



# TransCentralPA Newsletter

Serving the Transgender Community of Central Pennsylvania since 1989

July 2012

[WWW.TRASCENTRALPA.ORG](http://WWW.TRASCENTRALPA.ORG)

Volume 23, Issue 3

## Announcements

**July's Dinner** is at Bricco ([www.briccopa.com](http://www.briccopa.com)) Please RSVP by Friday, July 13 if you plan to attend at [info@transcentralpa.org](mailto:info@transcentralpa.org).

**July's Meeting** is Saturday, July 14 at 8:30 pm. Doors will open at approximately 8:00 pm for those needing to change.

**After Hours** is at Stock's on 2nd Stock's ([www.stocksonsecond.com](http://www.stocksonsecond.com)). Stock's offers the opportunity to mingle and socialize in a friendly atmosphere as well as an opportunity to dance to some great music. So for great conversation, friendship and more, please join us at Stock's on 2nd. There is no cover charge!

**Happy Birthdays!** Please say Happy Birthday to Jeanine Ru., Julia Wa., JoJo Br., Dante Gr., Auston Lu., Lacey Lynn Re., Kay Lo., Danni Fi., and Thom Be.

**2012 Membership** dues are a one-time annual fee of \$25. Dues are used to pay for meeting space, program literature, our website and our affiliation with and support of community groups and activities such as Common Roads, the Community Center, Central Pennsylvania Pride, etc. Please continue to support our organization and efforts by joining or renewing your membership—we are making a difference!

**Save the Date!** The 2013 Keystone Conference will be held March 13-16 at the Sheraton Harrisburg-Hershey Hotel. Although conference registration will not open until December, the hotel is now taking room reservations. Please visit the Keystone website ([www.Keystone-](http://www.Keystone-)



## Happy Independence Day!

[Conference.org](http://Conference.org)) for more information and a link to the Sheraton's website.

**Red Roof Inn Discount.** We have negotiated a rate of \$42.99/night for 2012 for both TransCentralPA members and guests. To take advantage of this special offer, call the hotel directly at (717) 939-1331 and use the rate code "TCPA". They also are offering a special price for their Business King suites, too. Ask for details.

**Central PA Pride** The Central Pennsylvania Pride Festival and Parade is Saturday, Jul 28. TransCentralPA will once again be marching in the parade and manning a booth at the festival. As a courtesy to our members and guests who elect to march with us in the parade, TransCentralPA will pay for admission to the festival (provide wristbands) for you. We must have your commitment a few days before so we know the number of wristbands to purchase. Please RSVP at [info@TransCentralPA.org](mailto:info@TransCentralPA.org) to reserve your wristband.

**ROSE Meeting Change** Renaissance of

Southeastern Pennsylvania (ROSE) Transgender Support Group now meets the 4th Saturday of the month in York. Doors open at 7:30 pm, the meeting begins at 8:30 pm and ends around 11:00 pm. For more information, visit their website at [www.renaissancesep.org](http://www.renaissancesep.org)

**Trans-Summer Camp** Parents have a new and welcome option this summer for their transgender or gender non-conforming child -- a weeklong, overnight summer camp called Camp Aranutiq ([www.camparanutiq.org](http://www.camparanutiq.org)) Its organizers recently held a reception in the Boston area to introduce the program. In attendance were several new-age parents who, instead of rejecting their child's persistent gender non-conformity, are seeking ways to be understanding and helpful.

**Trans Aging** Lambda Legal recently put out a guide for older Transgender individuals Visit their [website](http://website) to view it.

**Have an announcement?** Email it to us at [info@TransCentralPA.org](mailto:info@TransCentralPA.org)



## Saturday, July 28th

Come join us at the Pride Festival. Although there will not be a parade this year, TransCentralPA is still planning on hosting a booth. And for those of you who choose to sign up to staff it, you'll receive a free admission to the Festival. Please sign up at:

<https://www.timetosignup.com/transcentralpa/signupsheetdetails/9919>

"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world." Ada Louise Huxtable, New York Times architecture critic, words ring true as we become lulled by the inexorable heat of July. Why Central Pennsylvania's LGBT Pride Festival falls in late July- instead of June, National Pride Month—escapes my ken, but I really don't mind at all, for Pride in Harrisburg, Pride in Riverfront Park has always been in late, lazy, hot July. I am sure that I will find as I have the past eight years that I've been a Pennsylvanian and attended Pride down by the river that I will once again come under that blessed spell that makes me feel that all's right with the world.

Pride matters because we all matter—we as the "T" in LGBT, and we as part of the larger LGBT community—to ourselves, to those that know and love us, and to the world that we are an integral part of. Pride, here in Harrisburg and most everywhere else in this blessed country we call home has evolved from its beginnings as the brave gesture of a small, marginalized community pronouncing their existence and right to life, liberty, equality and happiness. It has become more of a gathering of family and an affirmation of our community. However, the need for LGBT people to be seen and heard is still vitally important, for we as a group of citizens still do not have the same guaranteed rights of equal treatment as do other Americans. This is especially true for we Transgender people, the most marginalized sector of the LGBT family. We need to be more visible, for only by being seen and known will people come to understand, accept and embrace us...and insist that we deserve the same rights to life, liberty and the pursuit of happiness as do they.

The Unity Parade is back on again this year at the Pride Festival of Central PA. It is a great opportunity for Transgender people—and their family and allies—to gather behind the TransCentralPA banner and walk quietly and proudly through the streets of Pennsylvania's capitol city and show, through our numbers, that we are indeed a large, visible and amazing group of Americans. Please march with us, and help our numbers swell...because it matters.

Warmly,

*Jeanine Ruhsam*

## From the President



*Jeanine Ruhsam*

## Calendar of Events

*Bold text are TransCentralPA sponsored*

Jul 5	<a href="#">Transexual Education Group</a> Harrisburg, PA
Jul 6	<a href="#">Common Roads</a> —LGBTQA Youth Harrisburg, PA
Jul 7	<a href="#">TGEA Meeting</a> Arlington, VA
Jul 13	<a href="#">Common Roads</a> —LGBTQA Youth Harrisburg, PA
Jul 12	<a href="#">The Curve</a> —LGBTQA Youth York, PA
Jul 13	<a href="#">Gender Spectrum Family Conference</a> Berkley, CA
<b>Jul 14</b>	<b><a href="#">TransCentralPA Meeting Dinner @ Bricco</a></b> <b><a href="#">Meeting @ MCC of the Spirit</a></b> <b><a href="#">After Hours @ Stock's</a></b>
Jul 20	<a href="#">Common Roads</a> —LGBTQA Youth Harrisburg, PA
Jul 21	<a href="#">Laptop Lounge</a> King of Prussia, PA
Jul 26	<a href="#">The Curve</a> —LGBTQA Youth York, PA
Jul 27	<a href="#">Common Roads</a> —LGBTQA Youth Harrisburg, PA
Jul 28	<a href="#">ROSE Meeting</a> York, PA
<b>Jul 28</b>	<b><a href="#">Central PA Pride Festival</a></b> <b>Harrisburg, PA</b>
Aug 2	<a href="#">Transexual Education Group</a> Harrisburg, PA
Aug 4	<a href="#">TGEA Meeting</a> Arlington, VA
<b>Aug 11</b>	<b><a href="#">TransCentralPA Meeting Dinner @ Stock's on Second</a></b> <b><a href="#">Meeting @ MCC of the Spirit</a></b> <b><a href="#">After Hours @ Stock's</a></b>
Aug 19	<a href="#">Camp Highlight</a> Wernersville, PA

Visit [www.TransCentralPA.org](http://www.TransCentralPA.org) for details & more event info!

## Watch: HHS Webinar on Transgender Health

As part of Healthy People 2020, the 10-year national agenda for improving the health of all Americans, the U.S. Department of Health and Human Services (HHS) launched a "Spotlight" webinar focused on transgender health. Contributors to the webinar included government officials, physicians, and scholars dedicated to the improvement of LGBT health. This week, the educational resource was [archived online](#) and is now available to the public for viewing.

Eliminating health disparities experienced by the LGBT community is vital for individuals to live long and healthy lives. HHS has also worked to incorporate data collection on LGBT populations in national health surveys and launched a website to help domestic partners find health insurance that is right for them.

[Watch the full HHS webinar: "A Spotlight on LGBT Health: Transgender Health Issues"](#)



### Out and Active

**New program encourages the LGBT Community and Allies to get active, experience new things and learn about their bodies.**

Alder Health Services believes that to improve individual and community health outcomes, individuals must have the ability to participate in a host of programs and activities designed to engage their minds, bodies and spirits. Each quarter (every three months) a new schedule of programs, forums and activities will be published in which members of the community will be encouraged to participate.

While any member of the community is welcome to participate in all of the programs and services of Alder Health, the Out and Active Programs are specifically designed and created to meet the unique needs of the lesbian, gay, bisexual and transgender community and to create an opportunity for members of the community

to interact and engage with one another in a healthy, active and supportive environment. Activities range from fitness classes such as Boot Camp to Cooking Classes and Just for Fun trips that events and locations throughout the area.

Everyone at Alder Health Services hopes that you enjoy our first offerings as a part of our new Out and Active Program. Take the time to try something new, experience something different, and learn about yourself all while meeting other members of the community.

To view a complete copy of the July to September 2012 Out and Active Program please visit [www.alderhealth.org/outandactive](http://www.alderhealth.org/outandactive) or call 1.800.867.1550 to request that a copy be mailed to you.

### Health and Politics

On October 4, 2012, Governor Howard Dean, will be joining Alder Health Services to discuss the intersection of politics and health in America and how we can achieve a quality healthcare system for all in the United States.

**Thursday, October 4, 2012 - 7PM  
Whitaker Center - Harrisburg**

A physician by education, Gov. Dean is the former governor of Vermont and was a candidate for the Democratic Presidential Nomination in 2004. Following the 2004



election cycle, Gov. Dean served as the Chair of the Democratic National Committee and continues to be a tireless advocate for health and healthcare reform in the United States.

For more information on sponsorship opportunities, and tickets to Gov. Dean's Lecture please call 1.800.867.1550 or email [Health and Politics](mailto:Health and Politics).

To Purchase Tickets for Gov. Dean's lecture please visit [Whitaker Center Box Office](http://Whitaker Center Box Office) or call 717.214.ARTS



### NCTE Releases Student's "Know Your Rights" Guide

Following the Obama Administration's groundbreaking [letter](#) to primary and some secondary schools clarifying who is protected under Title IX, courts and federal agencies have concluded that discrimination or harassment because a person is transgender or gender nonconforming constitute sex discrimination.

To help students understand and assert their rights in schools, the National Center for Transgender Equality is releasing *Transgender and Gender Non-Conforming Students: Your Rights at School*, a new resource that outlines the laws protecting trans people in

school and steps for bringing harassment and discrimination complaints to the U.S. Department of Education Office for Civil Rights.

In the [National Transgender Discrimination Survey](#), participants who expressed a transgender identity or gender nonconformity while in grades K-12 faced alarming obstacles:

- Seventy-eight percent reported harassment
- Thirty-five percent reported physical assault
- Twelve percent reported sexual violence
- Fifteen percent reported leaving school
- Fifty-one percent of participants who were harassed/bullied in school reported attempting suicide, compared to 1.6% of the general population

These shocking numbers show how

important it is that all members of a school community work together to fight against discrimination. Anyone, including friends, family, and school staff, can file a complaint. Complaints do not need to be filed by the person(s) experiencing the bullying, harassment or discrimination. More details on filing complaints, as well as other options and resources, are available in our new guide.

Download the guide [here](#).



# PRIDE IN THE PARK

**Enjoy a day at Hershey Park with friends old & new!**

Alder Health Services, The Black and White Party and Central Voice invite you to celebrate Pride with us on Sunday, July 22 at Hershey Park. Ride the rides and see the shows, but save some room for a fantastic picnic luncheon. Stop by the 'Pride in the Park' Welcome Tent to pick up your tickets and T-shirts between 9:30 am and Noon. 'Pride in the Park' picnic is from Noon to 1:00 pm. You can have it all for less than regular admission to Hershey Park (\$56.95). Pricing is below:

- Ticket to the Park, Picnic and T-Shirt - \$56
- Ticket to the Park and Picnic - \$51
- Ticket to the Park and T-Shirt - \$46
- Ticket to the Park only - \$40

For more information please call Alder Health Services (1.800.867.1550) or email [prideinthepark@alderhealth.org](mailto:prideinthepark@alderhealth.org). Purchase Tickets online by visiting: [Pride in the Park Tickets](#).

*Event Sponsors: Alder Health Services, The Black and White Party and Central Voice. Event Supporters: Capital City Bears, Susquehanna Valley Bears, The Central PA LGBT Community Center Coalition, The Pennsmen, Family First Health & TransCentralPA.*



Planned Parenthood of Central Pennsylvania welcomes Andrew Texter as their new Youth Program Coordinator. Andrew has a background in education and earned his bachelor's degree from Lebanon Valley

College. Andrew will be running the youth programs - Peer Education and THE CURVE (a support program for LGBTQ youth) - and providing sex education in the community. Andrew has a great passion for advocating for reproductive rights and LGBT rights. And, as a past participant in our youth programs, he brings enthusiasm and commitment to the ongoing work we do to empower youth.

## TransCentralPA

*a 501(c)(3) non-profit organization*

c/o MCC of the Spirit  
2973 Jefferson Street  
Harrisburg, PA 17110  
(717) 236-7387

[info@TransCentralPA.org](mailto:info@TransCentralPA.org)  
[www.TransCentralPA.org](http://www.TransCentralPA.org)



As The LGBT Center of Central PA settles into our new home at 1306 N Third Street, make sure to mark your calendars for these upcoming Pride season activities:

On [July 17](#), The Center is hosting the Central PA Gay & Lesbian Chamber of Commerce's monthly networking mixer. The Chamber will perform a **ribbon-cutting ceremony** for our new facility. Free for Chamber members, \$10 for prospective Chamber members. [Register here](#).

CPLAN is keeping busy this month!

On [July 19](#), **CPLAN Night Out** invites participants to share stories and artifacts of local LGBT history. [Read more](#).

On [July 27](#), **CPLAN Senior Health Fair** connects community resources to seniors. Stay tuned for more info, including info on vendors.

Then on [July 29](#), we're partnering with Capital Region Stonewall Democrats on their annual Pride Educational Forum. This year's topics is **Aging with Pride**. Join us at Midtown Scholar Bookstore (right next to The Center!) from 2-3:30 and hear from a panel of experts on successful aging.

The Center is proud to join with a number of local LGBT and ally organizations for **Pride in the Park** on [July 22](#) at Hershey Park. See the [event webpage](#) for tickets, logistics, and a list of event sponsors and supporters.

And don't forget to visit our table at **Pride Festival of Central PA** on July 28 in Riverfront Park, Harrisburg! See [Pride's website](#) for more information on Pride weekend activities.



### Nicholas Seedor, CPC

12 years clinical experience and training in many unique settings, from personal life experiences to professional experiences with assisting individuals with a variety of psychological concerns and life issues. I have experience in supporting individuals with Sexual Issues and Sexuality concerns, as well as LGBTQ community, Sexual Orientation, Same Sex couple concerns, Victimization concerns, Grief and Loss, Trauma. I have experience working with individuals with a wide variety of Mental Health issues such as Depression, Anxiety, Bi-Polar, Obsessive Compulsive Disorder, Schizophrenia, and Narcissism.

301 Chestnut St. Apt 2201, Harrisburg, Pa 17101  
(717) 525-7076

**20% Discount for  
TransCentralPA Members**