

Perceptions

Saginaw Valley

www.PerceptionsSV.org

Serving the Tri-City Area LGBT Community



Free

May 2010

**“If a bullet should go through
my head let that bullet go
through every closet door.”**

Remembering Harvey Milk



Had he not been assassinated, Harvey Milk, the first openly gay man elected to public office in California, would turn 80 on May 22nd. Instead, his birthday will be recognized as a statewide California holiday, with schools being encouraged to teach gay history. Many cities across the country are planning events as well. Most of us know Milk's story from the 1982 biography *The Mayor of Castro Street* by Randy Shilts, the Academy Award winning documentary, *The Times of Harvey Milk* or, more recently, the film *Milk*, starring Sean Penn, while the rest of us have at least heard bits and pieces of his story.

Milk was a pioneer for gay rights, running twice unsuccessfully for
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PRIDE MONTH APPROACHES

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Perceptions
Saginaw Valley
P.O. Box 1525
Midland, MI 48641
989-891-1429
www.PerceptionsSV.org

EDITOR
Brent Theisen
Editor@PerceptionsSV.org

AD SALES
Tim@PerceptionsSV.org

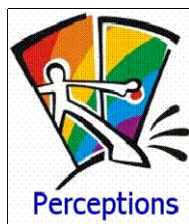
Print Distribution
Jim Kleinsorge
Jim@PerceptionsSV.org

Webmaster
Tim@PerceptionsSV.org

LETTERS TO THE EDITOR
Editor@PerceptionsSV.org

SUBMISSIONS are always
welcome. Write to:
Editor@PerceptionsSV.org

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*Mid-Michigan's
leading
resource for
enriching and
empowering
GLBT individuals
and their
community*

Perceptions is a 501 (c) (3) charitable
organization. Your contributions to Perceptions
which exceed the minimum amount to qualify for
membership are tax deductible.

Mission Statement:

Our mission is to provide superior
educational programs, networking
opportunities and services for the well
being of Gay, Lesbian, Bisexual and
Transgender individuals and their
community.

(Continued From Page 1)

San Francisco's Board of Supervisors, both times sweeping his district but failing to win a majority. Not one to give up, he continued his efforts to join with other minorities and campaigned on a platform that would benefit more than just the gay community. He was finally elected in 1977 and was instrumental in stopping the passage of a bill that would have made the firing of gay



teachers mandatory, as well as passing a bill to prohibit discrimination in housing and employment. His murder and the light sentence given to Dan White, who had killed him and Mayor Moscone, led to outrage by the gay community.

Harvey's legacy is wide spread. He was named one of *Time* magazine's 100 Heroes & Icons of the 20th Century and *The Advocate* listed him 3rd on its list of 40 heroes of the past century. The City of San Francisco has a rainbow flag flying over Harvey Milk plaza, while far away New York has a *Harvey Milk High School* program for at-risk LGBT students. Last year, President Obama awarded the charismatic campaigner the Presidential Medal of Freedom, which was accepted by his nephew Stuart Milk. Also in 2009, Governor Schwarzenegger finally inducted Harvey Milk into the California Hall of Fame and declared May 22 a holiday.

[Equality Across America](#) (EAA) is encouraging that the day be marked across the entire country. Marches and rallies are planned in D.C., Minneapolis, St. Louis, Tampa and other cities, where people will call for "equal protection in all matters governed by civil law in all 50 states." Some places will make a week long event, beginning with May 17th, the International Day Against Homophobia.

Youth Member to Speak in May

Recently, several Perceptions Members sponsored D. J. Bull, a Perceptions youth member, so she could go on a trip to Washington, D.C., with her 8th grade class. D.J. attends Saginaw Arts and Sciences Academy where she concentrates in Voice/Keyboard studies. In 2009, she was instrumental in planning the National Day of Silence activities at her school. At the May General meeting, to be held at 7pm on May 20, 2010 at Unity of Bay City, D.J. will share with us pictures and experiences from her trip. In addition, she will also talk about her successes and challenges growing up with lesbian parents in Saginaw today. Donna is a bright young leader in Mid-Michigan and she is excited to give us a glimpse into the world of a Saginaw teenager.

Please note that due to a scheduling conflict, the May 2010 Perceptions General Meeting will not be held at the usual venue, but will instead be at Unity of Bay City, [3736 State Street Road](#), Bay City.

Pride Awards Banquet Update

Leo Romo

The Saginaw Valley Pride Award Banquet is Tuesday, June 29th at the Andersen Enrichment Center, 120 Ezra Rust Dr., Saginaw. 6 p.m. to 9 p.m.

Please nominate people or businesses who have served the LGBT community. You have until Wednesday, June 9th. Use the Award Nomination Form on page 10 or on the Pride website at www.perceptionssv.org/pride to tell the Pride Award Selection Committee why your nominee deserves an award.

Sponsorships are donations that fund the banquet. The contributors' names will be printed in the program or be anonymous upon request. Check out the sponsorship levels on the website or use the form on page 11:

www.perceptionssv.org/pride/sponsor.html.

Basic Info:

- Charissa Urbano will host the evening.
- Pride Banquet attendees will enjoy a complimentary glass of wine at the reception only.
- The Savoy Grill will cater.
- Jay Kaplan, LGBT Project Attorney of the ACLU of Michigan, will speak.

Purchase your \$25 ticket from www.perceptionssv.org/pride, 989-891-1429 or from any Board member. There is also a form on page 11.

Pride Award Deadlines

June 9 - Pride Award Nominations, details in the form.

June 20 - Sponsorship Forms due to be printed in the program

\$10 Patron

\$25 Advocate

\$50 Ellen DeGeneres

\$100 Harvey Milk

Anonymous Donations

Sponsorship info -

www.perceptionssv.org/pride/sponsor.html

June 29 - Saginaw Valley
LGBT Pride Banquet

6- 7 pm - Reception

7 - 8 pm - Buffet Dinner

8 - 9 pm - Program & Awards



FROM THE EDITOR

Perceptions is looking for a reporter! We need a volunteer to write for the newsletter, by covering both Perceptions and non Perceptions events around the Tri-Cities, Flint, Mt Pleasant and beyond. As much as I would enjoy attending absolutely every LGBT event and writing about it, I'm heading back to school in a few weeks, and I just can't keep up all this reporting. I hate to stop covering it all, but there are times I just can't be somewhere, plus I don't want my school work to suffer, so here's your chance to get involved. If you like to write, contact Editor@PerceptionsSV.org



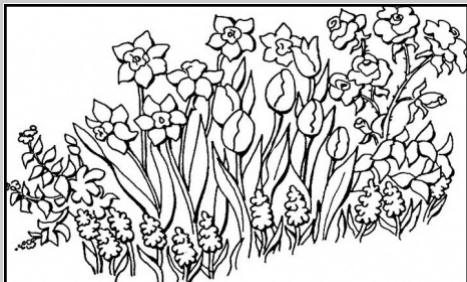
—Brent Theisen

Pride Month is Just Around the Corner

Believe it or not, June is just weeks away, and Michiganders will soon flock to Ferndale and Lansing to show their rainbow colors. Motor City Pride is up first, on Sunday, June 6th. The annual festival in Ferndale will be at the usual location on 9 Mile Rd between Woodward Ave and Planavon, from Noon to 7pm. For details on the entertainment lineup and other events surrounding the festival visit www.motorcitypride.org Then, mark your calendar for June 12 and be at Grand Avenue in Lansing at 11am, for a march to the capitol, followed by a rally and a festival at Old Town-Burchard Park. Note that this is a different park from last year. For further details on Saturday's events, as well as the rest of Pride Weekend, visit www.michiganpride.org Also note that Perceptions will *not* have a booth at Pride this year, as previously reported, due to an inability to meet the requirements. But come out for the events, anyway, and show Michigan how proud the Tri-Cities really are.

Garden Party Set For July

PFLAG & Perceptions' annual Garden Party is set for July 17th at Phil and Ginger's home, just west of Hemlock, on Iva Road. The couple have a beautiful garden with 500 types of hastas and hundreds of daylilies. More details will be announced in the June newsletter. This is an event you will not want to miss, so keep watching for more information.



Perceptions Rummage Sale Will Benefit the AIDS Walk

Time is running out to donate items to the Perceptions Rummage Sale. The sale, to be held at the home of Randy Hasso at [2465 N. Center Rd](http://2465.N.Center.Rd) in Saginaw, has received a wide variety of items, from old LP records to children's toys, to knick knacks and *Wizard of Oz* merchandise, but is looking like it will be a smaller sale than normal. People were encouraged to bring their items early, but so far few have done so. The success of the sale depends on getting enough donations, so start digging through that basement. The sale is scheduled for May 13, 14 and 15, from 8:30 to 5pm the first two days, with a half day on Saturday the 15th. All proceeds will benefit the [Bay City AIDS Walk](http://Bay.City.AIDS.Walk). Please bring Randy more of those unwanted items that may fetch some cash for this good cause. Then stop by the sale. You never know what you might find. Maybe you'll go home with a treasure. To make arrangements to donate your items to Randy's sale, call him at 989-793-6532.

Our Opinions Count!

Jim Kleinsorge



On Sunday, March 28th, Mickey MacIntyre gathered with interested people in the Tri-Cities for a town hall meeting to gather information to help in the formation of a merged equal rights organization in Michigan. The Triangle Foundation and Michigan Equality will join forces to become Michigan's premier organization for LGBT rights, advocacy, and victim services, along with many

other things. The attendees were given an opportunity to voice their opinions on what direction the as yet unnamed organization should take, what its priorities should be, and how the new group is perceived. The information collected from people in the Tri-Cities, along with others from around the state, will allow the leaders of the merged group to target those issues and goals that are important to the people they serve, and to design programs and services that are needed most for Michigan's transgender, bisexual, gay, and lesbian population. Be sure to keep an eye out for news about this new organization, which is sure to make our state a better and safer place for all of us.

Drag Show Raises Money For Delta Scholarship

The Delta College LGBT group, Unity, decided to throw a drag show last month to raise money for a scholarship fund. The show was moved to The Mixx in Saginaw at the last minute, after some problems with paperwork, but had a pretty high turnout. A limited number of performers still managed to bring in around \$200 for the cause. Emcee Jackie entertained the crowd with her quick wit, while SVSU's Drag Show winner, two years running, Missy, also performed.

Out & Proud Dance Held

Over 70 LGBTs and their supporters of all ages converged on the Unitarian Universalist Church in Flint, Michigan on April 10th for the first Out & Proud Dance. The Alliance sponsored event drew a large crowd of young and old alike from, not only Flint, but as far away as Bay City. People danced to songs new and old, from "Bad Romance" to "Dancing Queen" and "YMCA." The organizers provided plenty of snacks, as well as pizza and pop, all for the relatively cheap cost of \$3 (or \$5 for a couple) if you had your tickets early. A good time was had by all.

CLASSIFIEDS

Do you have a job you need done and don't want to do it? Then give me a call!

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Trans Talk Begins At CMU

CMU celebrated Transgender Day of Visibility on March 31 by kicking off a weekly support group called Trans Talk. Transgender men and women came together with other students and members of the community to have an honest discussion about what it means to be transgender.

Since Transgender Day of Remembrance in November focuses on those lost to violence, one of the focuses of this day was on success stories, instead. Pictures were passed around of people who had undergone transformations and gone on to do well. Questions were encouraged, and some confusion was cleared up about the difference between transgender and transsexual. A transsexual person is someone in which the sex-related structures of the brain that define gender identity are different from the physical sex organs of the body. Another misconception lies in assumptions about the sexual orientation of a transgender person. As with anyone else, sexual orientation can be a variety of things.

Prior to the first meeting, the event, originally planned as a one time thing, was publicized on Facebook and had about two dozen people in attendance.

The Push for an End to Bullying

“In the end, we will remember not the words of our enemies, but the silence of our friends” – Martin Luther King, Jr.

Kevin Epling, an award-winning videographer, TV producer and marketing specialist, who has been pushing for an anti-bullying law to protect school children, in the state of Michigan, spoke to PFLAG in Midland on March 28th. He shared his personal story of losing his 14 year old son Matthew eight years ago. Matthew was a typical kid who liked poetry and skateboarding, but on his last day of eighth grade, he was the victim of a hazing incident that took place off of school grounds and he later committed suicide, the night before his family planned to press charges. It is likely that he feared retaliation for coming forward.

Kevin has not only spent most of the past decade, working to get legislation passed that would require schools to discipline this kind of behavior, even off of school grounds, but he continues to be called on regularly to speak at schools and other venues, to tell his story and drum up support for the bill. PFLAG was fortunate to hear his thoughts.

He started by saying that he prefers the term “peer to peer abuse” and pointed out that everyone has been both a bully and been bullied. It is more about power and control than anything else. His son’s bullying incident, or more accurately, Assault and Battery, was investigated separately from the suicide, though the family wanted a more thorough investigation into each to ultimately see if there was a connection. He has since been trying to pass Matt’s Safe School Law, which would require every school in Michigan to have a policy in place to prevent bullying. Most states already have such a law.

The law would not specify punishment or anything else specific besides the requirement that there be an anti-bullying policy of some kind in place. One sticking point of getting the law passed has been trying to pass it with the mention of LGBT students being protected specifically. The LGBT language was eventually removed, causing many groups to withdraw their support. Kevin feels that having a law requiring the protection of young people in schools is a top priority and with or without the specifics, should be supported by every community. He speaks to groups, such as PFLAG, in an effort to keep their support.

Making the law too specific can also be a problem across the board because snitching on a fellow student can mean different things to different schools. In some inner city schools, students have been shot over snitching on classmates. He also feels it is vital to pass the bill in the next few months, because a change in Michigan’s government could potentially stall the bill another six years. For more information on Matthew Epling and Matt’s Safe School Law, go to <http://matteplingwebs.com/antibullying.htm>

CURRENT EVENTS PAGE

May 5th, Wednesday - Saginaw Meet & Greet

7:00 - 9:00 pm. An informal gathering for the Tri-Cities' GLBT community. Join us at the **Magic Bean Cafe**, [5789 State St.](#) All are welcome. Meet your old friends and make some new ones. Enjoy hot and cold drinks in a non-smoking environment.

May 7th- Friday Night Dinner 7:00 pm. Join Perceptions members and friends at the **Savoy Grill**, [127 S Franklin St.](#), Saginaw. If you plan to attend, please respond to Jim@PerceptionsSV.org by 3:00 pm Friday.

May 9th, Sunday. - Genessee Co. PFLAG Meeting

2:00 - 4:30 pm. The meeting takes place at the Unitarian Universalist Church of Flint, [2474 S. Ballenger Hwy.](#) For more info., contact pflagflint@yahoo.com.

May 11th, Tuesday - Isabella Area LGBT Community

Group 7:00 pm. The group is established for the purpose of connecting, networking, and social support for the entire LGBT Community. All are welcome. St. John's Episcopal Church, [206 W. Maple St.](#), Mt Pleasant. For more information contact Erin Moers (989-317-0811 or erin.moers@yahoo.com) or Rev. Wayne Nicholson (989-773-7448). Repeats on the 2nd Tues of each month.

May 12th, Wednesday - Freeland Meet & Greet

7:00 to 9:00 pm. Join us at **Riverside Restaurant**, [8295 Midland Road](#) (M-47), Freeland. Private room. Famous homemade pies.

May 13 thru 15th- Thurs, Fri, Sat- Perceptions Rummage Sale

8:30 to 5pm; Thurs, Fri. A half-day is scheduled for Sat. morning. The sale will be at Randy Hasso's home at [2465 N Center Rd](#), Saginaw. All proceeds will benefit the AIDS Walk. Call 989-793-6532 to donate.

May 14th- Friday Night Dinner 7:00 pm. Join Perceptions members and friends at **Café American**, [1525 Washington St.](#), Midland. If you plan to attend, please respond to Jim@PerceptionsSV.org by 3:00 pm Friday.

Saturday, May 15th - DTMC Spring Concert 7:30 pm.

DTMC will present "Naked Man" a song-cycle of dramatic and impassioned expression. Lamphere High School Auditorium, 610 W. Thirteen Mile Rd., Madison Heights.

May 18th, Tues - Men's Discussion Group 7:00 - 8:30 pm.

Zaue Memorial Library, [3100 North Center Road](#), Saginaw Township. This gathering is facilitated by Thomas Brubaker and intended as a discussion and informal support group for gay and bisexual men. You may contact him at Thomas@PerceptionsSV.org for additional information or to let him know you'll attend. Light snacks will be provided. You may bring your own beverage into the library as long as the container has a cover or cap.

May 19th, Wednesday - DLIM's Women's Group 6:00 pm.

Womyn's Room II is designed as a safe place for Lesbian, Bisexual and Transgender women, who are out or not, to come for support and socialization. It meets at the **Magic Bean Cafe**, 5789 State Street, Saginaw, in a private room. For more info. contact Rev. Kathy 989-401-2348 or Rev_KathyV@yahoo.com. It is sponsored by Divine Light Interfaith Ministry but is not a religious gathering.

May 19th, Wednesday - Men's Friendship Room 7:00 pm.

Designed as a safe place for Gay, Bisexual and Transgender men, who are out or not, to come for support and socialization, Men's Friendship Room meets at David Younk's home in Saginaw. For more info. contact David at 989-771-9721 or DavidY513@hotmail.com. The group is sponsored by Divine Light Interfaith Ministry but is not a religious gathering.

May 20th, Thursday - Perceptions General Meeting

7:00 to 9:00 pm. This month's meeting is at Unity Church, [3736 State Street Rd](#), Bay City. All are welcome. D.J. Bull will tell about her trip to Washington, D.C., and her experiences with two moms. See Page 2 for details.

May 21st - Friday Night Dinner 7:00 pm.

Join Perceptions members and friends at **El Mexicano**, [3593 Center Ave.](#), Essexville. If you plan to attend, please respond to Jim@PerceptionsSV.org by 3:00 pm Friday.

May 23rd, Sunday - PFLAG Meeting 2:00 - 4:30 pm.

The meeting takes place at the Unitarian Universalist Fellowship, [6220 Jefferson Ave.](#), Midland.

May 24th, Monday - Perceptions Transgender Group

6:00 pm. Meeting at the **Magic Bean Cafe**, [5789 State Street](#), Saginaw, the group offers an informal gathering, taking a more lighthearted approach to allow transgenders in the Tri-City area an opportunity to connect with one another for socializing and support. If you have any questions, contact Rachel Prenzler at Rachel@PerceptionsSV.org.

May 26th, Wednesday - Disabled LGBT Support

Group 6:00 pm. Divine Light Interfaith Ministry sponsors this support group for disabled members of the LGBT Community. Partners are also welcome. The group will be facilitated by Rev. Kathy VanBuskirk and Carm Audas. It meets at the **Magic Bean Cafe**, 5789 State St., Saginaw, in a private room. For more info contact Rev. Kathy at 989-401-2348 or Rev_KathyV@yahoo.com.

May 28th - Friday Night Dinner 7:00 pm.

Join Perceptions members and friends at **Fuzzy's**, [1924 Court Street](#), Saginaw. If you plan to attend, please respond to Jim@PerceptionsSV.org by 3:00 pm Friday.

Be informed about upcoming events

Simply send a blank email to:

PerceptionsSV-subscribe@yahoogroups.com

PLEASE NOTE that the **Freeland Meet & Greet** has returned to summer hours and will begin at 7:00 pm. The **Perceptions Transgender Group** will meet one week earlier than usual due to the Memorial Day holiday. Also, the venue for the May 20th **General Meeting** is Unity of Bay City, this month only.

MAY 2010

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A Different Kind of Coming Out Story

Brent Theisen

We've all heard a lot of coming out stories from gay men and mine's pretty standard. I've been attracted to men for as long as I remember, but I didn't see the connection between sex and love, until I actually became friends with a man I was attracted to and developed a huge crush. It was then that I realized what life was all about and decided that I was going to have to seek out other homosexuals, in order to find someone who could return my feelings. At the time, I had never met a homosexual. Until then, I had thought of gay people as freaks, with whom I had nothing in common. Now I'm a freak and proud of it. As I said, we've all heard similar stories.

The ones who need to hear our stories are the ones who won't listen. They're not reading this newsletter. But there are other stories that we don't hear as often. Sometimes we don't mix and mingle enough with certain members of our own community. If you're reading this, you've probably realized that gay people aren't freaks, but our own prejudices don't end just because we find ourselves on the receiving end of it from others. We're all prejudiced and sometimes we direct it at our own community.

The term LGBT is supposed to encompass all people who are discriminated against for their sexual orientation or gender identity, but our "L", "B" and "T" allies are not always as visible as our "G" allies. I'd like to share some of my personal experiences confronting my own prejudices.

I met a lesbian back in college, nineteen years ago and I instantly fell in love. Not a sexual love, but something less fragile. She is the most honest and caring person I know. Anyone who thinks lesbians are masculine, man-hating women, who ride bikes and can fix anything, should meet my friend. Although we have been hundreds of miles apart for the last fifteen years, we talk on the phone once a month and try to see each other once a year. I love her above all others and I once asked her if she would ever marry a man. She said no, she could never be a housewife.

She called me about four years ago, and told me that she had reconnected with her old college girlfriend, who now lives as a man. I was confused. How could someone want to change their sex? How could a lesbian be attracted to someone living as a man? She explained

that she was bisexual. She is now legally married to a man with female genitalia, in Minnesota, a state that does not allow gay marriage. He went to court to be recognized as a male. So much for my friend not wanting to be somebody's wife. Never say never.

As I was preparing to travel to Minnesota to be the bride's best man, Perceptions had Julie Nemecek of Michigan Equality speak. She explained how a transgender person that starts taking hormones becomes a happier, healthier person inside. I finally got it. It wasn't just about the way a person wants to dress. It was about what was inside a person, as well.

So now I have a bisexual best friend married to a transgender male. There are a lot of misconceptions out there, not only about our trans brothers and sisters, but about bisexuals, too. Perhaps we are threatened by anyone who would lead others to think we have a choice about our sexuality, but does it really matter? Does homosexuality have to be predetermined, in order for us to demand respect? I'm not saying it *is* a choice for most of us, but rather that whether or not it's a choice is irrelevant. We deserve equal treatment, either way.

It would be nice if the world was black & white, gay & straight, male & female, but the world is grey and we all need to work together for the freedom to be who we are, not just the freedom to date our own gender.

This article has only scratched the surface. There are some groups out there who are even less visible. I've met a few asexual people who are neither attracted to men or women. Where do they belong? They're not gay, but they don't often settle down and marry like the rest of the world, either.

I've noticed other issues within the LGBT community as well, such as racial prejudice. I've seen conservative gays fighting with liberal gays. I've seen finger pointing between atheists, Christians and non-Christians of faith. I've seen people blame the lifestyles of some of our members for making the rest of us look bad, but shouldn't we all have the freedom to express ourselves as we see fit, without being threatened by those differences?

We are all different, and yet we all want many of the same things: freedom, equality, and a chance to find out what makes us happy. We all need to support each other and embrace our differences.

Saginaw Valley LGBT Pride Awards Banquet

Tuesday, June 29, 2010

Anderson Enrichment Center

INVITATION FOR AWARD NOMINATIONS

We invite you to nominate individuals for their outstanding service to the Saginaw Valley LGBT community.

Lifetime Achievement Award The highest award given to an individual who has demonstrated a lifelong commitment to help gain a better life for LGBT people and who has demonstrated effectiveness at reaching the goal for equality, fairness and justice for all LGBT community.

Business Award Given to a business that has contributed more than its share of support to the success and progress of the LGBT community.

Political Award Given to an outstanding leader who has worked to improve the quality of life for LGBT people through the political or electoral process.

Pride Award Given to an LGBT individual who has shown outstanding pride in his/her life and through their advocacy of community pride and may be deemed a role model for other LGBT people.

Volunteer Award Given to an individual who has gone far beyond the call of duty in volunteering their time and resources to local organizations and efforts that benefit the LGBT community.

Rising Star Award Given to an individual who is a newcomer to the community and who has demonstrated outstanding potential to become a leader and advance the cause of the LGBT community.

Unity Award Given to an individual who demonstrates the ability to cooperatively work with a multitude of organizations and individuals for the overall betterment of our community.

Nominees will be evaluated on the basis of leadership, impact and commitment to the LBGT community.
PRIDE Award Selection Committee members are ineligible for an award.

To help us to evaluate the nominees, please answer the following questions thoroughly and succinctly in a separate sheet.

1. Describe the nominee's involvement in the LGBT community in a separate sheet— as specific as possible.
2. Briefly describe why this nominee deserves an award at the Saginaw Valley PRIDE Banquet.
3. Describe how the nominee's participation in the LGBT community has made a difference in the Saginaw Valley, or at the state or national level.

I NOMINATE _____
First & last name of the nominee or organization.

His/her phone: _____

His/her e-mail: _____

Name of Award: (Please, only one): _____

My name: _____

My phone: _____

My e-mail address: _____

Submit this form & one typed page that describes the nominee.

Mail or scan & e-mail to:

**Pride Nomination Committee
c/o Perceptions
P.O. Box 1525
Midland, MI 48641
pride@PerceptionsSV.org**

Saginaw Valley LGBT Pride Awards Banquet

Tuesday, June 29, 2010

Andersen Enrichment Center
120 Ezra Rust, Saginaw, MI

6 pm Reception

7 pm Dinner and Program Cost: \$25

Tickets, sponsorships and other info:

www.PerceptionsSV.org or 989-891-1429

DATE DUE: JUNE 9, 2010

Saginaw Valley LGBT Pride Awards Banquet

Sponsorship & Ticket Form

Yes, I will support the Saginaw Valley LGBT Pride Awards Banquet to be held on June 29th at the Anderson Enrichment Center!

Sponsorship

Names of contributors will be printed in the evening program unless instructed otherwise. Select your level of sponsorship below.

- \$10 Sponsor \$25 Advocate \$50 Ellen DeGeneres
 \$100 Harvey Milk Other Amount \$_____

Clearly PRINT the exact name(s) for the program: _____

Anonymous Donation of \$_____.

Sponsorships must be received by June 20, 2010 to be included in the program.

Tickets

I wish to purchase _____ tickets @ \$25 per person.

Name: _____ Telephone: _____

Street Address: _____ Email: _____

City, State & ZIP: _____

Make checks payable to **Perceptions** with the notation "Pride" in the memo.

Mail to: Perceptions
PO Box 1525
Midland, MI 48641



Cut & Save

Saginaw Valley LGBT Pride Awards Banquet
Tuesday, June 29, 2010
Anderson Enrichment Center, 120 Ezra Rust Dr., Saginaw, MI.

6:00 pm Appetizer Reception
7:00 pm Dinner
8:00 pm Program & Pride Awards recognizing local LGBT people & Allies.

Tickets: \$25 per person. Information: www.PerceptionsSV.org or 989-891-1429 or Pride@PerceptionsSV.org

Perceptions Members learn Tai Chi

Kay Sural

Perceptions members and guests were treated to a wonderful and informative demonstration of Tai Chi, at the Thursday, April 15th general meeting. Jim Bush has been practicing and teaching Tai Chi for over 30 years. He has studied with Masters HH Lui and others and wants to spread the magic of Tai Chi to everyone. We started our session with simple breathing and arm motions while sitting. Tai Chi is just one of many qigong, energy exercises, under the martial arts umbrella. Thought by many to be the best, it incorporates gentle movements with breathing to relax and strengthen. We then stood as Jim took us through the eight movements that make up his twice daily routine. Chi, energy of the universe, had everyone feeling their own energy and many were ready to try Tai Chi at many of the classes offered locally. There is also a group that meets at the Japanese Gardens on Saturday morning starting May 1st.

