



A PUBLICATION OF  
THE LESBIAN AND  
GAY FAMILY  
BUILDING PROJECT

# Pride And Joy Families

*Helping LGBT people in New York State build and strengthen their families.*

Volume 4 Issue 2

Fall 2007

## A Pride and Joy Regional Event Fall Family Dance



Sunday, October 14, 2-5 pm

Common Ground  
1230 Danby Road, Ithaca

music\* food\* dancing\* face painting\* giveaways\* fun\*  
\$5.00 per family donation

RSVP to your Pride and Joy Listserv or to 607.724.4308  
and let us know that you will be joining the fun!

### IN THIS

#### ISSUE:

- Back to School
- Healthy Lunches
- Pride and Joy Buzz
- Upcoming Events

### Who Are We?

The Lesbian and Gay Family Building Project is funded by a grant from the New York State Health Department and works to help LGBT people in New York State build and strengthen their families. Our network of Pride and Joy Families provides social and educational activities and a sense of community to LGBT parents and their children.

**The Lesbian and Gay Family Building Project**

124 Front Street

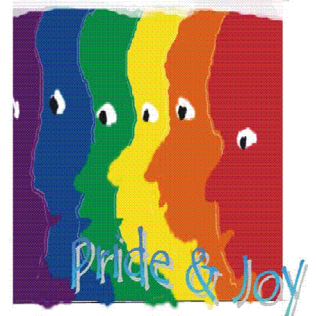
Binghamton, NY 13905

607.724.4308

[www.PrideAndJoyFamilies.org](http://www.PrideAndJoyFamilies.org)

**Claudia Stallman, Project Director**

**Karen Armstrong, Outreach Educator**





In Binghamton  
and Syracuse!

Pride and Joy Families

**Back to School Issues:  
LGBT parents talk about how schools  
can be inclusive of their families**

**Sunday, September 16, 2007, 4-6 pm**  
Plymouth Congregational Church  
232 East Onondaga Street, Syracuse

and

**Sunday, September 30, 2007, 4-6 pm**  
Location TBA  
Binghamton

*Please come, listen and participate in a discussion with LGBT parents as they talk about the unique needs of their families, their experiences with school and their suggestions for how to make schools more inclusive of LGBT families.*



We will have supervised activities for kids during the discussion and then eat a light communal dinner.

Please RSVP to your listserv or to 607.724.4308

Wanna Have a Say?

**Watch for the Monkey!**  
[www.SurveyMonkey.com](http://www.SurveyMonkey.com)



# Our Healthy Families....



## Healthier Lunchbox Ideas for kids and adults

As we send our kids out into the world to play, learn and grow, we need to make sure we've given them the fuel that their bodies need. But just giving them a healthy meal isn't always enough. Eating the same old lunch everyday can get boring and even the most health conscious person could get tempted into a trip to the nearest drive-through restaurant. Here are some ideas for making lunch (or any meal) healthier and more interesting.

- Put leftover chicken or turkey strips in a tortilla to make a cold fajita (add strips of raw red and green peppers and onions). Use fat-free sour cream as a dressing.
- Stuff a pita-bread "pocket" with vegetables, fat-free cheese and bits of leftover grilled chicken.
- Cut up vegetables such as onion, carrot, celery and green peppers to add to tuna salad. Mix vegetables and water-packed tuna with fat-free mayonnaise or, for a different taste, mix with a fat-free salad dressing.
- Chunky bits of leftover chicken mixed with fat-free mayonnaise, raisins, shredded carrots and sliced almonds is a great chicken salad. Serve it in a pita-bread pocket. Top it with salsa for a Southwestern flavor.
- Mix cranberry sauce and fat-free mayonnaise to add to a turkey sandwich.
- Put natural peanut butter together with an all-fruit jelly for an old favorite.
- Sliced ham and low-fat or fat-free cheese with honey mustard is great on rye bread.
- Low-fat cheese makes a good sandwich with tomato slices and mustard or fat-free mayonnaise on a roll.
- Slice leftover pork tenderloin and top with barbecue sauce for a hot or cold sandwich.
- Make grilled-cheese sandwiches with low-fat or fat-free cheese and serve them with raw carrot and celery sticks.

Fruits, vegetables, breads and cereals also make great lunches. Here are some ideas for ways to serve these foods:

### Fruits

Bite sized pieces of fruit with yogurt as a dip  
 Strawberries  
 Raisins to stick on a whole wheat cracker with peanut butter  
 Frozen Grapes  
 Pineapple chunks with cottage cheese dip  
 Orange or grapefruit sections  
 Bananas cooked lightly in apple juice  
 Apple slices with natural peanut butter  
 Dried fruit mixes

### Snacks:

Lite or fat free popcorn  
 Fat-free frozen yogurt  
 Juice bars  
 Sherbet and sorbet  
 Roasted peanuts in the shell  
 Whole grain bagel with low fat cream cheese

### Vegetables

Baked potato with toppings such as salsa and low-fat cheese  
 Carrot sticks dipped in humus  
 Celery sticks with natural peanut butter  
 Raw broccoli and cauliflower florets with a low-fat dip or salsa  
 Cucumber sliced and served with a plain yogurt and dill dip

### Veggie Art:

**Make a person on your plate using as many vegetables as you can. See who can eat theirs first!**

The American Red Cross and Pride and Joy Families present:

# When I'm In Charge

Home Alone Safety for children ages 7 to 11

**Sunday, October 28, 2-4:30pm**

American Red Cross  
Southern Tier Chapter  
620 E. Main Street  
Endicott, NY

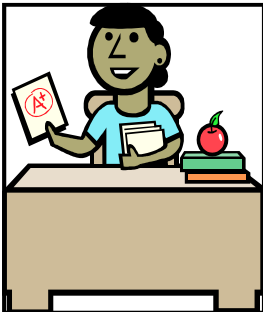
“This course is designed to teach children how to respond to a variety of home alone situations.”

**\$6.00 per child (normally \$12.00). Bring a Friend!**

Advance registration is required by October 22.  
Please reply to your listserv or call 607.724.4308.



*Please contact us if you would like to schedule an educational event like this one in your area.*



## Back to School Tool

[www.familypride.com](http://www.familypride.com)

Family Pride Coalition's guide to helping make your child's school a great place to learn and grow.

## Vince's View

“...It was Friday of Family Week in Provincetown, and the tweens and teens of queer parents shared and breeched confidences...by mid-week, I suffered flashbacks of teaching sixth grade...”

**Read more at [www.PrideAndJoyFamilies.org](http://www.PrideAndJoyFamilies.org)**

Vince Sgambati's writing will appear in two forthcoming anthologies to be published by Haworth Press – *Donors and Dads: True Stories of Gay Men and Fatherhood* and *Queer and Catholic*. He lives with his partner of 30 years, Jack; their 10-year-old daughter, Mona; and several furry friends.



## When the Fireflies stop Flickering, Watch a Movie

By Barbara Barry

I am not much of a moviegoer. Don't get me wrong. I love movies. The same way some people love food or wine or a good cigar. I find them flavorful and intoxicating. But I rarely bother to go to the movie theatre because between the kids, the expense, and frankly, sometimes they are just too darn loud. However, recently my partner and I found a babysitter for the boys and headed to the movies with our 10 year old daughter to see the new "Hairspray". The 1988 original John Waters film is one of our family favorites. We have also owned the Broadway soundtrack for a few years and love to sing along. The new movie lived up to our expectations and we danced and sang along to our favorites and laughed at all the right places. The best part was being able to share it with two of my favorite people. As summer fades and the cool weather starts pushing us indoors, I'd like to suggest a movie night with some of your favorite people. And if you also find it hard to get out to the theaters, try a movie at home. Here are a few good ones:

1. **"Hairspray"** Not the new one, the 1988 version. My partner and I saw this movie originally in the theatre when we were teenagers. It is as good today as it was then. We can recite almost every line (which is generally pretty irritating but we try to keep it to ourselvest. And if you are a pop culture aficionado like me, the movie is just chock full of recognizable faces: Pia Zadora, Ric Ocasic, Sonny Bono, Debbie Harry, Mink Stole, Jerry Stiller; it's so delicious I can't stand it. Of course Rikki Lake is just perfect as Tracy and in his last great performance, Divine is superb in a dual role as the racist station manager and Edna Turnblad. To me, there are few gay icons as big (literally and figuratively) as Divine.

2. **" Fargo "** Let's be clear. This one is definitely not for kids. Yikes. However, this is a movie that is compelling and beautiful and shocking from opening to ending no matter how many times you've seen it. If I happen to flip by this one on the TV I always stop. Frances McDormant is AMAZING as the pregnant sheriff. She deserved two Oscars for this role. Best scene: when one of the kidnappers goes to hide the stash of cash from his partner along the roadway. There is a fence running alongside the road. He looks to the left a great expanse and to the right a great expanse realizing there is nothing but snow and the never-ending fence posts. There is nothing that will help him mark his hiding place. He pathetically forces an ice scraper into the snow bank to mark the spot.

3. **" Shrek "** Let me say that I generally don't like kids movies, but Shrek is one of the great examples of how a movie can be funny and fun for everyone. The three old will enjoy it and so will the nine year old and the fifteen year old while you are also chuckling along. There is no great message or theme, it is just a good time. Shrek is great to watch on family movie night with grandma and grandpa or a good one to have in the car for the portable DVD. Best scene: When the gingerbread man is being tortured. "Get me the milk!"

4. **" Hoosiers "** I am throwing this in as the sports movie. If you and yours are not into sports, you may find it hokey and boring. Hands down, the best movie about sports ever made. Gene Hackman gives a subtle performance cementing the theme of the movie that often we find greatness within our connections with others rather than on our own. Hoosiers is a movie about small towns, about redemptions, and about overcoming overwhelming odds with dignity and grace. Just what a sports movie should be. Best scene: They are all good. A close runner up is "Rudy". Rudy takes the opposite approach in that it is about one individual defying logic, adversity, and his own stature to play football for Notre Dame. I cry every time when they carry him off the field. (I'm tearing up thinking about it right now). Both of these are very appropriate for children although probably will be boring to young kids or kids not into sports. Both are great for rainy days.

5. **" Some Like it Hot "** I know what you are thinking. She has a thing for Marilyn Monroe. How cliché. You are right and right. Although not Marilyn's best performance, she is sexy and steamy and irresistible. That would be enough but the movie is knee slapping fun. Tony Curtis and Jack Lemmon are pure gold together. The movie centers on guys dressing in drag as a way to try to get the girl (yea right). The same sex tensions are beyond belief and hilarious without being horribly offensive. The kids can watch it but they might not think it is quite as funny as you do.

***Pride and Joy Families  
Movie Nights  
...Coming this winter...***





# The Pride and Joy Buzz

**Finger Lakes** Our Fun in the Sun picnic attracted fourteen families to Geneva, NY on Sunday, July 8<sup>th</sup>. Seneca Lake State Park offered a sprayground, shade trees to shelter the group from both the sun and a light rain shower, picnic tables, grills and a big space to spread out blankets for the infants and toddlers who attended. Families (with big kids too!) traveled from Rochester, Syracuse, Ithaca, Binghamton and Geneva, making the picnic a truly regional event. We're already talking about a reprise next year.

**Syracuse** Many Pride and Joy families from Syracuse and the surrounding area joined the festivities at this year's CNY Pride Parade and Festival. Families marched in the Pride parade, which began with a rainbow flag raising at Syracuse City Hall. The families' brightly colored necklaces and hats stood out as they carried the Pride and Joy banner to the Pride festival at Everson Plaza. At the festival, the Pride and Joy Families area was alive with a bounce house, information and crafts and large festival puppets from Open Hand Theater. / Eight families attended a Pride and Joy Families cookout on Sunday, June 24<sup>th</sup>. Thanks to Beth and Kathleen, who opened their home to the group. /The latest buzz on the Pride and Joy listserv is unfortunately about an incident of discrimination and harassment faced by one of our Syracuse families. The dads brought their story to the attention of the New York Civil Liberties Union and to list members, who have offered support and concrete suggestions. They are pursuing redress through the official bureaucratic channels of the offending government agency. This story is a disturbing reminder that LGBT-led families are still excluded, feared and misunderstood in some quarters.

**Binghamton** The area's pride celebration started on June 1st when the rainbow flag was raised at Binghamton's City Hall. The next weekend was the Pride Palooza, a celebration of local LGBT organizations, music and community where Pride and Joy families helped out by staffing the information table and talking to the festival attendees. / Pride and Joy Families sang and danced at the first ever Pride and Joy Karaoke Dance Party at Merlin's on June 17. /Though our Family Pride Picnic was originally rained out, it was re-scheduled for June 30 and everyone who attended had fun eating, playing on the playground and riding the carousel at Recreation Park.

**Rochester** Families got together to take a hike one day and to pick strawberries on another occasion. /Many families also attended the Annual Rochester Pride Picnic at Genesee Valley Park in July. With about 1500 LGBT people and their allies coming together, it was nice to once again have a Pride and Joy family pavilion to escape to and visit with one another, make necklaces, flags and other art projects.

**Family Week** Thanks to Jack and Vince and Mona for once again hosting a really nice Pride and Joy Families potluck supper!

## \*New!\* Lunch and Learn Series

### Same-Sex Parenting -The Issues Explained

Members of the LGBT community and the professionals who work with them are invited to hear our expert presenter Ari Istar Lev, LCSW, CASAC. Ari is a writer ([The Complete Lesbian and Gay Parenting Guide](#), 2004), social worker, family therapist, and educator specializing in working with LGBT families in Albany, NY.



*Enjoy a free lunch and learn about important topics in our community!*

**Syracuse, Thursday, Oct. 25**  
**Binghamton, Friday, Oct. 26**  
**Rochester, Friday, November 16**  
**Albany, Friday, December 7**

#### Find Out:

What are the unique issues faced by same sex parents?  
What issues are faced by their children?  
What issues are the same for them and heterosexuals?  
How can I ensure that my professional practice/office/school/agency is sensitive to and inclusive of LGBT-led families?

For more information and to RSVP, please contact The Lesbian and Gay Family Building Project at 607.724.4308 or email [Director@PrideAndJoyFamilies.org](mailto:Director@PrideAndJoyFamilies.org), web: [www.PrideAndJoyFamilies.org](http://www.PrideAndJoyFamilies.org)

# **Pride and Joy Thanksgiving Feasts this November**



**A great time to get together and give thanks for all  
of the families like yours!**

**Check the calendar for dates in your area.**