



PFLAG *Southwest Washington Chapter*

November 2020 Newsletter



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Support the Chapter When Holiday Shopping



Fred Meyer Community Rewards is an easy way for PFLAG Southwest Washington to receive donations from Fred Meyer Stores. You earn these donations for by shopping with their Rewards Card.

Here's how it works:

- To link your Rewards Card to [PFLAG Southwest Washington](#), just [log in to your online account](#).
- Whenever you use your Rewards Card when shopping at Freddy's, you'll be helping [PFLAG Southwest Washington](#) earn a donation from Fred Meyer.



Please name [PFLAG Vancouver-Sw Washington](#) as your charity. Amazon Smile donates 0.5% of the price of eligible purchases.

Help bring joy this season

Buy your gifts at smile.amazon.com or with AmazonSmile ON in the app and Amazon donates

[amazon smile](#)



PFLAG

meeting where you are.



Our work continues. PFLAG Southwest Washington is here to support you, so you can support your LGBTQ+ loved ones.

Please Sign-up for Our Virtual Chapter Support Meetings

There are two sessions each month

- Chapter support and education meetings will be held via **Zoom**.
- PFLAG Connects is a virtual meeting space for the PFLAG Chapter Network. You can join by video, audio, or chat - whatever you're comfortable with.
- PFLAG offers peer support that is available at no cost and is open to all who wish to participate. All of our groups are led and facilitated by PFLAG Southwest Washington volunteers.
- Safety is of our utmost priority for all of our virtual support group meetings. We will discuss privacy, confidentiality, and group agreements at the start of the meeting.

Date	Times	Program
Tuesday, November 10 Vancouver	7-9 pm	<ul style="list-style-type: none"> • Topic: Manny Santiago and/or Omar Santana will discuss the new Washington State LGBTQ Commission • Followed by our caring and sharing support session
Thursday, November 19 Battle Ground	7-9 pm	<ul style="list-style-type: none"> • Topic: A representative from the Cascade Aids Project will discuss PrEP, an HIV medicine • Followed by our caring and sharing support session

Sign-up for virtual support meetings at our website

www.pflagswwa.org



Referendum 90 Wins!

On November 3, Washington voters approved Referendum 90 (R-90) by a vote of 2,030,289 (59%) vs. 1,411,824 (41%) against (80% reporting).

Why did we vote on this issue?

In 2019, Planned Parenthood and allies, including PFLAG Washington State Council, tried to get a comprehensive sexual health education bill passed through the legislature, but failed. During the 2020 legislative session, against loud opposition, they succeeded, resulting in the passage of Senate Bill (SB) 5395, Comprehensive Sexual Education. PFLAG Southwest Washington member Jessica Cole testified in behalf of the proposed bill, which was later signed into law by Governor Inslee.

Opponents of comprehensive sexual health education, through the referendum process, then gathered many more than the required 129,881 signatures to put SB 5395 before voters on the November ballot. R-90 was the result.

In Defense of R-90

To defend SB 5395 and R-90, a coalition of supporting organizations prepared a comprehensive campaign in support of the referendum. Two websites, approve90wa.org and r90inthecommunity.com were established. Jessica Cole and Eunice Ingermanson led in the creation of the latter website. PFLAGers and other supporters sent letters to editors throughout the state. Four Clark and Cowlitz County newspapers published letters written by PFLAG Southwest Washington chapter members in support of R-90. A coalition of supporters also conducted an extensive Facebook campaign and presented virtual town hall meetings.

We are grateful to all who supported R-90 with their time and money and all who voted for it.




**FOR SEX EDUCATION THAT IS
LGBTQ INCLUSIVE**



APPROVE 90

A Dialogue: Faith and LGBTQ+ Inclusion


Healing Bridge
PRESENTS
**DANNY CORTEZ
OF ESTUARY SPACE**

**A Dialogue:
FAITH and
LGBTQ+ INCLUSION**

NOV 7, 2-6 PM
A FREE ONLINE EVENT

FOR TICKETS:
REGISTER AT EVENTBRITE

FOR MORE INFO:
HealingBridgeInfo@gmail.com
Facebook @HealingBridgePNW

Danny Cortez will be joining us online on Saturday, Nov 7th for A Dialogue: Faith and LGBTQ+ Inclusion.

About this Event

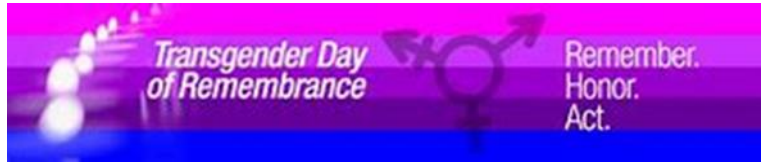
- This is a free event.
- We first heard about Danny on his video "Why I Changed My Mind on Homosexuality."
- Here's a link if you would like to listen:
<https://www.youtube.com/watch?v=WqYvkVqVLFo&t=9s>
- More about Danny and his organization, Estuary Space, can be found at:
[facebook.com/Estuary-Space-638805433186125/](https://www.facebook.com/Estuary-Space-638805433186125/)

Date and Time

- Sat, November 7, 2020
- 2:00 PM – 6:00 PM PST

Transgender Day of Remembrance

This day honors the memory of those whose lives were lost in acts of anti-transgender violence.



For generations, transgender people have suffered various forms of abuse (and even death) for challenging the views, notions, and stereotypes around “male” and “female” identity. Every year November 20 is set aside as a Transgender Day of Remembrance. This day is meant to honor, commemorate, and memorialize those who face discrimination and stigma (often on a daily basis) across the nation. This day is also meant to focus on the persistent struggles transgender people face in their everyday lives, and how others can share their love, support, and hope. (Source: nationaltoday.com)

A poster for the Transgender Day of Remembrance event at WSU Vancouver. The top of the poster features the text "WASHINGTON STATE UNIVERSITY" and the WSU logo, followed by "VANCOUVER". The main title "TRANSGENDER DAY OF REMEMBRANCE" is written in large, white, bold, sans-serif capital letters inside a white rectangular frame. Below the title, the text "VIRTUAL LIVE EVENT • NOV. 20" is written in bold, black, sans-serif capital letters. Underneath that, a quote in italics reads: "Honor the memory of transgender people, gender-variant individuals and those perceived to be transgender who have been murdered because of hate." At the bottom, a blue horizontal bar contains the text "View link and program at" followed by the URL "vancouver.wsu.edu/events" in bold, white, sans-serif font. The very bottom of the poster, in small black capital letters, reads: "HOSTED BY WSU VANCOUVER'S CENTER FOR INTERCULTURAL LEARNING AND AFFIRMATION AND THE COUGAR PRIDE CLUB". The background of the poster is a mix of black, blue, and pink diagonal stripes.

UW Study for LGBTQ Community

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering free programs for individuals with memory loss and their care partner. Either the person with memory loss or their care partner must be LGBTQ. Programs include nine sessions with a trained coach and focus on problem solving, skill building and low impact exercise. Programs are virtual, using easy video chatting. Participants don't have to leave home to participate and are paid \$25 for each phone interview completed.

We really need help in getting this out to the LGBTQ community. Would it be possible to place an announcement on your website, in your newsletter, and to send an email blast to your members? We have the flyer below and a 1/4-page ad I can send as pdfs. Anything you can do to help us get the word out would be appreciated. Thanks so much for all that you are doing for the Southwest Washington LGBTQ community. I look forward to hearing from you.

Best regards, Amy

Amy Cunningham, MS
Aging with Pride: IDEA Research Coordinator
University of Washington School of Social Work
206.543.8445
<https://ageidea.org/>

Experiencing memory loss?

RECEIVE UP TO
\$125*

This program may help!

Sign up today

CALL US NOW 1-888-655-6646

- Safe Communication**
Safe, easy, video chatting
- Completely Free**
Available in Washington, Oregon, and California
- Receive up to \$125**
* for completing five phone interviews

- Coaches provide nine virtual sessions designed to improve health and well-being.
- Either the person with memory loss or care partner must be LGBTQ.
- You do not need a care partner to participate.
- Call us at 1-888-655-6646 or email ageIDEA@uw.edu. Visit ageidea.org for more information.

Aging with Pride: IDEA
IDEA - Innovations in Dementia Empowerment and Action

The Health For Every Veteran Study



You Served. Your Voice Matters.

What is the Health for Every Veteran Study?

This is a national Veterans Affairs (VA) study designed to learn about the health and life experiences of diverse groups of Veterans from all backgrounds, including Veterans with LGBT and related identities. We are interested in understanding how LGBT Veterans' identities, stressors, and experiences may affect their health over time.

Why participate?

- You may learn more about yourself through participating in the study, such as gaining greater self-knowledge.
- You will be compensated up to \$200 for your time.
- You will be contributing to the advancement of research that is focused on Veterans and LGBT health.

What does it mean to join the study?

- You will read an Information Statement that includes more information about the study, its procedures, and how we keep your data safe. You can then decide whether or not you would like to proceed.
- If you proceed, you will take a short screening survey to see if you are eligible.
- Eligible participants will be asked to complete an online survey every 9 months for approximately 2 years, for a total of 4 surveys. Each survey takes about 60-90 minutes to complete and can be completed in the privacy of your home.

Who is conducting the study?

Our research team is dedicated to improving the health and well-being of LGBT Veterans. The lead researcher, Dr. Keren Lehavot, is a VA clinical psychologist at VA Puget Sound Health Care System and Associate Professor in the Department of Psychiatry & Behavioral Sciences at the University of Washington. She has studied LGBT health for the past 15 years, including the health and mental health of LGBT Veterans. Co-investigators include Drs. Jillian Shipherd and Michael Kauth, Directors of the VA LGBT Health Program; and Drs. Tracy Simpson and Isaac Rhew, who have studied a variety of health outcomes and behaviors in diverse LGBT populations.

Veterans are invited you to participate in a study focusing on the health behaviors and life experiences of Veteran with a LGBT or related identity.

The goal of the Health for Every Veteran Study is to better understand the experiences of Veterans from all backgrounds and promote their health and well-being, including those with LGBT or related identities.

The study is especially interested in hearing the diverse voices within our communities. Participants will be helping advance LGBT research, without leaving their homes!

The study is being conducted by researchers at the VA Puget Sound Health Care System.

It consists of completing a confidential, web-based questionnaire every 9 months for approximately 2 years (for a total of 4 questionnaires).

All research activities are completed online, with no in-person visits required.

For more information, please go to:

<https://healthforeveryvet-lgbt.questionpro.com>



Supporting Our Trans & Nonbinary Loved Ones: What Would You Do?

Thursday, November 17 at 5:30 PM PT

As people who are transgender and nonbinary become more visible, the need to have educated and engaged allies to support them becomes greater. In this session, we'll review the core learnings for people who want to be allies to their trans and nonbinary friends and family and then put what they've learned to work, navigating real-world interactions. Here's your chance to strengthen and demonstrate your skills as an ally!

Register at <https://Pflag.org/onlineacademy>



It's That Time Again! Time to Renew Your Membership (or join, if you're not a member yet)

A dark red oval button with a white border and a slight shadow, containing the text "Join Now!" in white, bold, sans-serif font. The button is centered and has horizontal lines extending from its sides.

PFLAG's fiscal year runs October through September, so yes, it's time. Joining or renewing now helps us plan the budget and programs **to benefit you and yours** in the coming year, and **helps you** avoid extra spending during the holiday season.

To join, renew, and/or donate go to the chapter website www.pflagswwa.org or fill out the form on the last page of the newsletter and mail in a check

Here's How You and Those You Care About Benefit from Your Contributions

1. Access to monthly support and education meetings via Zoom for the foreseeable future
2. Free educational booklets about LGBTQ topics
3. Access to information about other resources for youth, young adults, and adults, including medical professionals, counseling
4. Outreach and education through Informational booths at community events (we will resume when its safe to do so)
5. Presentations to school and college groups (we will resume when its safe to do so)
6. Legislative advocacy in support of LGBTQ issues
7. Support for LGBTQ youth involved in Children's Home Society's Triple Point
 - An annual summer picnic (because of Covid 19, for 2020 we gave the youth gift cards in lieu of the picnic)
 - Thanksgiving/Harvest dinner
 - Holiday candy bags (will probably provide gift cards)
7. Support for the Queer Youth Resource Center (QYRC)
8. Maintain our website at pflagswwa.org

You support this great work when you **join, renew,** and **generously donate** what your budget allows:
Every donation of any size gratefully accepted and put to good use.

Your contributions
Save lives
Save families
Create a more just world

Please join and/or donate to PFLAG



PFLAG
Southwest Washington Chapter

Membership and Donation Form

Because PFLAG Southwest Washington is a 501(c)(3) nonprofit organization, dues and donations may be tax deductible.

Name: _____

Email: _____ Phone: _____

Name: _____

Email: _____ Phone: _____

Address: _____

City/State/ZIP Code: _____

Membership Type:

New Renewal

Dues and Donations:

Family: \$45 includes PFLAG Southwest Washington Chapter and PFLAG National dues

Individual: \$30 includes PFLAG Southwest Washington Chapter and PFLAG National dues

Donation to PFLAG Southwest Washington Chapter in the amount of \$ _____

Please make checks out to: PFLAG SW WA

Check # _____ Dated _____ or Cash

Mail to:

PFLAG SW WA Chapter
PO Box 605
Vancouver, WA 98660

Office Use Only

Donation receipt provided

Finance record updated

If applicable:

Membership list updated

Mail Chimp updated

Chapter Hub updated

National dues paid