



May 2019

Next Renaissance Meeting - Saturday, May 9 @ 7:00pm

Because of the COVID 19 Pandemic, this event will be occurring via Zoom. Please use the following information to attend the meeting:

URL: <https://zoom.us/j/96342757544?pwd=Y3k2VEVQQ2xWdjdzdDd0M1I2MC9qZz09>

Meeting ID: 963-4275-7544

Password: 012866



‘MAY’ you Blossom into a New Life

The weather is finally breaking, and I am finding myself outside much more. Though I am limited to the space only in my backyard at the moment, I am always amazed at how all the greenery and perennial plants come back to life. The blossoms are spectacular and full of color. It is just beautiful.

Life is like this, too. There are those dark and lonely times, like winter can be sometimes. However, winter ends and spring arrives. **MAY** your life begin blossoming now.! Blossom into that person you’ve always wanted to be. Try on that outfit that you weren’t sure about. Start a conversation with someone new. Allow yourself to find happiness in this beautiful time of year. And just as the flowers are blossoming, you will be, too!

Care for Your Hair



Learning my Style

By: Hazel Grace Roses

So one of my biggest struggles in this life, besides everything else, is hair. I don't know about you, but having to live my life as a male definitely did some long term damage when it comes to slowly evolving into my own personal hair stylist. Even having more muscular arms and being less flexible than a CIS woman, has hindered me in being creative with my hair. Right now, I'm just trying to master a ponytail that looks halfway decent!

Luckily, I have an amazing wife that recently bought me a mannequin head that cosmetology students would use when attending school. She has been showing me some simple hair styles that I've been practicing on the mannequin. Soon I'll be able to try them on my own head once I have mastered them! I have found that the mannequin has allowed me to be more adventurous with hair styles that I would be completely intimidated to try! So find a 'hair master' (spouse, partner, friend), have them give you a lesson or two, and start practicing to find the hairstyle that is JUST RIGHT for you!

Training my Wife (aka. Born again Teen)

By: Bethany Roses

When we first started this transition, I never considered the idea that this person that is supposedly in the same stage of life as me would suddenly digress to struggling to master skills that a teenager would normally know like the back of their hand. These things include putting in earrings, painting nails, matching clothes, and doing hair.

I found myself doing her hair almost every day. Though I love spending those intimate moments with my wife, I knew that there would become a time when this mundane task would need to become her responsibility. So, I decided to buy a mannequin head to be able to give her lessons! This was probably one of the best things I bought for her. It has given her more confidence with hair styling and I've seen the styles being transferred into her own hair.

Throughout these times when I'm teaching my wife a skill that I have mastered YEARS ago, I have to remember that this is all brand new for her. And just as someone was patient with me when I was learning, I am now paying it forward with her. Patience is key. Before you know it, your partner will be just as skilled as you!



Together in Pride Livestream

We are very excited to announce that this Sunday, April 26, Eastern PA Trans Equity Project is partnering with CenterLink and GLAAD to present “Together in Pride: You Are Not Alone,” a star studded livestream event to bring the LGBTQ community together and honor our heroes during COVID-19. We’ll also raise important funds for CenterLink and its network of over 250 local community centers in the U.S. and around the world. **A portion of the money raised will go directly to Eastern PA Trans Equity Project.**

Here’s how to watch on Sunday, April 26 and 8pm ET / 5pm PT:

- Go to GLAAD’s [YouTube Channel](#)
- [Sign up to watch here](#) and you’ll get a reminder email when the program goes live
- Follow @GLAAD on [Twitter](#) and [Facebook](#) to watch live
- [RSVP to the Facebook event](#) and invite your friends!

The livestream will share stories of LGBTQ front-line doctors and essential workers. Kesha and Melissa Etheridge will perform during the event. Messages of pride and support will be sent to LGBTQ youth from special guests including Pete & Chsten Buttigieg, Billy Porter, Rosie O’Donnell, Billy Eichner, Matt Bomer, Lilly Singh, Adam Lambert, Bebe Rexha, Dan Levy, Mj Rodriguez, Wilson Cruz, Kathy Griffin, Gigi Gorgeous, Nats Getty, Michelle Visage, Javier Muñoz, Sean Hayes, Sharon Stone, and Tatiana Maslany. More names will be announced soon!



Next Spouses & Partners Meet-Up

The next Spouses & Partners of Trans Folk meet-up will be on Monday, May 11th at 7:30pm via ZOOM. Log-in info is as follows!

URL: <https://zoom.us/j/94100882792?pwd=d3JFWWZYRThqQmdxNGtFOEdLd3ptQT09>

- Meeting ID: 941 0088 2792
- Password: EPTEP

Quotes to Inspire you!

- “Be yourself; everyone is already taken.” -Oscar Wilde
- “No one can make you feel inferior without your consent.” -Eleanor Roosevelt

EPTEP Services Continue During The COVID-19 Outbreak

Eastern PA Trans Equity Project (the parent of LV Renaissance) is continuing to operate and work to improve the lives of trans folk in the Eastern part of Pennsylvania. Ongoing services include:

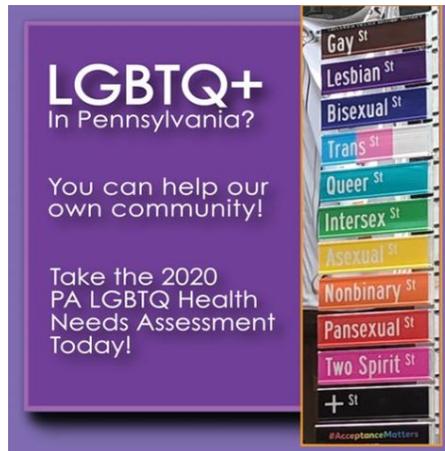
- Processing and approving grant applications for legal name changes
- Mentoring for legal name changes
- Processing, approving and distributing grants for gender-affirming garments/prosthetics
- Processing, approving and distributing food assistance



LV Renaissance and EPTEP Helping with Food Security

If you are a trans person or a parent of a trans person, EPTEP has established an Emergency Food Fund where we can provide short-term assistance by providing grocery store gift cards to you. This program is available to residents of Lehigh, Northampton, Carbon, Monroe, Bucks and Schuylkill Counties. People may apply for assistance at this link: <https://www.patransequity.org/emergency-food-assistance/>

We have also added a list of food resources for those who may be in need of finding a food pantry in the Lehigh Valley. It is available on the resources page at www.RenaissanceLV.org.

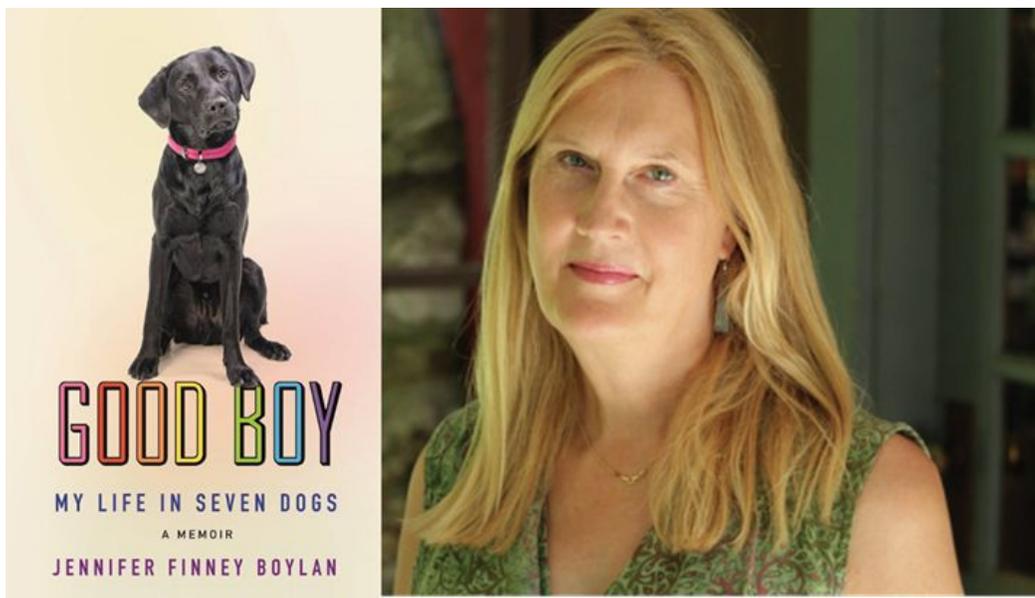


PA LGBTQ Health Assessment - 5 Minutes To Make a Difference

We know it can be frustrating staying in the house while social distancing, but please take a few moments to complete the PA LGBTQ health assessment – This is VERY important and we need to get 1,000 trans Pennsylvanians to participate. If everyone on this email list completed it we would be over 40% of the way there!! Here is the link: <https://www.surveymzmo.com/s3/5370601/2020-PA-LGBTQ-Needs-Assessment-English>

More Action Items for Trans Folk

- Complete your 2020 Census questionnaire – This again takes just a few minutes but it is important so that PA residents get access to all of the Federal Resources we need. Here is that link: <https://2020census.gov/en.html>
- Register to vote by mail – The PA Primary may have been delayed, but you still need to make your voice heard in both the Primary and the General Election. This is not just about voting for President, but also for local officials who we need to stand-up for LGBTQ people. You can register for a MAIL-IN ballot at this link: <https://www.pavoterservices.pa.gov/OnlineAbsenteeApplication/#/OnlineAbsenteeBegin>



A New Memoir From Jennifer Finney Boylan

Jenny Boylan is one of the most important voices for transgender people in the United States and she has a new memoir out that speaks to her journey. Jennifer Finney Boylan has written extensively about being a trans woman, including in the memoir, [She's Not There: A Life in Two Genders](#). She co-chaired the board of directors of the LGBTQ rights group GLAAD from 2013 until 2017.

If you want to learn more about her before buying her latest book, be sure to check out [this recent interview on NPR!](#)

LGBT Job Fair - May 21 @ 4:00pm

Bradbury-Sullivan LBGT Community Center and the LGBTQ Business Council of the Greater Lehigh Valley Chamber of Commerce are proud to host the LGBT Job Fair! Open for people of all ages and backgrounds, this is your opportunity to meet face-to-face with Lehigh Valley organizations who want to employ you! This event is free to attend.

A New Conference Opportunity for Trans Students

- **LGBTQ+ Conference for Undergraduate Engineers:** The O4U Conference allows for undergraduate students to collaborate with other LGBTQ+ students and create a support system as they go about finding their career path. This year's O4U Engineering Conference will be held in Minneapolis, Minnesota, from September 11-13th. The application deadline for round two admissions is currently May 10th, 2020, at 11:59 PM (EST). Also, To keep the conference accessible for all students, flights and hotels are covered entirely by O4U. This means that if students are admitted from your college/university, they will only have to pay the \$90 registration fee. For more information, click [here](#).

Transgender Topics in the News

- Meet Dr. [Rachel Levine](#), a transgender doctor helping in Pennsylvania's response to COVID-19
- The owner of the Masterpiece Cake Shop [is being sued](#) for discrimination again - this time by a trans woman.
- The [Human Ken Doll](#), Roddy Alves, comes out as transgender
- Trans Athlete Chris Mosier [talks sexism and transphobia](#).
- Idaho's [transgender athlete bill](#) is being challenged in the Courts
- Transgender bride finds perfect wedding gown on '[Say Yes to the Dress](#)'
- The fight over the [trans ban in the military](#) continues
- British trans trailblazers have just [welcomed their first child!](#)

Check Out “Bagged Lunch”

Lehigh Valley native and trans ally Ilene Rosenthal Hochberg Wood is thought to be the owner of the world's largest collection of purses and handbags. Some of her collection is on display in several local museums but since the COVID-19 outbreak she has been giving on-line talks about her collection. [Check them out here!](#)

COVID-19 Updates - Transgender Services

Important Note Re: Legal Name Changes

Please note that both the Lehigh and Northampton County courthouses are closed (except for emergency matters) as are other Courthouses across PA and NJ. Dated vary by county. If you have a pending court date it is advisable to call the courthouse to see if you need to reschedule your hearing. In some cases they are doing telephone hearings. Courts are currently not accepting new name change petitions.

Allentown Women's Center Services

For transgender patients who use the AWC for their care - The AWC is currently only doing on-site care visits for critical situations. They are working through their patient list and will be contacting patients on a rolling basis who would be due for a check-up and/or prescription renewal with instructions. In most cases prescriptions will be renewed at current levels unless blood work results indicate otherwise.

Comprehensive Health Services @ LVHN

Comprehensive Health is providing video and phone visits at this time. Downloading the "My LVHN" app onto your smartphone is extremely helpful in facilitating both the video visits and other patient provider/office communication. If someone must come into the facility they are screening for temperatures at the front desk, and ask that you **call ahead of time** so the visit can be expedited. Prescriptions are being refilled at current levels unless you are having issues.

Voice Therapy with Moravian College

Moravian College's Speech Language Pathology program is offering voice therapy/training for transgender individuals. This is occurring virtually over zoom on Thursday evenings at 4pm, 5pm, 6pm and 7pm. At this time, we are recruiting new clients, so if you, or someone in your community, might be interested in this service please reach out to Carly Bergey: bergeyc@moravian.edu

Valley Youth House Stands Up For LGBTQ Youth

EPTEP and Renaissance provide services to trans and gender diverse adults. But what about LGBTQ youth? That's where the team at Valley Youth House comes in. They not only operate Project Silk in conjunction with the Bradbury-Sullivan Center - they offer multiple services to LGBTQ kids. [Learn more here!](#)



Corinne's Corner - Getting Out Of "Park"

Newton's First Law of Physics states that "an object in motion tends to stay in motion and an object at rest tends to stay at rest." That law applies to people as well.

Due to the social distancing and shelter at home orders that are in place it has become all too easy to get "stuck" sitting on our sofas watching TV or wasting time or energy on social media. We eat too much, we drink too much and we do too little. This is a phenomena that I am certainly not immune to.

But just like it is bad for an automobile to be left sitting in "park" for months on end, it is bad when people don't stay active both mentally and physically. When I catch myself in these situations I like to apply what a mentor of mine used to call "GOYA Management." GOYA is an acronym that stands for "Get Off Your A--" and this technique has worked for me for decades. Recently, I have been applying it to my work, volunteer, and personal life.

I have been busy reworking the marketing plan for my business and on a personal level I have been walking, biking or working on my model railroad as much as possible (the latter had fallen off the table for almost a year).

On the volunteer side, my wife and I have been making and delivering masks. Along with our Board, I have been working to expand services to the trans community, participated on calls with our local and national lawmakers, been raising money, adding information to the Renaissance website. For me... Movement means getting things done!

If GOYA doesn't work for you, might want to try these methods of avoiding procrastination:

There is the "**Swiss Cheese Method**" where you take small chunks out of a large task (like cleaning the basement). There is "**Eating the Frog**" where you do the thing you dislike most first (that way the rest of your day is easier). You might set up a **countdown timer** where you give yourself a one-hour deadline to get a task accomplished or you might eliminate distraction by **turning off distractions** (especially your cell phone)

So, while you should be catching up with your friends on Facebook and there is no harm in binge watching a great TV show - if you find yourself watching The Hunger Games for the 16th time or continually hitting the refresh button on your twitter feed it might be time to apply a method for getting productive again. And for me, it is the GOYA technique.

Thank you all for being there for each other and making our Community stronger than ever!

Transgender Services Fair & Open House - September 24 from 6-8pm

We are pleased to announce the EPTEP and the Bradbury-Sullivan Center are co-hosting a new program just for trans and gender-diverse people. You will have an opportunity to meet with multiple service providers that support the trans community and while you are at it you can meet and mingle with others from the gender-diverse community. Watch this space for more details but save the date now!

Trans Community

Open House & Services Fair

Meet • Mingle • Learn



 **EASTERN PA**
TRANS EQUITY PROJECT

Thursday, September 24th 6-8pm
Bradbury-Sullivan LGBT Community Center
522 W. Maple St.
Allentown, PA 18101

 **BRADBURY-SULLIVAN**
LGBT COMMUNITY CENTER
Serving the LGBT Community
of the Greater Lehigh Valley

LGBT Job Fair - May 21 @ 4:00pm

Bradbury-Sullivan LBGT Community Center and the LGBTQ Business Council of the Greater Lehigh Valley Chamber of Commerce are proud to host the LGBT Job Fair! Open for people of all ages and backgrounds, this is your opportunity to meet face-to-face with Lehigh Valley organizations who want to employ you!

This event is free to attend.

Upcoming Events

Due to the COVID-19 pandemic, many events/groups have been cancelled or are being held remotely. Renaissance is holding regular virtual meetings. Please check with the facilitators of other groups as needed below.

- May 9 - Renaissance Meeting (remote via Zoom) - Contact Corinne at lvrenaissanceinfo@gmail.com for details
- May 13 - Parents of Trans Kids from 6-7:30pm (remote) - Contact Pam at coachpam@aol.com for details
- May 26 - Transmasculine Group from 6:30-8pm (remote) - Contact Danielle at ddelp904@gmail.com for details
- May 27 - Parents of Trans Kids from 6-7:30pm (remote) - Contact Pam at coachpam@aol.com for details
- May 27 - Transfeminine Group from 6:30-8pm (remote) - Contact Emma at whitneyafterdark@gmail.com for details

Ongoing Local LGBTQ Services*

- Free HIV & STI Testing - 2nd & 4th Wednesdays, 4-6pm @ Bradbury Sullivan Center
- LGBT Legal Clinic - 2nd & 4th Wednesdays, 4-6pm @ Bradbury Sullivan Center
- LGBT+ Cancer Support Group - 2nd Tuesday @ Bradbury Sullivan Center
- LGBT Mental Health Group - 3rd Wednesdays - 6-7pm @ Bradbury Sullivan Center
- Bereavement Group - 4th Tuesday, 5:30-7pm @ Bradbury Sullivan Center

**These ongoing services may have been cancelled or modified due to the COVID-19 pandemic.*

Upcoming Pride Festivals - Mark Your Calendars!

- Pocono Pride (Stroudsburg) - June 7, 2020
- Philly Pride - June 14, 2020
- Pittsburgh Pride - July 17-19, 2020
- Reading Pride - July 19, 2020
- Pride Festival of Central PA (Harrisburg) - July 25, 2020
- Lehigh Valley Pride - August 16, 2020
- Doylestown Pride - RESCHEDULED for October 1-4, 2020
- New Hope Pridefest - RESCHEDULED for October 10, 2020

Conferences and Large Events - Please Note Changes

- **Trans Youth Forum:** The Trans Youth Forum will now take place VIRTUALLY on June 6th. New details will be available in the coming weeks. Stay tuned about this event [here](#).
- **Philadelphia Trans Wellness Conference:** Taking place on July 23-25, 2020, the Philadelphia Trans Wellness Conference is all about community. Started by [Charlene Arcila](#) and a group of transgender community members, providers, and community base organizations, it has grown to become the largest FREE trans-specific conferences in the world.
- **TAVA Transgender Military Retreat:** The Transgender American Veteran Association will host a weekend retreat in Atlanta, Georgia from September 25-27, 2020. There is also an opportunity to attend an Atlanta Braves baseball game for an additional fee. For more information, please click [here](#).
- **Annual Rainbow Gala:** On June 12, 2020, The LGBTQ Business Council will be hosting its 6th Annual Rainbow Gala from 6-11pm at The Steel Club in Hellertown, PA. Single tickets are \$100 and couples tickets are \$190. At the event there will be cocktails, dinner, dancing and a silent auction. Please RSVP to brittanyw@lehighvalleychamber.org
- **LGBTQ+ Conference for Undergraduate Engineers:** The O4U Conference allows for undergraduate students to collaborate with other LGBTQ+ students and create a support system as they go about finding their career path. This year's O4U Engineering Conference will be held in Minneapolis, Minnesota, from September 11-13th. The application deadline for round two admissions is currently May 10th, 2020, at 11:59 PM (EST). Also, To keep the conference accessible for all students, flights and hotels are covered entirely by O4U. This means that if students are admitted from your college/university, they will only have to pay the \$90 registration fee. For more information, click [here](#).

Volunteer Opportunities

Renaissance and EPTEP continue to broaden our services and our reach and that has resulted in opportunities for our members to step-up and spread the word of inclusiveness. We currently are seeking:

- People interested in writing a column for this newsletter
- People who can accompany trans folk at their court hearings for legal name changes
- People interested in finding guest speakers for Renaissance meetings
- Bilingual individuals to assist Spanish speakers

If you want to make a difference and enjoy the good feelings you get from doing good work, email us at info@PATransEquity.org

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- Bereavement Group - 4th Tuesday, 5:30-7pm @ Bradbury Sullivan Center

**These ongoing services have been cancelled until May 15 due to the COVID-19 pandemic.*

Always Stay in the Know - Follow Us on Social Media!

Follow us on [Facebook](#) and [Instagram](#)!



Privacy Notice: Lehigh Valley Transgender Renaissance, the Eastern PA Trans Equity Project, and the Bradbury-Sullivan LGBT Center respect everyone's right to privacy. You received this email because you signed-up for the Renaissance mailing list. If you no longer wish to receive emails from us, please reply to this email with that request.