew, in Sandwich, also hosted an Alternative Gift Market where we raised another \$40. Together, this will provide for a great amount of outreach to Cape Cod this year. We are

very grateful to St. Barnabas Church and Café Chew for inviting us to be part of their events.

Transgender Medicine Conference

PFLAG held a conference on November 5, 2016 at the Cape Codder Hotel and Resort in Hyannis for our medical community. With the help of The GALE Fund, we were able to bring Drs. Jeremi Carswell and Ciaran DellaFera to our conference. They both specialize in transgender medicine. Dr. Carswell is the Director of Gender Management Service at Boston Children's Hospital, and Dr. DellaFera is the Director of Transgender Medicine at the Greater Lawrence Family Health Center.

With outreach help provided by Cape Cod Healthcare, we were able to bring about 30 healthcare professionals from around Cape Cod to this event. This provided them with a better understanding of what transgender care means. Also, it provided medical staff here on Cape Cod with contacts at medical centers that deal with these issues on a daily basis. Better contacts equal better care for residents here on Cape Cod.

Drag Bingo

Drag Bingo was a rousing time again this year in Provincetown. We were so happy to

help our friends at the Provincetown Business Guild. They held three events, from turkey weekend through New Year's. These events are always packed, and a bunch of fun. The people, the drag queens, the drinks, Oh My... Looking forward to more fun in 2017! Job well done, PBG!

Outreach Activities

PFLAG reach out to the local Gay Straight Alliances in many schools. We let teenagers know that being who you are is ok and very healthy. Our goal is to lower the incidence of suicide and other risky behaviors by providing a positive message to our youth. It is important for all of our children to grow up to be strong individuals who are happy with themselves.

PFLAG was asked to visit the Unitarian Universalist Fellowship of Falmouth to talk with their youth group. They are going through a curriculum called "Our Whole Lives." This course covers all aspects of being an adult in a respectful way. José Lima and I were guest speakers. We told them a bit about ourselves, and then had a Q&A session. They asked thoughtful questions and we had a great time answering them. Thanks for having us!



Look for the Cape Cod Pride Picnic to be returning to Falmouth on Saturday, June 24th, from noon to 3:00, at Morse Pond School, 323 Jones Road. PFLAG is partnering again with No Place For Hate - Falmouth. This was a wonderful event last

year with over 200 people attending. This year we're looking to blow that number away! Zoe Lewis is going to grace us with her presence. There will be food, ice cream, games, and a free raffle, as well. Contact capecodpride.org for more information, including how to register your group for a table, sponsor the event, or make a donation.

PFLAG is going to continue to do what we do best, which is to provide good support groups and well-rounded outreach to our Cape Cod communities and, most importantly, bring people together. We must take the time to remember that families and friends and the LGBTQ+ community come from many different political parties, religious and nonreligious faiths, and racial backgrounds. It is here that we break through our barriers and find what we have in common. The straight and LGBTQ+ communities can and do exist well together. We all want to be treated with love and dignity. Here at PFLAG, that's what we do.

Lastly, I want to thank our members for their kindness and generosity. Your hearts truly show what love is all about. Talk to any PFLAGer and you can always hear the willingness to reach out and help someone in need. The answer may not always be readily available, but someone will always help you find it. Thank you for your help and love! So, let's show our country what love and dignity really mean, and let us change the world together.

Drey Annachie - President

Cape Cod Human Rights Academy

In October, PFLAG was approached to contribute to the Human Rights Academy (HRA), a one-day event for Cape and Islands schools to come together and learn about various non-profits who promote

human rights so they can bring this knowledge back to their schools and communities. Eight non-profits attended, including PFLAG, and there were 13 schools present with over 150 students.

Grant Pike represented PFLAG at what turned out to be an exciting and enlivening event. This was a great chance for Grant to bring all the positive things that PFLAG does to the next generation of social justice advocates. Grant remarked that the main take back message was to get the students excited about being allies to the LGBTQ community and promote LGBTQ rights. The organizers were thrilled to have PFLAG present and look forward to having us back next year.

PFLAG Northeast Regional Conference

On October 1, several PFLAG of Cape Cod board members joined PFLAG leaders from 17 other chapters across New England for a full-day regional conference in Hartford, CT. We learned networking, social media, grant development, and leadership techniques, as well as advanced facilitation skills. These new skills will allow us to strengthen our PFLAG of Cape Cod chapter

LGBTQ Sports Conference

PFLAG of Cape Cod was proud to be a co-sponsor of Identifying the Intersection of Athletics, LGBTQ Diversity and Anti-Bullying Rhetoric, a conference and workshop in October geared toward fostering an accepting environment in high school athletics. Held at the Hyannis Resort and Conference Center and organized by Sturgis East High School senior (and PFLAG member) Jonathan Peters, the two-hour event brought together 160 student-athletes, teachers and coaches from high schools throughout Cape Cod and southeastern Massachusetts. The featured speakers included Braeden Lange, a 13

year-old lacrosse player from Pennsylvania who was featured in "The Courage Game", a short video presented on ESPN's Sports Center in 2015, as well as Cyd Zeigler, a graduate of Harwich High School and co-founder of OUTsports.com in Los Angeles.

The featured speakers and video presentations captivated everyone who attended, and the Q&A session that followed demonstrated just how strong the desire is to create a healthy school environment for LGBTQ athletes and students. To read more about the event, go to <https://www.sturgissoundings.wordpress.com> and select from the Winter 2017 Menu at the right.

PFLAG of Cape Cod Scholarship

PFLAG will be awarding a \$3,000 scholarship to a graduating Cape Cod high school senior who has demonstrated support and advocacy for the LGBTQ community. To be eligible, the student must complete the application and release form, write an essay, and secure two recommendations: one from the student's guidance counselor and another from an adult who is familiar with the student's efforts in support of the LGBTQ community. The student must submit the application, release form, essay, and recommendations to their school's guidance department by Friday, March 31, 2017. For more information, including access to application forms, visit www.pflagcapecod.org.

From the Treasurer's Ledger

February 2017

Hope everyone is having an enjoyable winter so far. Our current fiscal year began on October 1, 2016 and as of February 1, we have received a total of 72 membership renewals. Although that is very promising, it would be great if we could increase our numbers and surpass last year's 75 memberships. So if you have not yet sent in

your member renewal form and dues (or paid on our website via PayPal), then I strongly encourage you to do so. It's because of YOU that we are able to continue providing Support, Education and Advocacy in the Cape Cod community! May the rest of your winter be safe and warm, and thank you once again for your continued support!
Joe Lima – Treasurer

LGBTQ Group Meetings

PFLAG/Brewster, 3rd Monday of each month, 7 PM, First Parish UU Church, 1969 Main St., Brewster (Rte. 6A, near Rte. 124).

PFLAG/Falmouth, last Tuesday of each month, 7 PM, Falmouth Jewish Congregation, 7 Hatchville Rd., E. Falmouth.

PFLAG Parents of Transgender Youth Support Group. 3rd Sunday of each month, 3:30-5:00 pm, West Barnstable Community Building, Route 149 & Meetinghouse Way. Contact: Denise@PFLAGCapeCod.org.

Thrive at CIGSYA: 56 Barnstable Rd, Hyannis, open Wednesdays 4-6:30 pm, www.cigsya.org

Falmouth Gay Men's Group: www.FalmouthMensGroup.org

Lesbian Groups: www.meetup.com/CapeCodWomen

Transgender Support: every 2nd Wed, 7pm, First Parish Winslow House, Rte. 124 at 6A. winslowgroup2016@outlook.com

LGBT Seniors Group: 4th Friday of each month at 6:00 pm. Orleans COA, 150 Rock Harbor Rd.

PFLAG of Cape Cod

PO Box 262, Marstons Mills, MA 02648

MISSION: By meeting people where they are and collaborating with others, PFLAG realizes its vision through **support** for families, allies and people who are LGBTQ, **Education** for ourselves and others about the unique issues and challenges facing people who are LGBTQ, and **Advocacy** in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

MEMBERSHIP: Dues-paying members support the efforts of PFLAG locally and nationally. Fifteen dollars of the annual membership fee goes to PFLAG National. Our fiscal year begins October 1.

OFFICERS & BOARD: President - Drey Annachie, Treasurer – Joe Lima, Secretary - Diane Titcomb, Denise LaBarre, Eric Nelson, Terry Norgeot, Kasia Piaseca, Grant Pike, and Rona Robinson.

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FACEBOOK: "PFLAG Cape Cod"

Membership Application PFLAG of Cape Cod

___\$45 Family ___\$30 Individual ___\$15 Limited income. \$___ Additional donation for local chapter

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

I prefer the Newsletter by **EMAIL / PAPER COPY**
(Please circle one)

Make checks payable to PFLAG of Cape Cod.
Mail to Joe Lima, PO Box 262, Marstons Mills, MA 02648