

# Q&A SPIRIT WEEK

MARCH 28 - APRIL 3, 2021



**"The rainbow flag is a symbol of freedom and liberation that we made for ourselves."**

**-Gilbert Baker**



# LETTER FROM THE EXECUTIVE DIRECTOR

Greetings!

Thank you for raising the visibility of the rural queer community. Project Q&A is excited for you to join our first annual Q&A Spirit Week. This week-long event takes place the last week in March and will celebrate contributions and works from rural LGBTQ individuals that ensure that all individuals can live their authentic lives.

On March 31<sup>st</sup> we will celebrate the life of Gilbert Baker who was from Parsons, Kansas, a rural Southeast Kansas community. Baker was drafted into the army and stationed in San Francisco. After being honorably discharged, he set an example of living his authentic life by creating art, and becoming an outspoken activist. Gilbert is the creator of the iconic rainbow flag which brings much unity to our community. Baker said in his book *Rainbow Warrior*, "A Rainbow Flag was a conscious choice, natural and necessary. The rainbow came from earliest recorded history as a symbol of hope... A Rainbow Flag would be our modern alternative to the pink triangle. Now the rioters who had claimed their freedom at the Stonewall Inn in 1969 would have their own symbol of liberation." We hope to honor and celebrate the legacy of Gilbert Baker while raising visibility for the LGBTQ community in rural America with Q&A Spirit Week.

Project Q&A is the leading nonprofit organization educating, empowering, and raising visibility for the 2.9 million LGBTQ individuals living in rural America. Whether you identify as the Q or the A, Project Q&A is thankful for your support. We are excited to have you grow with us, ensuring everyone can live authentically and out, while we build a grassroots movement.

Welcome to the Q&A family,



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# ART CONTEST

## Theme:

In Gilbert Baker's book *Rainbow Warrior: My Life in Color*, Dustin Lance Black quotes Baker in the Forward describing the future of the Rainbow Flag as: "never fixed, always finding new stages, forms, and family members." Your charge is to create an original piece of work that captures the future of the Rainbow Flag described by Baker.

## Guidelines:

Original Works must not exceed 11"x14".

Artists can submit up to two original pieces.

Art can be submitted in two categories:

Traditional which includes drawing, painting, oil drawing, and all other mixed media.

Photography

The deadline for submissions is March 15, 2021, at 7:00 PM CST.

Submit Work Here: <https://forms.gle/tXqPXJC44Fk1M7B4A>

## Entry Requirements:

Only new pieces of artwork inspired by the current year's theme may be submitted.

All artwork must include complete entries containing the name of the entrant, their mailing address, complete with zip code. Entries must be accompanied by an "Artist's Statement" of at least 10 words but no more than 200 words. The artist's statement communicates what inspired the work, how it relates to the theme and the content of the work. Both the title and the artist's statement must be the work of the person who creates the work.

Use of copyrighted material (images) or trademarks (company names, logos, brands, etc) is prohibited. Plagiarized entries will be disqualified.

Content must comply with all local and national laws of the United States. Content must not 1) support racial, religious, sexual, or other invidious prejudice; 2) advocate sexual or violent exploitation; 3) violate rights established by law or agreements; 4) invade the privacy of any person, or 5) be otherwise inappropriate as determined by Project Q&A in its sole and conclusive determination.

## Judging Criteria:

Interpretation and the clarity of the theme to the viewer.

Creativity and originality of the depicted theme.

Quality of artistic composition and overall design based on the theme.

Overall impression of the art.

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# ART CONTEST

## People's Choice Award:

People's Choice Voting March 22 at 8:00 AM CST to March 31 at 3:00 PM CST  
Project Q&A will release submissions at 8:00 AM CST on our Facebook Page, winner will be determined by the number of "reactions."

## Winning Categories and Prizes:

### Traditional

Judges' Choice - \$50 Blick Art Materials Gift Card

People's Choice - \$50 Blick Art Materials Gift Card

### Photography

Judges' Choice - \$50 Blick Art Materials Gift Card

People's Choice - 50 Blick Art Materials Gift Card

In addition to the gift cards, the winning artists will be invited to display their artwork during the 5th Annual Southeast Kansas Pride celebration, September 7-11, 2021. Each Judges' Choice winner will be invited to talk about their artwork during the March 31 presentation. Winners will be notified by March 30, and announced publicly during the virtual reception on March 31, 2021, and streamed live on Project Q&A's Facebook Page at 7:00 PM CST.

*The Q&A Spirit Week Art Contest is sponsored by Blick Art Materials.  
To find out more about Blick Art Materials, visit [www.dickblick.com](http://www.dickblick.com).*

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# SPIRIT WEEK ACTIVITIES

Each day during Q&A Spirit Week (March 28 - April 3), take part in the activities by posting a photo outlined in the guide and use the corresponding hashtags. Project Q&A will select 1 lucky winner daily to receive Project Q&A swag! Each post will be one entry into a drawing for the daily swag giveaway. You can enter as many times as you want by posting on Facebook, Instagram, and Twitter! Be sure to follow us on social media to stay up-to-date with everything Project Q&A has going on!

Facebook - @MGKSLGBTQ  
Instagram - @ProjectQueerandAlly  
Twitter - @ProjectQnA



Top Photo: Gilbert Baker (in vest) and colleagues raising one of the first rainbow flags at United Nations Plaza in San Francisco June 25, 1978.

Left Photo: Gilbert Baker's original rainbow flag colors and meaning. The design has undergone several revisions since its debut in 1978, first to remove colors then restore them based on availability of fabrics. The first flag had eight colors, however the traditional and still most common variant consists of six stripes: red, orange, yellow, green, blue, and violet.

Hot pink		<i>Sex</i>
Red		<i>Life</i>
Orange		<i>Healing</i>
Yellow		<i>Sunlight</i>
Green		<i>Nature</i>
Turquoise		<i>Magic/Art</i>
Indigo		<i>Serenity</i>
Violet		<i>Spirit</i>



# #SUNDAYFUNDAY

Post a photo of something you like to do in your rural community.  
Use the hashtags #ProjectQnA #SundayFunday



Coty M. - "Finding my Zen at Riverside Park. #ProjectQnA #SundayFunday"

Often when people talk about rural America they claim it's boring. Those of us who live in 97% of the United States Landmass known as rural America, know that it is what you make of it! From historic landmarks to agrotourism, from the great outdoors to hanging out with friends, those of us who call rural America home have that one favorite thing they like to do in their community.

Check-out this Resource:

<http://projectqna.org/resources.html>

Project Q&A is actively working to connect you with the resources you need to live your authentic life safely wherever you call home. This resource link provides a variety of resources that Project Q&A has collected. Whether it's mental health resources or information on starting a GSA at your high school, Project Q&A is working to equip you with the tools you need.



# #MONSLAY



Post a selfie of you slaying Monday!  
Use the hashtags #ProjectQnA  
#Monslay

According to the Trevor Project's 2019 National Survey on LGBTQ Youth Mental Health, "2 in 3 LGBTQ youth reported that someone tried to convince them to change their sexual orientation or gender identity." Posting a picture of you slaying it, can show others that you can be yourself no matter where you call home and that it does get better. The Trevor Project National Survey:  
<https://www.thetrevorproject.org/wp-content/uploads/2019/06/The-Trevor-Project-National-Survey-Results-2019.pdf>

Check-out these coming out resource:

Coming Out:

<https://www.hrc.org/resources/coming-out-living-authentically-as-lesbian-gay-and-bisexual>

Coming Out as Transgender or Nonbinary:

<https://www.hrc.org/resources/coming-out-living-authentically-as-transgender-or-non-binary>

Coming Out as an Ally:

<https://www.hrc.org/resources/being-an-lgbtq-ally>

Coming out can be a challenge, here are resources from the Human Rights Campaign on coming out. Coming out can be one of the biggest challenges along the rainbow journey, even just coming out as an ally many people face challenges. Finding a support system and resources is critical in having a positive experience.



Jenny S. - "You can't slay without your morning coffee! #ProjectQnA #Monslay"

Join us for our virtual book discussion tonight (March 29), at 7:00 PM! We will be discussing Gilbert Baker's book "Rainbow Warrior My Life in Color."



# #TUESDAYVIBES

Post a photo that captures your community's vibe. Use the hashtags #ProjectQnA #TuesdayVibes



Sara S. - "Independence, Kansas' vibe varies from season to season, but two things always hold true, the spirit of volunteerism and local businesses showing support for the LGBTQ community. #ProjectQnA #TuesdayVibes"

Each rural community is unique and has its own vibe. Often rural America has an incorrect stigma of being uninviting for the queer community. Those of us who call these communities home know that they are all but stereotypical. While small-town U.S.A. can be slow to change, Project Q&A is helping speed up that change and creating an inclusive vibe, one rural community at a time for the over 2.9 million LGBTQ individuals who call it home.

Check-out this resource:

<https://www.lgbtmap.org/rural-lgbt-resources>

Following the "Where we call home" report issued by the Movement Advancement Project, they released a series of resources geared specifically towards the 2.9 to 3.8 million LGBTQ individuals who call rural America home. This resource page provides hotline numbers, resources for transgender individuals, people of color, youth, and immigrants.





# #TRANSGENDERDAYOFVISIBILITY

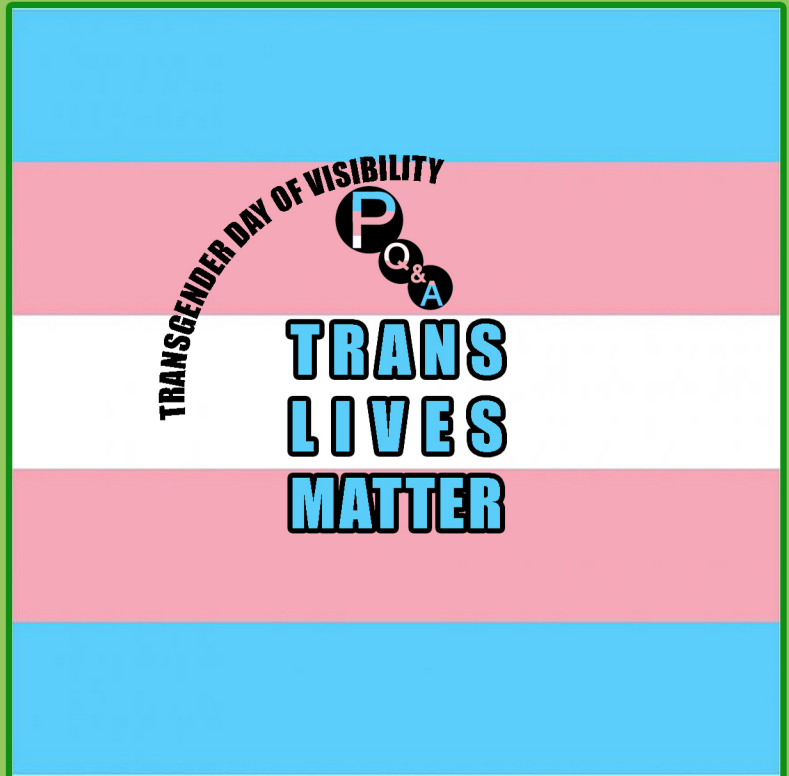
Change your profile picture to this picture and use the hashtags #ProjectQnA #tdov

International Transgender Day of Visibility is an annual event occurring on March 31 dedicated to celebrating transgender people and raising awareness of discrimination faced by transgender people worldwide, as well as a celebration of their contributions to society.

Check-out this resource:

<https://www.glaad.org/transgender/resources>

GLAAD is a dynamic media force that tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. They have compiled a list that provides resources for transgender individuals who need someone to talk to, advocacy or legal advice.



Facebook Profile Picture

## Q&A Spirit Week Art Contest Virtual Reception

Find out the winners of the Q&A Spirit Week Art contest, and see the iconic Rainbow flag reimagined. The judge will provide remarks on the top pieces and hear from the winners.

Wednesday, March 31 at 7:00 PM CST  
Streamed on Project Q&A's Facebook Page.



# #THURSDATE

Post a picture of a fun date idea in your rural community. Use the hashtags #ProjectQnA #ThursDate



Brandon W. - "With a busy schedule, it is important to my partner and me that we get out to nature either camping or hiking, going to the lake is always a nice date! #ProjectQnA #Thursdate"

Whether it is the local drive-in dinner, the bowling alley, or the lake small towns have a variety of interesting date options. Dating in a small town can present unique challenges for queer couples, but can also inspire others.

Check-out this resource:

<https://stopthehurt.org/lgbtq-relationships/>

Healthy relationships are important, and abusive relationships are not just heterosexual problems. Your relationship should make you feel supported, respected, and equal – building you up instead of tearing you down.

StopTheHurt, a project of the Hays-Caldwell Women's Center is an educational resource for all people as they seek to develop positive relationships with peers, partners, family, and themselves.



# #FEARLESSFRIDAY



Post a picture of you living your authentic life. Use the hashtags #ProjectQnA #FearlessFriday

Living your authentic life, is one way to be fearless. Being out in rural America takes courage, and that courage is infectious. Thanks to the brave individuals who have come before us, we are now seeing more and more rural communities celebrate diversity, work towards being equitable, and becoming more inclusive.

Check-out this resource:  
<https://outandequal.org/hats-your-pronoun-strategies-for-inclusion/>  
Out & Equal is the global convener, thought leader and catalyst actively working to achieve workplaces of equality and belonging - supporting LGBTQ+ employees and leaders who thrive in their careers and lives and achieve greater impact on the world. The following Out & Equal resource is focused on practical guidance on how to implement successful practices and norms around pronouns

Tune in tonight (April 2) on Facebook to discover the theme for the 5th Annual Southeast Kansas Pride Theme!



Lady Bearica Andrews - "Being creative and collaborative inspires my authenticity. This photo series was inspired by the simplicity of my love for the art of drag and New York City. I often reflect on my childhood in Chanute, KS, my dreams of one day living in this city. My authenticity lives in the realization of those small town dreams, and the child that dreamt them. I'll never forget them or the town we came from. #ProjectQnA #FearlessFriday" Photo by Jason Lawrence @theogjlaw



# #SHOUTOUTSATURDAY

Post a picture with your biggest ally and tag them, and thank them for being an ally! Use the hashtags #ProjectQnA #ShoutOutSaturday

Living in rural America can be a scary place at times for LGBTQ individuals. Our allies help make it a safer place for all of us. Whether they are teachers, friends, coworkers, fellow students, or family members, allies help create positive change in our communities. They are the ones cheering us on, helping us live our authentic lives.

Check-out this resource: <https://pflag.org/allies>

Whether you have a close friend who identifies as lesbian, gay, bisexual, transgender, gender-expansive, or queer (LGBTQ), or don't know someone personally but want to learn more about what it means to be an ally, PFLAG is here to support you on your ally journey. PFLAG offers multiple guides on being a great ally.



Rachelle E. - "When I came out to my parents, my dad told me 'your are still my child and I will always love you' and I am forever grateful for his response. #ProjectQnA #ShoutOutSaturday"



# GET INVOLVED



## **Volunteer with Us!**

As Project Q&A continues to grow we need volunteers! If you would like to volunteer your time and skills to help Project Q&A grow and build a movement, email us at [brandon@projectqna.org](mailto:brandon@projectqna.org).

## **Like Us, Follow Us, Share Us!**

Connecting with us on social media is a great way to support Project Q&A. Individuals spend an average of more than 2 hours on social media each day. Why not spend some of that time promoting a cause you care about? Project Q&A is on Facebook (@mgkslgbtq), Twitter (@projectqna), Instagram (@projectqueerandall), and YouTube, and each network provides a unique opportunity to educate, empower and raise visibility.

## **Raise Funds for Upcoming Community Programs!**

Help us raise the funds to provide programs like Q&A Talks, Q&A Spirit Week, and Q&A Empowerment! These programs are working to raise visibility, empower queer individuals, and educate areas of our country that are slow toward change. Contact us and we can provide you a personalized fundraising link to share with family and friends to collect tax-deductible donations, or you can set up a fundraiser on Facebook by searching for Project Q&A Inc.

## **Smile for Project Q&A!**

If you shop on Amazon, you can be helping out Project Q&A by making us your charity of choice for Amazon Smile! If you are not already an AmazonSmile member, sign up at [smile.amazon.com](http://smile.amazon.com). Simply select your favorite charity to start generating donations, at no cost to you. Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the App Store for iOS or Google Play for Android. Open the app and find 'Settings' in the main menu (☰). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

## **Become a Board Member!**

Do you have an interest in helping steer Project Q&A? Consider joining our Board of Directors! The Project Q&A Board meets monthly on the first Wednesday of the month at 6:30 PM CST. Project Q&A Board members assist in strategic planning, raising funds, and guiding the organization towards meeting its mission. If you would like an application to be considered as a board member, e-mail us at [brandon@projectqna.org](mailto:brandon@projectqna.org).

