



Buffalo / Niagara

PO Box 617
Buffalo, NY 14207

716-883-0384

PFLAG@bfn.org
www.PFLAG-buffalo-niagara.org

We meet because we have learned that someone very close to us is Gay, Lesbian, Bisexual, or Transgendered.

We try to help one another deal with this information in a positive manner.

Although we do not agree at all times, we try to be understanding.

We offer help to those who seek it, but do not force ourselves on others.

We strive to maintain anonymity while sharing on a level that is comfortable for all of us.

We encourage all to attend meetings for their own benefit as well as that of the group.

It is our hope that when each of us reaches a point of understanding and acceptance, we realize that this is when others need us the most.

Buffalo Monthly Meeting

Sunday, December 20, 2009
2:30–5:00 PM

The December meeting will be a Holiday Party. As always, newcomers will be offered the alternative of meeting privately with a PFLAG parent.

Sunday, January 17, 2010
2:30–5:00 PM

The January meeting will be LGBT trivia and a chance to share. As always, newcomers will be offered the alternative of meeting privately with a PFLAG parent.

Location for both meetings:

Heritage Room, Westminster Presbyterian Church
724 Delaware Avenue, Buffalo, New York 14209

Use the driveway to left of the church to reach the church parking lot. Walk behind the church to other side of the building (through the nursery school) and enter through the kitchen entrance.

New Parents Meetings

These meetings are scheduled as needed. Please call the helpline.

Held at a location convenient to those involved.

This self-help one-on-one meeting deals with the concerns of parents and family members who have recently learned that a loved one is Lesbian or Gay.

Parents, Families, and Friends of Lesbians and Gays, Buffalo/Niagara, is a non-profit, all volunteer, community-based organization not affiliated with any ethnic, religious, economic, or political group. Membership is open to all. PFLAG membership lists are kept confidential and mailings are sent in plain envelopes.

Queer Journeys Programs

Queer Journeys is a cable access program sponsored by PFLAG Buffalo/Niagara and coordinated by Camille Cox and Babs Conant. The programs are based on documentaries on GLBT issues. This program only airs in Buffalo, on Mondays at 6:30 pm and Tuesdays at 1:00 am on Adelphia Channel 20.

The schedule for the next two months is:

Dec 7: Silent Pictures
 Dec 14: Camp Lavender Hill
 Dec 21: Trevor / I Know Who I Am, - Do You?
 Dec 28: Maybe we're Talking About a Different God
 Jan 4: Coming out Coming Home
 Jan 11: Out for a Change
 Jan 18: The Trials of Jimmy Creech
 Jan 25: Queer Sons

A short description of the storylines and a full schedule can be found on our website at:
www.PFLAG-buffalo-niagara.org/video_project.shtml

Let It Snow???

Buffalo winter weather sometimes requires cancelations of meetings or events. PFLAG Buffalo/Niagara is registered with WIVB and WGRZ for posting cancelations of our meetings. So, if the weather outside is frightful, check those stations to see if our meeting is canceled.

Helpline Phone Training

In January, PFLAG Buffalo/Niagara will hold a training session for members who are willing to offer some time to answer our helpline. This training will provide members with the tools and resources they will need to be able to handle calls we receive. Our helpline now is handled

Lifetime Members

Frank Carnevale & James Pilc
 Mary Hewitt

Sponsoring Members

Anonymous (1)
 John & Diane Covert
 Clarice Lechner-Hyman
 Bob Patterson
 James & Mary Ellen Walsh

Supporting Members

Anonymous (2)
 Jane & Tony Benfante
 Babs Conant & Camille Cox
 Shawn Cribari
 Steve and Suzanne Evans
 Brian Hilton
 Russel Hurlburt & John Percy
 Donald Kreger & Ron Ehmke
 Ronda Marvel
 Jeffrey McConnell & Fred Dansereau
 Mark Meyer
 Dennis Stuart

through cell phone service so that it is easy for members to share this responsibility. We have had a couple of members already volunteer to help with our phone line but we could use a couple more. If you would like to help with this, please call the helpline to let us know.

Newsletter Content

It is time consuming to find interesting things to share with our members. We want to have an interesting and content filled newsletter but sometimes that's hard to do within the time we have available. This month we have a few items submitted by members. The material on coping with the holidays is repeated from last year.

You can help in this process. When you're reading the news and you see something that would be interesting to our members, just send an email with the information to pflag@bfm.org and if you're reading on-line most sites have a button that easily allows you to share the article with us.

Planning Monthly Meetings

Last year, we had an interesting series of topics at our monthly meetings. The combination of good topics along with a chance for members to share resulted in increased attendance at meetings. Deciding on topics and finding speakers takes time. We're looking for members who can help with this process. If this is something you'd like to help with, just give us a call and let us know.

Anne Ogden Gibson



It is with great sadness that we report the passing of Anne Ogden Gibson on November 15, 2009. Anne was one of the founding members of our chapter and was a tireless and vocal supporter of the LGBT community. She will be missed. A memorial service will be held

on Saturday, December 5, at 2 PM at the First Presbyterian Church of Youngstown, Main and Church Streets, Youngstown, NY. The death notice indicated that in lieu of flowers, donations can be made to the Lewiston Volunteer Fire Co. Ambulance Fund, P.O. Box 748, Lewiston, NY 14092 or P-FLAG National Office, 1726 M Street, NW, Suite 400, Washington, D.C. 20036.

GLAAD's Helping Hand

Kate Rockwood, FastCompany.com



Rashad Robinson, Senior Director of Media Programs, organized GLAAD's inaugural Media Awards in Advertising in October to applaud gay-positive creative in both the LGBT and mainstream press.

"It's still very brave when companies advertise to and support the LGBT market. Pepsi is currently being boycotted for supporting Parents, Families, and Friends of Lesbians and Gays. Wells Fargo had accounts pulled

over advertisements. Campbell's ignited a fire among the religious right when it ran a full-page ad in *The Advocate* that showed two real lesbian moms feeding their son a bowl of soup. Those boycotts have not been successful. Campbell's and Wells Fargo continue to run ads with gay folks.

Part of our role at GLAAD is to herald their bravery, but we often help companies while they're still storyboarding an ad to make sure they get the tone right. Bromance is an advertising trend now, and it's meant to walk a humorous tightrope, but it often falls far short. In a Snickers Super Bowl commercial a few years ago, two men accidentally kiss over a candy bar and one bashes the other's head into a car. Viewers were horrified, and the ad was pulled immediately. Believe me, if there was no need to advocate for these issues, we would have no need for this program."

Happy Holiday Tips for Families/Allies

If you are the friend or family member of someone gay...

- Get support for yourself. It is important to realize you are not alone.
- Take your time. Acceptance may not come instantly, but be honest about your feelings.
- Don't be nervous about using the "correct" language. Honesty and openness creates warmth, sincerity and a deeper bond in a relationship. If you are not sure what is appropriate, ask for help.
- Realize that the situation may be as difficult and awkward for your GLBT loved one as it is for you.

Before the visit...

- Practice in advance if you are going to be discussing your family member's sexual orientation or gender identity with family and friends. If you are comfortable talking about it, your family and friends will probably be more comfortable too.
- Anticipate potential problems, but do not assume the reactions will always be what you expected.
- Consult with your GLBT loved one when coordinating sleeping arrangements if he or she is bringing home a partner.
- If your family member is transgender, practice using the correct pronouns.

During the visit...

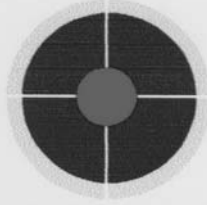
- Treat a GLBT person like you would treat anyone else in your family.
- Take interest in your family member's life. He or she is still the same person.
- Don't ask your GLBT family member to act a certain way. Let them be their natural selves.
- If your GLBT family member is bringing a partner, acknowledge him or her as you would any other family member's partner.
- If your GLBT family member is bringing a partner, include him or her in your family traditions.

Kay Patterson, LMHC

Licensed Mental Health Counselor

Counseling for Change

5820 Main Street, Suite 203, Williamsville, NY 14221
Phone: (716) 838-1236 Cell: (716) 583-4902
Email: Pattersoncounsel@aol.com



Louis J. Moran, LCSW-R

Counseling & Psychotherapy

531 Linwood Avenue
Buffalo, NY 14209

Services for adults, couples and families: relationship issues, depression, anxiety, life transitions, gay & bisexual concerns.

Sliding scale fee. Call: 881-5870 louththerapy@aol.com

ssdickinson@roadrunner.com

SHEILA SULLIVAN DICKINSON

ATTORNEY & COUNSELOR AT LAW

733 WEST DELAVAN AVE., #2
BUFFALO, NEW YORK 14222

TELEPHONE: 716.816.0933
FAX: 716.816.0280

Buffalo Gay Men's Chorus

Joyful & Triumphant

Friday Dec 11 (8 pm) - Unitarian Universalist Church
695 Elmwood Avenue, Buffalo, NY
Saturday Dec 12 (8 pm) - Riviera Theater
67 Webster Street, North Tonawanda
Sunday Dec 13 (4 pm) - Westminster Presbyterian Church
724 Delaware Avenue, Buffalo, NY

Tickets & info: 883-1277
www.buffalogaymenschorus.org

- Ask your GLBT family member about his or her partner if you know they have one.

Additional Resources:

Some of these tips were adapted from Mariana Caplan's book *When Holidays Are Hell...A Guide to Surviving Family Gatherings*. To learn more about her book go to <http://tinyurl.com/5r2ul8>

Happy Holiday Tips for GLBT People

The holidays can be a stressful time for GLBT people, but there are several strategies that you can use to help reduce stress and create a happy holiday this year.

If you are gay, lesbian, bisexual or transgender...

- Don't assume you know how somebody will react to news of your sexual orientation or gender identity — you may be surprised.
- Realize that your family's reaction to you may not be because you are GLBT. The hectic holiday pace may cause family members to act differently than they would under less stressful conditions.
- Remember that "coming out" is a continuous process. You may have to "come out" many times.
- Don't wait for your family's attitude to change to have a special holiday. Recognize that your parents need time to acknowledge and accept that they have a GLBT child. It took you time to come to terms with who you are; now it is your family's turn.
- Let your family's judgments be theirs to work on, as long as they are kind to you.
- If it is too difficult to be with your family, create your own holiday gathering with friends and loved ones.
- If you are transgender, be gentle with your family's pronoun "slips." Tell them you know how difficult it is.

Before the visit...

- Make a decision about being "out" to each family member before you visit.
- If you are partnered, discuss in advance how you will talk about your relationship, or show affection with one another, if you plan to make the visit together.

- If you bring your partner home, don't wait until late into the holiday evening to raise the issue of sleeping arrangements. Make plans in advance.
- Have alternate plans if the situation becomes difficult at home.
- If you do plan to "come out" to your family over the holidays, have support available, including PFLAG publications and the number of a local PFLAG chapter.
- Find out about local GLBT resources.

During the visit...

- Focus on common interests.
- Reassure family members that you are still the same person they have always known.
- If you are partnered, be sensitive to his or her needs as well as your own.
- Be wary of the possible desire to shock your family.
- Remember to affirm yourself.
- Realize that you don't need your family's approval.
- Connect with someone else who is GLBT—by phone or in person—who understands what you are going through and will affirm you along the way.

**PFLAG BUFFALO/NIAGARA
2009-2010**

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| <p>Please circle item(s) ▾</p> <p>Please join our PFLAG chapter to support our mission at whatever level membership you can:</p> <p>▾ Lifetime Membership \$ 500</p> <p>▾ Benefactor Membership \$ 250</p> <p>▾ Sponsoring Membership \$ 100</p> <p>▾ Supporting Membership \$ 50</p> <p>▾ Household Membership \$ 30</p> <p>▾ Newsletter Subscription Only \$ 15</p> | <p style="text-align: center;">JOIN US!</p> <p>▾ New ▾ Renewal ▾ Change of Address</p> <p>▾ Advertising member (Business Card Advertisement \$100. Annually for 10 issues)</p> <p>▾ Please contact me about volunteer opportunities</p> | <p style="text-align: center;">PFLAG BUFFALO/NIAGARA</p> |
| <p>Donations of \$50.00 or more can be included in the chapter newsletter. Please circle. OK to publish ▾ Do not publish ▾</p> <p>Your National PFLAG membership is included in your local chapter dues. You will also receive the quarterly PFLAG-Pole Newsletter delivered to your home or by email from the national office. Circle here if you don't want to receive the PFLAG-Pole Newsletter ▾</p> <p>Make checks payable to PFLAG Buffalo/Niagara and mail to: P.O.Box 617 Buffalo, NY 14207 <i>PFLAG Buffalo/Niagara is a non-profit 501(c)3 and donations are tax-deductible as allowed by law.</i></p> | | |
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