

THIS WEEK AT THE **LGBT RC**

WEEK 8 | FEB. 26TH – MAR. 2ND

MON, 2/26

11:00AM – 2:00PM	Global Health Senior Capstone	Conference Room
2:00PM – 3:30PM	Study Abroad Office Hours	Family Room
5:00PM – 7:00PM	QSUN	Family Room

TUES, 2/27

9:30AM – 11:00AM	Special Topics in Global Health	Conference Room
11:00AM – 1:00PM	Get Out the Vote @UCSD	Conference Room
1:00PM – 2:00PM	Trans Collective	Conference Room
4:30AM – 6:30PM	Multi-Identity Art Collective	Conference Room
6:30AM – 8:30PM	oSTEM	Conference & Family Room

WEDS, 2/28

11:00AM – 2:00PM	LGBTQIA+ Health Day	Conference & Family Room
3:00PM – 4:30PM	LGBT RC Staff Meeting	Conference Room
5:00PM – 7:00PM	Queer & Mindful: Here Comes A Thought	Conference Room
7:00PM – 9:00PM	Sistas' Night In, Pt. 5	LGBT Resource Center

THURS, 3/1

5:00PM – 7:00PM	All-Inclusive Recovery Meeting	Conference Room
9:30AM – 11:00AM	Special Topics in Global Health	Conference Room
3:30PM – 4:30PM	CGS 87: Who Cares?	Conference Room
4:30PM – 7:00PM	APIMEDA Family Dinner	Conference Room

FRI, 3/2

2:30PM – 4:00PM	Bored Gaymers	Conference Room
4:00PM – 5:00PM	Fluid Attraction	Conference Room
4:30PM – 6:00PM	APSA x QTPOC Shadow Day Workshop	Family Room



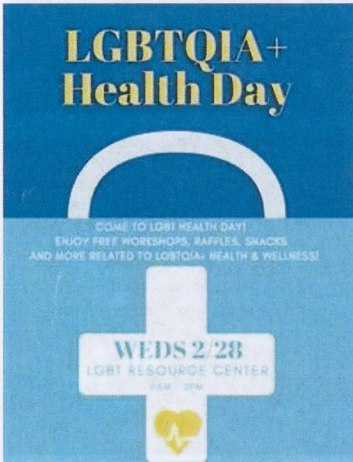
Winter 2018, Week 8
 UC San Diego LGBT Resource Center
 Monday-Thursday 8am-7pm, Friday 8am-4:30pm

858-822-3493 | rainbow@ucsd.edu | lgbt.ucsd.edu



"There's a big difference between tolerance and approval, and I have no right to expect or demand the latter from anyone"
 - Norah Vincent

LGBTQIA+ Health Day!



LGBTQIA+ Health Day
Wednesday, February 28, 2018
11:00AM-2:00PM | LGBT Resource Center

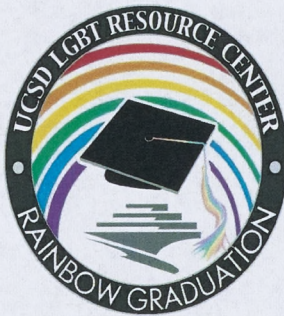
LGBTQIA+ Health Day will feature campus resources, anonymous HIV testing, health info sessions and more.

Participants will get an opportunity to enter a raffle for LGBTQIA+ Health Books, zines, and health care items! Hope to see you there!

Come to Muir LGBT LLC Queer Dance 2018!



Rainbow Graduation



Rainbow Graduation Sign Up

Rainbow Graduation serves as the formal induction of the graduates into the family of the UC San Diego LGBTQIA+ Alumni. If you are graduating this year and would like to be recognized at the ceremony on June 9th, please fill out the form at <http://lgbt.ucsd.edu/events/rainbow-graduation.html>. Contact Gavin Granitto at ggranitt@ucsd.edu or check out our Facebook event page for more information (<https://www.facebook.com/events/211380406097764>)

Audio Newsletter

Check out this week's audio newsletter: <https://youtu.be/QSazoOBIIYo>

Upcoming Events



Trans Collective
Tuesday, February 27, 2018
1:00-2:00PM | LGBT Resource Center

Come check out Trans Collective! Trans Collective is a discussion group for transgender, gender variant/fluid, genderqueer, non-binary, & gender-questioning individuals.

If you require accommodations to fully access the event, please contact us at 858.822.3493 or rainbow@ucsd.edu.



Here Comes a Thought: Mental Illness Workshop
Wednesday, February 28, 2018
5:00-7:00PM | LGBT Resource Center

Join the LGBT Resource Center and CAPS for our mental health workshop! The workshop will include discussion on how to live a healthy life with mental illness. We'll also discuss ways to support others with mental illness. The presentation will be supplemented with a bath bomb workshop.



APIMEDA Family Dinner: Sushi Rolling Party
Thursday, March 1, 2018
5:00-7:00PM | LGBT Resource Center

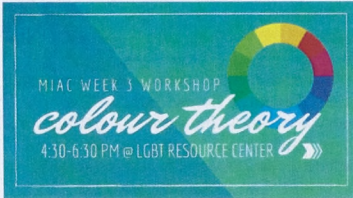
Join the LGBT Resource Center and APIMEDA for a queer family dinner! This quarter we'll be having a sushi rolling party, so come by and make sushi with us!

We'll also have a couple of options for what you can put in your sushi, vegetarian options included. Feel free to join us Thursday March 1st from 5-7pm at the LGBT Resource Center Conference Room and be in community!



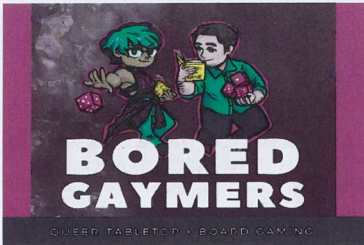
Pan Dulce: LGBTQIA+ Chicanx and Latinx Community Mixer
Thursday, March 8, 2018
12:00-1:30PM | LGBTQ Resource Center

Come take a break from studying to hang out with community! We'll be prepping some finals care packages together and enjoying yummy treats while chismeando about queerness in the chicanx latinx community!



UCSD Multi-identity Art Collective Tuesdays
4:30-6:30PM | LGBTQ Resource Center

Multi-identity Artist Collective is an intersectional art group geared toward no one in particular because we take just about everyone! Humans of all artistic skill levels, specialties and identities are welcome to join us. We hold art workshops and other social events!



Bored Gaymers Fridays
3:00-4:30PM | LGBTQ Resource Center

Come play board games with us weekly at the LGBTQ Resource Center! Feel free to see what games we have or even bring your own! No experience required!

Queer Student Organizations and Affiliates



Queer ERC

QuERC is an organization that strives to build a community for queer students and allies. Come hang out and learn more! For more information and updates on events, click the link below:
<https://www.facebook.com/QUERC-332988246812755/>



Fluid Attraction
Fridays, 4:00-5:00pm
Conference Room | LGBT Resource Center

This group is an open dialogue and supportive space for those who identify with bisexual, biromantic, fluid, pansexual, panromantic, queer and questioning experiences. We welcome you to attend, listen, participate, and connect with others as we explore fluid sexualities and/or fluid romantic attractions. For more information, please e-mail fluidgroupucsd@gmail.com.



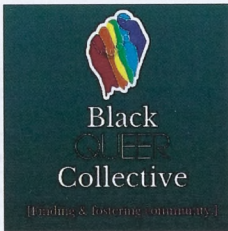
QTPOC
Thursdays, 6:30-8:30 pm, every odd week
Conference Room | LGBT Resource Center

QUEER/TRANS PEOPLE OF COLOR is a student org that creates a safe space to dialogue, educate, and socialize around LGBTQ+ identified people of color. For more information about QTPOC, contact qt pocucsd@gmail.com or check out their Facebook page: <https://www.facebook.com/qt pocucsd/>



QSUN
Mondays, 6:00-7:00pm
Conference Room | LGBT Resource Center

QSUN (Queer Students United) as an organization aims to provide an open, welcoming, and safe space for individuals in the UCSD College community who identify on the queer and/or LGBTQIA+ spectrum, or are allies of such individuals. It is designed to offer an opportunity for a smaller and more close knit community.



Black Queer Collective

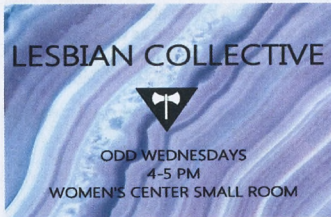
Black Queer Collective is a group dedicated to finding and fostering Black queer community at UC San Diego. For more information about Black Queer Collective, please click [here](#).

oSTEM



Tuesdays, 6:30-8:30pm
Conference Room | LGBT Resource Center

Out in Science, Technology, Engineering, and Mathematics is a national LGBTQ-affirming organization that aims to provide services and support for students in science, technology, engineering, and mathematics and to create a dynamic network between students and professionals in industry and academia. For more information, check out their [Facebook](#) page!



Lesbian Collective
Odd Wednesdays; 4:00-5:00PM
Small Room | Women's Center

The Lesbian Collective is UCSD's only lesbian-centered student organization! Join us every odd Wednesday from 4-5PM in the Women's Center small meeting room for discussion circles about lesbian life, feminism, and experiences among friends. For more information, contact lesbiancollective@ucsd.edu.



Aces and Aros
Odd Mondays; 4:00-5:00PM
Conference Room | LGBT Resource Center

Aces and Aros is meant to provide a space for those who identify on the asexual/aromantic spectrums or are on their journey to identifying with either/both communities. The group is designed to have room for discussions about ace/aro issues or experiences, as well as foster a stronger sense of community and support. For more information, contact acesandaros.ucsd@gmail.com.

Queer Student Art Gallery

Queer Student Art Gallery

Submissions for the Winter Quarter Queer Student Art Gallery are now open! We want to share the voices of UCSD's LGBT+ community, so be sure to send an artist statement with your piece. All mediums are accepted and contributions will be showcased at the end of Winter Quarter. To contribute, please contact the LGBT Resource Center Art and Activism Intern at rainbow@ucsd.edu.



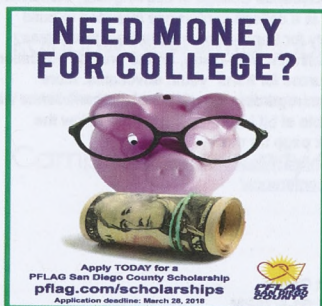
Intern Office Hours



Looking for community? Get to know our interns! Stop by during their office hours:

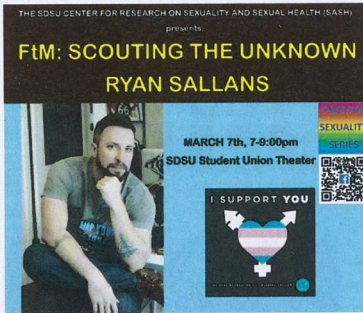
- Afi:** Tues: 9:30AM-12:30PM
- Alejandra:** Wed: 9-10AM; Fri: 3-4:30PM
- Gavin:** Fri: 9:30AM-12:00PM
- Jodie:** Mon:1:30-4:00PM; Wed: 1:00-3:00PM; Fri: 12:30-3:30PM
- Larra:** Mon: 2:00-3:30PM
- Marisa:** Mon: 8-10:30AM
- Noel:** Tues: 2:00-4:30PM
- Sallie:** Wed: 9-11:30AM
- Sam:** Mon: 10:00AM-12:30PM

LGBT+ Community Events



PFLAG San Diego County Academic Scholarships

PFLAG San Diego County has scholarships available for LGBT full time undergraduate and graduate students. Applicants must reside in San Diego County at the time of the application and must meet scholarship criteria. Selection is made based on demonstrating commitment to the applicant's chosen field, financial need and academic achievement. For more information, visit <http://www.pflag.com/scholarships/>



FtM: Scouting the Unknown Ryan Sallans
March 7, 2018; 7:00-9:00PM
SDSU Student Union Theater

Since 2005, Ryan's transition story, *Scouting the Unknown*, has been captivating audiences on university campuses nationwide. Ryan first covers basic terminology and language surrounding sex assigned at birth, gender identity, gender expression, and sexual orientation. He then moves into terminology surrounding transgender and nonbinary identities, and explains gender identity development. His talk will also discuss the relationship between body image and sexuality, and the complexities of body acceptance and transgender identities.

San Diego Pride Volunteer Youth Programs Coordinator Hiring

San Diego Pride is looking for students to fill the Volunteer Youth Programs Coordinator positions for the year! The Youth Programs Coordinator reports to the Youth Programs Manager and is responsible for overseeing various programs for LGBTQ youth. The coordinator will provide quality customer service and ensures a safe, fun and positive environment with the youth, their families and partnered LGBTQ youth-serving organizations. You must have one year of experience working with youth or teens to qualify. To apply, send resume to joshc@sdpride.org.



4th Annual Asterisk Trans* Conference
Occidental College
March 31, 2018

The 4th Annual Asterisk Trans* Conference will be held at Occidental College in Los Angeles, California. Asterisks is a college conference intended to build community for trans* people and allies, to address trans* health and well-being, and to provide education and resources for trans* youth advocates. More information regarding the details of the conference will be available at bit.ly/TRANSOXY. Also follow the Facebook page for more updates: <https://www.facebook.com/asteriskconference/>



Community Support Groups

Coming Out Group
Tuesdays, 4:00-5:30PM
Small Meeting Room | Women's Center



The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/cultural issues, excitement and celebration with regard to coming out. The group is open to new members the first 4 meetings of each quarter and then closes to maintain safe space.

For more info, please contact Cat Thompson at cathompson@ucsd.edu or Agustin Orozco at aorozco@ucsd.edu

Men's Relationship Forum

Men's Relationship Forum
Weeks 2-10 (Fall, Winter & Spring Quarters)
Mondays, 2:30- 4:00PM
Small Meeting Room | Women's Center

Join us for conversations about our experiences as gay men, and connect with other gay men on campus.

This group addresses relationships, sexual health, community building and more.

For more information please contact:
Greg Koch at gkoch@ucsd.edu.

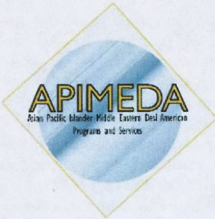
Rainbow Newsletter submissions:

If you would like to submit relevant events to be featured in the newsletter, please email rainbow@ucsd.edu.

Campus Community Centers

CAPAL Conference

The Conference on Asian and Pacific American Leadership (CAPAL) is now accepting applications for the 2018 Public Service Internship and Scholarship Program. The programs include weekly leadership



[Asian Pacific Islander Middle Eastern Desi American Programs and Services](#)

seminars, networking opportunities, Community Action Projects, and individual mentorship.

Apply by Wednesday, February 28th, 2018: <http://www.capal.org/programs/scholarships-and-internships>



[Black Resource Center](#)

"Eat Well, Live Better"
March 6, 2018; 5:00-6:30PM
The Hub

The Black Resource Center is partnering with the Hub to put on a cooking and meal prep workshop to show students how to eat well while in college. All of the food items that will be used in the demonstration can be obtained through the Triton Food Pantry. Join us on Tuesday, March 6th at the Hub, for this Intern lead cooking demonstration that will show you how to cook healthy and cost effective meals. Space is limited to the first ten people who RSVP, so make sure you RSVP at <https://tinyurl.com/eatwelllivebetter>



[Intertribal Resource Center](#)

Dream the Impossible Native Youth Concert
April 21, 2018; 9:00AM-4:00PM
California State University, San Marcos

Save the date! The Annual Dream the Impossible Native Youth Conference is around the corner. It'll be held at California State University, San Marcos.

Journeys in Health and Community Wellness
February 28, 2018; 11:30AM-12:00PM
Cross Cultural Center

Thinking of going to medical school interning or teaching health? Come hear UCSD Alumni Student Leaders share their stories in the health field. Light refreshments will be provided.



[Cross-Cultural Center](#)



[Women's Center](#)



[Raza Resource Centro](#)

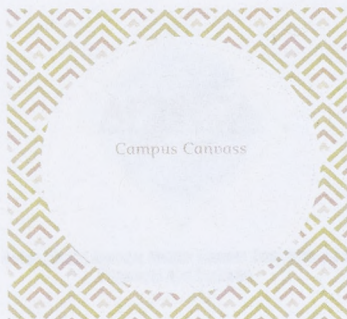
Women's Center Open House
March 1, 2018; 11:00AM-1:00PM
Women's Center Living Room

Kickoff Women's Herstory month with a visit to the Women's Center. Learn about what we have planned for Women's Herstory Month and take part in a community art project. We will have art supplies for attendees to respond to the prompt "What would your feminist utopia look like?". Coffee and cookies will be provided.

Brown Bag Series
February 27, 2018; 5:00-7:00PM
Raza Resource Centro

Come out to our Brown Bag Series event! The goal of this session is to educate the UCSD campus community about the experiences, challenges and cultural identities of students who live a transborder lifestyle in the San Diego Tijuana Border region.

Community Classifieds



Campus Canvass
February 27, 2018; 11:00AM-12:30AM
LGBT Resource Center

Are you worried about what President Trump is doing, from attacking protections of immigrants, women, and the LGBTQ community, to cutting our tuition assistance? This

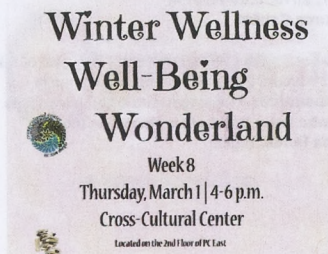
year we have a chance to fight back and vote for a representative who will fight for us and against Trump. Come to our first ever Campus Canvass, to register students to vote and make sure they vote for a progressive candidate.

We will be at the LGBT Resource Center on Tuesday February 27th at 11 AM for a 20 minute training, followed by a 1 hour walk. Coffee and pizza will be provided.



Before #MeToo: The History of Sexual Assault Prevention at UC San Diego
March 1, 2018; 3:00-4:30PM
PC East Ballroom

Join CARE at SARC for a conversation about the grassroots activists who built the foundation for sexual assault prevention and support services at UC San Diego. Panelists include students and staff from the original Rape Prevention Education workgroup and founding staff members of CARE at SARC.



Winter Wellness: Well-being Wonderland
March 1, 2018; 4:00-6:00PM
Cross Cultural Center

Come out to our Winter Wellness event! There will be healthy refreshments, board games, wellness activities, and Wii Sports and Just Dance!



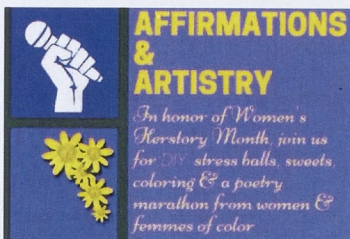
GREEN CLEANING
Provided by Inter-Sustainability Council

Come make your own citrus & herb infused cleaning products while learning about the personal and environment benefits of natural cleaning products. Mason jars and supplies provided.

Friday, March 2nd 12pm-1pm
AT THE ZONE

Green Cleaning
March 2, 2018; 12:00-1:00PM
The Zone

Come make your own citrus & herb infused cleaning products while learning about the personal and environment benefits of natural cleaning products. Mason jars and supplies provided.



AFFIRMATIONS & ARTISTRY

In honor of Women's Herstory Month, join us for DIY stress balls, sweets, coloring & a poetry marathon from women & femmes of color


Affirmations and Artistry
March 5, 2018; 8:30-10:00PM
Fireside Lounge Conference Room

In honor of Women's Herstory Month, join us in Fireside Lounge for DIY stress balls, sweets, coloring and a poetry marathon from women and femmes of color!

QTPOC TALK PRESENTS:

WHAT OTHER WAYS CAN I TAKE CARE OF MYSELF?

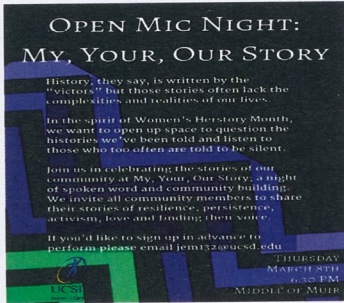
SPIRITUAL HEALING WITH
REIKI PRACTITIONER
KATHERINE ELIZABETH JACKSON



QTPOC Talk: What Other Ways Can I Take Care of Myself
March 8, 2018; 6:30-8:00PM
Raza Resource Centro

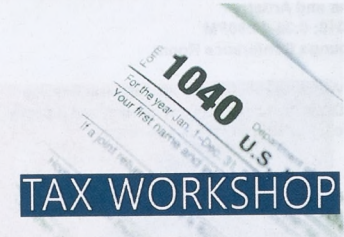


Join us for a spiritual healing with Reiki Practitioner Katherine Elizabeth Jackson. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.



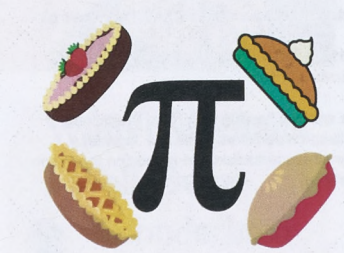
My, Your, Our Story: A Spoken Word Event
March 8, 2018; 6:30-8:30PM
 Middle of Muir

In the spirit of Women's Herstory Month, we want to open up space to question the histories we've been told and listen to those who too often are told to be silent. Join us in celebrating the stories of our community at My, Your, Our Story, a night of spoken word and community building. We invite all community members to share their stories of resilience, persistence, activism, love and finding their voice.



Federal Tax Workshop
March 13, 2018; 12:00-2:00PM
 U409 - Dance Hall behind Study Abroad Office

Come out to the federal tax workshop, hosted by The International Students & Programs Office and the International Faculty & Scholars Office and presented by San Diego State University School of Accountancy (Federal) and the California Franchise Tax Board (State).

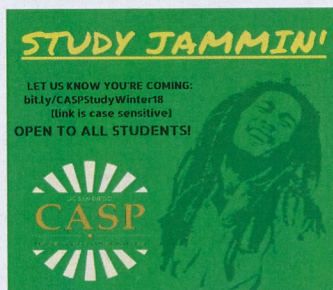


Pi Day Mixer
March 14, 2018; 1:30-3:14PM
 Women's Center

Let's celebrate Pi day by coming together and recognizing the contributions of women and other gender marginalized people in STEM. We'll, of course, have pie, as well as some fun activities around the Women's Center.

Come out to LGBTQIA+ Health Day!

<https://ui.constantcontact.com/rnavmap/email/action/print?agentId=1...>



CASP Winter Study Jam
March 16, 2018; 4:00-11:00PM
Student Services Center Suite #555

Come join the Chancellor's Associates Scholars Program for our Quarterly Study Jam! We'll have an open study space, blue books, scantrons, food and snacks! We'll also be having tutors for Chem, Math, and Writing.

To RSVP, go to bit.ly/CASPStudyWinter18



Undergraduate Student Strategic Plan Focus

We would like to invite you to Undergraduate Student-only Focus Groups in the next coming weeks to discuss the future of equity, diversity, and inclusion on campus. This is a great opportunity for you to get involved and make your voice heard! Click this [link](#) to find the calendar of focus group dates and RSVP to attend. You can also share your ideas about the future of equity, diversity, and inclusion on campus online through our [IdeaWave campaign](#). Contact diversity@ucsd.edu with any questions.



UCSD TRiO Outreach Programs Hiring

UCSD TRiO Outreach Programs is hiring for their summer 2018 program. All positions begin Monday, June 18th. They are looking for:

- * Math tutors \$15.37/hour x 4-6 weeks (Port Triton #847549)
- * Resident Assistants (RA's) \$15.37/hour x 6 weeks (Port Triton #847550)
- * Math, Science or Foreign Language Instructors \$20/hour x 4-6 weeks (Email resume toucstrio@ucsd.edu)

Apply on Port Triton! Deadline is March 15, 2018!
For any other questions, contact Michael Kline at ucsdtrio@ucsd.edu



REAL (Research Experience and Applied Learning) Portal

The REAL (Research Experience & Applied Learning) portal connects you to organizations offering hands-on, applied learning opportunities that develop your career-

readiness competencies while you are still in school. Check out the REAL portal for research, internship, service learning, leadership, international and entrepreneurial opportunities at <http://real.ucsd.edu>. You can even create a REAL profile to help researchers & organizations find you.

CCR (Co-Curricular Record)

Capture experiences beyond the classroom on your official UC San Diego transcript. Find out how to get recognized at myccr.ucsd.edu.



UCSD LGBT Resource Center | 9500 Gilman Drive | La Jolla | CA | 92093

WINTER QUARTER RAINBOW NEWSLETTER

WEEK 8



LGBTQIA+ Health Day

COME TO LGBT HEALTH DAY!
ENJOY FREE WORKSHOPS, RAFFLES, SNACKS
AND MORE RELATED TO LGBTQIA+ HEALTH & WELLNESS!

WEDS 2/28
LGBT RESOURCE CENTER
11AM - 2PM




If you require accommodations to fully access the event, please contact us at



(858) 8225495 or rainboweucsd.edu/text





living with
living beside
living through
mental illness



lgbt resource center presents

here comes a thought

mental illness workshop in collaboration with CAPS

Wed. February 28th @ 5-7 PM

LGBT Resource Center Conference Room

Join the LGBT Resource Center for our mental health workshop! The workshop will include discussion on how to live a healthy life with mental illness. We'll also discuss ways to support others with mental illness. The presentation will be supplemented with a bath bomb workshop.

for any accommodations to access our events contact us
at (858) 822-3493 or rainbow@ucsd.edu



meditation
wellness
reflection

queer and mindful
credit; jennifermaker



bath bomb recipe



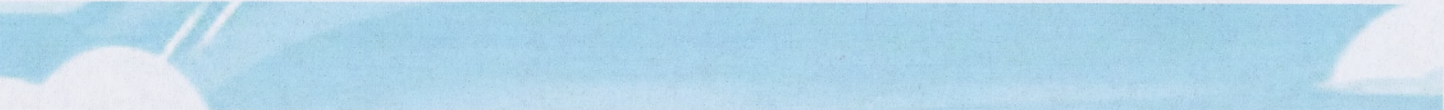
large easter egg mold

1/4 C. Baking Soda
1/8 C. Epsom Salt
1/8 C. Cornstarch
1/8 C. Citric Acid
1 1/2 teaspoons melted coconut oil
15-20 drops of your favorite essential oil(s)
1 teaspoon of water
Gel food coloring as needed

small egg mold

1/2 TBS Baking Soda
1 TBS Epsom Salt
1 TBS Cornstarch
1 TBS Citric Acid
3/4 teaspoons melted coconut oil
7-10 drops of your favorite essential oil(s)
1/2 teaspoon of water
Gel food coloring as needed

instructions

- 1 Put the dry ingredients in a large bowl and whisk together. In a separate bowl, mix the wet ingredients.
 - 2 Scatter the wet ingredients slowly around the top of the dry ingredients and stir quickly to avoid activating too much of the citric acid. (If you get too much fizzing, add the wet ingredients more slowly)
 - 3 Stir until everything is mixed.
 - 4 Spoon your mix into the mold.
 - 5 Pack in the mold as tight as possible! This reduces the risk of it falling apart.
 - 6 Allow to sit for at least an hour (or pop in the freezer for at least 15 minutes). Wait 24 hours before first use. Store in an airtight container.
- 



ASIAN
PACIFIC
ISLANDER
MIDDLE
EASTERN
DESI
AMERICAN

APIMEDA FAMILY DINNER

SUSHI ROLLING PARTY
THURS 3/1 @ 5-7 PM
LGBT RC CONFERENCE ROOM

Join the LGBT Resource Center and APIMEDA for our quarterly queer family dinner! This quarter we'll be having a sushi rolling party, so come by and make sushi with us!

We'll also have options for what you can put in your sushi, vegetarian options included.

Note: This is a closed space for LGBT Asian Pacific Islander Middle Eastern Desi American folx.

FOR ACCESSIBILITY OR SPECIFIC ACCOMMODATIONS TO FULLY ACCESS ANY OF OUR PROGRAMS OR EVENTS, PLEASE CONTACT US AT (858) 822-3493 OR RAINBOW@UCSD.EDU.