

LGBT News

The LGBT Resource Center for the 7 Rivers Region, Inc.
January 2011

Rosanne's Ramblings

Happy 2011!

Here's some inspiration for a fabulous 2011:

"I am the new year. I am an unspoiled page in your book of time.

I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the last twelve months.

All that you sought and didn't find is hidden in me, waiting for you to search it but with more determination." (www.suite101.com)

Let's rock 2011 and work together to make our community a great place for all people!

Rosanne

LGBT Resource Center for the Seven Rivers Region, Annual Meeting

Saturday, January 15th, 2011

10-Noon

Join us for our annual business meeting and 2010 highlights of the year.

We will be meeting across the river in La Crescent, MN, at the American Legion, 509 North Chestnut Street. BYOB: Buy your own breakfast. Invite friends, family, colleagues, and more to check out the Center and help build community.

Lead With Love

Please check out this resource and share with families that could benefit from this resource. They strive to strengthen families throughout the coming out process.

<http://www.leadwithlovetfilm.com/film.html>



RAISE Dance

Saturday, January 29th, 2011

7-11 p.m.


Valhalla, UW-L Cartwright Center

Please join the Center, GALAXY, UW-L Pride Center, and Rainbow Unity as we celebrate the diversity within our community by hosting our first RAISE dance! We strive to RAISE awareness and celebrate diversity for all members of the LGBT community by providing an accessible, welcoming, and fun environment for LGBT folk and allies of all abilities.

This event is the result of an ongoing, unmet need in our community and we decided to do something to help change that. It is our hope to set the stage for an annual event that will help build community, recognize and honor the unique challenges and triumphs of LGBT folk of all abilities, and help eliminate feelings of isolation by providing a safe space where all people can fully participate.

Please forward this opportunity on to individuals, organizations, and people you know who would enjoy this fantabulous event!

This event will serve as the Out & About for January. We hope to see you at there.



Pepsi Refresh Everything Grant

Help send GALAXY youth to the White Privilege Conference in the Twin Cities this spring.

Goals: To send Center youth to a national conference for social justice training.

Overview: Local LGBTQA youth are the driving force of our Resource Center, and we have the desire, but not the funds, to send some of our youth leaders to a national conference on privilege and social justice. The White Privilege Conference, held this year in Minneapolis, MN in mid-April, strives to “equip and empower individuals to work for equity and justice through self and social transformation”--a mission that parallels our own. We want

to sponsor the trip for seven future community leaders. After attending the conference, these youth will present their experience to Center and community members, helping them hone skills of presentation preparation, public speaking, and advocacy. Through these presentations, they hope to raise awareness of the continuing need for our local LGBT Resource Center, the resources available to community members, and how community members can also participate in activities that promote social justice.

PLEASE vote! We need and would definitely appreciate your support!

Two ways to vote:

Vote from your mobile phone; text 104940 to Pepsi (73774)

Online - <http://www.refresheverything.com/7riverslgbt> and click *Vote for this idea*



Groundbreaking Web Resource for Lesbian and Gay Teens Launched

Teen Web site, Sexetc.org, Targets Sexual Minority Youth and their Allies

Answer, a national sexuality education organization based at Rutgers University, announced today the launch of a new, expanded section of their award-winning teen Web site, Sexetc.org, that includes the most up-to-date resources on issues affecting lesbian, gay, bisexual, transgender and queer (LGBTQ) young people.

“Far too often, the only discussions relating to LGBTQ youth are about suicide rates, drug and alcohol use and HIV—all of which paint very negative pictures of what it means to be LGBTQ,” says Elizabeth Schroeder, Answer’s executive director.

“Our goal with this expanded area of Sexetc.org is to offer sexuality-related information and resources that both support LGBTQ youth who are struggling with who they are and celebrate what it means to be LGBTQ.” Funding for the site comes from the New York City-based H. van Ameringen Foundation.

All of the new resources can be found at sexetc.org/topic/lgbtq. They include stories, links to the discussion forums, blog posts, quizzes, Web sites, hotlines, and books—as well as a gallery of famous LGBTQ faces. This gallery includes both LGBTQ leaders, as well as politicians, entertainers, artists, educators and sports figures who also happen to be lesbian, gay, bisexual and/or transgender.

According to Schroeder, a unique aspect of the expanded LGBTQ area of Sexetc.org is a focus on individuals who are not LGBTQ but who wish to be allies to friends or family members who are. “Just like with any disenfranchised community, LGBTQ people need the folks who are not LGBTQ to lend their support. But there aren’t many resources to help people become allies.” That is, until now. Sexetc.org now features a guide for people who are not LGBTQ but who want to celebrate and support people who are.

Answer’s mission is to provide and promote comprehensive sexuality education to young people and the adults who teach them. Says Schroeder, “While our national programs have always paid close attention to the needs of LGBTQ young people, at this time in our history much more needs to be done.” She is referring to the recent national attention on bullying of young people who are or perceived to be LGBTQ that included the suicide of Rutgers University student Tyler Clementi after he was bullied by his roommate.

“Negative feelings toward LGBTQ people are just like any other prejudice,” she says. “Prejudice comes from ignorance; ignorance breeds fear; fear can cause irrational, often hateful behavior. The only cure to ignorance is information and education—and that’s what Answer’s mission is all about.”



Coping and Support (CAST) Youth Group

Kedi Carpenter from CESA #4 will be running a Coping and Support (CAST) youth group at the LGBT Resource Center every Saturday on February 5th - April 23rd, 2011 (12 weeks) from 2-3 p.m. You are invited! A flier describing the program, a fact sheet with more information about the program, and a sign-up sheet are attached--let Rosanne know if you would like to participate. We need as many members as possible. The program is available to you at NO COST through our grants here in La Crosse County. The program is for youth 14-20 and the final week is so much fun and includes, guess what? A party and a lot more surprises! That’s right, CAST ceremony and graduation activities. It is very important to participate in all the weekly sessions because they all build upon each other and for you to be recognized for your successes at the end of the program.

Call Kedi anytime at (608) 786-4895 if any questions come up, or email kcarpenter@cesa4.k12.wi.us.



Upcoming Events

Check the Center’s [calendar](#) for more information about upcoming and monthly events.

Out & About

RAISE Dance

Saturday, January 29, 2011

7-11 p.m.

Valhalla, UW-L Cartwright Center

I Love My Family Day

Saturday, January 29, 2011

2-4 p.m.

I Love My Family Day

Featuring the Hughbert Family

Come share family pride and meet the Hughberts!



Second Annual For the Love of Art

Friday, February 4th, 2011

5:30-9:30 p.m.

Concordia Ballroom, 1129 La Crosse Street. La Crosse, WI

Tickets \$10

Ongoing Center Activities

Weekly Activities

GALAXY, a group for youth ages 13-20

When: Every Tuesday 4-6 p.m. and every Saturday 2-4 p.m.

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

LGBTQ Parents Group

When: Not currently meeting. Call the Center to restart this group.

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

Drop-in Group

When: Every Thursday 6-8 p.m.

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

Bi-weekly Activities

GLENDAA/AA Group

When: First and third Friday at 7 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.

Monthly Activities

PGLAG

For more information call the Seven Rivers LGBT Resource Center at (608) 784-0452, or Lori at (608) 790-5052.

Gender Queer/Transgender Gathering

When: First Wednesday 7-8 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.

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 p.m. All male identified persons are welcome.



In Closing

Thanks for reading! If you have any comments or anything you'd like to add to an upcoming newsletter, please e-mail us at:

7riverslgbtnewsletter@gmail.com.



R.A.I.S.E.



Awareness and Celebrate Diversity Dance

Rainbows & Abilities Individual Social Extravaganza

Saturday, January 29, 2011

7pm-11pm

Valhalla, Cartwright Center

University of Wisconsin-La Crosse

RSVP to 608-784-0452

**Sponsored by: UW-L Pride Center and Rainbow Unity,
LGBT Resource Center of the 7 Rivers Region and
GALAXY**



Coping and Support (CAST)

Problems with
attendance at school?

Are you down in the dumps?

If you think there is more to
life than getting wasted...
This group is for you!

Don't
Delay,
Sign Up
Now!

DATE: Every Saturday From February 5th, 2011-April 23rd, 2011

TIME: 2:00 - 3:00 PM

WHERE: LGBT Resource Center: 303 Pearl Street, La Crosse

3 GOALS

The program's **three goals** are the three focus areas of the 12 sessions:

- 1) Mood Management
- 2) Drug Use Management
- 3) School Smarts Management

FREE Program
For Youth 14-20

How long is the program?

- ◆ 12 sessions about 55 minutes in length
- ◆ Meet once a week for 12 weeks
- ◆ 6 to 8 group members



For more information, please contact:
Kedibonye Carpenter, JAG Program Manager *or* Angie Weigel, JAG Program Coordinator
Phone: 608-786-4895 Email: kcarpenter@cesa4.k12.wi.us or aweigel@cesa4.k12.wi.us

CAST

(Coping and Support Training)

www.reconnectingyouth.com/cast/start_main.html

Coping and Support Training (CAST) is a school-based prevention program that targets high school students who have multiple risks and few protective factors.

Features of the program:

- Skills training, for building self-esteem, setting goals, decision making and personal control
- A small group setting of adult and peer support, used to enhance the personal and social protective factors of vulnerable youth.
- Awareness of school and community support resources.

Goals:

CAST is provided to students who have been identified as being at risk.

The program's three goals are the three focus areas of the 12 sessions:

1) MOOD MANAGEMENT:

Decrease emotional distress → Depression, hopelessness, anxiety, and anger

2) DRUG USE MANAGEMENT:

Decrease drug involvement → Frequency of use and consequences of use

3) SCHOOL SMARTS MANAGEMENT:

Decreased school problems → Increase grades, attendance, and school involvement

Major Skill Areas:

- Building Self Esteem – Learn to appreciate yourself and others
- Decision Making – choose to make healthy decisions
- Monitoring and setting goals – decide what we want and track progress
- Personal Control – manage moods, drug use and school



Recommended Set Up:

- 12 sessions about 55 minutes in length
- Meet twice a week for 6 weeks or once a week for 12 weeks
- 6 to 8 group members



Suggested Youth for Group:

CAST was designed and tested with high school students who were known to be at risk for high school dropout and have displayed risk behaviors (e.g., thoughts, threats and/or attempts of suicide, depressed mood). Of students at risk for high school dropout, 35–40% report depression and suicide risk behavior using the available evidence from the CAST studies will provide students with helpful skills to change their behavior.

For more information, please contact:

Angie Weigel, Youthful Offender Prevention Initiative Program Coordinator
Phone: 608-786-4895 Email: aweigel@cesa4.k12.wi.us