February Dinner will be at El Sol Mexican Restaurant on Saturday, February 13 at 5:30 pm. We’ll sit down promptly at 6:00 pm. Please RSVP if you plan to attend at our website.

February’s Meeting is Saturday, February 13 at 8:30 pm. Doors will open at approximately 8:00 pm.

Social Time at Stock’s on Second following the meeting. Stock’s offers an 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.

The LGBT Center has started offering meet-ups in Lancaster and York for LGBT women, LGBT men, LGBT parents, and LGBT seniors. Each meet-up takes place one Monday each month in Lancaster, and one Wednesday each month in York. Information can be found at www.centralpalgbtcenter.org/programs programs, visitors can also link to a closed Facebook group for the relevant meet-ups they may be interested in connecting with. Contact Louie Marven at (717) 920-9534 or e-mail at www.centralpalgbtcenter.org if you have any questions about these new programs.

February Birthdays! Happy Birthday to Jenny J., Felicia Ba., Scott Fi., Donna Ro., Victoria Ma., Deb Mc., & Randy El., and Wyllyn Ho.

TCPA Membership Dues are a one-time annual fee of $20. Spouses or SOs are $10 for the year. 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!

Keystone is Expanding! The Keystone Conference is excited to announce that it will be expanding into a second hotel, the Harrisburg Red Lion...
Were you planning to come to the monthly meeting of TransCentralPA on Saturday, March 12, 2016? If you were, you are going to be very disappointed, because we will not be having a meeting during the month of March because everyone in our organization will be at the Keystone Conference.

Our annual conference officially kicks off for the eighth consecutive year on Wednesday, March 9, 2016.

If you have not visited the website, you should go look. Perhaps, when you visit the site, you will find some things that fire your rocket, trip your trigger, or just find interesting.

I can say without reservation that there is something for everyone at the conference. We have worked diligently to create a line-up of not just interesting, but extremely informative and timely seminars and workshops. Topics from what is the transition experience like, to what surgical remedies are available. There are programs that apply to trans-persons and spouses, and this year we have added programming for families with trans-kids as well as training for health care providers.

Speaking of spouses, our Significant Other group has a range of activities arranged just for spouses and even for couples that are attending.

We also strive each year to feature an array of keynote speakers that are iconic in the transgender community or have made significant contributions to our brothers and sisters. Be sure to check the conference website to see the lineup.

When you couple everything I have mentioned thus far with a hotel that is warm and friendly and a staff is the most accommodating and accepting, the conference has become a transformative event for so many that attend. The team at the Sheraton Harrisburg/Hershey has become our good friends, and you find them excited to welcome us back, year after year.

I think I forgot to mention that the hotel has some of the best food of any large hotel you may visit. Having been in the hotel industry for 18 years before retiring, the food is even better than I have experienced anywhere, including the majority of those where I worked.

One of the things that set our conference apart from so many others is the conscious effort we make to involve the community of Harrisburg. There are excursions into the city for dining and dancing as a “mainstream” activity. On Thursday evening, March 10, we will be hosting the Central Pennsylvania Gay and Lesbian Chamber of Commerce monthly mixer.

Things pretty much wrap up on Saturday evening as we conclude the event with our already famous, Gala Banquet and Dance. A great event!

By the time you read this newsletter, registration for the convention will be open and members of TransCentralPA are eligible for a 10% discount. So please register, you will gain some amazing memories.

In closing, I would be remiss, if I failed to recognize two of our members that have truly put forth a herculean effort to make this conference happen.

Kendra Edwards once again has been busy building our conference website. In her efforts, she very often was forsaking some of her normal clients, a monumental sacrifice, because that is her bread and butter. She has worked long, tireless hours just to be sure that all the pages work, and feed into our incredibly detailed database. When you have the chance help me thank Kendra for what she has contributed!

Visit www.TransCentralPA.org for details & more event info!

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**Calendar of Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Feb 1</td>
<td>Normal Keystone Attendee Registration opens</td>
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<td></td>
<td>Financial Aid Registration Opens</td>
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<tr>
<td>Feb 13</td>
<td>TransCentralPA Dinner Meeting @ the MCC Of The Spirit Social Time @ Stocks on 2nd</td>
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<tr>
<td>Feb 15</td>
<td>Keystone Vendor/Ad Registration Ends All Keystone Ad material Due</td>
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<tr>
<td>Feb 22</td>
<td>Normal Keystone Hotel Room Rates End</td>
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<tr>
<td>Mar 1</td>
<td>Keystone Financial Aid Registration_closes</td>
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<tr>
<td>Mar 9-13</td>
<td>Keystone Conference Harrisburg, PA</td>
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<tr>
<td>Mar 12</td>
<td>No TransCentralPA Meeting</td>
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<tr>
<td>Mar 31</td>
<td>GSA Leadership Summit Dickinson College Carlisle, PA</td>
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<tr>
<td>Apr 1,2</td>
<td>PA Youth Action Conference University of Pennsylvania, PA</td>
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<tr>
<td>Apr 9</td>
<td>TransCentralPA Dinner Meeting @ the MCC Of The Spirit Social Time @ Stocks on 2nd</td>
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Visit www.TransCentralPA.org for details & more event info!

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**GSA Leadership Summit**

Mar 31st - Apr 2nd  
Dickinson College, Carlisle, PA

*Continued on Page 4...*
Some children insist, from the moment they can speak, that they are not the gender indicated by their biological sex. So where does this knowledge reside? And is it possible to discern a genetic or anatomical basis for transgender identity? Exploration of these questions is relatively new, but there is a bit of evidence for a genetic basis. Identical twins are somewhat more likely than fraternal twins to both be trans.

Male and female brains are, on average, slightly different in structure, although there is tremendous individual variability. Several studies have looked for signs that transgender people have brains more similar to their experienced gender. Spanish investigators—led by psychobiologist Antonio Guillamon of the National Distance Education University in Madrid and neuropsychologist Carme Junqué Plaja of the University of Barcelona—used MRI to examine the brains of 24 female-to-males and 18 male-to-females—both before and after treatment with cross-sex hormones. Their results, published in 2013, showed that even before treatment the brain structures of the trans people were more similar in some respects to the brains of their experienced gender than those of their natal gender. For example, the female-to-male subjects had relatively thin subcortical areas (these areas tend to be thinner in men than in women). Male-to-female subjects tended to have thinner cortical regions in the right hemisphere, which is characteristic of a female brain. (Such differences became more pronounced after treatment.)

"Trans people have brains that are different from males and females, a unique kind of brain," Guillamon says. "It is simplistic to say that a female-to-male transgender person is a female trapped in a male body. It's not because they have a male brain but a transsexual brain." Of course, behavior and experience shape brain anatomy, so it is impossible to say if these subtle differences are inborn.

Other investigators have looked at sex differences through brain functioning. In a study published in 2014, psychologist Sarah M. Burke of VU University Medical Center in Amsterdam and biologist Julie Bakker of the Netherlands Institute for Neuroscience used functional MRI to examine how 39 prepubertal and 41 adolescent boys and girls with gender dysphoria responded to androstadienone, an odorous steroid with pheromonalike properties that is known to cause a different response in the hypothalamus of men versus women. They found that the adolescent boys and girls with gender dysphoria responded much like peers of their experienced gender.

The results were less clear with the prepubertal children.

This kind of study is important, says Baudewijntje Kreukels, an expert on gender dysphoria at VU University Medical Center, "because sex differences in responding to odors cannot be influenced by training or environment." The same can be said of another 2014 experiment by Burke and her colleagues. They measured the responses of boys and girls with gender dysphoria to echolike sounds produced by the inner ear in response to a clicking noise. Boys with gender dysphoria responded more like typical females, who have a stronger response to these sounds. But girls with gender dysphoria also responded like typical females.

Overall the weight of these studies and others points strongly toward a biological basis for gender dysphoria. But given the variety of transgender people and the variation in the brains of men and women generally, it will be a long time, if ever, before a doctor can do a brain scan on a child and say, “Yes, this child is
**Trans-Headliners**

*Below are several news stories, blogs, opinions and resources for your reading pleasure. Opinions & views in these links cannot be assumed to be of TransCentralPA, nor the Officers or Members of TransCentralPA. Our goal is to simply provide you with information & thought-provoking viewpoints. If you would like to submit a story, please email us at info@TransCentralPA.org*

- Top-LGBT-stories-2015
  - Britain’s first transgender military pilot
  - Trans-man-sues-montco-supermarket
  - US-marine-found-guilty-killing-transgender-filipino
  - Philly People of the Year
  - New-group-for-women-trans-femme-cyclists
  - Event-to-benefit-LGBT-photographer-with-cancer
  - Putting-the-pieces-together-new-home-to-help-lgbt-homeless-opens-in-n-philby
  - Gay-scoutmaster-remains-ousted
  - First-openly-gay-montco-judge-inaugurated
  - More-water-work-expected-on-rainbow-crosswalks
  - Mayor-Kenney-appoints-two-lgbts-to-new-posts
  - The-six-common-biological-sexes-in-humans
  - Since Caitlyn Jenner, Renaming Ceremonies Gain Visibility
  - State agency: D.A. must certify Morris records
  - Trans woman goes ahead with surgery after court battle
  - In first, White House hires openly trans staffer
  - ‘Glee’ star to give ‘Unique’ Pride show
  - Supreme Court Upholds Key Provision in Affordable Care Act for Low-Income Families
  - 9 Trans Dads Share What They Love About Fatherhood
  - National pilot program to train doctors in transgender health
  - Doctor first, transgender second: New Pa. physician general makes LGBT history
  - Transgender Air Force Veteran Tells Her Story by Denny Meyer
  - Girl Scouts Return $100K When Donor Demands It ‘Not Be Used’ For Trans Girls
  - Girl Scouts Raise $100,000 in One Day After Dropping Transphobic Donor
  - Transgender Decision Raises Questions of Combat Jobs
  - Democrats Plan To Introduce Sweeping LGBT Rights Bill In Congress This Week
  - Louisville specialist helps transgender people with key part of transition — their voices
  - Why we still need statewide protections from discrimination
  - Equality PA Hires Trans-Rights Organizer
  - Pentagon Weighs Allowing Transgender Troops to Serve Openly
  - Amber Monroe Becomes the 12th TWOC Murdered in the US This Year
  - Transgender Rights-Mara Keisling talks on CSPAN
  - State of CA and Transgender Law Center reach historic settlement over trans prisoner health care
  - Gender-Neutral Bathrooms: (Hopefully) Coming Soon to a City Near You

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**Hotel, located immediately across the street from the Sheraton. On Saturday, March 12th, the Family & Youth Program and the Provider Day Training Program will be held at the Red Lion Hotel. All other programming will be at the Sheraton.**

**Red Roof Inn Discount** We have negotiated a rate of $42.99/night for 2015 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”. Ask for details. They are also offering a special price for their Business King suites, too.

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**Joanne’s Jottings**

Continued from Page 2

Then there is our Vice-President, Kristy Snow. Many of you have heard me at our meetings tell you what an irreplaceable asset she is to me as your President. We use the term “right arm” so very often when describing the effort of people. In Kristy’s case, she is more than my “right arm” she is my left arm, my legs, and often the right side of my brain. None of what I do to serve you would be possible without someone like Kristy. I cannot begin to tell you how much work she personally contributes to not only TransCentralPA but especially to the Keystone Conference. The sheer volume of her efforts you will never grasp, but as someone who talks to her daily, I can promise you that what she does for us, likely no one else could do. Kristy you are so amazing, so efficient, so clever and so loyal to all of us. Words alone cannot express the affection and gratitude I have for you. I regret that I have yet to find the “just right” way to show you my appreciation. Love you girl!

Will I see all of you at Keystone? I hope so!

Love and Hugs,

Joanne
Local & National Suicide Resources

People dealing with gender identity issues are not immune from other sources of depression and mental illness. There is help available to you with bearing the unbearable. IN A CRISIS, CALL the local and national resources first. It is best to make contact via phone or in person; emailing often does not provide the immediate response needed in an emergency. These are the professionals and organizations trained to help you during a crisis. You are not alone.

**National Resources**

- **National Hopeline Network**
  - 1-800-SUICIDE
  - 1-800-784-2433
- **CrisisChat.org**
- **Online Emotional Support**
  - Hours Vary
  - 1-877-YOUTHLINE
  - 1-877-968-8454
- **Youth America Hotline**
  - Counseling for Teens by Teens
  - [www.imalive.org](http://www.imalive.org)
- **An Online Crisis Network**
- **Suicide & Crisis Chat**
- **The Trevor Project**
- **Crisis intervention & Suicide prevention**
  - 1-866-488-7386
  - For lesbian, gay, bisexual, transgender, and questioning youth
- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK
  - 1-800-273-8255
  - *LifeLine Chat*
  - 1-800-799-4TTY
  - 1-800-799-4889
  - TTY - Hearing & Speech Impaired

**Local Resources**

- **Amy Keisling, ACSW, LCSW**
  - (717) 540-1313
  - akeisling@rieglershienvold.com
- **Alexis Lake, MSS, LSW**
  - (717) 575-3757
  - alaketherapy@gmail.com
- **Adams-Hanover Counseling Services**
- **Crisis intervention & Emergency Services**
  - (717) 637-7633 or 1-866-325-0339
- **Carlisle CONTACT hotline**
  - (717) 249-6226
- **Camp Hill Holy Spirit Hospital TEENLINE**
  - (717) 763-2345
  - 1-800-722-5385
- **Cumberland County Crisis Intervention**
  - Camp Hill area: (717) 763-2222
  - Carlisle area: (717) 243-6005
  - All other areas: 1-866-350-HELP
- **Dauphin County Crisis Intervention**
  - (717) 232-7511 or 1-888-596-4447
  - Harrisburg CONTACT hotline
  - (717) 652-4400

**Local Resources**

- **Lancaster CONTACT Helpline**
  - (717)299-4855
  - (718)Adams, Franklin, Perry, Upper-Dauphin CONTACT hotline
  - 1-800-932-4616
- **York Wellspan Crisis Intervention**
  - 1-800-673-2496
- **Teen Line / Kids Line**
  - (717) 394-2000
  - TTY-Deaf & Voice
  - (717)299-7184
- **COLLEGE STUDENTS**
  - Counseling Centers & Crisis Lines
  - For Your College or University

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**TransCentralPA Care Line**

717-831-8142
Meet Two Amazing LGBT Foster Care And Adoption Champions
James Michael Nichols

Lara and Emkay Bosque waited 13 years before starting their family for a bunch of reasons. Today, they have a very clear vision of their roles of foster and adoptive parents. This is the story of these thoughtful and devoted moms and the beautiful family they created.

Describing Santa Cruz, California, residents Lara and Emkay Bosque as passionate advocates of foster care and adoption is a lot like saying DaVinci was handy with a paintbrush or Beethoven could write a catchy tune.

"We want people to know that fost-adopt is a great option for creating families. It's the real stories like ours that move people and make them realize they can make a difference, too," said Lara, who is 45 and a real estate developer. Her wife, Emkay, 49, is a stay-at-home Mom caring for four children and a menagerie of dogs, cats, assorted reptiles and, currently, 30 baby chicks.

Together for 21 years, Lara and Emkay met in a San Francisco cafe and felt an immediate, visceral connection.

"It started out casual with coffee. After four hours, we went to dinner then to another cafe that stayed open later. We had to end the evening at 12:30 because Emkay was taking the train home and they stopped running then. We talked about such deep things -- spirituality, religion, life -- and had a huge chemistry together. By the end of the evening, I thought, I can do life with this person," Lara recalled.

They waited 13 years to start their family, Lara continued, "Partly because we were so young, partly because we were broke and because we didn't have a clear picture of what a family of two women having children looked like. We knew we would be good parents, but we just didn't see how we, as a family, would be supported by society."

So they took the baker's dozen years to grow together as a couple, got married several times (to each other) and watched society evolve and become more accepting of families with same-sex parents.

Continued on Page 7...
We have been married in our hearts for 21 years. We have been married for more rights many times. First, a San Francisco domestic partnership, then California domestic partnership, a San Francisco marriage license, California marriage license and, now, federal recognition. Every time we get more rights, we get married again," Lara explained.

Lara said both women knew they would one day be parents and, when the time to start their family was right, they knew fostering and adoption was the way for them.

"For us, to create a new life when so many children need homes seemed irresponsible. There are so many kids in the system and we knew some families who had fostered and adopted and we loved them. It was just the right fit for us and now, we love our kids so much, I can't imagine loving a biological child more," she said.

Lara said they pictured their first children would be siblings, possibly two school age sisters. They were interested in a 10-year-old transgender child and another 10-year-old with Asperger's Syndrome.

"But that isn't what the universe brought us. They were all babies. We got what was meant to be, not what we thought we wanted. We also spent eight years in the system until their adoptions were all final and that was never our intention," she said.

Their oldest child of four is AllyRose, who is nine and a half. Aidan is second at seven and a half. Amaya is four-years old and Axel is the youngest, at three. Axel was born prematurely, medically fragile with severe pulmonary issues. Today, Lara said happily, he is a healthy, big brawler of a boy.

The chickens were budding entrepreneur Ally's idea, Lara explained.

"Ally decided she wanted to go into the chicken business and sell eggs. She is autistic and we thought this would be a great project because "Well, Emkay turned my new couch into a chicken coop nursing a two-day old baby chick back to health. She's got it on a heating pad and is spoon feeding it sips of water. You have to love someone to consider this just another normal day at our house," Lara said during her interview with RaiseAChild.

Now, they are in the system again, hoping to adopt a special needs girl around Ally's age and put their vast experience finding the best services for their oldest child to use. They even moved from Oakland, California, to Santa Cruz to secure the support and therapy Ally needs.

"Finding those services has been a full time job and, at this point, we are 100 percent certain as parents that we have done right by Ally. We have room in our home and in our hearts for another child and if we can help a special needs girl have the best chance to be the best

Are you a parent or other family member of someone who is transitioning?

Would you like someone to talk to who has been there and came to terms with his own daughter’s transition? David Garrett is available to chat with you about concerns and questions that you may have about transgender family members. Feel free to call and have a confidential conversation with him at 717-580-3405
person she can be, we think we should do it, La- 
ra explained.

"We just got our passports and I remember 
thinking we can all finally leave the country be- 
cause the adoptions are all final. That is, unless 
we get a call for that perfect special needs girl 
and then we'll be back on that ride again," she 
said with a chuckle.

Lara said she and Emkay consider themselves 
ambassadors for fostering and adoption, not just 
to the LGBT community, but to everyone who 
wants to build a family.

"I'm always talking about fost-adopt. I really feel 
the need to tell people about how many kids 
need loving homes. I also think people aren't 
aware there are subsidies available and it 
doesn't cost much. You don't have to be rich to 
adopt. I think, as a culture, we don't know 
enough about adoption," she noted.

"LGBT couples are already out of the norm, so 
to speak, so they are more liable to adopt bir-
cial, special needs or handicapped children. I'm 
looking forward to the time when all families 
aren't stigmatized and are thought of as just 
people who opened their hearts," Lara contin-
ued.

As committed as Lara and Emkay are to the 
children in foster care, they are equally support-
ive of their biological families, who they say are 
often unfairly demonized in the media.

"These children didn't come from evil. I know 
their mothers love them deeply, but most of them 
are just not able to care for a child. Most of them 
have drug problems and this is such a powerful 
example of how drugs are tearing apart our com-
munities. It's important to show the biological 
parents compassion, to look for the good in 
them. That's the piece that's missing. Demoniz-
ing them just continues the cycle," she said.

Lara said she and Emkay keep in touch with 
some of their children's biological parents, send-
ing them photos and artwork and school up-
dates. Their hope is to help the birth parents get 
clean and healthy and in a better place, because 
the children will surely someday ask about them, 
and to teach their kids about drugs, gangs and 
the choices we make in life. They are also sup-
portive of their children establishing healthy rela-
tionships with their biological families.

"The journey I'm on now is creating a positive 
story for the birth parents, building families 
through adoption and showing that we are all ca-
pable of redemption. If their birth parents get 
their lives together, we are totally open to our 
kids establishing a connection to them.

"If the idea of seeing your child again is the moti-
vation to get clean, then fantastic. That only 
helps society. It helps the children, it helps the 
birth parents become productive, healthy people, 
it breaks the cycle. What's not to rejoice about 
that?" she added.

Have you ever thought of building a family 
through fostering, adopting, or weekend hosting? 
RaiseAChild.US is the nationwide leader in the 
recruitment and support of LGBT and all pro-
spective parents interested in building families 
through fostering and adoption to meet the 
needs of the 415,000 children in the foster care 
system of the United States. RaiseAChild.US re-
cruits, educates and nurtures supportive relation-
ships equally with all prospective foster and 
adoptive parents while partnering with agencies 
to improve the process of advancing foster chil-
dren to safe, loving and permanent homes.

Take the next step to parenthood at 
www.RaiseAChild.US or call us at (323) 417-
1440.