

# LGBT News

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

## *Rosanne's Ramblings*

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

-Abraham Lincoln

As an advocate, I have been amazed by the grass roots organizing and solidarity shown throughout Wisconsin and across the globe as people have continued to speak up and out against Governor Walker's "Repair Bill." The bill consists of 144 pages that will have far reaching impacts on the lives of all Wisconsinites whether directly or indirectly. The collective efforts of many have definitely proven effective in challenging the passage of the bill and uniting the people of Wisconsin as a force to be reckoned with. It has been rousing to see the unity and ability for people to come together regardless of their political affiliation; it is democracy at work, right here in our state, communities, and homes.

There have been concerns about teachers rallying instead of teaching, schools unable to adequately staff their schools and needing to cancel class, and fear of what students are learning by being witness to their teachers' reaction to the bill. What greater way to learn about democracy than seeing it in action? If we want our youth to believe in their ability to influence and participate in their government, is there a better way to learn than actively participating and witnessing government in action? There were lessons in democracy, communication, tenacity of spirit, and the resolve of many individuals, organizations, and groups that have taken a firm stand against the bill. It is imperative for youth to learn how to conduct themselves respectfully in adverse situations and I firmly believe the rallying protesters in Madison and throughout communities in the Seven Rivers Regions have done just that. Knowing the harm that can come from the passage of the bill as written but remaining peaceful, united, and visible to show their dissension is honorable.

Remain steadfast in your beliefs and stay visible even when the powers that be are working to silence the opposition to the bill. The Capitol was closed to the public; however, people remained present on the Capitol lawn, clearly no matter the obstacle, the people will continue to protest. At the

Center we remain committed as allies to our public servants, youth, and the many others who will be negatively impacted by the pending legislation.

In solidarity,  
Rosanne



## ***Seeking nominations for Diverse & Resilient Leadership Awards***

To find the adult nomination form, go here:

<http://www.diverseandresilient.org/adult/documents/award-nomination-adult-2010.pdf>

To find the youth nomination form, go here:

[www.diverseandresilient.org/youth/documents/award-nomination-youth-2010.pdf](http://www.diverseandresilient.org/youth/documents/award-nomination-youth-2010.pdf)

We are fortunate to work and live in an area that is rich with allies, community leaders, and amazing youth that work to challenge homophobia and promote equality. Please consider nominating someone you know today; if you would like to nominate someone but want help or to do a joint nomination, please call Rosanne at 608-784-0452.



## ***Apply to participate in our first Leadership Academy!***


### **Mission:**

To instill in LGBT youth/adults, their allies, and community members the necessary leadership skills to actively engage them to be stewards for equality, awareness, and help them become change makers through our Leadership Academy.

As evidenced by the mission of this project, we plan to provide a stellar opportunity for activists new and seasoned to become change makers. If you are interested in applying to be one of the first trained through our academy, please complete the application attached here.

If you have the spark to challenge injustice, combat oppression, and speak out against hate, apply to attend the academy and be part of the solution.

Accepting applications through March 16, 2011.



## *Financial Calculators Help With Your Planning* by Christina Mae Olson, CFP®

On-line financial calculators are excellent tools to help you solve your money problems. Are you saving, spending, investing, and borrowing in ways that will achieve your goals? Running the numbers for any question about money helps people get motivated to action. A financial calculator can show you how easy it really is to achieve a goal. If saving an extra dollar each pay period is really all I need to meet my goal - and the calculator can demonstrate that for me - I'm going to start saving an extra dollar!

There are many free financial calculators on the internet. Some are better than others (I avoid the ones at bank, insurance, or investment company Web sites). There is a selection of over 100 calculators at Yahoo Finance: <http://finance.yahoo.com/calculator/index>. Yahoo Finance has a calculator for every possible question you might have. Do I need Long Term Care Insurance (LTC)? Should I exercise my Stock Options? Is a ROTH IRA better than a Traditional IRA? Is a 15 year mortgage better than a 30 year mortgage? How long will it take me to pay off my credit cards? How much should you save to accumulate a 20% down payment for a house? How much should you save for a college education? Is an Educational Savings Account (ESA) better than a Section 529 College Savings Plan? How much should I save in order to retire? When can I retire at my current rate of saving?

Here's the link to the "becoming a millionaire" calculator: <http://finance.yahoo.com/calculator/career-work/sav01>. Fill in the following blanks: Current age; age to become a millionaire; current savings; annual savings increase; annual investment return; your tax bracket; inflation rate. This calculator will tell you how much you need to save in order to become a millionaire by a certain age. A 20 year old who has \$1000 now and wants to be a millionaire by age 65 will need to save \$2,796 yearly (\$116.50/pay period) - increasing the savings by 3% every year. \$116.50 is about \$8/day. Anybody with a job can do this.

Try the "retirement income" calculator: <http://finance.yahoo.com/calculator/retirement/sav02>. Our millionaire can find out here that s/he can take an income of \$78,227 each year for 25 years! Just by saving \$2,796 yearly (\$116.50/pay period).

Or, "how much home can I afford" calculator: <http://finance.yahoo.com/calculator/real-estate/hom01>. This calculator takes your income, savings and current debt (auto loans, credit cards, etc.) and gives you a realistic (if not sobering) figure for the mortgage you can handle. Use this calculator if you are thinking about buying a house. People get into trouble taking on

too much debt when they buy a house that is too big for their wallet. The calculator will put your buying potential into perspective.

I tell people every day that they need to save more money. Financial calculators to help explain how and why and make saving easier to understand. They help to break the problem down into parts. The end goal is not so daunting if you can see the various parts that make up the solution. The solution to your financial problem is probably much easier than you thought!

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



## ***Knowledge Is Power!***

For information about housing and mortgages for gay and lesbian couples, check out this Web page:

<http://www.mortgageloan.com/lgbt/>



## ***Want to get healthy in 2011?***

If yes, consider joining our team for Minutes in Motion!

We are forming an LGBT Resource Center team for Minutes in Motion that begins March 21.

Minutes in Motion is a free six-week community physical activity challenge. Track and record your minutes of physical activity for a chance to win prizes.

Here's how it works:

- Exercise at least 30 minutes every day or 210 minutes a week for six weeks (for a total of 1,260 minutes)
- Report minutes at midpoint and end of challenge
- Meet the goal to be entered into a drawing for great prizes
- Celebrate your success on May 11 at the Minutes in Motion Celebration

<http://www.gundluth.org/mim>

If you would like to join the Resource Center Team go to the above site and register. Click on the registration button and enter your information.

The team name is 7 RIVERS LGBT.

Pass this on and invite your friends and family to join our team.

If you decide to join our team please email me to let me know by e-mailing [mikel.hampel@gmail.com](mailto:mikel.hampel@gmail.com).

I have a personal challenge to lose some weight. How about you?

To your health,  
Mikel Hampel



## ***NEW! For eNewsletter starting in April 2011!***

We will highlight Awesome Allies and Fabulous Visible LGBTQ Folk!

We are looking for nominations of folks throughout the Seven Rivers Region that are awesome allies or fabulous LGBTQ visible folk in our communities. Each month from here forward we will spotlight people who you nominate and who help illustrate how truly rich and diverse of a community we live in.

All nominations must include a photo and information about the stellar rock star attributes of the nominee and name and contact information of the nominator. Please submit nominations by the 20th of the month to be considered for the following month's eNewsletter. Completed nominations can be emailed to [r.st.sauver@7riverslgbt.org](mailto:r.st.sauver@7riverslgbt.org).



## ***Calling all writers!***


Please consider submitting a response to one of the following questions, the selected response will be published in our April eNewsletter.

“What is the most effective way to challenge heteronormative social structures as a LGBTQ movement?”

or

“The difference between Gay Marriage, Civil Unions, and Domestic Partnerships and why it matters.”

All submitted responses must include name, contact information, and be original work. Please email to [r.st.sauver@7riverslgbt.org](mailto:r.st.sauver@7riverslgbt.org).



## *“Helping Our Own” Food Drive, March 21-25*

As many of you know, I am currently enrolled in classes at UWL. As part of a class project we are organizing a food drive for UWL’s food pantry which provides nourishment and toiletries to UWL students throughout the school year. While the shelves are often bare, the need remains for this vital on-campus resource.

How does this fit with my work at the Center, you may wonder? Well, simply put, every month the GALAXY youth do some sort of volunteer work in our community and have been for almost two years. Sometimes we do smaller scale things and other times we organize donation drives. GALAXY youth are 13-20 and some of them are enrolled in college and know first hand the reality of being on your own and trying to make it week to week, so why not focus a donation drive for college-aged people experiencing similar things?

Following this logic, we are asking for your help in collecting food for the UWL food pantry “Helping Our Own.” It is our goal to collect a minimum of 250 food/toiletry items.

As an added incentive for participation, we will be showing the documentary, “Excluded,” and ask all viewers to donate a food item as their admission price. The showing will be Wednesday, March 23, at 6 p.m. Location information will be coming soon. The documentary brings to light the reality for bi-national same sex couples and their inability to utilize immigration laws to live together in the US. Join us for the movie and a discussion.

Thanks for your thoughtful consideration and for helping GALAXY youth make a notable difference in our community!

Peace & belief,  
Rosanne



## *Upcoming Events*

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

### **March 2011 Out & About**

Join us for the documentary “Excluded” on March 23. Please bring a non-perishable food item as your admission ticket.

## March 2011 @ The Center

March 24: The Center & GALAXY present a documentary, "Excluded." This is a free event, we just encourage people to donate a non-perishable food item for our Food Drive for the UWL Campus food pantry.

Kansas University students who will be coming to help the Center during their Alternative Spring Break will also be hosting this great event.

About the documentary:

"Excluded," a documentary only 46 minutes long, tells the compelling story of eight years in exile. Tony is an American, Thomas is German. They've spent over sixteen years together. It's enough for them, and everyone they know to consider them life partners. Yet it's not enough for the United States, who sent them overseas. From Germany to Cambodia, they've yet to find a place to call home. At times heartbreaking and sweet, this documentary combines footage from around the world with family and friend testimonies to show how agonizing the choice between family and country can be.

March 23: Business Over Breakfast, La Crosse Chamber Office. Rosanne will be the presenter.

March 26: Come visit with us as we table at the Dance for Hope, 1-5 p.m. at the Concordia Ballroom, La Crosse. This is free event, hosted by the La Crosse Area Suicide Prevention Initiative. Come dance, enjoy music, and learn about local resources to help individuals and families.



## *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

### *Coffee & Conversation*

When: Every Wednesday from 1-2 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](mailto:7riverslgbtnewsletter@gmail.com).



March 1, 2011



Dear Believer,

GALAXY is a program of the LGBT Resource Center for the Seven Rivers Region available to LGBT youth and their allies' ages 13-20 years old. Currently, the group meets on Tuesdays and Saturdays at 303 Pearl Street. GALAXY has been a part of the Center since March 5, 2009. The Center is fortunate to be able to offer an excellent program to help enrich, educate, and enliven youth so they can be their fabulous selves. We provide a safe space, acceptance, and welcome every one in the Center with respect.

One of the signature events of GALAXY is the Ball also affectionately known as the "Gay Prom", it occurs around prom season and is a safe space for LGBT youth and allies to come out with their dates and have a celebratory evening of dancing and fun. This year's theme is *A Magnificent Mischievous Magical Monkey Masquerade Ball* and we will have a prize for the best dressed attendee based on the theme of the Ball! The evening will start at 7:30 pm with a social hour with hors d'oeuvres, and mischievous fun!

We are looking for businesses, groups, and individuals to help sponsor the evening and ensure that we are able to have a magnificently magical evening for the GALAXY youth and their allies. Enclosed is a sponsorship form for your thoughtful consideration. All persons who sponsor the ball will receive complimentary tickets to attend the ball and have an opportunity to have fun masquerading in elaborate costume and divine ball wear which runs the gamut of jeans to formal attire, individuality is key to a spectacular evening. It is through generous community support we are able to have the physical space for a Center and offer important programs such as GALAXY and more.

Another fellow believer in equality,

Rosanne St. Sauver  
Executive Director

303 Pearl Street, La Crosse, WI 54601  
608-784-0452 [www.7riverslgbt.org](http://www.7riverslgbt.org)  
[r.st.sauver@7riverslgbt.org](mailto:r.st.sauver@7riverslgbt.org)



*A Magnificent, Mischievous, Magical Monkey Masquerade*

## SPONSORSHIP LEVELS

{ } STAR LEVEL \$50.00

\*2 complimentary tickets to the event

\*Acknowledgement in the event program

{ } MOON LEVEL \$100.00

\*2 complimentary tickets to the event

\*Acknowledgement in the event program

\* Acknowledgement on Center website

{ } GALAXY LEVEL \$250.00

\*4 complimentary tickets to the event

\*Acknowledgement in the event program

\* Acknowledgement on Center website

{ } SUPERNOVA LEVEL \$500.00

\*4 complimentary tickets to the event

\*Acknowledgement in the event program

\* Acknowledgement on Center website

\* Name or business listed in newsletter for 3 months, May-June

{ } We do not wish to contribute to the ball. But we would like to make a donation to **GALAXY** to support LGBTQ youth. Enclosed is our donation.

{ } Please keep my/our support/donation anonymous.

Please return to: **GALAXY Ball 2011**  
**303 Pearl Street, PO Box 3313**  
**La Crosse, WI 54602**



# National Coalition *for* LGBT Health

## **LGBT Health Awareness Week**

**March 28 – April 1, 2011**

The National Coalition for LGBT Health is pleased to announce its Ninth Annual LGBT Health Awareness Week, scheduled for March 28 through April 1, 2011. This year's theme, "Come Out for Health," is a call to action for community members, advocates, service providers, and governmental officials to recognize health and wellness as an essential part of the social justice movement for lesbian, gay, bisexual, and transgender individuals. The goals for this year's campaign are to:

- Encourage LGBT people to speak to their health care provider about their sexual orientation and gender identity
- Encourage medical, mental health, and other social service providers to create supportive environments for LGBT individuals receiving care or treatment
- Encourage federal and state officials, health-related professional organizations, faith-based institutions, and advocacy organizations to issue position statements supporting the inclusion of LGBT communities in health care delivery and health and wellness activities
- Encourage advocates and community members to tell their stories to policy makers about the importance of health and health care access for the LGBT community

The 2011 LGBT Health Awareness Week is supported by the membership of the Coalition, which is comprised of over 75 organizations from across the country. Participants on this year's planning committee include representatives from the Center for American Progress, CenterLink: The Community of LGBT Centers, the Gay and Lesbian Medical Association, the Human Rights Campaign, Lambda Legal, the LGBT Caucus of the American Academy of Physician Assistants, Legacy Community Health Center, the National Gay and Lesbian Task Force, and the Network for LGBT Health Equity.



National Coalition  
*for* LGBT Health

NINTH ANNUAL  
NATIONAL LGBT HEALTH  
AWARENESS WEEK

# COME OUT FOR HEALTH

MARCH 28–APRIL 1

## SUPPORTING PARTNERS



Center for American Progress



GLMA  
GAY & LESBIAN MEDICAL ASSOCIATION



HUMAN  
RIGHTS  
CAMPAIGN



Lambda Legal  
making the case for equality



LGBT PA Caucus



Legacy  
Community Health Services

National Gay and Lesbian  
Task Force

the  
NETWORK  
for LGBT health equity

OutHealth: A program  
of Health Imperatives

LGBTHEALTH.NET