

Celebrating  
27 + years in the  
Cincinnati Community



# PFLAG CINCINNATI

VOLUME 27 ISSUE 2

Spring 2012

Quarterly  
Newsletter

Parents,  
Families,  
and Friends  
of Lesbians  
and Gays

## HIGHLIGHTS INSIDE THIS ISSUE:

The Bells are Ringing 3

Butler County Meetings 4

The Life of Raising a Rainbow Loving Son 5

Welcome to Our New Board Member 5

Membership Application 8

Cooking with John 8

Chapter Resources 9

## Letter from the President

Welcome Spring! This weather has been outstanding and it gives me energy to make sure PFLAG is front and center in the community. Our speakers for PFLAG have been very informative and very positive for the community. We had parents who have a gender variant child, GLSEN came and showed us their Stories Project Video. Chris Seelbach, Cincinnati's first openly gay City Councilman will be our speaker in April and in May we have Adam Hoover, a 17 year old who has been organizing Freedom to Marry rallies in Ohio. We have a great rest of the year planned out for you.

In June we will award more of our up and coming youth with scholarships to begin their future. If you are a high school senior and planning to go to college this fall, check out our scholarship applications at [www.pflagcinci.org](http://www.pflagcinci.org). Deadline for all applications is April 20 so get them fast!!

Speaking of scholarships, the ISQCCBE held a Gay Bingo fundraiser for PFLAG and we raised over \$1400.00 in 2 hours. Gay

Bingo is similar to regular bingo except that there is drag queens, embarrassing performances and lots of laughter. We would like to thank the ISQCCBE for all their hard work and diligence to PFLAG and helping us raise money for our scholarships. May 13 we are going to do another Gay Bingo so if you missed the first one you will have the opportunity to get to another one. The bingo's are held at The Cabaret located at 1122 Walnut Street, Cincinnati. Its only \$10.00 for 8 games and all the money raised goes to PFLAG!

A new group is forming in Butler County and strongly considering becoming a PFLAG chapter!! Beth Swaney will be hosting the next meeting on April 29 at 114 Main Street, Hamilton OH 45013. (3 doors up from Riverbank Cafe). Meetings will start at 7 pm and will feature many exciting new things. Stop in and see Beth and the new group!

Our Annual Membership is a little off track but we appreciate all of you becoming members of PFLAG Cincinnati. If you are not a member at this time, please consider doing so. Your membership fees help us deter cost of literature and public appear-

ances. A portion is sent to our National Agent but the remainder stays local and helps us help the community. A membership form is included in this newsletter.

I would like to say a special THANK YOU to Gina Ellis, who had to step down from her board position at this time. Gina has been a helpful source with fundraising, speaking to family members and helping with public appearances. Gina served as our secretary and is a vital part of PFLAG Cincinnati. Thank you Gina for your dedication to us!

I would also like to take this time to WELCOME Brandie Gross to our board. You can read her bio her in this newsletter. Brandie comes to us full of energy and information and we look forward to working with her. Welcome aboard!

So as I close this letter, PFLAG is always in my foremost thoughts. I am always looking for way to make PFLAG a better agent to help our community. Remember when you no longer need PFLAG, PFLAG needs YOU!!

*Michael Cotrell  
President*



# Mission Statement

Parents, Families and Friends of Lesbians and Gays (PFLAG) promotes the health and well-being of gay, lesbian, bisexual

and transgender persons, their families and friends through:

Support, to cope with an adverse society,

Education, to enlighten an ill-informed public, and

Advocacy, to end discrimination and secure civil rights.

## 2011/2012 Executive Board

President: Michael Cotrell  
president@pflagcinci.org

Vice President: Lynne Lefebvre  
vicepresident@pflagcinci.org

Secretary: Monica Plett

Treasurer: Brent Rose  
treasurer@pflagcinci.org

Members at Large  
Tom Jenkins, Mark Smith,  
Lauren Grosser, & Brandie Gross

**Committee Chairs**  
**Advocacy Chair:**  
Lynne Lefebvre  
**Hotline:**  
Marie Jenkins  
**Email Liaison/Webmaster:**  
Tom Jenkins  
**Library:**  
Matt Ellis  
**Membership:**  
Tom Jenkins  
**Newsletter:**  
Tim Gross  
newsletter@pflagcinci.org  
**Programs:**  
OPEN  
**Refreshments:**  
Lauren Grosser  
**Speaker's Bureau:**  
OPEN  
**Scholarship:**  
Dan Ley  
scholarship@pflagcinci.org

## Meeting

Our monthly chapter meetings are on the **second Tuesday of each month** from 7:00 – 9:30 P.M. at Mt. Auburn Presbyterian Church (link for directions <http://www.mtauburnpresby.org/location.shtml>) located at 103 William Howard Taft Rd, 45219. The monthly **chapter meeting is open to everyone**, including parents, friends and family of gays, lesbians, bisexuals and transgender persons, as well as to gays, lesbians, bisexuals and transgender persons

or anyone interested in learning more about the topic. Meetings are completely confidential. What is said there stays there. Confidentiality is important to most of us for one reason or another, and at all time we respect the rights of others.

The chapter also has a monthly board meeting that is held on the Thursday before the monthly chapter meeting, starting at 6:30 P.M. at 103 William Howard Taft Rd, 45219. Paid up members of the chapter are

welcome to attend the monthly board meeting.

Please send an email to [info@pflagcinci.org](mailto:info@pflagcinci.org) or call the PFLAG Help Line at 513-721-7900 and ask for the PFLAG contact number if you need more information about the monthly chapter meeting or information about attending the chapter board meeting.

## Newsletter

This newsletter is published quarterly (usually sometime in the first month of the quarter). The chapter would benefit greatly from your involvement in the creation of this newsletter. Send an email

to the editor at [newsletter@pflagcinci.org](mailto:newsletter@pflagcinci.org) if you have an announcement that should be included, an idea for an article, or even better, would be interested in writing an article. Also, feel free to

send an email to the editor if you have any suggestions or comments regarding your chapter's quarterly newsletter's content or design.



# The Bells Are Ringing

## By Jane Biddinger

My son is getting married in June.

A friend of mine passed along some mother-of-the-groom words of wisdom offered to her when her sons married. These words, she told me, will minimize stress and prevent me from taking the Mother-in-law from hell award. Trusting this friend as I do, I could hardly wait to find out her secret, which she summed up in seven simple words. Wear beige and keep your mouth shut. I explained to her how beige makes me look washed out and that I'm quite certain my suggestions could never be interpreted as interference. Trust me, she said. I crossed my fingers behind my back and promised.

The wedding is in the Boston area, Provincetown to be exact, and living here in Ohio makes it difficult to be part of the hands-on planning. My son and his betrothed were so overwhelmed by my offer to move in with them for a few months, they were utterly speechless. Heaven bless them both. Those two were so concerned about the rising cost of airfare, my husband's ability to function on his own, and the angst my absence would cause the grandchildren. They convinced me to stay put and contribute by phone or email.

They've kept me posted every step of the way, relating the decisions they've made. And I'm proud to say, I've have kept my mouth shut. I'm also pleased to say, there's been no reason to open it as they're doing a bang-up job.

They have settled on the location, finalized the guest list, dropped the invitations in the mail, chosen the reception menu, and a plethora of other

things a couple traditionally does to prepare for a wedding.

There are those, however, who would have you believe this wedding is neither traditional nor truly a wedding. While it may look like a traditional wedding, walk like a traditionally wedding, and quack like a traditional wedding, some would call it an atrocity. They declare it unconstitutional. If the Supreme Court disagrees, they propose amending the Constitution to support their opinion. Their definition of equality.

I consider such individuals exempt from the protection of my mother-of-the-groom mouth shutting promise.

These self-appointed marital marshals insist that in order to maintain the sanctity of matrimony, traditional weddings must be limited to persons of heterosexual orientation. One must assume that classification includes Britney Spears whose marriage lasted for an entire 55 hours. Or Kim Kardashian who last year was engaged in May, wed in August, and filed for divorce in October. Or the Bachelor who chooses his true love from a harem of women vying for his affection while they all vie for ratings and commercial sponsors. This deeply rooted relationship comes to fruition during a couple of months spent in front of an audience and behind the scenes of national TV program.

While my son and his partner have been together for nine years, they have been unable to marry until a job transfer uprooted them and planted them in Massachusetts. Theirs is, for some illogical reason, the marriage that makes a mockery of matrimony and

poses a threat to our society's values.

There are those who say my son is an abomination and pick and choose Biblical passages to justify their bigotry. They claim natural disasters are examples of God's wrath and condemnation of the growing acceptance of our gay sons and daughters. In their eyes, accepting gay marriage will in no time bring us to the day when one might marry his poodle. (Could the dog license in truth be part of a left wing agenda resulting in mixed breed marriages?)

These comments are hardly new. I thought my skin had grown thick enough for them to bounce off, but I was wrong. The wounds I convinced myself were healed feel fresh and ragged. Perhaps the proximity of the wedding is the cause for the resurrection of those feelings. Weddings are, after all, an emotional event. As all mothers know, when the engagement is announced a chorus Sunrise, Sunset immediately plays in your mind. Over and over.

I've never been able to reconcile bigoted views with the son that I know and love, but I could convince myself that ignorance was the culprit. And ignorance, though toxic, is curable, given a large dose of education and exposure to a gay or lesbian relative, co-worker, or friend. But now, as I witness the devotion my son and his partner have to one another, I am appalled at the audacity and arrogance of a person who passes judgment on the ability of one human being to love another.

*While it may look like a traditional wedding, walk like a traditionally wedding, and quack like a traditional wedding, some would call it an atrocity.*

Continued next page



## The Bells Are Ringing

### By Jane Biddinger

My son called to tell me about the day they spent looking for matching wedding bands, finally finding just the right ones. Rings that symbolize their never-ending love for one another. Later that week, the Million Mothers demanded that JC Penney fire Ellen, their newly-named spokesperson, saying she is immoral. Having another mother's child fired is not a particularly loving, maternal, or moral action in my opinion. I do believe many of these women will, in time, reassess their position. If the conventional statistics prove true and 10% of the population is gay, it stands to reason that these women have given or will give birth to 100,000 gay babies. They will face the choice of rejecting their child or becoming one with Ellen's mother and women world wide who march to the drummer of tolerance and equality. Meanwhile, rest assured, the undies in our household will have the JC Penney label in the waistband.

Of course the antigay sentiments hit their peak in an election year. Especially with conservative politicians. Our children become targets. Painted as villains out to destroy civilization in these United States as we now know it. Never mind that at one time in our history abolishing slav-

ery, permitting women to own property, and granting voting privileges to anyone other than a white male property owner were seen as notions far too liberal to become realities.

In December my son and his partner trimmed their tree, shopped for gifts, and packed for their return to Cincinnati to spend the holidays with family. Yes, these guys are family. While we were hyped about their return, Michele Bachman was asked why same-sex couples can't marry. Her response was that they can get married. They can marry a man if they're a woman. Or a woman if they're a man. She also said that she sees a part of Satan in homosexuals.

Though not nearly as hostile as Michele, Mitt Romney former governor of Massachusetts, the site of my son's upcoming nuptials, supports the Defense of Marriage Act. That act, of course, does not defend every marriage or every citizen's right to marry.

The new year began with a bang as I read that Rick Santorum considers it so important for a child to have both a father and mother that an imprisoned father is preferable to a same-sex parent. Presence and participation in a child's

life obviously are less important than one's genitalia.

On Fox News, Rick said, "Marriage is not about affirming somebody's love for somebody else. It's about uniting together to be open to children, to further civilization in our society." I certainly got this one wrong. I assumed that love and marriage went hand in hand. And what about the cherishing and honoring part that our grooms have included in their vows and I always considered an integral part of any lasting relationship?

At this stage of my life, menopause but a hot flash behind me, I'm in no position to further civilization any more than I already have done. I assume Rick would have my husband and me dissolve our 44 year-marriage, or at least have separate bedrooms.

Tomorrow I'm shopping for a dress. Maybe beige isn't my color, but I'll give it a shot. Come to think of it, my friend didn't say anything about shoes.

And as for keeping my mouth shut, I'll keep my thoughts to myself, but if anyone dares say this wedding shouldn't take place, I'll quote Whoopi Goldberg and tell them, "If you're not into gay marriage, don't marry a gay person."

And as for keeping my mouth shut, I'll keep my thoughts to myself, but if anyone dares say this wedding shouldn't take place, I'll quote Whoopi Goldberg and tell them, "If you're not into gay marriage, don't marry a gay person."

## Butler County Meetings

Sixteen committed folks met in Hamilton on March 25 to form a new group in Butler County and possibly become a PFLAG Chapter or affiliate. Participants were asked what they would like to see the group do. Among the items mentioned were providing information and encouraging communications on LGBTQ issues in Butler County, providing support including a support group for lesbian moms, supporting GSAs and advocating for LGBT-supportive services & policies. The group will meet again at 7 pm on April 29 at the Hamilton Zen Center, 114 Main Street Hamilton OH 45013. (3 doors up from Riverbank Cafe). If you live in or near Butler County please come and find out more.





## The Life of Raising a Rainbow Loving Son By Mother of Joe

We are the parents of 4 wonderfully bright, exceptionally adorable, pretty-well-adjusted boys. Our oldest child is a 9 year old boy who likes girl things. He loves to dress up as the latest fashion trend for the typical 9 year old girl (right now, Monster High...last year Selena, the year before Hannah, and the year before that any female part in High School Musical, but preferably Sharpay). Oh my, the day he got fan mail back from Selena... you would have thought he won the lottery! He can design a Barbie dress out of any piece of fabric he can get his hands on and he can turn anyone of my tank tops into a bedazzled gown on his skinny little body. The funniest moment happened this Christmas. Joseph prophetically announced in a song and dance, "I'm Gay, I'm Gay, I'm Gay-yyyyy!" Then, he said well...it does mean happy! We said yes honey, you are very very happy, but let's not shout it to the world just yet! He may affirm a different identity in the future, or he may not.

Our other children are very gender-typical. They love sports, gaseous bodily functions, blocks, Legos, superheroes and more (all of which are totally ignored by our first born).

The first signs we noticed of Joe being "different" started when he was around 18 months. When he was at our sitter's house (who had 2 young girls), he would dig through balls, blocks, and superheroes to

get to the princess crowns, plastic high heels, and wigs. He would unbutton his overalls to twirl them around like a fancy dress. By age 3 he would turn a kitchen towel into a hairpiece or a flowy skirt on a daily basis. His favorite princess was Ariel from *The Little Mermaid* and he would put on all of his sweatpants by placing both legs in one leg hole and try to move around like a mermaid.

By age 3, Joe was a very articulate little man; this wasn't always for the best. He would tell me at times that he wished he could die, because if he did, he would become an Angel and Angels wear dresses. He also thought that Santa put him on the naughty list, because he was given gender neutral toys (tie dye clothes, Scooby doo, and animal-rescue centers). He didn't get the My little pony or Polly pockets he had asked for. We did this out of fear, out of peer pressure, out of "who knows what", but there is nothing worse in life than your child sobbing that Santa doesn't love him!

Some night in the next year or two, Joe told me that God was just wrong when he made him a boy. I was done with this. I was so upset and so proud and amazed at such a strong willed child! I had had it. I was going to change our way of handling this "situation". I talked through it with my mom and after a glass of wine, I purchased a Barbie coloring book (which felt like buying

porn) a Barbie doll (which I probably would have refused a daughter), and several Barbie pet accessories that went with her. Those pet accessories were never touched!

Looking back, all of those decisions and thoughts seem comical now. Our house looks more like 4 girls live here than 4 boys. We have a Barbie Dream House in our play room, he has a room decorated in Tiger Beat posters; a caricature of him has Lady Gaga, 3 American Girl Dolls, and many wigs and high heels. Our other 3 boys just need a ball and Legos!! This always cracks me up, because if I had a daughter, I would be so anti-Disney princess!! I was never a Barbie girl and would have probably refused it to my daughter. I laugh, because I now very proudly buy it for my son!

We found a phenomenal support group out of the Children's National Medical Center which runs an electronic list serve (closed email distribution list) that permits a member to exchange emails with all the group members at the same time. List-serve members can post and read messages from other parents and moderators. The list-serves work as virtual support groups. Only invited members can access the list serves, and to be included, you need to do a 2 hour phone conference with their counselors to determine whether this will be right for you.

Continued next page

## Welcome to Our New Board Member Welcome Brandie

Brandie Gross grew up in Brown County, Indiana moving to Fairfield, Ohio when she was a teenager. She now lives in Liberty Twp with her husband Tony and three sons. She has been a registered nurse for nine years and currently is a clinical manager for

an oncology physicians' office. Brandie first attended PFLAG in the spring 2010 looking for support, education, and good role models for her son Tyler that had come out about a year earlier. At PFLAG she found all that and more and now attends regularly

with Tyler who has come to enjoy PFLAG as well. As a board member she looks forward to giving back some of the support that has been so valuable to her and her family.



## The Life of Raising a Rainbow Loving Son

By Mother of Joe

It was here that we learned in our two hour interview different strategies to communicate with Joe, to teach him that he is a boy that just loves girl things. We learned to create safe places for him and how to tell our friends and family members. We were affirmed that it was okay for him to dress and play and be whatever or whoever he wanted to be! We learned that it was okay not to do hormone blockers, change his gender, or shun him of all he feels he is inside. It is a great place to ask other parents with similar lives questions about their experiences whether it is sending a girl lunchbox to school with their son, or Halloween costumes, show and tell, Pajama Day, etc.. We really learned how to let Joe guide us in what he needed.

Although some may disagree, we feel that Joe is a child with special needs. He is a child and he has special needs, very special. Like other special needs children, he needs an advocate, a protector, someone who will take a little extra time to explain things to him and someone to educate others on his behalf. That person is me. And, often times it's exhausting. Some days I'm tired of living and breathing gender issues and it feels like there is no escape. I always travel before him, where and when I can, to explain to people his uniqueness. For example, I go to his school and meet with his teachers before the year begins, I meet with the principal. I explain his personality to his friend's parents that have him over, the volunteer at the library that works with reading, the gymnastics teacher. I even interview the counselors we have worked with before I have ever let my son near them! It is hard enough to find a babysitter to watch 4 boys, but to explain and make sure

that it is understood that he will be safe. It is in these places that he needs to feel "safe and secure" and if any of them question or rudely comment on his glitzy nails, his skinny jeans, his Justice t-shirt that is quite sparkly....it is these times that you never know a person's reaction and I take the lead to make sure their reaction is of support and love and not to make fun of or belittle.

I always clear the way, often wondering if that's what's best. Am I encouraging people to have preconceived notions about him before they meet him? Am I doing him an injustice and disservice by not letting people get to know him and love him as him, gender nonconformity aside. Can his gender nonconformity ever be an aside? His teachers always seem shocked or in disbelief because he is so good at censoring himself. I think mostly because he is a well-adjusted, happy 9 year old (for the most part).

Special needs kids are often defined by what they cannot do. My son cannot blend in. He cannot wear boring clothes. He cannot resist having his nails painted. He cannot stop dancing when music comes on. He cannot resist the urge to strike a pose for the camera. He cannot play typical games like cops and robbers or cowboys and Indians. He cannot shun a good skirt with lots of "twirl" to it. He cannot choose to play with a group of boys over a group of girls. He cannot keep his hands off of beautiful hair. He cannot say no to a great craft. He cannot turn the other cheek to things that sparkle, glow, shine or have a good use of color. He cannot conform to traditional gender roles.

Special needs children really struggle with change and excitement. Joseph as much as

he loves Halloween and his birthday, both being in one month cause him a lot of anxiety that we aren't really sure why. This year was especially rough.... Maybe, he remembered the asshole at Burger King who was working the register make fun of Joseph and his friends when he ordered the "girl toy" on his birthday last year, or when his friend's mom refused to get him a "girl toy" and bought him a bunch of construction trucks. Or maybe his anxiety comes from having to narrow down one costume for the big day (Halloween) where no one judges who's behind the mask!

We live in a very traditional, old-school neighborhood. If there were a barn, I swear, we would raise it together. We also live in the city limits (which I find ironic). We moved here, because there is a great catholic elementary that my husband attended and we thought it would be a wonderful place to send our children. By age 5 I knew, no way, no how was I going to send Joe there. Fortunately, the city just relocated one of the best Montessori schools to our neighborhood!!!! Our neighborhood and our school are the 2 things that have become so important to me and such a huge part of our ability to raise Joe in such a conservative city.

Our neighborhood has the most accepting, sweetest families. We couldn't have been blessed with better people to be a part of the "village" that helps us raise our children. Sometimes, I feel like we are all co-parenting. Next to my hubby, and my mom, these are my "rocks". They have seen, felt, and lived the struggles I have had. They have been endearing and brutally honest with me.

Continued next page



## The Life of Raising a Rainbow Loving Son

By Mother of Joe

I trust them like no others and feel at times we may be creating a bubble for Joe since he rides his bike, swings in a rope swing, and kicks butt in 4 square all while wearing a mini-skirt and stilettos. No one bats an eye, because it is just Joe and he has done this since he was a baby. It is only when outsiders (neighbor's families and friends) come over that I realize just how comfortable we have become. Now, most of them aren't even in shock!

Our boys are wonderful to him. For a long time, one of the twins thought we had 4 boys and 2 girls in our family. We are so glad that he is the first born, as he holds some power over them. They accept him and play with him and his Barbie collection, have dance parties, wrestle, and do crafts together. We have found gender free activities do as a family (hike, swim, go to parks, museums, zoos).

It is most of the time unbelievable, but it isn't perfect. There are times when we have to have the conversation with the other 3, but also with Joe. I have caught each of the others throwing him under the bus to friends and I quickly nip that in the bud! At times, Joe needs to learn to not be not so flamboyant and they need to be a little less testosterone driven, but always they need to be respectful of each other.

As a couple, as par-

ents, as a family, these experiences have made us become much more humble, and grateful, and gracious about our lives and the circumstances of others. We now look at our friends, students, and community better for who they are. We have reached out to other people that we wouldn't have before and found them to become friends.

We struggle at times in that it is hard to raise a child that doesn't conform. I get jealous at how easy it looks to raise typical boys. I get sad when I think of how hard the next few years might be for him. I get embarrassed sometimes at Target in the toy aisles or at the grocery store when he is twirling around or at Justice yet again, buying some type of frilly thing. It is a constant thought, a constant reminder, that he is different. He takes up a lot of our energy, stress, and attention. We are grateful to have each other and a good marriage. We feel bad having him change to appropriate clothes for where we are going. We don't always make the others change, granted they aren't in dresses! We really try to emphasize and discipline what he does and not who he is. We love him because of who he is and not in spite of whom he is.

We have changed a lot of people's lives as well as our own. I have had countless people tell me what a blessing it is that he is "our" son, because we handle his difference so

well. I have had multitudes of friends tell me "thank you" for helping them with opening the eyes of their children and themselves to differences in humanity. One of our friends recently told me other than hearing Joe's high pitched squealing laughter while hanging with her daughters, she loves that her teenage son (our sitter) will always in a matter of fact manner inform his friends about Joe if they are helping sit, in order to protect him. Joe has made her son Joey, a very open minded, compassionate teenager when it comes to gender issues.

On our list serve, I have listened to quite a lot of struggles in relationships that often end in divorce, a lot of families that have had to distance themselves from relatives. Some families have even gone as far as having to move to more open minded areas of our country. I read once that God doesn't give you what you can handle, but the strength to handle what he gives you. Which is our case is a sense of humor, chocolate, a kegerator, and chadonnay!!! We have come to realize that people are homophobic. It's just that they are one friend, brother, sister, parent, child away from embracing the LGBTQ and GV community.



## PFLAG Cincinnati 2011-12 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

P.O. Box 19634  
Cincinnati OH 45219-0634.

### Membership Category

- Individual \$30
- Household \$40
- Supporting \$50
- Contributing \$100
- Sponsoring \$500
- Lifetime \$1000
- Other \$\_\_\_\_\_

**“Remember,  
when you no  
longer need  
PFLAG,  
PFLAG needs  
you”**

Memberships run from October 1 to September 30.  
Newsletters are sent by email. If you wish to receive a paper copy, check this box .

Mail membership application & dues to  
PFLAG Cincinnati

## Cooking with John Braised Kale with Spaghetti

- 1 pound Lacinato Kale (about 2 bunches), large center ribs and stems removed, cut crosswise into 1/2-inch slices
  - 3 tablespoons olive oil, divided
  - 1 medium onion, finely chopped (about 1 1/2 cups)
  - 8 large garlic cloves, thinly sliced
  - 1/2 pound spaghetti
  - 2 teaspoons fresh lemon juice
  - Finely grated Parmesan cheese
  -
- Rinse kale. Drain; transfer to bowl with some water still

clinging.

Heat 2 tablespoons olive oil in heavy large pot over medium heat. Add chopped onion and cook until soft and translucent, stirring occasionally, about 6 minutes. Add sliced garlic and sprinkle with salt; cook until onion is golden brown, stirring occasionally, about 5 minutes. Add kale and remaining 1 tablespoon olive oil and toss until wilted, about 3 minutes. Cover pot and reduce heat to medium-low. Continue cooking until kale is very tender, stirring occasionally and adding water by teaspoonfuls if dry, about

20 minutes.

Meanwhile, cook spaghetti in medium pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1/4 cup cooking liquid. Add cooked spaghetti to kale mixture in pot. Add lemon juice and 2 tablespoons reserved cooking liquid; toss to combine, adding more liquid by tablespoonfuls if dry. Sprinkle spaghetti with grated Parmesan cheese and serve.





## General Chapter Information & Resources

**Advocacy:** Understanding and participating in advocacy for GLBT concerns at a local, state, national and international level is addressed by our Advocacy committee. If you have anything concerning awareness or participation in advocacy for GLBT concerns please contact our Advocacy chairperson at [info@pflagcinci.org](mailto:info@pflagcinci.org)

**Hotline/Email:** Throughout this section and the entire newsletter you will see references to the hotline and various email addresses. If you ever get confused about whom to contact, you can just use the chapter Hotline or general email address. The chapter hotline can be reached by calling 513-721-7900 and ask for the PFLAG number. The general email address for the chapter is [info@pflagcinci.org](mailto:info@pflagcinci.org). Feel free to use these as your single point of contact for anything related to the chapter. Just keep in mind that depending on your request, the operator/email monitor may need to contact someone else in order to properly address your questions/comments.

**Library:** Your chapter has a mobile library that is open for business at every monthly meeting. The library is an excellent resource that contains many great books and videos that address topics such as homosexual-

ity, homosexuality and religion, coming out and GLBT issues for children and families. You are welcome to borrow any of the books or videos.

**Membership:** PFLAG Cincinnati values your support and interest in the chapter. Your membership supports the activities of the chapter which include purchasing publications for distribution at meetings and events where we are represented, books for the library, dues to National PFLAG and the printing and mailing of this newsletter. The scholarship program is funded primarily through our fund raising events and donations. The membership year runs October 1 to September 30.

**Programs:** Periodically throughout the year at the monthly meetings, a guest speaker will be included in the agenda. In the past we have had religious leaders, doctors, lawyers, financial advisors and GLBT non profit health and support leaders as guest speakers. If you have an idea or would be interested in being a guest speaker send an email to [info@pflagcinci.org](mailto:info@pflagcinci.org).

**Scholarships:** Each year your chapter funds its own scholarship program. The scholarships are awarded annually to deserving members of the community. More infor-

mation can be found at the chapter website, [www.pflagcinci.org](http://www.pflagcinci.org) in the Scholarship Info section or by sending an email to [info@pflagcinci.org](mailto:info@pflagcinci.org). If you are interested in donating to the scholarship fund, send a check to P.O. Box 19634, Cincinnati Ohio 45219-0634 made out to PFLAG Cincinnati, noting in the memo that the check is for the scholarship fund; PFLAG Cincinnati is a non-profit organization with a 501(c)3 status. Your contribution may be tax deductible – seek advice from your tax preparer.

**Speakers:** If you ever need anyone to speak to a group, organization, business, school or church, your chapter has experienced members that have volunteered to speak on behalf of the chapter. Send an email to [info@pflagcinci.org](mailto:info@pflagcinci.org) to make a request or to volunteer to be on the speakers bureau.

**Website:** The chapter has an excellent website ([www.pflagcinci.org](http://www.pflagcinci.org)). There is up to date information about the chapter including things like monthly meetings, information about events and volunteer opportunities. If you have any feedback on the website send an email to [webmaster@pflagcinci.org](mailto:webmaster@pflagcinci.org) Also, find us on [Facebook](#) PFLAG Cincinnati

*Want to get involved in the chapter contact a board member for volunteer opportunities*

PO BOX 19634

Cincinnati, Ohio 45219-0634

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