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# LGBT News

The LGBT Resource Center for  
the 7 Rivers Region, Inc.

**March 2010**

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## Greetings Center Supporters

This is my last newsletter. The Center Board website committee wishes to take the website and newsletter in a new direction. I created and maintained the website and edited the newsletter for the past nearly 6 years, so it might be time for new things to happen.

Best wishes  
Mary O'Sullivan

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## Director's Column: Reflections

*"A life lived with integrity - even if it lacks the trappings of fame and fortune is a shining star in whose light others may follow in the years to come."-  
Denis Waitley*

Continually I find myself reflecting on the progress that has been made at the Center and feel immense gratitude for each and every person that has given of their time and talent to make the Center what it is - a welcoming safe space for everyone. It is a place where people can find support, information, and make connections with others in similar situations. To be a part of the Center is truly a blessing. Our volunteers, staff, and board members represent the diversity we encourage others to embrace. In our collective desire for unity among all people we fuel ourselves to forge forward to accomplish goals and being the best Center possible for the tri-state area.

Similar to the journey we are all on with our own lives, the Center is really coming into its own. We have grown from two or four people at Drop In Group on Thursdays to 20+ most weeks. GALAXY has not been with us quite a year and

we have already served 50+ youth. When I first started I wondered what I would do some days or if anyone would stop in, needless to say that has changed-usually I am here with a couple other people. Yes, most definitely we are rockin' and rollin'.

As with any endeavor there are also challenges that come with the progress. In every thing that we do there are lessons to be learned, some come easily and others catch us off guard, but in the end all that matters is whether or not we learned the lesson presented to us. I assure you that the Center is and will remain a place where people can find solace, support, and feel affirmed for simply being their fabulous selves. We welcome everyone at the Center as long as they are able to follow the expectations of the Center to uphold the safe space and extend respect to anyone who may be in the Center. If you at anytime want to learn more about the Center please stop in.

In solidarity,  
Rosanne St. Sauver

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## From the Board President

Thanks to ALL who made the 1st annual FOR THE LOVE OF ART, a fun and successful event! Beautiful, intriguing pieces, sensual nudes, activist oriented photos and posters, scenes of the natural world, multicultural, biographical, colorful abstracts ~ and more from the COURAGEOUS, GENEROUS AND TALENTED ARTISTS who contributed! A huge thank you to all of the ART LOVERS who donated pieces they purchased or were willing to pass on and to those of you who purchased the majority of ART displayed! Oh, and thank you to DAN LINTIN for being our live auctioneer at the last minute (great job!) and to ALLEN BEATTY for his wonderful harp accompaniment, and to all who helped set up and/or take down! YOU ARE ALL FABULOUS AND PART OF THE HEART OF THE CENTER! Thanks of course to ROSANNE, ORGANIZER AND EXECUTIVE DIRECTOR, EXTRAORDINAIRE!!! If you missed out (which you did if you were unable to attend this year) ~ look for this again next February, as well as the Silent Auction held as part of our Coming Out for Equality dinner held in October, 2010!

MORE GRATITUDE to MARY O'SULLIVAN who designed and maintained the Center's Website and Newsletter for nearly 6 years now ~ not to mention all of the other ways Mary has and continues to support the LGBT Center of the 7 Rivers Region! As one of the founding mothers, she holds the history of our Center and shares that with prospective funders as part of the current grant-

writing committee. Alas, we will miss her skills and hours of labor on behalf of the Center but all good things come to an end and all "retirees" with JOIE DE VIVRE become Master Gardeners and try and learn French so they can represent us well (traveling in France this summer)! We wish you the very best in all of your endeavors, Mary O, and thank you from the bottom of our full hearts!!!

Namaste,  
Kathryn Hietbrink  
Current Board President

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## GALAXY Ball 2010: A Fantagical Fierce Fairy Festival

**When:** Saturday, April 17, 2010 from 7:30 p.m. to Midnight

**Where:** The Elite, Main Street in La Crosse  
Dancing 8:30-Midnight, Wing Span Raffle 7:30-9:00 pm. Tickets In Advance: Students \$5 and Adults \$7. Tickets At Door: Students \$7 and Adults \$10. Please consider [sponsoring](#) the event, your support helps make the evening a magical night of fun for LGBT youth and their allies. All proceeds benefit the GALAXY program and ensures that LGBT youth have a safe, welcoming place to go for affirmation and support. What a wonderful thing to let people be their fabulous selves.

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## Volunteers Needed

**Website Design Volunteer:** We are seeking a Volunteer to help with our website. It would be great for the person to be familiar with XHTML, CSS, some knowledge of PHP and JavaScript, and if they were comfortable with C-panel, Mailman, and PHP List. If you are interested please contact Rosanne at 608-784-0452 or [r.st.sauver@7riverslgbt.org](mailto:r.st.sauver@7riverslgbt.org)

**Health Promoter for rm2breathe:** Currently, we are seeking a volunteer who is interested in helping the Center promote the statewide initiative. The goals of the program are to change the attitudes toward smoking in the LGBT community in WI and decrease the number of LGBT smokers. Please check out the website [www.rm2breathe.org](http://www.rm2breathe.org) to learn more. If you are interested please contact Rosanne at 608-784-0452 or [r.st.sauver@7riverslgbt.org](mailto:r.st.sauver@7riverslgbt.org)

[What the Center expects from Center volunteers.](#)

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## For the Love of Art Report

We held our first art auction event on Friday, February 19, at the Concordia Ballroom. It was a wonderful evening of community, beautiful diverse art pieces, and delectable treats. A big thank you to all those that attended, donated art, helped make the evening a success by volunteering, and purchased art.

Part of the evening consisted of a live auction with the talented Dan Lintin as auctioneer. It truly was amazing to be in a room filled with art from local artists including GALAXY youth.

Please stop down at the Center and peruse some of the beautiful art we have available for purchase. We have watercolors, prints, abstract pieces, photography, and more.

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## Upcoming Center Activities

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### **BOOK SALE & BAKE SALE**

**When:** Saturday, March 13, 2010, 11:00 a.m. to 4:00 p.m.

**Where:** LGBT Resource Center, 303 Pearl Street, La Crosse, WI

All proceeds from the book sale will be used to purchase new books for our Christa Matter Memorial Library. All proceeds from the bake sale will benefit GALAXY youth's field trip to the Mall of America on April 24th.

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### **March Out + About bowling**

**When:** March 23, 2010 at 7:00 p.m.

**Where:** Buck Night at All Star Lanes

Includes shoe rental and game. Cheap night, lots of fun, and some competition? Anyone able to bowl a 300 game? See you there! More information: Rosanne 608-784-0452

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## **Guy's Night Out: Perkins in Onalaska**

**When:** Friday, March 26, 2010 from 6:00 to 8:00 p.m.

**Where:** Perkins in Onalaska. Join us for dinner, conversation, and support the Center all at the same time! Questions, call Mike 608-385-5753 or Josh 608-790-7606

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## **Lesbian Potluck Group**

**When:** Saturday, March 27, 2010 from 6:00 to 8:00 p.m.

**Where:** Perkins in Onalaska. Join us for dinner, conversation, and support the Center all at the same time! With the Perkin's letter, the Center will get 10% of the cost of your meal. Call Rosanne 608-784-0452, to RSVP, so she can make reservations.

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Dancing 8:30-Midnight, Wing Span Raffle 7:30-9:00 pm. Tickets In Advance: Students \$5 and Adults \$7. Tickets At Door: Students \$7 and Adults \$10. Please consider [sponsoring](#) the event, your support helps make the evening a magical night of fun for LGBT youth and their allies. All proceeds benefit the GALAXY program and ensures that LGBT youth have a safe, welcoming place to go for affirmation and support. What a wonderful thing to let people be their fabulous selves.

## **Ongoing Center Activities**

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### **Weekly Activities**

**GALAXY, a group for youth ages 14-19**

**When:** Every Tuesday 4:00 p.m. to 6:00 p.m. AND every Saturday 2:00 p.m. to 4:00 p.m.

**Where:** 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

**LGBTQ Parents Group**

**When:** Every Wednesday 9:30 to 11:00 a.m.

**Where:** 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

## **Drop-in Group**

When: Every Thursday 6:00 p.m. to 8:00 p.m.

Where: 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

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## **Bi-weekly Activities**

### **AA Group**

When: Every other Friday at 7:00 p.m.

Where: 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

Just as Glenda was Dorothy's support in OZ this group is the equivalent for LGBT people struggling with drug & alcohol addictions and issues. If you are looking for support and a safe place to be yourself as you deal with your drug & alcohol issues -please join us. For more information please contact: Aaron at 608-788-1508

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## **Monthly Activities**

### **PGLAG**

When: First Tuesday of the month at 6:30 p.m.

Where: 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

### **Gender Queer/Transgender Gathering at the Center:**

When: First Wednesday 7:00 p.m. to 8:00 p.m.

Where: 7 Rivers LGBT Resource Center, 303 Pearl Street, La Crosse

Do you identify as gender queer? How about Transgender? Do you ever feel like you don't fit in because of your gender identity or expression? Then come to a monthly discussion group at the 7 Rivers LGBT Resource Center. The group meets on the first Wednesday of the month at 7:00. For upcoming meeting dates, check the Center [website calendar](#)

**Genderqueer** - A gender variant person whose gender identity is neither male nor female, is between or beyond genders, or is some combination of genders. This person may want to challenge gender stereotypes and the gender binary system.

**Transgender** - A person who lives as a member of a gender other than that expected based on anatomical sex.

## **GNO (Guy's Night Out)**

GNO will meet the fourth Friday of every month at the Center from 6-8 pm. All male identified persons are welcome.

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## **STUDENTS: START OUT RIGHT - be a smart saver and a smart buyer! By Christina Mae Olson, CFP®**

There is plenty that college or even high school students can do to be prepared for life, financially speaking, that is. Here are a few money tips for younger people. If you follow these you will be better off than most of your peers (and even better off than your parents were when they were 20-something). Seriously.

There really are only two main areas that matter: **SAVING** and **BUYING** (spending). I'll divide my advice into these two parts.

First, **SAVING**:

**ALWAYS HAVE A SOURCE OF INCOME.** You won't have your own money if you don't work. Lots of people get ahead with part-time as well as full time jobs. You can't do things (school, travel) or buy stuff (clothes, music) without money. You won't have money without a job. If you always want money - you should always have a job. You should try to work even if you are going to school.

**ALWAYS SAVE PART OF YOUR INCOME.** Make a promise to always save at least 10% of every new dollar you get (gifts, included). This 10% adds up fast. This needs to be non-negotiable. Tell yourself, "I will always have money in savings" and "I can never have enough savings."

**YOU CAN NEVER HAVE ENOUGH MONEY IN SAVINGS.** Eventually, you'll have to make decisions about **HOW & WHERE** to save. There are lots of excellent places to save your money. You can put it in the bank. You can have an IRA. You can save in a 401k at your job. You can invest in mutual funds. Start out by saving your money in the bank. You can look into other options later.

Next, tips on **BUYING**:

**CAN I REALLY AFFORD THIS?** Always ask yourself this question. It's my belief that people shouldn't be buying things that they can't actually pay for. Can you save up and pay cash for it? It's always better to wait to buy something until you have cash to buy it. I think it's absurd to use someone else's money to buy your own things.

**STOP AND OPEN YOUR EYES!** Students who are on the right money track are paying attention. I know it's tempting to put things off and tell yourself you don't need to worry about money. Don't fall for it! **YOU MUST PAY ATTENTION!** You will be asked to sign contracts and commit to monthly payments if you use credit (borrow) to buy stuff. You need to stop and read what you are signing - don't sign or agree to anything unless you understand it. It's OK to ask for help from others, if you have to. Do you have a **MONEY MENTOR?**

**BALANCE YOUR CHECK BOOK/DEBIT CARD ACCOUNT** every time you deposit or withdraw funds. Oh, this is also an **OPEN YOUR EYES** issue. It's guaranteed that if you don't know what is coming in and going out - you will bounce a check and incur overdraft fees. Always know what the balance is in your bank account. Charging a \$4 chai latte on your debit card could cost you \$39.50 in penalties and fees if you don't have enough money in the bank to cover it. That's an expensive latte!

**BORROWING MONEY IS DANGEROUS - DO IT RIGHT THE FIRST TIME.** You will eventually need to take out a loan for bigger things (education, car, house,). You have to show lenders you are a good credit risk. Start with a gas card (Kwik Trip) or a department store card (Sears, Best Buy). Make small charges every month and pay off the balance, in full, every month. This will give you practice for when you need a bigger loan. It will also give you a high credit score so lenders will trust you.

**NEVER CHARGE ON CREDIT CARDS MORE THAN YOU CAN PAY OFF EACH MONTH.** Period.

These simple tips and techniques will start you off right. Good luck and happy saving! If you start in your teens or twenties - you can easily become a millionaire without too much effort. Seriously!

*Chris Olson is a licensed financial planner with a fee-only practice. You may contact her at [CMoney@centurytel.net](mailto:CMoney@centurytel.net) or 608-525-9818.*



If you have comments on this article, please send them to Chris at the email address above, NOT to the LGBT Newsletter.

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## Opportunities to Help Your Center

There are new items on our Wish List. Check here for the complete [Wish List](#).  
[Volunteer](#) for some fun, fundraising activities for the Center.

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Become a member!

Your membership in the 7 Rivers LGBT Resource Center makes it possible for LGBT folks to have a presence in our community and to support the collaborative work we do with other organizations in the 7 Rivers Region. Your membership supports LGBT visibility! Please join us now by filling out [the membership form](#) and mailing it to the Center. Membership also comes with goodies from our Community Partners.