



PFLAG Colorado Springs

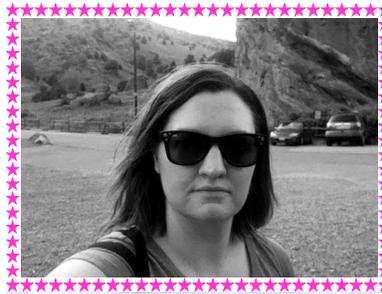
Parents, Families, Friends, and Allies United
With LGBT People to Move Equality Forward

June 2016

One Colorado Political Director to to be Guest At June PFLAG Meeting

The Political Director for One Colorado, Laura "Pinky" Reinsch, will give us an update on the current political activities of One Colorado at the June PFLAG meeting. One Colorado is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay bisexual and transgender (LGBT) Coloradans and their families.

Laura is a Colorado Springs native who graduated with a degree in political science from the University of Colorado in Boulder. She has been active in social, racial and gender justice politics since her graduation. Before coming to One Colorado, she worked for NARAL, Pro-Choice Colorado, working on reproductive health rights and justice issues.



Laura "Pinky" Reinsch

She will provide an overview of the most recent session of the Colorado legislature with regard to bills impacting LGBT equality.

Two important bills that would have banned the harmful practice of conversion therapy and made it less burdensome for transgender Coloradans to update the gender on their birth certificate were defeated in a Republican-controlled Senate committee.

Thankfully, two broad religious exemption laws -- that would allow people to pick and choose which laws to follow -- were voted down after a coalition of businesses, faith leaders, law enforcement, and community organizations came together to oppose them.

Laura is committed to the election of more LGBT-favorable politicians to the Colorado legislature in November.

PrideFest 2016!

The annual PrideFest celebration of our LGBT community will be held the weekend of July 9-10 at America the Beautiful Park. Don't miss it! We need volunteers to staff the PFLAG booth in the park both days, and everyone is encouraged to come out on Sunday to march (or cheer for) the Pride Parade.

JUNE PFLAG MEETING

Tuesday
June 21, 2016
7:00 p.m.

Laura Reinsch
Political Director
One Colorado

The Dwelling Place
508 North Tejon Street
Everyone is welcome.

Social time begins at 6:30 p.m.

Cookies
Everyone is welcome.

The July 19th PFLAG meeting will feature a summer Ice Cream Social and a short video.

"Off the Street Breakfast" With Urban Peak—July 20th

Urban Peak's "Off the Street Breakfast" will be held on July 20th this year. If you have never attended this uplifting event, reserve your place now at the PFLAG table and join us to learn more about Urban Peak and the amazing work it does in housing homeless youth and putting them on the path to recovery and personal success. The youth tell their stories, and participants have a chance to appreciate the fine leadership Shawna Kempainen has provided for the youth, many of whom are LGBTIQ.

It's an early breakfast event outdoors, wrapped up by 8:30 a.m. to get you to work on time. The breakfast is free, and donations are requested. Save the date and claim your seat by calling Karen Stith 634-4433.



The Suicide Prevention Partnership, 704 North Tejon Street in Colorado Springs, is providing free training to the public this summer at the following dates and locations.

To register, call 573-7447.

- June 16 - 6 - 7:00 p.m. - Penrose Library
- June 17 - 6 - 7:00 p.m. - Tri-Lakes YMCA
- June 27 - 6 - 7:00 p.m. - East Library
- June 28 - 6 - 7:00 p.m. - Tri-Lakes YMCA
- July 8 - 6 - 7:00 p.m. - Fountain Library
- July 27 - 6:30 - 7:30 p.m. Sand Creek Library

There has been an increase in youth suicides in our community this spring. Please consider taking advantage of this generous outreach by the suicide Prevention Partnership.



Healthy Kids Focus Groups for Parents of Teens to Meet June 13-14 in Colorado Springs

This newsletter is published by the Colorado Springs Chapter of PFLAG.

PFLAG Vision Statement. PFLAG envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression.

PFLAG Mission Statement: 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

Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

To join the local chapter and receive the newsletter regularly, complete and mail the membership form on page four. To receive complimentary copies of the newsletter, please contact us.

E-mail address: info@cspflag.org

Support Line: (719) 425-9567

P.O. Box 49131
Colorado Springs, CO 80949

PFLAG Colorado Springs website:
www.cspflag.org

PFLAG National Office website:
www.pflag.org

Newsletter Editor: Karen Flitton Stith
E-mail: karenfstith@gmail.com

To receive your newsletter by e-mail, send a request to info@cspflag.org

The Colorado Department of Health & Environment (CDPHE) is partnering with the El Paso County Health Department to provide two Focus Groups for parents of high school students where parents can explore concerns about youth health risks, what factors encourage young people to make healthy choices, and opinions on how to collect information on young people's healthy and unhealthy behaviors. Parents can learn about and discuss the Healthy Kids Colorado Survey being carried out by CDPHE. The focus groups are free and open to the public.

Monday, June 13 - 6 - 7:30 p.m. at Library 21C, 1175 Chapel Hills Drive, Colorado Springs.

Tuesday, June 14 - 6 - 7:30 p.m. at YMCA of the Pikes Peak Region - Southeast Center, 2190 Jet Wing Drive, Colorado Springs, CO 80916

The Healthy Kids Colorado Survey, a voluntary survey done every two years, collects anonymous, self-reported health information from middle and high school students across Colorado.

The survey asks questions related to physical activity and nutrition; suicide, bullying and mental health; alcohol, tobacco, marijuana and other drugs; and sexual health (high school only).

Trans Youth Education and Support (TYES)

TYES is a PFLAG affiliate that offers education and support to families with gender variant children. TYES information is available at PFLAG meetings.

TYES families in the Pikes Peak region keep in touch by phone and through a private Facebook page. To contact the Colorado Springs TYES volunteers, call PFLAG at (719) 425-9567 or send an e-mail to info@cspflag.org.

The TYES program originated and is headquartered in Boulder, Colorado.

More information is available at the national TYES website www.TYES-Colorado.org



The survey provides anonymous results that can be used to better understand health behaviors and attitudes among Colorado youth and monitor trends in health behaviors over time.

Parents can register to attend a Focus Group by going to <https://www.colorado.gov/cdphe/hkcs-parent-focus-groups>. One Colorado strongly encourages parents of high school students to attend these meetings.

FACEBOOK HELP!

Our chapter president, Doug Kirkpatrick, would like some help in learning how to manage the PFLAG Facebook account better.

He's not looking for someone to take it over, just someone to sit down with him for a little while and help him move up to the next level as a Facebook manager.

If you can help, please call Doug at (719) 598-6509.

NOMINATIONS FOR INDY INCLUSION AWARDS

The 3rd Annual Indy Inclusion Awards event in July will celebrate those who devote their days, nights, hopes, dreams and resources to advancing LGBT causes and creating a more inclusive and diverse Pikes Peak region. Nominations are due by June 15th. Go to: <http://www.csindy.com/>

Thank you

To the Saponas Foundation and First Congregational United Church of Christ for their significant, ongoing support of Colorado Springs PFLAG.



“Growing Up Coy” Explores the Fallout After a Family Fought for Its Transgender Child

Cara Buckley, *New York Times*, 6/6/2016

Before North Carolina passed its controversial bathroom law, before Caitlyn Jenner transitioned and before “Transparent” became a hit TV series, a little kid in rural Colorado was told she couldn’t use the girls’ restroom at school anymore.

The story of Coy Mathis, a transgender girl who was born a boy, [garnered international attention](#) in 2013 when her parents, Jeremy and Kathryn Mathis, filed a complaint accusing the school district of violating the state’s anti-discrimination law.

The Mathises went on to [win their case](#), but not before coming under heavy criticism for putting Coy, then a 6-year-old first grader, in front of reporters and camera crews and on television with Katie Couric. Now, they’re poised to be foisted back into the spotlight with the documentary “Growing Up Coy,” which has its [premiere](#) on June 16 in New York at the [Human Rights Watch](#) Film Festival.

Directed by Eric Juhola and produced by his husband, Jeremy Stulberg, “Growing Up Coy” picks up with the Mathis family in early 2013, about six weeks before they went public with their case. Together with their lawyer, the Mathises believed that speaking openly was necessary to sway the public in Coy’s favor and to help win her case. But, as the documentary shows, the move unleashed a media feeding frenzy that previewed the fights that would roil America in 2016, fraying the couple’s relationship, drawing excoriations from talking heads and internet trolls, at times alienating their four other children and indelibly etching Coy’s name into cyberspace’s inexhaustible memory bank.

“I think they didn’t know what they were getting into when they started. I don’t think they knew how big it was going to get,” Mr. Juhola said. “I can’t speak for them, but I hope that over time they realize the difference that they made. I think the world is a better place because of them and what they did.”

In the course of the documentary, the Mathises moved from Fountain, Colorado, a small town near the headquarters of the conservative organization Focus on the Family, to Aurora, Colorado, and have since moved elsewhere in the state. They retreated from public view and are unlikely to participate in the promotion of the documentary. Read the full story at <http://www.nytimes.com/2016/06/07/movies/growing-up-coy-transgender-documentary.html>

AspenPointe Provides Free, 24-Hour Crisis Help

The Crisis Stabilization Unit at AspenPointe in Colorado Springs offers crisis services, a hotline and respite care, and can be reached at (844) 493-8255. Dr. Mick Pattinson, president and CEO of AspenPointe, stated: “The need for help doesn’t always occur at a convenient time. The good news is that licensed clinicians are available 24 hours a day, seven days a week to help those in times of crisis and hopelessness. Help is available by text, phone call or walk-in assistance to anyone, regardless of the ability to pay.”

He continued, “Over 1600 youths in the Colorado Springs area have used our community’s crisis services at 115 South Parkside Drive since December 2014. That includes teens and adolescents who confront new challenges and pressures not seen in previous generations. The new convenient text option will make it easier for those seeking help.”

It’s as simple as texting the word “TALK” to 38255. The text service is available anytime and anywhere in Colorado.”

Our PFLAG meetings are a safe space.

Who you meet, and what you hear—

Must remain strictly confidential.

Colorado Springs PFLAG Joins AmazonSmile Program

Thank you to Bill Oliver, who has registered our Colorado Springs PFLAG chapter as a participant in the Amazon Smile Program. Our chapter receives 0.5% of the purchase price for eligible purchases when a customer enters the Amazon site through our portal- <http://smile.amazon.com/ch/84-128118>.

We have already received a small (\$16.00) donation from Amazon for our first purchases made through AmazonSmile. If you are accustomed to purchasing items on the Amazon website, [please consider using this portal](#) to support PFLAG in Colorado Springs.

Some Answers to Frequently Asked Questions:

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices and convenient shopping as on Amazon.com. The difference is that when customers shop on AmazonSmile (www.smile.amazon.com) the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organization selected by the customers.

PFLAG qualifies for this program because it is a 501(c)(3) charitable organization.

There is no cost to the customers or to the charitable organization. The shopping experience is identical to Amazon.com with the added benefit that the charity receives the donation.

Amazon and AmazonSmile take no administrative fees or deductions from the donation amount. The charitable organization pays no fee to register.

Over one million charities have registered to participate in this program.

Remember our other easy fundraiser!



Pick up your King Soopers Gift Card at a PFLAG meeting.



BULLETIN BOARD

June 18— Out Loud Colorado Springs Mens Chorus - Pre-GALA Festival Concert! 2:00 p.m. at the Robert and Judi Newman Center at the University of Denver. This is a Rocky Mountain Arts Association Celebration of music leading up to the July, 2016 GALA Choruses Festival in Denver. A special joint concert featuring all three Denver choruses—The Denver Gay Men’s Chorus, The Denver Women’s Chorus, and Out Loud. Tickets at www.rmarts.org/ticketing.php

June 18— Pink Party sponsored by OneColorado — Tracks/EXDO Event Center, Denver. Tickets are limited. Go to <http://www.one-colorado.org/whats-happening/> or call (303) 863-7326.

June 18-19 — Denver PrideFest — Civic Center Park. A big city Pridefest. More information at www.glbtcOLORADO.org/pridefest/

July 2-6 Gala Choruses Festival in Denver—Colorado is hosting its second GALA Festival. In a row Like the World Cup, GALA happens every 4 years. **Out Loud sings on July 3 at 1 p.m.** For tickets, see <http://galachoruses.org>

July 7— Indy Inclusion Awards — Celebrate individuals and organizations that help to advance LGBT causes and create a more inclusive and diverse community. Briarhurst Manor. Information at www.csindy.com

July 9-10—Colorado Springs PrideFest — America the Beautiful Park. PFLAG volunteers are needed to staff the PFLAG booth both days. Plan to march in the Pride Parade on Sunday morning. Send an e-mail to info@cspflag if you can help.

July 20— Urban Peak “Off the Street” Breakfast — Early morning fundraising breakfast event. Call Karen Stith 634-4433 now to claim your seat at the PFLAG table.

August 20— One Colorado Ally Awards —One Colorado will recognize some of the most important LGBT allies in Colorado at an elegant gathering at the Four Seasons Hotel in Denver, 1111 14th Street. For more information and to purchase tickets, go to: <http://www.one-colorado.org>

GALA Choruses 2016 Festival—Denver—July 2-

Over 6000 singers will arrive in Denver on July 2 for a four-day festival of LGBT choruses from all over the world. The many festival concerts will be held at the Denver Performing Arts complex. New and exciting programming is planned including new evening Block Buster concerts, and GALA Flash Mob performances in downtown Denver. Go to the GALA Choruses website to purchase tickets. Don’t delay.

Creating Choirs that Welcome Trans* Singers

Excerpt from a February 8, 2016 blog post on the GALA website by Jane Ramseyer Miller, *One Voice Mixed Chorus*, Minneapolis, MN. Now in her 20th year as Artistic Director of the large chorus, Jane has been working with trans* singers for 15 years. In 2004 she organized a conference on trans* voices. Read the entire blog post at <http://galachoruses.org/blog/creating-choirs-that-welcome-trans-singers/>

“...I began to understand that voice is incredibly important to transgender people. The pitch of someone’s voice can determine whether or not they “pass” as their identified gender. Because transgender voices do not always “match” outward gender expression, trans* people may be silenced from speaking or singing out of fear or embarrassment. The situation is particularly sensitive for those transitioning from male to female (M2F). While synthetic estrogen creates some physical changes for a trans woman, it does not affect voice range. We may audition a singer who has wanted to live as a woman for perhaps her entire life, and has finally transitioned—but she may not be able to sing in a treble range. You can support her by listening to her voice and helping her to sing in a range that is healthy for her.

“In One Voice Mixed Chorus today, around 10% of my singers identify as trans* or gender-queer. Our bass section leader is a trans woman with a rich low-bass range. I have several cisgender women who sing in the tenor section because that is their most comfortable range. I have a variety of genders in every voice part, so as a conductor I simply refer to my singers by voice (soprano, alto, tenor, bass) rather than by gender (men, woman, boys, girls, ladies, gentlemen). I also ask any guest conductor or clinician working with my chorus to also refer to voice parts rather than genders when working with our singers.”

Support Colorado Springs PFLAG—Become a Member

You can join at any time of the year. The current membership year extends from October 1, 2015 to September 30, 2016.

Name: _____

New member Renewing member

Address: _____

- Regular Membership \$ 30
- Supporting Member—Silver 40
- Supporting Member—Gold 60
- Supporting Member—Platinum 100

City: _____

State: _____ Zip Code: _____

Amount Enclosed: \$ _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Check here if you wish to receive the newsletter by e-mail

Each year our chapter must contribute \$15.00 for each paid membership to the PFLAG national office to support its mission.

Make checks payable to Colorado Springs PFLAG and mail to P.O. Box 49131, Colorado Springs, CO 80949. Membership fees and contributions are tax deductible. All information will remain confidential. PFLAG is a 501(c) 3 nonprofit organization.