



PROJECT BODY IMAGE

YOGA WORKSHOP SESSION
04/27/10, Tuesday, 6:00-7:30pm @
LGBT Resource Center
(Please bring your own mats if possible,
and remember some comfy clothes!)

caps
counseling and
psychological services
858.534.1111 caps@ucsd.edu



LiveWell
UC SAN DIEGO

COOTIES

GIRLS AND BOYS

understanding our gendered histories



Wednesday, April. 28, 5-7pm LGBT RC Conference Room

From our birth we are introduced to a world that believes in a gender binary with statements such as "It's a boy!" or "It's a girl!" It doesn't stop here, through playground games such as cooties to high school dances we are expected to meet expectations of what it means to be a "real man" or "real woman," but what does this really mean? Join us to question these expectations, understand our own gendered histories and learn about activism around gender identity. Hope to see you for a night of good conversation, good vibes, and good free food! If you have any questions please feel free to email cmdatiles@gmail.com.

The UC San Diego LGBT Resource Center is committed to being accessible to all who frequent our space, participate in our programs, and attend our events. Our physical location is accessible to anyone who utilizes assisted mobility. If you require specific accommodations to fully access any of our programs or events, please contact Jan Estrellado at jeestrellado@ucsd.edu, (858) 822-3493.

SEEING RAINBOWS

Queerness, Bisexuality, Fluidity, and Re-Examining Our Own Sexuality

**OUT
AND
PROUD
WEEK!**
[[6th Week]]

**Wed. May 5th
5 - 7pm**
LGBTRC Conference Room



It's Out and Proud Week, and what could be more awesomely stupendous than celebrating the diversity of how our community chooses to identify... ourselves! Bisexual, Queer, Fluid, Pan-sexual; what are the lived experiences of the people who hold these identities? How can their experiences help us better understand our own sexuality? What are the ways we perpetuate biphobia in our community? Interested in what some answers might be to these questions? Then come join us as we gather to talk about one of the many ways our community is special - Our varied sexualities! Light snacks and refreshments will be provided.

Got questions? I hope I have answers. Contact Red Galura at rgalura86@gmail.com.

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Recent California Campus Events: And the Importance of Out & Proud Week

Dear UC San Diego LGBT and Ally community,

As we begin Out & Proud Week, we want to highlight the very real violence that members of our community are experiencing across California campuses.

As you may be aware, at CSU Long Beach a violent, disturbing incident took place earlier this month directed against a transgender man. This incident highlights the extreme reactions of some to our transgender community. It certainly raises all of our sensitivities to the potential for violence here at UC San Diego around gender expression, and particularly for gender queer and transgender people.

There was a hate crime at CSU, Chico. At UC Davis, there was hate vandalism at Rainbow House and more swastikas have been drawn on a building at UC Berkeley.

You may already be aware of some of these. At UC San Diego, our own campus, we have experienced much visible hate recently. While we know that many of these incidents are underreported and are therefore less visible, we also want everyone to know that you have resources here at UC San Diego. You have people who value your identity, your voice, and your presence on campus. As we came together to support one another after the incidents last quarter, we must continue to take care of one another. We want to take this opportunity to remind you of the resources that are available on campus. If you are upset, distraught, or just want to talk with someone about these things and/or your own experiences please use the resources available to you.

We look forward to a powerful Out & Proud Week, while remembering the violence and the pain that has been occurring on our campus, and other campuses throughout California. As we come together to be Out & Proud, let's take care of one another, treat each other with kindness, respect and understanding, support each other, continue to learn, grow and create a better campus climate for all people.

We encourage you to seek support if you need it:

- 1) Counseling and Psychological Services (CAPS)- caps.ucsd.edu ; 858-534-3755
- 2) LGBT Resource Center- lgbt.ucsd.edu ; 858-822-3493
 - a. Jan Estrellado- jeestrellado@ucsd.edu
 - b. Anthony Nuñez- anunez@ucsd.edu
 - c. Shaun Travers- stravers@ucsd.edu
- 3) Project STAR- Tracie J. O'brien (tracieo@thcsd.org) 619-5152411
- 4) Transgenero 2000- Sandra Ramirez (usicoco@sbcglobal.net)
- 5) Your peers!

Spring Quarter

Week 7

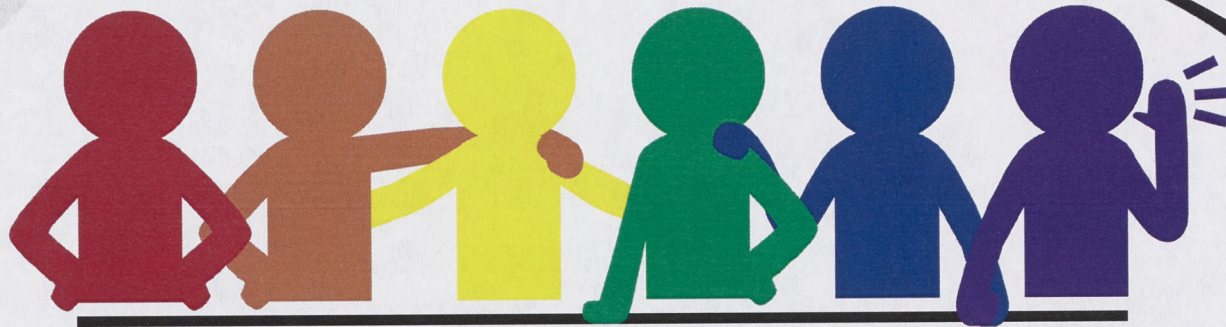
May 10 - 14

THIS WEEK AT...



The LGBT Resource Center

MON	11AM - 12PM	CGS 87 Freshman Seminar: Intro to LGBT Studies	Conference Room
	9AM - 4:30PM	2010-2011 Student Staff Filing Paperwork with Rebekah	Heritage Room
	7PM - 9PM	LGBTQIA	Family Room
TUE	11PM - 12PM	TRiO Interviews	Heritage Room
	1PM - 3PM	TRiO Interviews	Heritage Room
WED	3PM - 6PM	Cat's Office Hours	LGBT RC
	5PM - 7PM	Speaker's Bureau: Facilitator Training	Conference Room
	7PM - 8PM	Men's Group	Heritage Room
THU	8AM - 9AM	Spring Quarter Meeting with 2010-2011 Student Staff	Conference Room
	1PM - 2PM	Thea's Office Hour	Heritage Room
	5:15PM - 6:15PM	Freshman Seminar: Sex and Democracy	Conference Room
	7PM - 9PM	Queer People of Color (QPOC)GBM	Family Room
	7PM - 8PM	VOX GBM	Conference Room
	7PM - 9PM	Transgender Intersex Alliance (TIA)	Heritage Room
FRI	8AM - 9AM	LGBT RC Staff Meeting	Conference Room
SAT	1:30PM	LGBT Resource Center 5 th Annual Family Day	LGBT Resource Center



SPEAKER'S BUREAU

***"We have stories to tell, stories
that most people never heard."***

Facilitator Training

**Wednesday of Week 7: May 12
5-7/8p**

LGBT RC Conference Room

COOL KIDZ

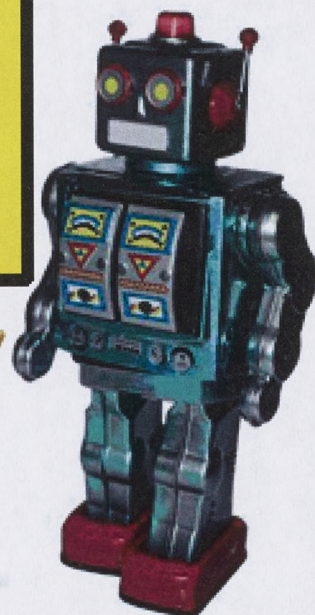
PARTY!

MAY 19, 2010 @ 5 - 7pm, LGBT Resource Center

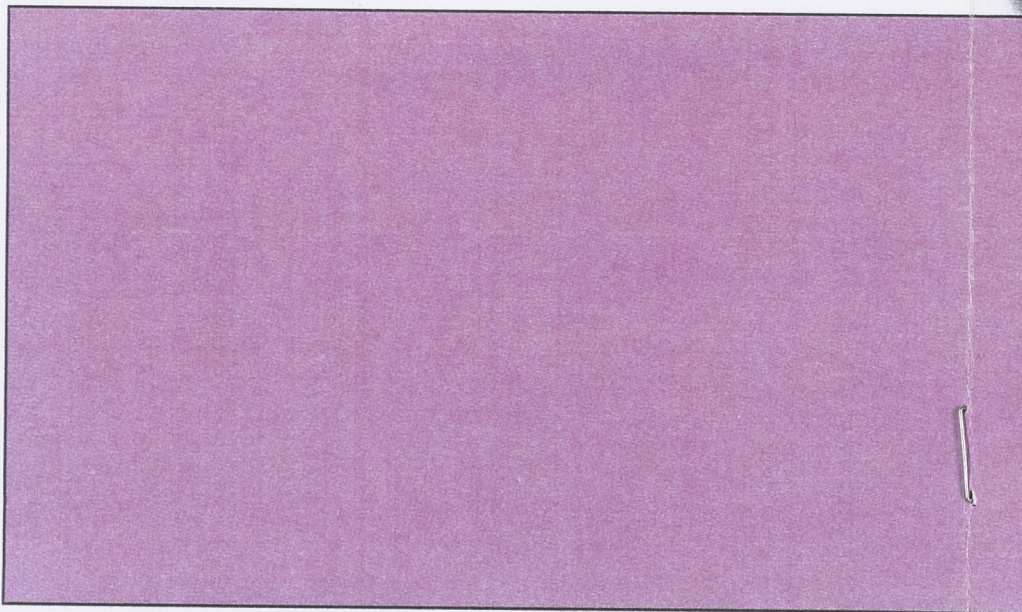
ATTENTION SPEAKERS BUREAU FAMILY:

Join us for this end of the year celebration party. Get ready to have some fun as this year's party will consist of games, fun art, cake, and lots of laughs. Let's prepare to say our goodbyes to our current Speakers Bureau Intern, Michelle, while welcoming with open arms our newest Speakers Bureau Intern for the upcoming year. You don't wanna miss this one! Please RSVP by e-mailing Mich at lgbtspeakers@ucsd.edu.

Michelle Strange
LGBT Speakers Bureau Intern



Thank you to everyone who made this event wonderful! We especially appreciate the guests, workshop facilitators, performers and speakers who dedicated their time to share their knowledge and presence with us. Thank you to our allies, the staff of the LGBT Resource Center and the Cross Cultural Center, the Student Promoted Access Center for Education and Service, the Student Initiated Access Programs and Services, and the great volunteers who made the day run smoothly! Most of all, we thank all of the past, present and future members of QPOC who make this organization what it is! We hope that you have been inspired by this event and will take these connections and this energy with you!



UCSD Queer People of Color 8th Annual High School Conference

QUEER ACTIVISM:

LOOKING BACK

MOVING FORWARD

MAY 22ND, 2010

University of California, San Diego

On behalf of QPOC 2009-2010, welcome to our 8th Annual High School Conference! We hope that this day will be a chance for selfreflection, personal growth, activism and education! Throughout the day, we will talk about what it means to be a queer person of color in a college setting, learn to negotiate our many intersecting identities, and begin to break down the systems of oppression that exist within structures of higher education. We hope that this will be an opportunity to meet other queer youth in San Diego while also making new connections with current college students. Most of all, we hope you enjoy this day to the fullest and leave inspired and energized!

The mission of UCSD QPOC is to create a social, political, academic, and cultural environment that focuses on the intersecting identities of queer people of color.

Schedule of the Day:

9:00am-10:00am - Registration and Breakfast - Cross Cultural Center (CCC), Art Space

10:00am-10:30am - Welcome and Ground Rules - CCC, Comunidad Room

10:30am-11:00am - Opening Speaker, Roshanak Kheshti

11:15am-12:15pm - Mandatory Session

- ◆ 9th and 10th Graders—Admissions, CCC, Art Space
- ◆ 11th-12th Graders—Financial Aid, CCC, Comunidad Room
- ◆ Advisors—CCC, Small Conference Room
- ◆ Current College Students—CCC, Library

12:30am-1:30pm - Lunch - Lesbian Gay Bisexual Transgender Resource Center (LGBT RC)

3:00pm-4:00pm - Workshop Session II

Gender 101

Presented by: Chris Gauthier | LGBT RC, Conference Room

This is an interactive workshop that will open your eyes to the complexities of gender and sexuality. Here we will explore different gender identities and raise awareness to new terms for some, validation for others. There will be an introduction to terms such as two-spirit, third gender, and gender expression; additionally we will briefly discuss the histories of gender as a category (who really started stonewall?) and make a space for questions with personal anecdotes of some panelists who live day to day 'in between'.

Capturing Ourstory: The Activism at UCSD

Presented by: Josue Castellon | Veracruz Room

In this workshop, we will look back at the activism that has occurred at UCSD during the 90's to the present time. During these years, centers like the Cross-Cultural Center, the Women's Center and the LGBT Resource Center were established as well as many other protests occurred because of the injustices students were facing. We will also look back at Winter Quarter 2010 and examine how queer identified individuals played a significant role in the activism that occurred.

Hip Hop, Gender & Sexuality

Presented by: Kuttin Kandi | Dolores Huerta Room

There is not enough time to cover the entire history of hip hop, but it is with great hope that we can help spark conversations about the intersections of race, masculinity, femininity, heterosexuality, and queerness in hip hop culture. We will examine how hip hop figures, whether they are music video directors, MCs, DJs, writers, producers, audiences and all other hip hop artists, simultaneously reproduce and resist pre-existing stereotypes about sexuality in their performances and consumption of hip hop.

4:15pm-5:15pm - Community Building - LGBT RC

5:15pm-5:45pm - Closing Speaker: Agustin Orozco - LGBT RC

5:45pm-6:15pm - Closing Performance: Kuttin Kandi - LGBT RC

6:30pm: Bus departs for those who came on the bus

1:45pm-2:45pm - Workshop Session I

Allyship Tools & Strategies

Presented by: Carol-Irene Southworth | Dolores Huerta Room

This workshop will go over some basic tools for understanding allyship and how to be strong allies to groups we do not identify with. This often means looking at our own privileges and oppressions and sorting through them. We will talk about how to stand in support with communities we are not in, without taking over too much space, and how to support each other in becoming better allies.

Putting Ourselves Together

Presented By: Red Galura | LGBT RC, Conference Room

This workshop will focus on our favorite subject..... OURSELVES! What does it mean to be ourselves in college? In what ways do the multiple things that make up who I am impact my college experience? How can I find the support I need? How can I feel empowered by the most important person of all -ME? If any of these are questions you've asked yourself, then come check it out. Whether you are queer, a student, of color, or an ally, this workshop has something to offer for everybody.

Coming Up and Coming Out: The Triumphs and Challenges of Being Out

Presented by: Johnnie Rivas | LGBT RC, Heritage Room

Being brave doesn't mean that you're not scared. It means that if you are scared you do the thing you're afraid of anyway. Coming out can be difficult, surprising, painful, triumphant or all those at the same time! This interactive workshop will focus on some of the processes that come with being out to our families, friends, and loved ones, and how it may work well for some and not for others. Participants will be encouraged to share own experiences and/or questions about coming out.

Queer Womyn of Color and Writing to Survive

Presented by: Josen Diaz and Thea Tagle | Veracruz Room

This workshop explores the struggles and complexities of queer womyn of color identities and experiences through cultural production (stories, poems, videos) created by queer womyn of color. It is intended to be expressive, reflexive, and interactive.

- The Very Inside, Sharon Lim-Iting

Spring Quarter

Week 9

May 24 - 28

THIS WEEK AT...

The LGBT Resource Center



MON	9AM – 10AM	Assistant Director Search Committee Meeting	Conference Room
	12PM – 1PM	Operations Coordinator Search Lunch	Heritage Room
	11AM – 1PM	CGS 87 Freshman Seminar: Intro to LGBT Studies	Conference Room
	7PM – 9PM	LGBTQIA	Family Room
TUE	12PM – 2PM	Anthony's Goodbye Party	Dolores Huerta Room
WED	12PM – 1PM	Operations Coordinator Search Lunch	Conference Room
	3PM – 6PM	Cat's Office Hours	LGBT RC
	5PM – 7PM	Immigration Equality: LGBT	Conference Room
	7PM – 8PM	Men's Group	Heritage Room
THU	12PM – 1PM	Operations Coordinator Search Lunch	Conference Room
	1PM – 2PM	Thea's Office Hour	Heritage Room
	5:15PM – 6:15PM	Freshman Seminar: Sex and Democracy	Conference Room
	7PM – 9PM	Queer People of Color (QPOC)GBM	Family Room
	7PM – 8PM	VOX GBM	Conference Room
	7PM – 9PM	Transgender Intersex Alliance (TIA)	Heritage Room
FRI	8AM – 9AM	LGBT RC Staff Meeting	Conference Room
	10AM-11AM	Assistant Director Search Committee Meeting	Conference Room
	12PM – 1PM	Operations Coordinator Search Lunch	Conference Room

Spring Quarter

Week 10

May 31 – JUNE 6

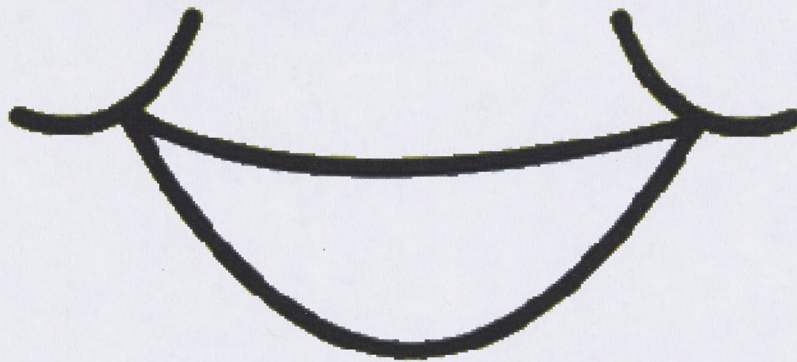
THIS WEEK AT...



The LGBT Resource Center

TUE	12PM – 2PM	UCSD SFA Lunch	Conference Room
	2PM – 5PM	Working Group	Conference Room
	7PM – 9PM	QWOC GBM	Conference Room
WED	11AM – 12PM	CGS 87: LGBT Studies	Conference Room
	5PM – 7PM	My Sexual Self and Me: Sex Positivity	Conference Room
	7PM – 8PM	Men's Group	Heritage Room
THU	12PM – 1PM	UCSD San Diego Pride Planning Meeting	LGBT RC
	1PM – 2PM	Thea's Office Hour	Heritage Room
	5:15PM – 6:15PM	Freshman Seminar: Sex and Democracy	Conference Room
	7PM – 9PM	Queer People of Color (QPOC)GBM	Family Room
	7PM – 8PM	VOX GBM	Conference Room
	7PM – 9PM	Transgender Intersex Alliance (TIA)	Heritage Room
FRI	8AM – 9AM	LGBT RC Staff Meeting	Conference Room
SAT	4PM – 6PM	Rainbow Graduation	Great Hall, ERC
SUN	9PM – 8AM	Finals Study Break	LGBT RC

SEX+



My Sexual Self and Me: Sex Positivity Wednesday, June 2, 5-7 PM at the LGBT Resource Center Conference Room

Hey, everyone! Come to my last program of the year as we discuss SEX! We'll explore sex positivity through group discussion, fun activities, all the while munching on some light snacks and drinks. We often think of ourselves through our sexual orientation, but what about our sexual behaviors and actions? What makes us all unique in how we get it on? These pose unique challenges for LGBT-folk. Through this workshop I hope you learn a little bit more about yourself, and discover your sex identity! If you have any questions, e-mail me at rgalura86@gmail.com.

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QUEERBOOK 2009-2010

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." -Audre Lorde

Queer People of Color, UCSD



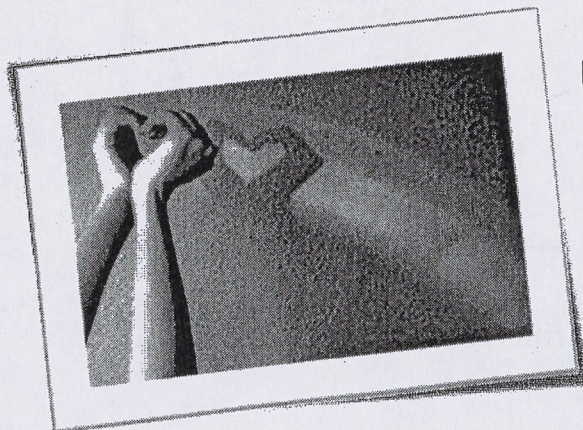
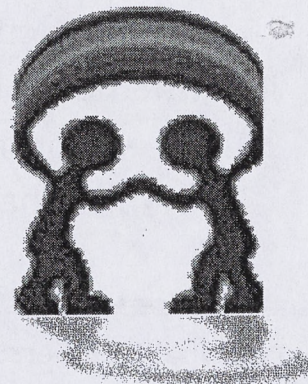
Table of Contents

**QPOC-Queer People
of Color**



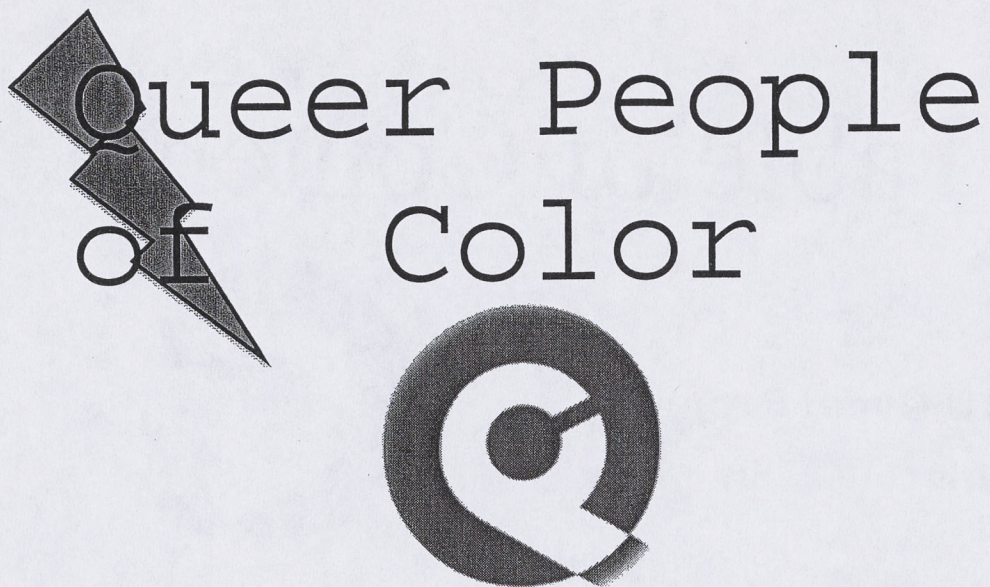
Events

Crazy. fun Times!



**letters to and from with
love.**

Sincerely...



Queer People of Color

Queer People of Color(QPOC) is a student organization that creates a safe space to dialogue, educate, socialize and partake in student activism revolving around LGBT identified people of color. Our group is focused on exploring the many issues that arise from having to negate our many intersecting identities.

Principal Members:

Brianna Marquez
Albert Orona
Anthony Del Real
Elizabeth Gomez
Diane Gaskin

Affiliated with:

LGBT RC
SPACES
SIAPS
ASP
CCC
SAAC

Contact Information:

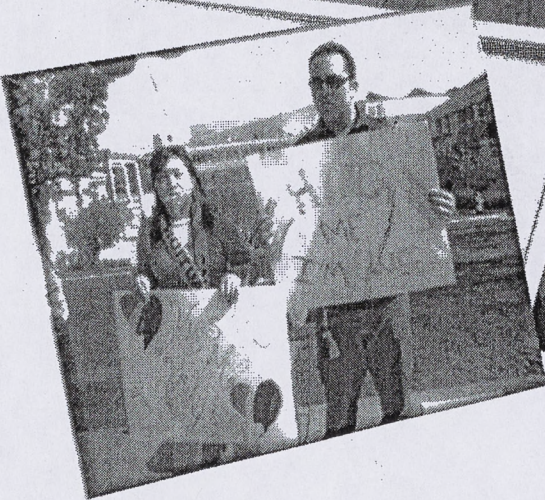
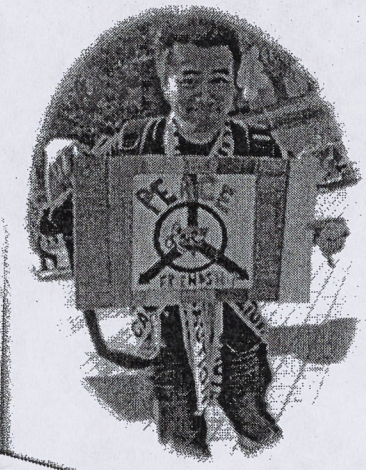
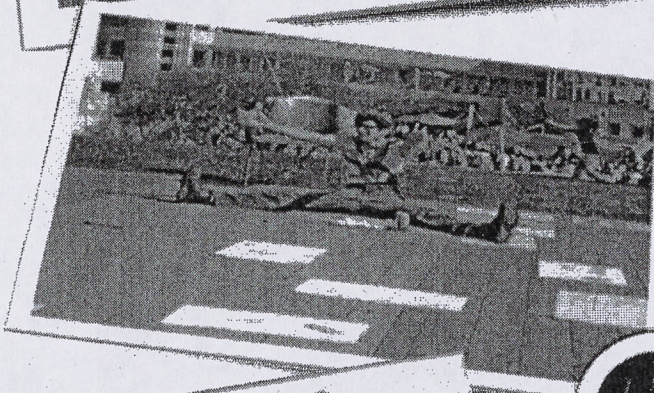
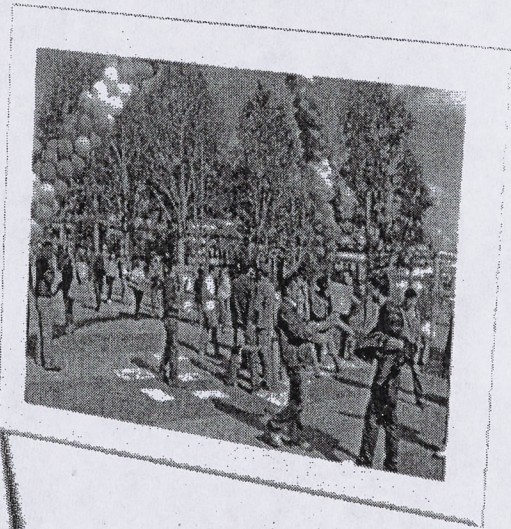
E-mail: ucsdqpoc@gmail.com

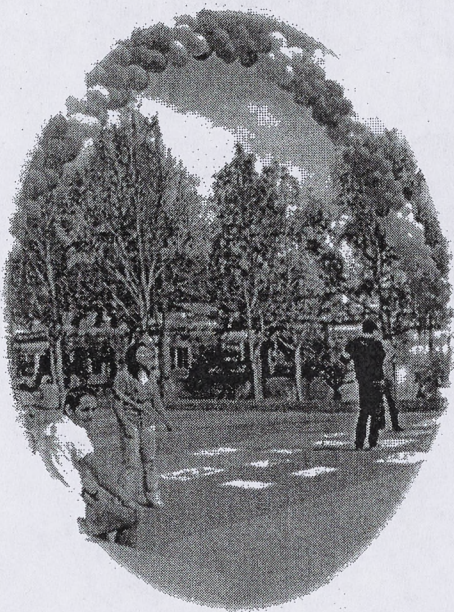
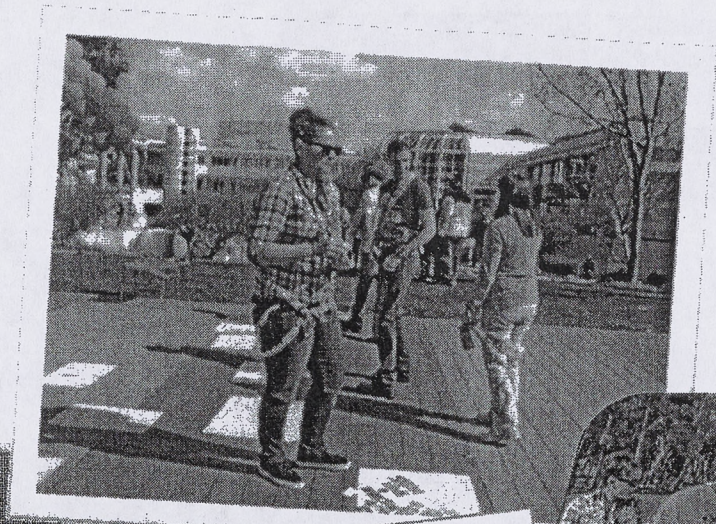
Facebook:

<http://www.facebook.com/group.php?gid=2202781501&ref=ts>

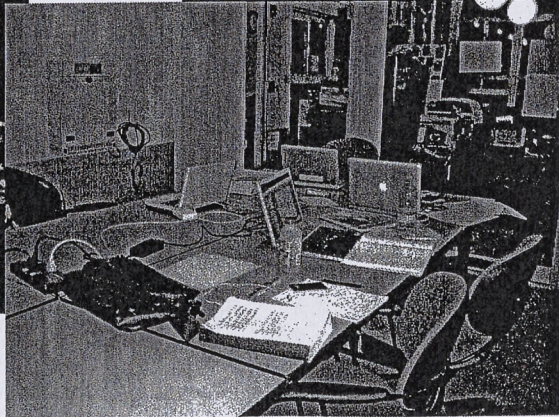
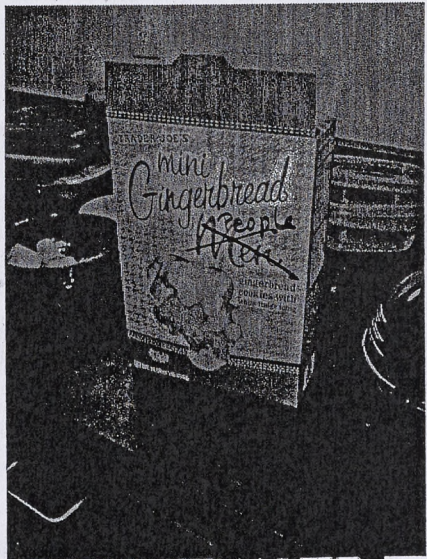
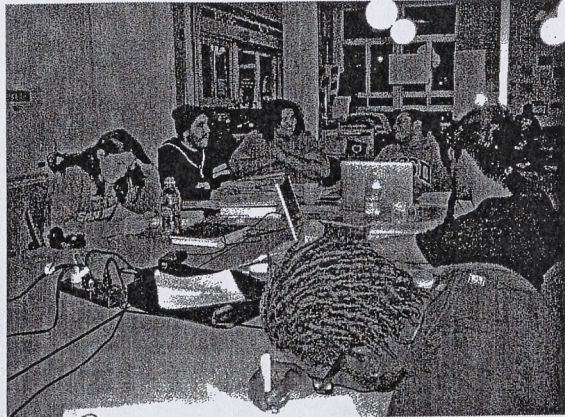
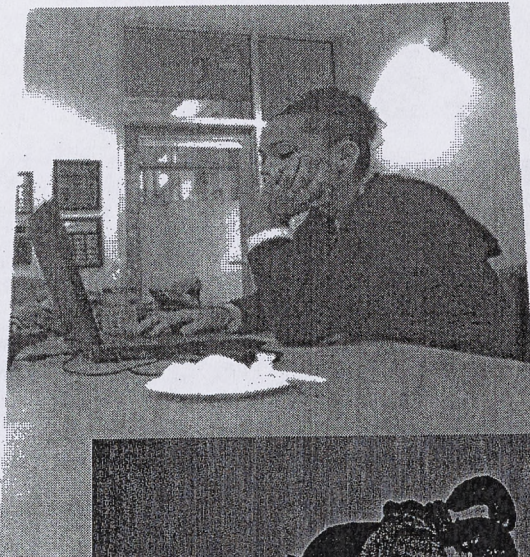
Events

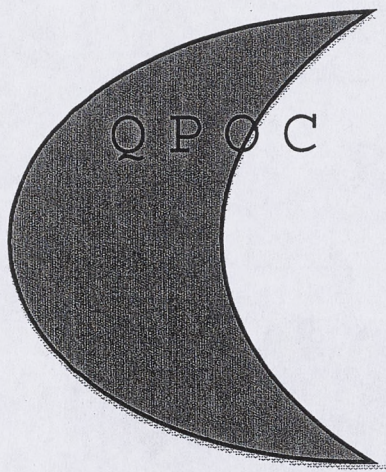
Kiss
In



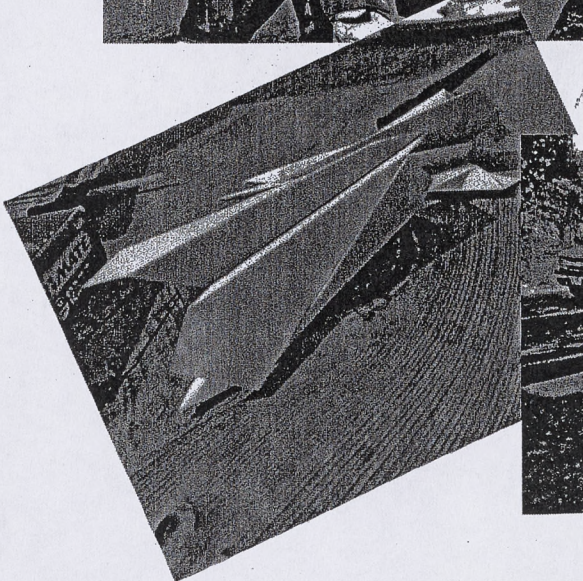
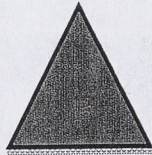


Study Jams

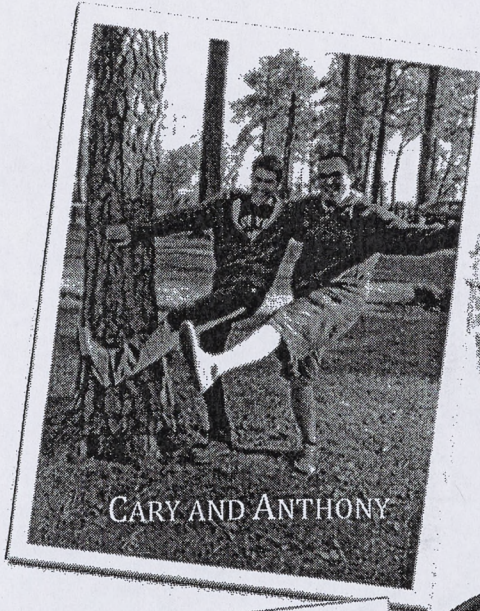




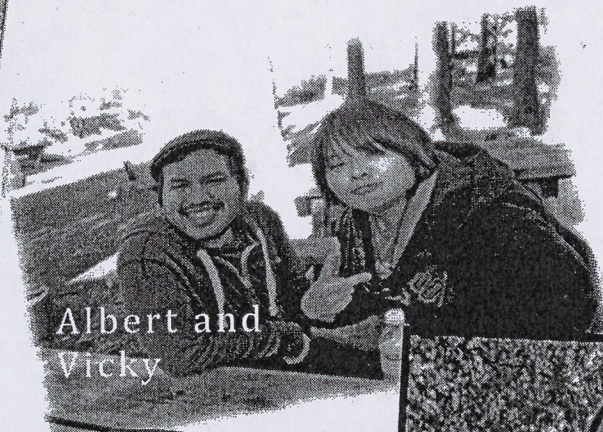
QPOC RETREAT



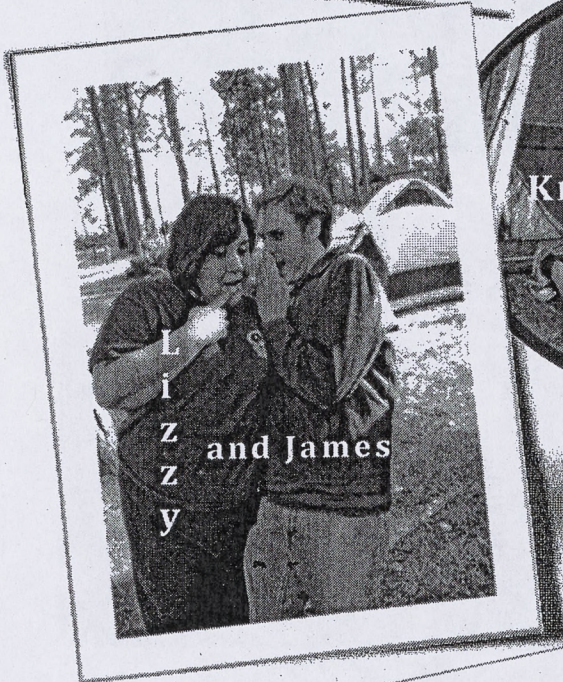
Retreat [BUD]ies



CARY AND ANTHONY



Albert and Vicky



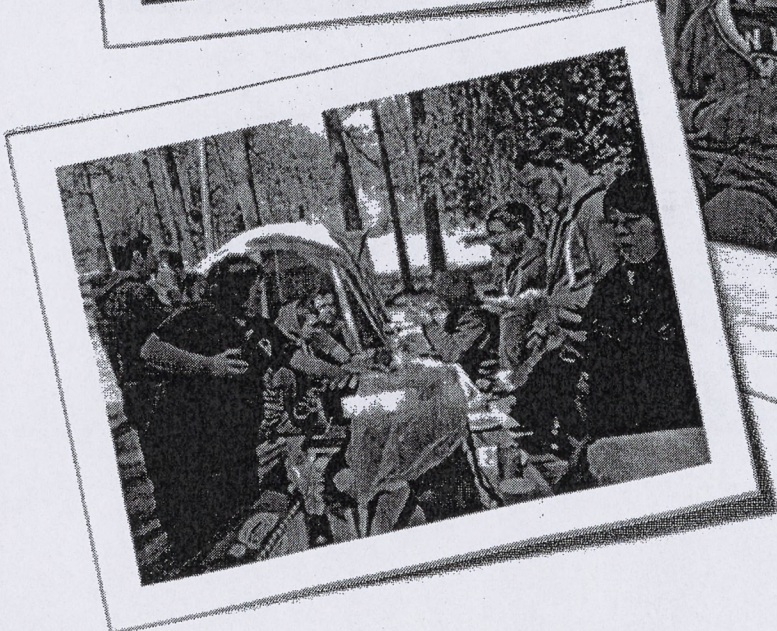
LIZZY and James



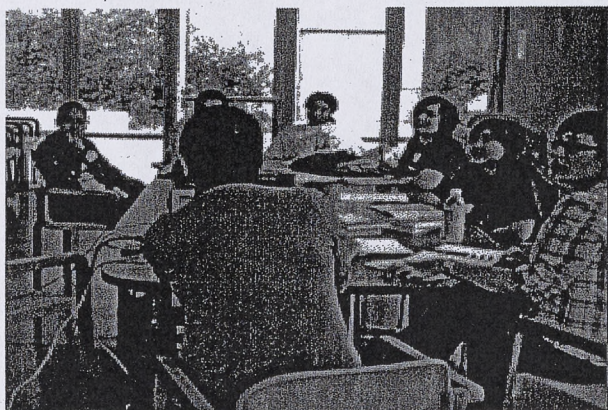
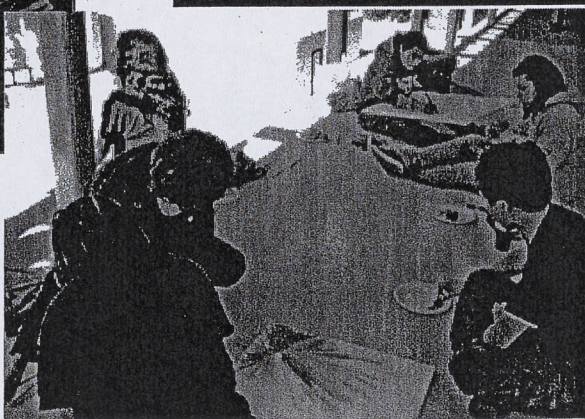
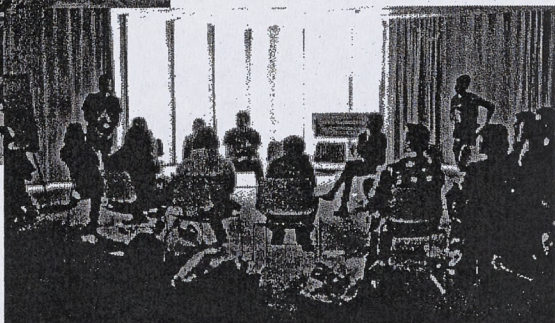
Kristian and Bree



Neftali and Ralph



QPOC 8th Annual High School
Conference:
Queer Activism:
Looking Back, Moving Forward

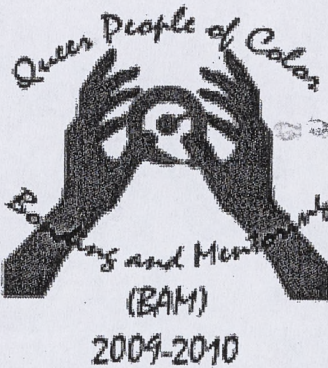




Flyers

resist & exist 저항 & 실존

Self Initiative Project (SIP)
By: Sarah Shim & Sam Jung



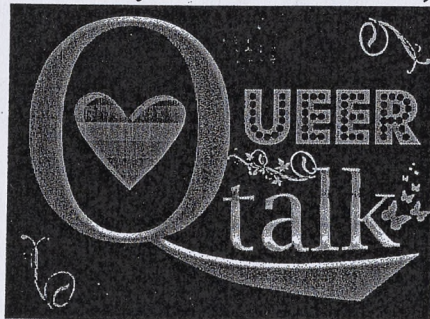
UCSD's Queer People of Color Presents
The 6th Annual Queer People of Color Kiss-In!

SO THE MAIN QUESTION YOU PROBABLY HAVE IS: WHY IS THERE A BUNCH A QUEER PEOPLE MAKING OUT ON LIBRARY WALK?

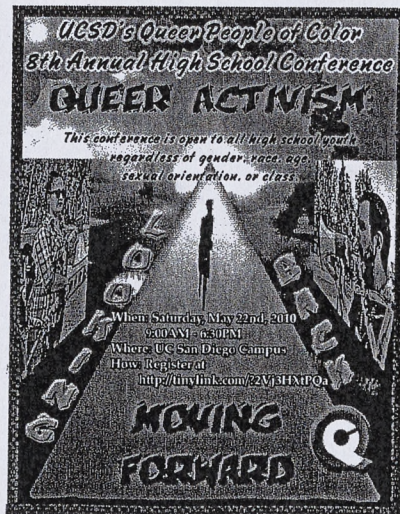
WELL, WE THE MEMBERS OF QUEER PEOPLE OF COLOR ARE HERE TODAY BECAUSE ON ANY OTHER DAY WE WOULDN'T BE ALLOWED HERE. WE DON'T FEEL SAFE ON THIS CAMPUS. WHEN WE HOLD HANDS, WHEN WE HUG, WHEN WE KISS, IT IS DEEMED AS SHOCKING AND "FLAUNTING OUR GAYNESS." BUT TO US, WE'RE JUST SHOWING OUR AFFECTION AND OUR LOVE.

WE WANT TO BE TREATED AS EQUALS. WE WANT THE RIGHT TO BE WHO WE ARE AND EXPRESS OURSELVES WITHOUT FEAR OF JUDGEMENT AND HATE. NO ONE PAYS ATTENTION WHEN STRAIGHT PEOPLE SHOW AFFECTION, BUT WHEN WE DO, IT BECOMES A HUGE DEAL. STRAIGHT PUBLIC DISPLAYS OF AFFECTION RUN ALMOST INVISIBLE ON THIS CAMPUS, WHILE GAY HAND-HOLDING CREATES A RUCKUS.

SO, IF YOU WANT TO KNOW ABOUT US QUEER PEOPLE OF COLOR, COME BY THE LGBT RESOURCE CENTER ON THURSDAYS AT 7PM. WE'RE OPEN TO ALL PEOPLE REGARDLESS OF RACE, GENDER, ORIENTATION, RELIGION, AGE OR ABILITY AND WE'RE REALLY NICE. SO STOP ON BY OR EMAIL US UCSDQPOC@GMAIL.COM



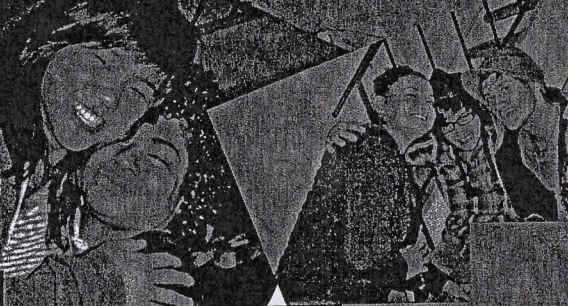
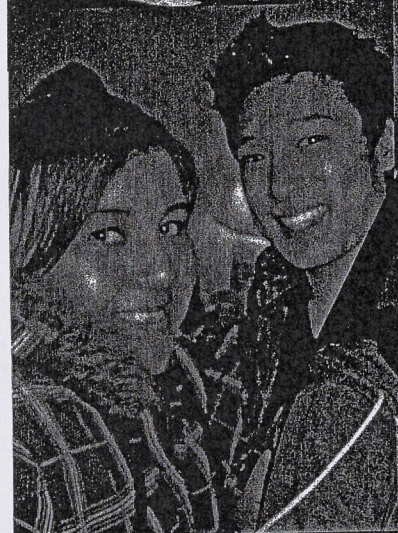
Queer Spirituality
Exploring spirit, faith, and religion

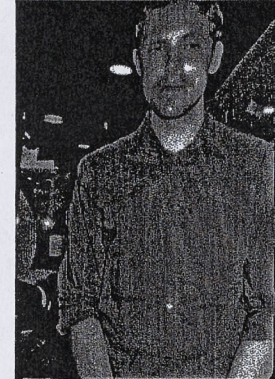
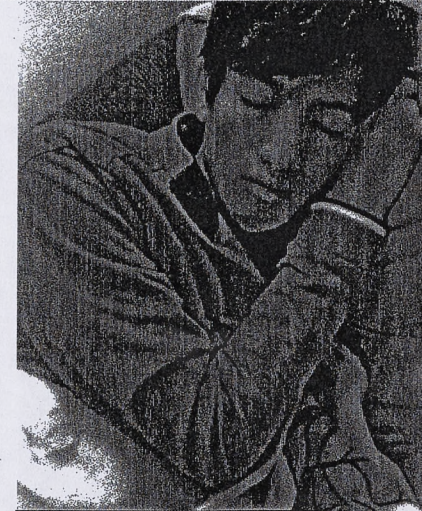


Crazy, fun Times!

Also known as bloopers...^_^







Letters to and from with love.

Sincerely...



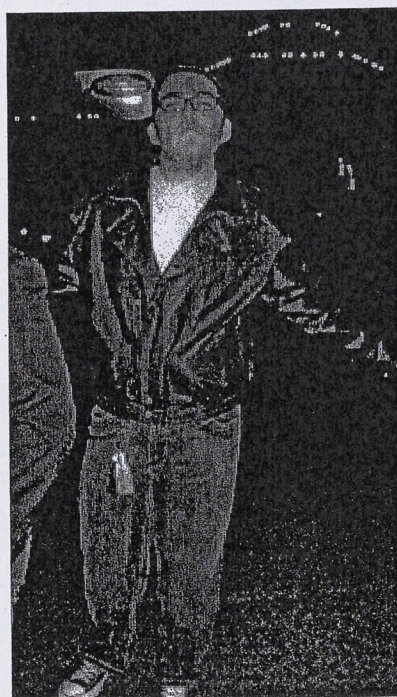
To the QPOC of 2009-2010;

First and foremost I want to say that this year has been such a great year for us (and yes I am not using "I statements" hehe). It has been great because of the family we've created, the "big hair" secrets we've shared, the drag we've performed, the privilege we've deconstructed, and the way I hope we have made each other feel beautiful. If there is anything I have learned from QPOC in my last 3 years it is that being ALL of "myself" is something that I don't get from anywhere else. What is even more beautiful is that I get to help facilitate and empower a space that seeks to let everyone be all of "themselves." I was asked to offer "words of wisdom" and I do not see myself enacting a "wise" person but if there was anything that I wanted QPOCers to know it's that I don't want y'all to stop being the wonderful, amazing, quirky, and quite possibly insane (and in a good way) QPOC y'all have been. To be a part of this crazy family it truly takes insanity mixed with understanding, passion, openness, and most importantly, love.

-Albert Orona

Hello everyone! I never really know how to write these things so bare with me. This academic year has definitely been one of its own. QPOC has been full of laughs, cries, stress, happiness, and especially love. This academic year has definitely shown me the beauty and strength of all our members and the importance of the work that we as QPOC do and will continue to do. I have learned a lot this year, not just about others and how our experiences are similar yet unique, but also about myself as a person and who I want to be. To me, QPOC means family, and a supportive space. If there is one thing that I have learned this year that I would like to share, it is that communication is key. Being as supportive as we can for each other, not judging, owning our triggers, and listening to one another are valuable lessons to develop and build on. Thank you QPOC, to Board, and especially the general body members and community, because you all make QPOC what it is, and I appreciate you. Thank you. ☺

-Anthony Del Real





I'm really going to miss QPOC and I say miss in the sense that I will not be here as a student and being heavily involved with the "community" I have had the privilege of having such a long relationship with. Before I go into tears and laughter, I'd like to say thank you to QPOC Board for better or for worse, for sharing yourselves with me and others. I also want to acknowledge that I have learned a lot from my experiences with all of you this year and especially in past years from other QPOCers (Rigo, Alice, Lorie, Louise, Laura, Kevin M., Kim, Daniel, Micaela, etc) long before most of you found QPOC as a family. I am ever so grateful to them for helping in my growth as a strong, caring, fierce activist and leader. For QPOCers that have years ahead of them, I really meant what I said about all of you being just as fierce-maybe you won't see it for yourselves now, but you will see in years to come (I'm sure of it because I already do). Also, in your

feedback/criticisms/actions/reflections please do this all out of your purpose for being an activist and with a lot of love for your fellow person regardless of how negatively they make you feel. Often, I feel some folks either lack the ability to self-reflect, get lost in self-reflections, and or can't check themselves while they are checking others-words are very powerful and I hope all of you use them to stand up for a just cause and to be supportive of each other and our allies. The SAAC & UCSD community could use a little more of all the above and especially more love for our differences and really opening our eyes to all of our struggles as a community externally and internally from the community, I hope that many of you help in becoming that healing hand to progress or push forward to a world more unifying, now that is beautiful. Taking my step back has been rough and I know I need to do it for others to step up and take on leadership roles. I have a lot to say and I will not fit it all into this confined space, so I will leave you with this (951) 203 8432 because if you don't already have it, know that I'm here because all of you are family to me and I will continue building on the relationships I have started with you. Above all this, love yourself and remember that through your experiences you are a student and take time to be a student, we could use more people furthering their education in grad school. You all are

amazing people! See ya around!

Con Amor,



To My Wonderful QPOCers:

I want to share with y'all what QPOC has meant to me. As I sit here thinking of my last few years at UCSD, QPOC has been one of the most significant spaces for me. QPOC always has and always will mean FAMILY. As I returned to UCSD in Winter Quarter, I truly looked forward to seeing familiar faces as well as meeting the wonderful new members. The space y'all created for me was more than I could have imagined though. It was the one place where I could be myself and feel LOVED. Love is such an important part of the work that is done in QPOC and I'm so proud to be apart of that. I want to remind each and every one of you that you must love yourselves and remember how amazing and beautiful you are! I hope QPOC has given you the tools/space to be who you are and love every minute of it.. no matter how crazy/ridiculous/wonderful that may be! STAY BEAUTIFUL AND ALWAYS STAY SEXY!

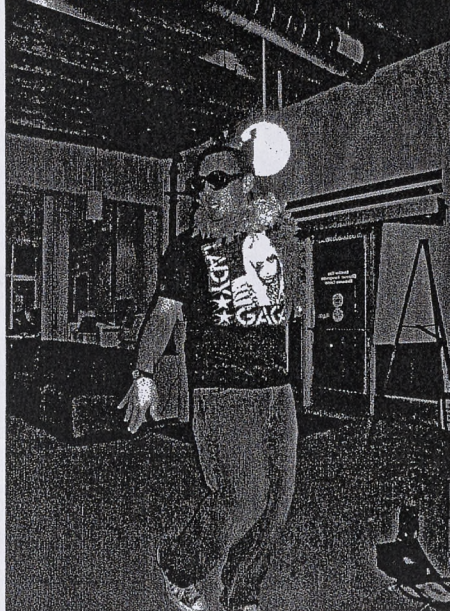
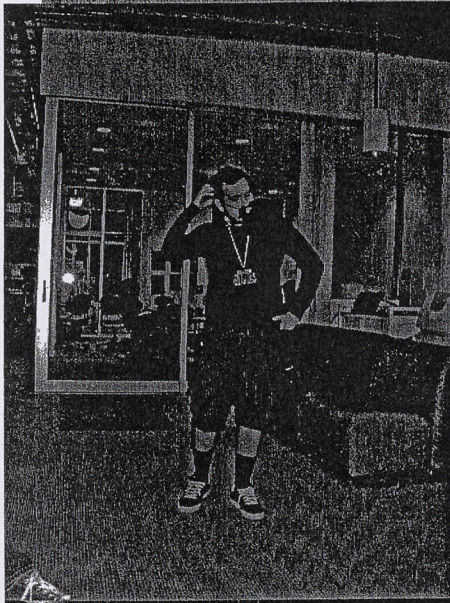
Much Love & Appreciation,
Bree

I always have a difficult time saying good-bye because I have lost several by saying this phrase, especially to friends who have won a special place in my heart. It is hard to accept that this year is coming to an end, because then, I won't have the love, support and family I learned to be around with for the summer and maybe even next year. One thing I did learn from QPOC this year is that no matter how far away, my community is always there, regardless of what the occasion is. I have learned to trust everyone and be more comfortable with change because with that

comes greatness that we all achieve one day or another. It most definitely was a pleasure, honor and privilege to know everyone at an individual level, and that's something that I feel QPOC does, give those who attend the ability to form a strong sense of family because it is an intimate space that I am proud of having. You all always motivated me to continue doing what I love because by receiving a hug, smile and even tight hug, I knew I did a job well done

and it was well worth it. I am really going to miss that and the entire warmth feeling y'all gave me. Some of the few things I learned about myself that I would love to share with y'all are to always check in yourself because to a surprising extent, that is how a lot of my great work came from and it is more than okay to ask for help because once that hand goes up, someone will most definitely offer to hold it in support, with love or just a reminder of what a great person you can be. Thank you all





Shout out!

