



1. [General Guidance from Human Rights Campaign](#) offers a PDF document that has answers to many questions that you may have with links to appropriate places to make changes
2. [Lawyers and Legal advice](#) -The National Center for Lesbian Rights' Legal Helpline by calling 800-528-6257 and GLAD's Legal Helpline is 800-455-GLAD
3. [Ways to Protect your Family](#)
4. [Trans Youth Emergency Project](#)
5. [Planned Parenthood centers](#) can provide hormone therapy and other gender-affirming care.
6. [LGBTQ+ Healthcare Directory](#)
7. [ID Documents Center](#) for finding out how to change gender markers and gender information on state and federal IDs and records. [The Name Change Project](#).
8. [Digital Safety](#)
9. [Adoption](#)
10. [HRC Healthcare Resources Guide](#)



Happy Holiday! PFLAGgers!

As we finish out 2024, we would like to share some information with you that you may be able to use in the coming months and years. We recognize that there is change on the horizon that doesn't necessarily bode well for the LGBTQ community, especially the trans community. At PFLAG National, they provide us great resources to relieve some of the stresses but we also want you to realize that we are here for you and hope that you will reach out to us for help in any way you need. And many of the organizations where you may need help are outside of PFLAG National and are at other agencies.

Our [support sessions on the first Sunday of each month](#) continue to grow and help those with questions or even allow folks to share stories of what is happening in their lives. Time together with like minded folks can help ease some of the stresses of our daily life. The December meeting centered on helping understand the processes to changing personal IDs, changing gender markers, and finding the places to go to to make those changes.

In the column, (left) is a list of 10 links that you can use to update documents and other information that may become necessary in the future.

Shenandoah County School Board is Considering Changes to Policy

This past week, Gloria Carlineo, SCSB, District 3, wrote an editorial piece in the Northern Virginia Daily where she outlined an amendment that she is proposing to the trans and gender policy the school board adopted last year. Read her editorial below:

“On Nov. 6, the American voters spoke loud and clear when they elected President-elect Donald J. Trump. Many analysts have concluded that, while the economy and the illegal immigration crisis topped their concerns, voters were also concerned about “wokeness” in America, particularly transgenderism. It is widely accepted that Trump’s ad on this issue was the key for his win in Pennsylvania.

Part of the reason why this issue was key to Trump’s win is that most Americans understand that the science of biology, as has been understood for millennia, hasn’t changed: there are only two genders. You are either born a male or a female. Gaslighters will try to argue about those who are “intersex;” but that tiny minority of people do not possess “another” gender. Instead, they possess BOTH male and female (again, the only two genders) from which they eventually choose one. It’s not a whim nor a fantasy. But I believe that the bigger reason why this issue has resonated with Americans is because the Left has attempted to push their distorted agenda of sexual confusion among our most vulnerable: our children.

Every day there is another story of how this demonic ideology has been pushed in children as young as infants, promoting puberty blockers, chemical castrations and body mutilation. Even the mother of the 10-year-old whose case is currently before the U.S. Supreme Court has been quoted as saying that her child “knew” he was transgender since he was born. Ridiculous.

The many stories (and lawsuits) by the victimized children of this barbaric ideology mostly have one thing in common: except for those instances when the parent has initiated the

confusion/conversion, it has been teachers and school counselors who did so. Detransitioners talk about how the confusion leads to anxiety, depression and suicidal ideations that INCREASE after transition. This is child abuse, plain and simple. In many, if not most, of those instances the teachers/counselors promoted transgenderism without the knowledge, much less permission of the parents. This is unacceptable and I hope that those teachers and staff will someday be held personally accountable for the damage they have caused.

At the very least, school districts must pass policy that prohibits this nefarious indoctrination and intentional confusion of our children. This is why I have proposed policy that would prohibit the teaching of gender identity in Shenandoah County through grade 12. The teachers that violate this standard will be held accountable.

I’m grateful that both Gov. Glenn Youngkin and Attorney General Jason Miyares have made the eradication of this vile ideology one of their top agenda items. As recent federal court decisions (upheld by SCOTUS) have held that teachers have a Constitutional right under the First Amendment NOT to be compelled to use the preferred pronouns of a confused student, I am also proposing an amendment to our Gender Identity policy that will reflect this legal change.

Simply stated, gender identity confusion will not be promoted in Shenandoah County public schools.

Gloria Carlineo is a retired attorney and Shenandoah County School Board member for District 3”

PFLAG Woodstock VA was present at the school board meeting on Thursday evening and our own Linda Thomas-Fowler spoke out against the policy changes. [Watch the Harrisonburg News segment of the story here.](#)

If you feel that you would like to speak out about this, please contact your district school board member(listed on the next page) and let them know that they have other issues to worry about instead of this nonsense that they are making a priority.

District 1

Dennis C. Barlow
Chairman
Phone: 540-820-8385
dcharlow@shenandoah.k12.va.us
Term: January 1, 2022 - December 31, 2025

District 2

Thomas A. B. Streett
Phone: 540-975-1470
tastreett@shenandoah.k12.va.us
Term: January 1, 2024 - December 31, 2027

District 3

Gloria E. Carlineo Phone: 215-589-2000
gemarkus@shenandoah.k12.va.us
Term: January 1, 2024 - December 31, 2027

District 4

Kyle L. Gutshall
Vice Chairman
Phone: 540-325-9656
klgutshall@shenandoah.k12.va.us
Term: January 1, 2022 - December 31, 2025

District 5

Larry E. Vance Phone: 540-333-1696
levance@shenandoah.k12.va.us
Term Appointment: November 5, 2024 - December 31, 2025

District 6

Michael D. Rickard Phone: 540-335-7389
mdrickard@shenandoah.k12.va.us
Term: January 1, 2024 - December 31, 2027

Dr. Melody Sheppard
Division Superintendent
masheppard@shenandoah.k12.va.us
540-459-6222

2025 Goals for PFLAG Woodstock VA

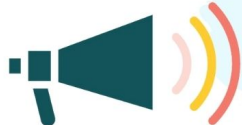
Going into 2025, we are hoping to obtain board member roles. Up to this point we have been working with a steering committee and, while we have been able to make that work for us, we want to take a more professional stance and bring in local professionals to guide our decisions and help us to grow our chapter so that we will be sustainable in the future. If you, or someone you know would consider becoming a board member for us, please reach out to us. We would love to have your help and expertise.

And, as always, we are looking for funding for projects and would love to have more members and for you to share our information with all the allies that you know so they have the opportunity to help us in small or large ways. We appreciate all of our allies.

Become a member of PFLAG Woodstock, VA here

Self-Defense Class

An amazing ally has come to us with an offer to teach a self-defense class for women and those in the LGBTQ+ community! This class will be free of charge and will most likely be offered on a Saturday in February. Be on the lookout for more information in the near future as we finalize plans.



FREE MARTIAL ARTS CLASSES

FEMALES & LBGTQA+

ZOOM OR IN PERSON

GROUP OR INDIVIDUAL

ALL SESSIONS ARE FREE

soldbytammyd@gmail.com



Game Day #2 is a Success!

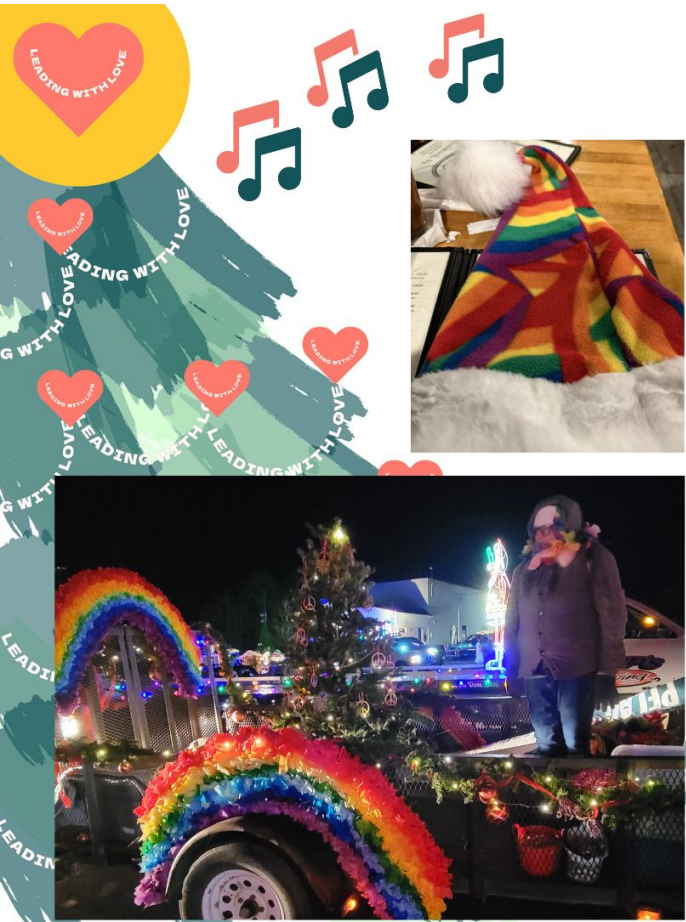
Our 2nd Game Day was held on Nov. 16th, 2024 at the UU Church in Stephens City, and what a fun day it was!

We were joined by members of the UU Church, made lots of new friends, and enjoyed good food, all while playing a wide variety of games.

We even had a crafting corner where we created new rainbows to take to events.

Check out the pics, and make plans to join us for Game Day #3! Stay tuned for details.





PFLAG Represents at Woodstock parade!

What a very cold but rewarding night we had for the Light Up Woodstock Parade this year! Our volunteers were armed with layers and hand warmers, along with lots of cheer and smiles. Our new rainbows added a colorful touch and the hats made by Kara were a huge hit, even with the parade audience! We received numerous thank-yous and appreciation for our presence in the community. Leading with love!



We hope that everyone has a wonderful holiday season and let's look to 2025 with hope that we all can Lead With Love and help our loved ones feel seen and heard.

All the best,

Susie Wilburn, she/her

President, PFLAG Woodstock VA