



# Pride and Joy Families

A PUBLICATION OF THE  
LESBIAN AND GAY FAMILY  
BUILDING PROJECT

*Helping LGBTQ people in Upstate New York achieve their goals of building and sustaining healthy families for 10 years.*

*Volume 5 Issue 2*

*Winter 2010*



## Happy Birthday to Us!

Over the past ten years, Pride and Joy Families enjoyed swimming parties, visited an alpaca farm, sang karaoke, enjoyed annual Thanksgiving dinners, held 3 LGBT families conferences, went pumpkin picking, marched in pride parades, held a bake sale, attended a Red Cross Training, talked about how to discipline your child, had pizza parties, played broom ball, went ice skating, held costume parties, collected coats and hats for the needy, picked apples, hosted an art show, co-sponsored film festivals, had restaurant fundraisers, attended equality and justice days, took part in lgbt family story time, talked to our children's teachers about our families, held numerous potluck meals, talked about gender issues, watched movies, had a scrapbook day, appeared in local newspapers, went to a splash pad, met up at local pride celebrations, shared information about lgbt-friendly providers, and so much more....

## Who Are We?

The Lesbian and Gay Family Building Project is funded by a grant from the New York State Health Department and is dedicated to helping Lesbian, Gay, Bisexual, Transgender and Queer people in New York State achieve their goals of building and sustaining healthy families. Our network of Pride and Joy Families provides social and educational activities and a sense of community to LGBTQ parents and their children.

### The Lesbian and Gay Family Building Project

124 Front Street

Binghamton, NY 13905

607.724.4308

[www.PrideAndJoyFamilies.org](http://www.PrideAndJoyFamilies.org)

[www.LGBTHealthInitiative.org](http://www.LGBTHealthInitiative.org)

[www.LGBTServicesDirectory.com](http://www.LGBTServicesDirectory.com)

### Our Staff:

Claudia Stallman, Project Director

Karen Armstrong, Health Educator

Heather Hauer, Outreach and Education Consultant

Jeffrey Sterling, Outreach and Education Consultant

Karen Goulet, Outreach and Education Consultant

## COLAGE Chapters Starting



Pride and Joy Families is working to ensure that all LGBTQ families receive the support they need, including those that have somewhat older children. Thus, we've launched an effort to establish local COLAGE chapters in upstate New York. COLAGE is a national movement that offers social and support groups for kids with one or more LGBTQ parents. We took the first step back in November when we hosted a telephone conference call with Meredith Fenton, COLAGE staff person based in San Francisco, who talked with us about how to start and sustain a group. We found that there was interest in Albany, Syracuse, Finger Lakes, Rochester, Hudson Valley, Binghamton and Ithaca! Happily, Binghamton held a well-received kick-off meeting on January 24<sup>th</sup>. Another meeting will be held on February 21. Syracuse has established a first meeting

date of February 22 (see calendar for details). Rochester may hold its first gathering in March. Watch for details. Thanks to all our partners in this effort!

## The U.S. Census and LGBT Households

Every 10 years, under our Constitution, the U.S. Census Bureau attempts to conduct an accurate count of all Americans and households, including lesbian, gay, bisexual and transgender Americans and our families. Census statistics guide many vital government decisions. Federal and state governments use census numbers to form congressional district boundaries and to distribute billions of dollars for social services. Non-profit organizations use census statistics to plan services for individuals and their families, influencing the locations for schools, roads and hospitals, for example.

The Lesbian and Gay Family Building Project is proud to be a part of the Our Families Count Partnership, a special nationwide effort whose mission is to educate and motivate all LGBT Americans and households to be visible in 2010, and to take part in the 2010 U.S. Census.

### Why should I care about the census?

The census creates an essential portrait of our nation every 10 years. These data are used to determine the distribution of seats in the House of Representatives and provides key population numbers for Congress and the administration to determine how federal dollars flow to the states and cities for health care, housing, and English as a second language classes. Census information is also used in the enforcement of an array of civil rights laws in employment, housing, voting, lending, education, and the availability of bilingual ballots and interpreters at poll sites.

The census has a big impact on our political power and economic security.

Since 1990, when the census added the "unmarried partner" designation on its form, LGBT people in same-sex relationships have provided the first visible record of our partnerships in the history of our nation. These data have been very important in countering anti-gay lies, myths and misperceptions about the diverse LGBT community. For instance, the 2000 Census showed that same-sex couples live in nearly every county in the nation, and that black and Latino same-sex couples are raising children at nearly the rates of their heterosexual peers, while earning lower incomes.

### Make sure to participate in the 2010 Census and be counted!

Learn more about LGBT visibility and **the 2010 US Census:**

[www.OurFamiliesCount.org](http://www.OurFamiliesCount.org)

[www.QueerTheCensus.org](http://www.QueerTheCensus.org)

## Our Healthy Families....



### DIRECTORY OF FAMILY BUILDING SERVICES

**Check out our newest provider listings!**

**[www.lgbtservicesdirectory.com](http://www.lgbtservicesdirectory.com)**

The Directory of Family Building Services for LGBT People is a listing of health and human service providers in New York State that have designated themselves as LGBT welcoming. You can access the online directory at [www.lgbtservicesdirectory.com](http://www.lgbtservicesdirectory.com).

DIRECTORY OF FAMILY BUILDING SERVICES  
FOR  
LESBIAN, GAY, BISEXUAL AND  
TRANSGENDER PEOPLE



Lesbian and Gay Family Building Project  
Ferre Institute, Inc.  
2008

Each of the organizations and providers listed in the directory is either explicitly LGBT-affirming, or has signed a consent stating that "listing in the *Directory* makes a statement to LGBT individuals and couples that they deserve and can expect caring and sensitive service from my/our organization."

If you are a provider or you know of a provider who may like to be listed in our directory as LGBT-affirming, please click on "Register a listing" to download the Provider Registration Form. Follow the instructions for completing and sending the form. Listings are free of charge.

## Report From Rochester

**By Karen Goulet, Outreach and Education Consultant, WNY**

Rochester Pride and Joy Families have been getting into the groove...

Welcome to our new families! Our online community on the Pride and Joy Families Rochester Yahoo Group has grown by 10 members in the last several months. Use of the group has also increased and we have generated quite a list of places to go and things to do together.

We were at the Adoption Resource Network Conference on November 12th, at which we facilitated and participated in a panel discussion on LGBT Parenting. Parents from three families grown through adoption were on the panel; one of these families had been in the audience just a year earlier. A big thank you to these families for taking time from their busy Saturday to inform the prospective parents and adoption professionals on becoming and being an LGBT parent.

Later that day, 35 adults and children got together at the Gay Alliance of the Genesee Valley Youth Center for a "Meet and Greet." We had a lot of fun getting to know each other, snacking, and exploring the space (which included a piano and computers, too!). The central location was fabulous and the Youth Center was kind to share their board games and other supplies with us; many thanks to the Gay Alliance for offering up the space! The biggest need identified by the parents in attendance was to share time with other families like theirs.

Contact Karen at [kgoulet@prideandjoyfamilies.org](mailto:kgoulet@prideandjoyfamilies.org) or 585.244.8640 ext 40

## Social Networking Sites and LGBTQ Parents

By Heather Hauer, Outreach and Education Consultant



Whether cyber-stalking our former high school crushes or keeping up with the lives of our out of town family members, social networking sites such as Facebook and Twitter have become a vital part of our everyday lives. After the earthquake in Haiti, social networking sites were a crucial tool used to notify many people at once of a victim's safety. I could go on with the virtues of Facebook and other social networking sites, but if you are one of the 350 million active users of Facebook, I don't have to tell you. How can Facebook make your life easier as an LGBTQ parent? In our demanding lives it can give you a connection to other parents and bring a sense of community within our community. Did you know P&J Families has a FB page? It includes info on upcoming events and includes links to important information for our families. As a fan, you are more than welcome to post relevant information on our wall.

**Pride and Joy Families' Facebook page now has over 100 members!**

Please join us!

**Become a fan of Pride and Joy Families on Facebook today!**

## 10 Year Anniversary: We need your photos and great ideas!

Karen Armstrong is heading up the planning for festivities related to the 10<sup>th</sup> anniversary of the Lesbian and Gay Family Building Project/Pride and Joy Families. So far, we're making plans to hold a reception featuring a reading by our own Vince Sgambati. We also have in mind a fabulous slide show that documents our events over the years. Your additional ideas are invited and welcomed!

Meanwhile, we need your photographs and any memorabilia from P&J. Please, please dig through the files for this special commemoration! You may send photos, ideas and volunteer offers in a message to Karen at [karjarmstrong@aol.com](mailto:karjarmstrong@aol.com). or call her 607.724.4308  
Thanks everyone!

## Do you Want to try Snowshoeing?

Join us for a day of sledding and snowshoeing.

Saturday, February 20th, 11 am

Highland Forest  
1254 Highland Forest Rd.  
Fabius, NY 13063  
Admission is \$2/ carload  
winter lodge available.

Please RSVP to the Syracuse listserv or Heather Hauer, Outreach/Education Consultant, at [hauerross@stny.rr.com](mailto:hauerross@stny.rr.com) or 607.724.4308

EMPIRE STATE  
PRIDE AGENDA

## Winning Equality and Justice for Lesbian, Gay, Bisexual and Transgender New Yorkers and Our Families

[www.prideagenda.org](http://www.prideagenda.org)



In 2010, for the first time, the US Census will report on the number of US citizens who describe themselves as married. Statistics from the census guide many vital decisions, such as:

congressional districts, funding disbursements, and locations of new schools and hospitals.

Every Family Counts!

[www.familyequality.org](http://www.familyequality.org)



## Gay Lesbian Straight Education Network

Designed to help educators create a safe space for LGBT youth in schools, the NEW *Safe Space Kit* features the *Guide to Being an Ally to LGBT Students*. This guide provides concrete strategies for supporting LGBT students, educating about anti-LGBT bias and advocating for changes in your school.

[www.GLSEN.org](http://www.GLSEN.org)



## Pride and Joy Families will watch

### [That's a Family!](#)

Movie Screening with Hot Cocoa Reception & Discussion

**Saturday, February 27, 3-5pm**

Gay Alliance Youth Center

875 East Main Street, Rochester



With courage and humor, the children in *That's a Family!* take viewers on a tour through their lives as they speak candidly about what it's like to grow up in a family with parents of different races or religions, divorced parents, a single parent, gay or lesbian parents, adoptive parents or grandparents as guardians. This award-winning film will stretch your mind and touch your heart no matter what your age.

**Bring your favorite mug for hot cocoa!**

rsvp to [kgoulet@prideandjoyfamilies.org](mailto:kgoulet@prideandjoyfamilies.org) or 585.244.8640 ext. 40



# Maggie's Money Matters



Dear Maggie,

When it comes to making dinner, I usually think of something at the last minute and run to the grocery store to spend too much time and money. Is there a better way?

-Last Minute Chef

Dear Chef,

A meal plan is a regular, organized arrangement for budgeting, grocery shopping, cooking, and serving meals in a household.

Many people find that having a designated meal plan helps them stick to their monthly grocery budget, their nutritional goals and their busy schedule.

The first step in making a meal plan is for the person or people who do the cooking to write down all the meals that can be prepared. Depending on the creativity or motivation of the cook, this may be a long or short list. When the list is complete, keep it in a handy place, so new recipes and meal ideas can be added to it as the need arises.

The next step is to consider your grocery budget for the month. Split the monthly total into weekly increments and plan the meals for your meal plan around this amount. The best way to stick to a grocery budget is to go to the store with just enough cash; leave the debit and credit cards at home. This will prevent impulse buying that does not fit into your meal plan.

Next, plan the grocery shopping for your meal plan. If you go once a week, look at your meal plan list and decide which meals the household will eat during the given week. Then do a bit of

kitchen inventory and make a grocery list to include everything you will need for each day. Be sure to include all meals: breakfast, lunch, dinner, snacks, and meals that will be packed up and taken to school or work. The meal plan will include every bit of food eaten by the household during that week, including any invited guests or special occasions.

Next, go grocery shopping and stick to your list. After you finish the grocery shopping for your meal plan, store the food in your cupboard and refrigerator or freezer in the order that you will prepare the meals during the week. Although meals can be swapped around during the week depending on household preferences, organization will make food preparation easier.

Lastly, the cook or cooks in the household might consider checking the weekly meal plan each night before going to bed; this way, meat can be thawed in the refrigerator, or other items prepared in advance. The household will be surprised at all the time and money saved thanks to a meal plan.

-Maggie

## SPOTLIGHT FAMILY

### The Berk-Thompson Family—from Northern NY



**P&J:** Who is in your family?

**Berk-Thompsons:** *There are 2 dads, Gary and Bryan and 2 teenagers, Julia aged 13 and Isaac aged 17.*

**P&J:** Describe some of your family's favorite activities.

**Berk-Thompsons:** *We travel together and just came back from a week in the Dominican Republic. We like visiting our family. We like to spend quiet times at home.*

**P&J:** Who in your family is most likely to sleep late?

**Berk-Thompsons:** *Isaac would sleep all day if nobody woke him up.*

**P&J:** What was your family's favorite Pride and Joy Event?

**Berk-Thompsons:** *We liked the conference in Utica, especially getting to see old friends and meet new ones. We always like going to Ptown, but haven't made it the last 2 summers.*

**P&J:** What else would you like us to know about your family?

**Berk-Thompsons:** *We have 2 homes, one out in the country and one in town where the kids go to school. We live in an off-grid house powered by solar panels and water power, but still have lights, computers and a TV.*

## Upcoming Events of Interest to LGBTQ Individuals and Families in Upstate New York

For more information, contact Heather Hauer, Outreach and Education Consultant, at 607.724.4308 or [Hauer@PrideAndJoyFamilies.org](mailto:Hauer@PrideAndJoyFamilies.org), if direct contact information is not provided.

### Events of Special Interest to LGBTQ Parents, Aspiring Parents and their Families

Saturday, February 6, 2010, 2-4 pm **Glens Falls** Open House at The Bridge, Inc. , LGBT Community Center, 206 Glen Street (upstairs). New location for The Bridge and introducing a new LGBT Alternative Health Care program; meet our Board members and mingle with others in our community who also support The Bridge. Jeff Sterling, Pride and Joy Families Outreach and Education Consultant, will be on hand with kid-friendly magic. For more information contact 518.338.3884 or visit <http://www.thebridgeglcc.org>.

Saturday, February 6, 5 pm **Utica** LGBTQ Community & Allies Family potluck, 412 Rutger St. Planned activity for children, Pride and Joy Families are welcomed! Reserve your place at the Pride Along the Mohawk potluck today: 315 734-1653.

Friday, February 19, 5-10 pm **Binghamton** Join Pride and Joy Families of for an evening of skating at Skate Estate, 3401 Old Vestal Road, Vestal, 797.9000. Price: \$6 admission/person. Free Skate Rental. Parents Skate For Free! Children must be accompanied by an adult. Please RSVP to the Binghamton listserv or Heather Hauer, Outreach/Education Consultant, at [hauerross@stny.rr.com](mailto:hauerross@stny.rr.com) or 607.724.4308.

Saturday, February 20, 11 am **Syracuse** Pride and Joy Families, monthly gathering at Highland Forest for a day of sledding or snowshoeing. Highland Forest is located at, 1254 Highland Forest Rd., Fabius, NY 13063 (315) 683-5550. Admission is \$2/carload and there is a winter lodge available. Please RSVP to the Syracuse listserv or Heather Hauer, Outreach/Education Consultant, at [hauerross@stny.rr.com](mailto:hauerross@stny.rr.com) or 607.724.4308.

Sunday, February 21, 4-6 pm **Binghamton** COLAGE Chapter second meeting! Identity Youth Center, 206 State Street. Children grades 3 and up and their LGBTQ parents are invited. COLAGE ([www.COLAGE.org](http://www.COLAGE.org)) provides support and a safe place for kids and teens with one or more LGBTQ parents. Refreshments provided. Cosponsored by Pride and Joy Families and Identity Youth Center ([www.idyouth.org](http://www.idyouth.org)). For more information or to RSVP, please contact Claudia Stallman, [lesgayfambldg@aol.com](mailto:lesgayfambldg@aol.com) or 607.724.4308, or Erin Gotthardt, [erin@idyouth.org](mailto:erin@idyouth.org) or 607.651.9175.

Monday, February 22, 4-6 pm **Syracuse** You're welcome to join the new and local Syracuse chapter of COLAGE, sponsored by QCenter@ACR. A group devoted to the "Children Of Lesbians And Gays Everywhere" . Please join us for Fun! Snacks! And Games! To RSVP please contact Q Center @ ACR, [Qcentersyr@live.com](mailto:Qcentersyr@live.com), 315.701.2431.

Saturday, February 27, 3-5 pm. **Rochester** *That's a Family!* Screening with Hot Cocoa Reception & Discussion Gay Alliance Youth Center (first floor, use Prince St. entrance), 875 East Main Street, Rochester, NY 14605. Join Pride and Joy Families of Rochester and bring the whole family and your favorite mugs for hot cocoa and a viewing of *That's A Family!*, a fun documentary in which children take us through their lives as they speak about what it's like to grow up in a family with parents of different races or religions, divorced parents, a single parent, gay or lesbian parents, adoptive parents or grandparents as guardians. (Don't worry if you forget your favorite mug - we'll be happy to let you use one of ours!) Please RSVP to [PrideAndJoyRochester@yahoo.com](mailto:PrideAndJoyRochester@yahoo.com) or Karen Goulet [kgoulet@prideandjoyfamilies.org](mailto:kgoulet@prideandjoyfamilies.org) or 585.244.8640 ext. 40, or 607.724.4308 option 3.

Saturday, March 13, 3-5 pm. **Binghamton**. Please join Pride and Joy Families of Binghamton at the home of Dorian and Marian for a family get together. Our hosts will provide drinks and place settings, please bring a dish to pass. Please RSVP to the listserv or Heather Hauer, Outreach/Education Consultant, at [hauerross@stny.rr.com](mailto:hauerross@stny.rr.com) or 607.724.4308.

Saturday, March 20, 11 am **Syracuse** Join Pride and Joy Families for our monthly gathering: a Potluck at Heidi and Sharon's home, 503 Hillsboro Parkway, Syracuse. Please bring a dish to pass. Please RSVP to the Syracuse listserv or Heather Hauer, Outreach/Education Consultant, at [HauerRoss@stny.rr.com](mailto:HauerRoss@stny.rr.com) or 607.724.4308.

## Other Events of Interest

Second Friday of each month, **Rochester**, OUTreach Meeting, 4-6 pm at Equal=Grounds, 750 South Avenue, Rochester, NY 14620. GLSEN Rochester invites all LGBTQ teachers and allies to stop by after school for our OUTreach meeting! Join us for resources, good company and great coffee! OUTreach is co-sponsored by GLSEN Rochester and the Gay Alliance of Genesee Valley. Contact: [OUTeachRochester@gmail.com](mailto:OUTeachRochester@gmail.com)

First Tuesdays, 7-9 pm, **Rochester**. PFLAG Rochester Monthly Educational Program, St. Thomas Episcopal Church, 2000 Highland Avenue at Winton Road, Downstairs Fellowship Hall. Park on street please. New to PFLAG? We are "Parents, Families & Friends of Lesbians and Gays". We know the personal realities of having a GLBT child, family member, spouse or friend. In PFLAG you'll find support, education and allies who advocate for full inclusion of the GLBT people we love. Information at 585.244.8640 x27, [PFLAG@gayalliance.org](mailto:PFLAG@gayalliance.org).

Third Sundays, 2-4pm, **Rochester**. PFLAG Rochester Monthly Meet and Greet, Gay Alliance Auditorium Theater, 875 East Main Street, Nopper Room, 5th floor. Free Parking in the rear. New to PFLAG? We are "Parents, Families & Friends of Lesbians and Gays". We know the personal realities of having a GLBT child, family member, spouse or friend. In PFLAG you'll find support, education and allies who advocate for full inclusion of the GLBT people we love. Information at 585.244.8640 x27, [PFLAG@gayalliance.org](mailto:PFLAG@gayalliance.org).

Monday, February 1, 6 pm **Syracuse** Men's Reading Group at The Lavender Inkwell Bookshoppe. Discussion of At Swim Two Boys. Meet new friends! For more info email [lavenderinkwell@twcny.rr.com](mailto:lavenderinkwell@twcny.rr.com)

Saturday, February 6, 7-11 pm **Rochester** The Red Ball: LGBT Community Dance, hosted by the Gay Alliance a community dance to celebrate Valentines Day, Community, Love and Friendship (All ages welcome). The Red Ball will be held in the elegant Cathedral Hall on the 4th floor of the Auditorium Center 875 E Main Street, Rochester 14605, and is open all LGBT and allied individuals of all ages. A wide variety of dance music will be provided by DJ Chuck Argento. Tickets for the dance are \$7.00 or \$12.00 which includes the tastings in the Nouveau Room and are now available at Equal Grounds Coffee, 750 South Ave. 14620 or at OUTLandish, in Village Gate at 274 Goodman Street 14607. They may be purchased online through the PayPal, at [www.gayalliance.org](http://www.gayalliance.org)

Thursday, February 11, noon to 1 pm **Ithaca** Come to an informational meeting regarding foster care and adoption on at the Human Services Building, 320 W. State St., Rm. 142, Ithaca, NY. Tompkins County Department of Social Services has a need for foster families for all ages of children but especially for families in the Ithaca City School District and for families who will foster teenagers. For more information, please call (607) 274-5266.

Tuesday, March 2, 7pm **Binghamton** Please join the Binghamton Pride Coalition at their second meeting of the new year! Help plan pride events for our community for 2010! The meeting will be held at Identity, 206 State St, Binghamton. Please contact Claudia Stallman at [lesgayfambldg@aol.com](mailto:lesgayfambldg@aol.com) or 607.724.4308 to RSVP or just show up.

Saturday, March 20, 8 pm. **Rochester** Spring and St. Patrick's Day team up to teach us a lesson about being lucky. This concert will look at the search for love, finding love, and keeping love, as well as the pitfalls along the way. Performances are at Hochstein Performance Hall, 50 N. Plymouth Ave, Rochester 14614 [www.thergmc.org](http://www.thergmc.org) Purchase your season tickets online or call the ChorusLine at 585-423-0650.

Do you have an idea for an event?

We'd love to hear it!!

Contact Heather Hauer, Outreach and Education Consultant

at

[hauerross@stny.rr.com](mailto:hauerross@stny.rr.com)

or

607.724.4308