

UCSD LGBT RESOURCE CENTER X TEACHING AND LEARNING COMMONS PRESENT

# TIME MANAGEMENT:

*How to Avoid Procrastination and Manage Time Wisely*



**NOV 8TH**

**1:00 TO 2:00 PM**

LGBT RESOURCE CENTER  
CONFERENCE ROOM

In this workshop we will discuss techniques such as the Time Matrix, Semester on a Page, The Ultimate Schedule, and how to make the most of to-do lists.

Procrastinating on assignments until the last minute? Studying right up until that test lands on your desk?

Get your life together with us!

This workshop is great for figuring out where all the time goes in the day and how to budget your time so you still have time for fun."

If you have an accessibility needs, please contact us at 858-822-3493 or [rainbow@ucsd.edu](mailto:rainbow@ucsd.edu).

**#FIRSTGEN  
COLLEGE  
GRAD**

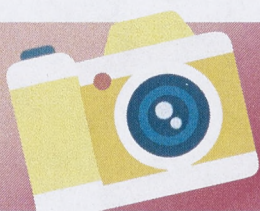
# NATIONAL FIRST-GENERATION CELEBRATION DAY

UC San Diego joins universities across the country for the 2018 National First-Generation College celebration. Join the Tritons Firsts community (UC San Diego's first-generation faculty, staff and students) for an inspirational get-together.

**Thursday, 11/8 • 5-7pm**

**Student Services Center Multipurpose Room**

Rupertus Way and Myers Drive, La Jolla, CA 92093



*Join your first-gen community at the Price Center Triton Statue Steps at 4:30 pm for a historic, all-campus picture. See you there!*



**REGISTER NOW!**

[bit.ly/celebrate1stgen](http://bit.ly/celebrate1stgen)

For more information, contact Student Affairs | Student Retention & Success  
[tritonfirsts.ucsd.edu](http://tritonfirsts.ucsd.edu) • [firstgentritons@ucsd.edu](mailto:firstgentritons@ucsd.edu)

#firstgenucsd

UC San Diego

#celebratefirstgen



# APPLY TO BE AN INTERN AT THE SSC

Cycle 10 of the Student Sustainability Collective is currently hiring interns for the 2018-2019 school year! The SSC internship program is designed to develop student leaders who are passionate about working to create a more environmentally & socially equitable world. If you are accepted, you will be paired with a mentor & placed into a team that will work through the end of the 2018-19 academic year. For more information, check out our FaceBook @UC San Diego Student Sustainability Collective.

**APPS ARE DUE BY NOV. 10 at 11:59pm**

**[HTTP://TINYURL.COM/SSCINTERNSHIP](http://tinyurl.com/sscinternship)**





UCSD LGBT Resource Center x Graduate Student Association Present

# Grad Chat

Graduate School Information Session for Undergraduates

**TUES, NOV 13TH ♥ 5:00 - 6:00 PM ♥ LGBT RESOURCE CENTER**

Grad Chat is an opportunity for undergraduates that identify as LGBTQIA to learn both about graduate school and the application process from current UCSD graduate students.

Dinner will be served during this informal Q&A session at the LGBT Resource Center on Tuesday, November 13th 5-6 pm.

If you would like more information, please contact Aleena Arakaki at [vpdiversity@gsa.ucsd.edu](mailto:vpdiversity@gsa.ucsd.edu).

\*\*\*LET'S GET THIS BREAD !!!\*\*\*



# APIMEDA BREAD PARTY



ASIAN PACIFIC ISLANDER MIDDLE EASTERN DESI AMERICAN X LGBT RESOURCE CENTER

Join us for our quarterly queer APIMEDA family hangout! This time around, we'll be having a bread party as we watch some shows, so don't miss out on fun times! With Regents Pizza and pastries from 85°C Bakery, you can get this bread as you bond with community and destress.

This is a closed space for LGBT APIMEDA folx, thank you!



THURS  
NOV 15  
7-9PM



LGBT  
RESOURCE  
CENTER



*The*  
**MICHAEL DILLON  
SOCIETY**

*Free entry*

**1st Tuesday of the  
Month**

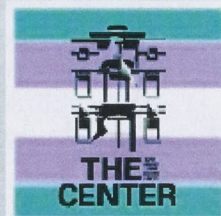
**7:00PM - 8:30PM**

The Michael Dillion Society is a Trans Male social group that meets monthly. This is a space for trans-men to socialize and have a good time. Food and drinks will be provided. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or ext. 109

**The Center Auditorium**

3909 Centre Street, San Diego, CA 92103

For more information contact Deja at  
619.692.2077 x109 or [dcabrera@thecentersd.org](mailto:dcabrera@thecentersd.org)





Fall 2018, Events for Week 6  
 UC San Diego LGBT Resource Center  
 Monday-Thursday 8am-7pm;  
 Friday 8am-4:30pm

"I could love anything on earth  
 that appeared to wish it."  
 - Lord Byron

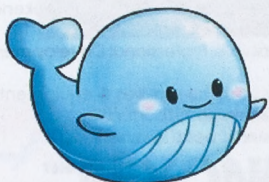
858-822-3493 | [rainbow@ucsd.edu](mailto:rainbow@ucsd.edu) | [lgbt.ucsd.edu](http://lgbt.ucsd.edu)



### Audio Newsletter

Please click [HERE](#) to access our Audio Newsletter!

### Special Announcement



### Newsletter Date Change

Starting week 7 of Fall Quarter, the Rainbow Newsletter will be published on Tuesdays weekly and the deadline for contribution form submission is 1:00PM every Monday. Thank you!

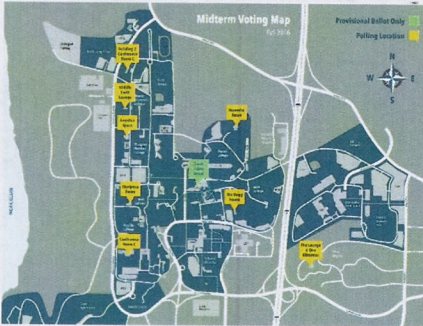


### UC San Diego LGBT Resource Center's 20th Anniversary

In 2019 the UC San Diego LGBT Resource Center will celebrate 20 years on our campus. As we begin to plan for events connected to our 20<sup>th</sup> anniversary year, please hold Saturday, February 2<sup>nd</sup>, 2019 from 4pm-6:30pm for an event which honors our 20 years.

### Upcoming Events

**Vote on November 6th!**



The November 6, 2018 General Election is approaching and UC San Diego encourages eligible students, faculty, and staff to exercise their voting rights.

Eligible voters may confirm their designated polling location [here](#).

There are nine on-campus polling locations, intended for registered on-campus residents (map attached). All nine on-campus polling locations will accommodate eligible voters who wish to fill out a provisional ballot and will accommodate San Diego County vote-by-mail voters who wish to drop off their ballots.

Students with further questions can contact Heather Belk at [heather@ucsd.edu](mailto:heather@ucsd.edu).

Interested in starting a new LGBTQIA+ group?

LGBT RESOURCE CENTER

# AFFILIATE PROGRAM

**PROGRAM PERKS:**

- Meeting space for evening & weekend usage at LGBT Resource Center
- Leadership & Professional Development Training
- Access to office supplies & equipment
- Co-sponsorship opportunities
- Volunteer Support & more!

APPLICATIONS at: [lgbt.ucsd.edu](http://lgbt.ucsd.edu)

Interested in starting a new LGBTQIA+ group? Join the LGBT Resource Center [Affiliate Program](#).

- Program Perks:
- Meeting space for evening & weekend usage at LGBT Resource Center
  - Leadership & Professional Development Training
  - Access to office supplies & equipment
  - Co-sponsorship opportunities
  - Volunteer Support & more!

Apply [here!](#)

Queer Student Organization Affiliates

THE LGBT RESOURCE CENTER & OUR LGBTQIA+ LIVE AND LEARN COMMUNITY PRESENT

# BORED GAYMERS

**MONDAYS 4:00-5:30**

LGBT RESOURCE CENTER CONFERENCE ROOM

**Bored Gaymers**  
**Mondays | 4:00-5:30 PM |**  
**Conference Room, LGBT RC**

Come play board games with us weekly at the LGBT Resource Center! Feel free to see what games we have or even bring your own!

No experience required!

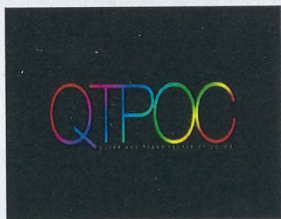




LOVE  
*Is*  
LIGHT

A safe space LGBTQ+ individuals and allies  
of all spiritual backgrounds.  
Come hang out!

Starting Wed. Oct 17  
Meetings Every Odd Week  
Wednesdays 5-6 pm  
LGBT Resource Center Conference Room



### Love is Light

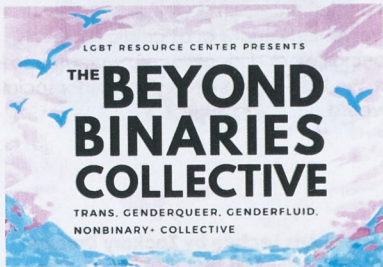
Odd Wednesdays | 5:00-6:00 PM |  
Conference Room, LGBT RC

Love is Light aims to create a welcoming and comforting social environment for LGBT students of all spiritual backgrounds. As inclusion is the founding principle, allies and non-religious LGBT students are welcome. The group will affirm students' identity as part of the LGBT spiritual community and promote compassion, tolerance, and self-care through mental, spiritual, and physical wellness.

### QTPOC

Odd Wednesdays | 7:30 - 9:00 PM |  
Conference Room, Cross Cultural 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 pocucs d@gmail.com](mailto:qt pocucs d@gmail.com) or check out their [Facebook page](#)



### Beyond Binaries Collective

Thursdays | 2:00 - 3:20 PM | Conference Room,  
LGBT RC

Come to a flexible, loving space with other folks who identify outside of the gender binary or are questioning if they are. Every week is a new space to explore who you are in a safe environment and find community and support.

### Black Queer Collective

Even Thursdays | 4:00-5:00 PM |  
Conference Room, LGBT RC

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**

Odd Thursdays | 6:30-8:30 PM |  
Conference Room, LGBT RC

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!

**UCSD Multi-identity Art Collective**

Fridays | 4:30-7:00 PM | LGBT RC

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!

## LGBT+ Community Events

**A Visual Arts Lecture by Zackary Drucker**

Nov. 14 | 7:00 - 9:00 PM | PC Ballroom East

Zackary Drucker is an acclaimed multimedia artist known for her large scale photographs that break down the way we think about gender, sexuality, and seeing. She has performed and exhibited her work internationally in museums, galleries, and film festivals. Drucker is an Emmy-nominated Producer for the docu-series *This Is Me*, as



well as a Producer on Golden Globe and Emmy-winning *Transparent*.

UC San Diego ID is required for free entry.

Check out [here](#) for more information about the event.

## Community Support Groups

# Men's Relationship Forum

### Men's Relationship Forum

**Weeks 2-10 Mondays | 2:30- 4:00 PM | 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](mailto:gkoch@ucsd.edu).

### Coming Out Group

**Tuesdays | 3:30-5:00 PM | 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

Special Announcements for A Special Week



members the first 3 meetings of each quarter and then closes to maintain safe space.

For more info, please contact Cat Thompson at [cathompson@ucsd.edu](mailto:cathompson@ucsd.edu) or Luis Legaspi at [llegaspi@ucsd.edu](mailto:llegaspi@ucsd.edu)



**Queer Muslim Forum**  
Nov. 7 | 11:30 AM - 12:30 PM | Cross Cultural Center

A supportive closed space for queer Muslims to meet and create community while discussing topics pertaining to identity.

For more information, feel free to email Soraiya Khamisa ([skhamisa@ucsd.edu](mailto:skhamisa@ucsd.edu)) or Windi Sasaki ([wsasaki@ucsd.edu](mailto:wsasaki@ucsd.edu)).

## Community Classifieds

**Queer Time: A Recital**  
Nov. 5 | 5:00 - 6:00 PM | Conrad Prebys Experimental Theater (CPMC)

One of our graduate students, Hillary Jean Young (Soprano) will be holding her recital at the Conrad Prebys Experimental Theater in November. Her work is inspired by queer culture and gender politics.

This event has free admission and will be about 50 minutes long.

For more information, visit our [website](#) or [facebook page](#).

a recital  
performed by Hillary Jean Young and Kyle Adam Blair  
Spokane Experimental Theater at UCSD | Free Admission  
Rehearsal the world premiere of "Pinned Star" by  
Justin Murphy-Marcus and Magabanta Sola

# queer time

two happenings  
on November 5th

an art party  
curated by Hillary Jean Young  
donor: Ben, Lisa & Co.  
50% of the proceeds from this event will go to the  
following organizations and individuals: The Hummingbird, Jack Price  
Group, Alan LaFrance, Regeneracy.org, UCSD's Center for  
AIDS and Health, Lillian Scher, Joshua Griffin and more

www.hillaryjeanyoung.com

## ASK A HEALTH EDUCATOR!

Meet with a health educator to learn more about the following health topics. We can help you make informed decisions when it comes to your health.

- Alcohol
- Tobacco
- Other Drugs
- Sexual Health
- Sleep
- Stress
- Health Eating
- Physical Activity

## HEALTH PROMOTION SERVICES

Health Promotion Services provides a variety of services that help enhance and maintain the health of UC San Diego students and the collective campus community.

**CONTACT**  
858-422-0455  
healthpromotion.ucsd.edu

### Ask a Health Educator Odd Wednesdays | 11:00 AM - 12:00 PM | LGBT RC

Bria Hamlet is a Certified Health Promotion Specialist from the Health Promotion Services (HPS) department. Her focus areas include Alcohol and Other Drugs and Sexual Health. During her office hour, she will provide information about services available at Student Health Services (SHS), as well as upcoming wellness events and workshops. Bria also counsels students before they begin pre-exposure prophylaxis, or PrEP, for HIV infection prevention. She can answer questions about that process as well.

Destress with...

# Biofeedback

Wednesdays 2:30-3:30  
The Zone  
In Price Center Next to Jamba Juice

### Destress with Biofeedback Nov. 07 | 2:30 - 3:30 PM | The Zone

Come de-stress with the CAPS Wellness Peers! Measure your psychological stressors and learn more about what makes you most stressed, how it affects your well-being and how to keep your stress levels down! Workshops are all free. Space is limited and is first come, first served. Hosted by the CAPS Wellness Peer Educators.

Questions? Contact The Zone at  
[zone@ucsd.edu](mailto:zone@ucsd.edu)  
(858) 534-5553

**A Scholarship to Help You Change the World**

Global TIES, UC San Diego's award-winning humanitarian engineering, social innovation, and sustainable development program is hosting an information session to learn about the Donald A. Strauss Scholarship, which awards \$7000 in scholarship AND up to \$8000 in project support to sophomore and junior changemakers.

When: Wednesday, November 7<sup>th</sup>, from 5-6:30 PM

Where: Fung Auditorium, Powell-Focht Bioengineering Building

The information session will be followed by a Global TIES poster session with pizza!!!

Space is limited. Register here: <https://ucsd.zoom.us/j/6061907715672144>



**Donald A. Strauss Scholarship Info Session**

Nov. 07 | 5:00 - 6:30 PM | Fung Auditorium, Powell-Focht Bioengineering Building

Global TIES, UC San Diego's award-winning humanitarian engineering, social innovation, and sustainable development program is hosting an informational session to learn about the Donald A. Strauss Scholarship, which awards \$7000 in scholarship AND up to \$8000 in project support to sophomore and junior changemakers.

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**Celebrate First Generation Day**

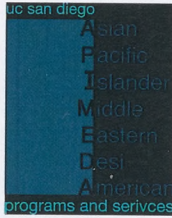
Nov. 8 | 5:00 - 7:00 PM | Student Services Center Multipurpose Room

In honor of First Generation Celebration Day, on November 8, the Student Retention and Success Office is hosting a get-together between First-Generation faculty, staff, and students.

Register [here!](https://ucsd.zoom.us/j/6061907715672144)

Contact [firstgentritons@ucsd.edu](mailto:firstgentritons@ucsd.edu) for questions or accommodation.

**Campus Community Centers**



Asian Pacific Islander Middle Eastern Desi American Programs and Services



Black Resource Center



Cross-Cultural Center



Intertribal Resource Center



Raza Resource Centro



Women's Center

## Rainbow Newsletter submissions

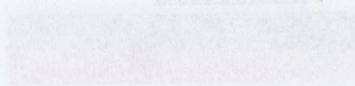
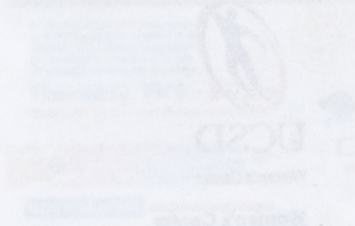
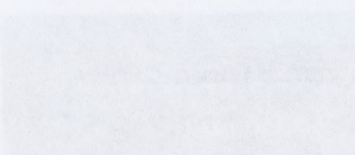
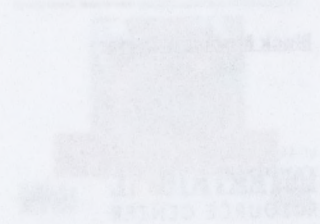
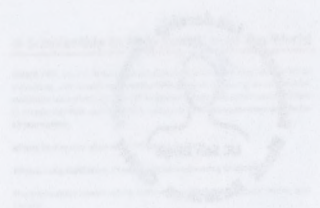
If you would like to submit relevant events to be featured in the newsletter, please email [rainbow@ucsd.edu](mailto:rainbow@ucsd.edu).

SEE YOU NEXT WEEK!



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

<https://ui.constantcontact.com/mavmap/emcf/email/view?flow=view&camefrom=view&campaign=ed25b6c3-e627-4db6-8d01-32be8172a9a9>



Center for the Study of the Book

Center for the Study of the Book

Center for the Study of the Book



Center for the Study of the Book

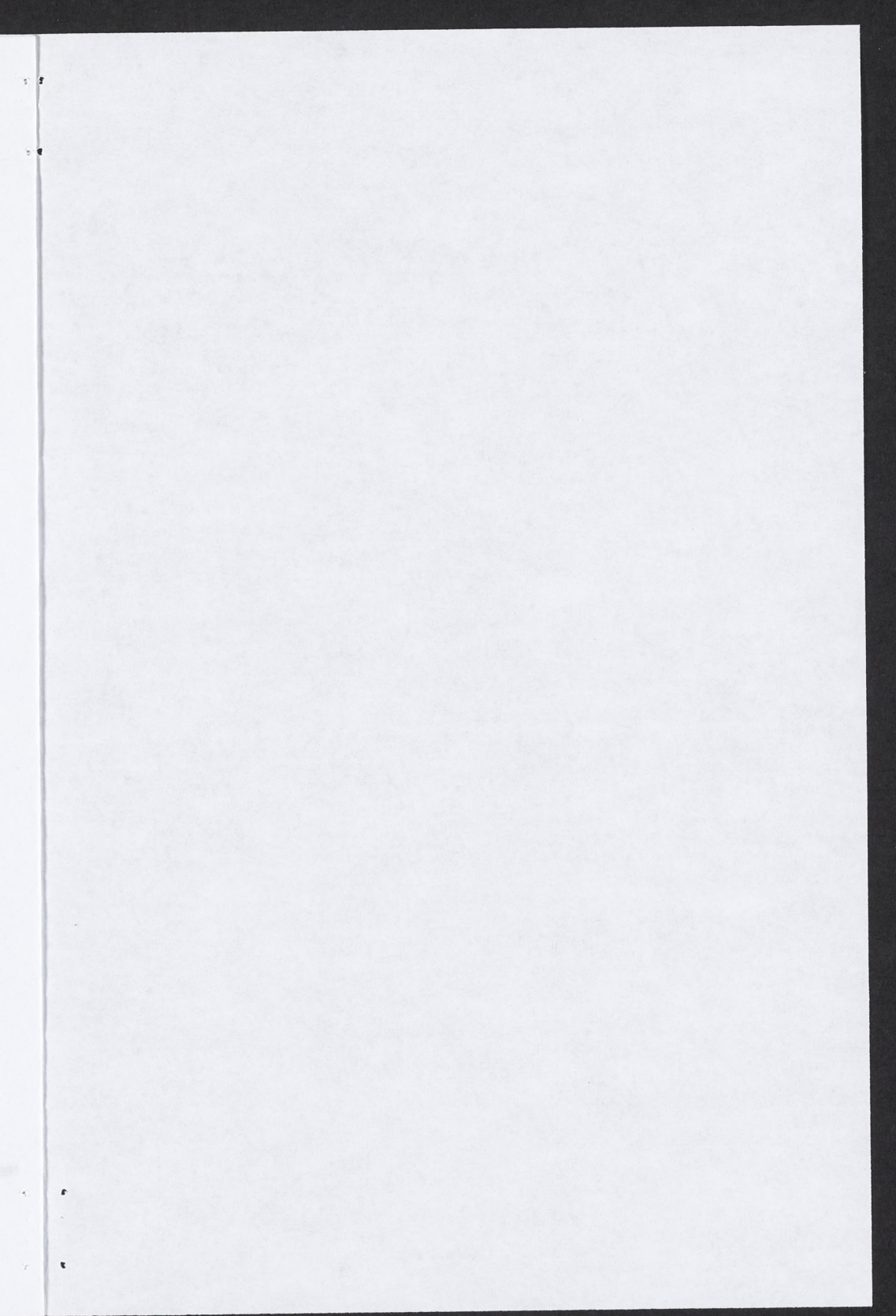
Center for the Study of the Book

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Fall Quarter Newsletter  
Week 6

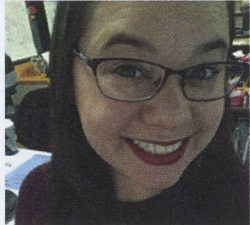




# THE NEWSLETTER

October 2018 / ISSUE 10 / VOLUME 25

## AIDS QUILT ON DISPLAY



We profusely apologize that the September General Meeting was cancelled on such short notice. We promise, the October meeting won't be! Please join us on **Monday, October 22** at 7:00 pm at Jewish Family Service, 8788 Balboa Avenue, San Diego. **PLEASE NOTE: WE MEET ON THE 4TH MONDAY OF THE MONTH, NOT OCTOBER 29.**

We are pleased that Samantha Alberts from the San Diego History Center in Balboa Park will be speaking to us about the LGBTQ+ Community Exhibition currently at the History Center. On display are shared memories of struggles to overcome persecution, the battle with AIDS, bullying, and intolerance that have brought the LGBTQ+ community together. They were fortunate to secure a rare display of part of the AIDS Quilt with significance to our region.

Please join us for support groups, followed by the cookie social, then Samantha's presentation.

## SOUTH BAY CLASSINESS

September 8 was the South Bay Pride Art & Music Festival, and members of PFLAG in South Bay were proud to take part in it. If there was a prize for the most attractive booth, PFLAG would have won it, hands down. The group has started Personal Closet Project which collects clothes for trans youth in the South Bay area. You can see some of what has been collected in one of the pictures. If you can contribute or have questions, please contact Brenda Arnold, [barnold@pflag.com](mailto:barnold@pflag.com).



It was wonderful having Toni Atkins, President pro tempore of the California State Senate (and also the representative for the 39th district) visit the booth.

## CYGNET THEATRE PRESENTS...

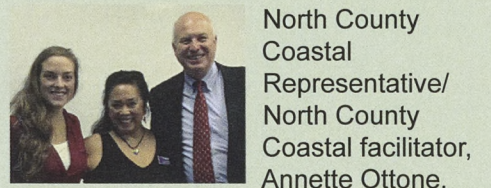
the play, *HIR*. The play will run **through October 28**. Synopsis: Somewhere in the suburbs, Isaac, a veteran, has returned from Afghanistan to help take care of his ailing father, only to discover a household in revolt. The insurgent: his mom. Liberated from an oppressive marriage, with Isaac's newly out transgender sibling as her ally, she's on a crusade to dismantle the patriarchy. Tickets can be purchased at [cygnettheatre.com](http://cygnettheatre.com). The theatre is located at the Old Town Theatre, 4040 Twiggs Street in Old Town.

## HAIL, HAIL THE GANG WAS ALL THERE

Thanks to all who donated and/or walked in the 29th Annual AIDS Walk San Diego. Since we had more than 10 people sign up, we were able to walk with the prestigious sneaker sign, as shown below. Kudos go to: Vanessa Allen, Lonnie Brunini, Donna Gray-Bowersox, Bobbi Harwood, Melanie Kilgore, Becki Luna, Bill Luna, Vicki Luna, Jennifer Malley, Jen Rickard, Phyllis Van Wanseele, Terrie Vorono, Don Ward, Toddy Yeats, and Sherry Cohen-Richards.



## WAY TO GO, ANNETTE



North County Coastal Representative/  
North County Coastal facilitator,  
Annette Ottone, was the guest speaker at Johns Hopkins University's Applied Physics Lab campus in Laurel, Maryland. What an honor! Annette's visit coincided with LGBT History Month. Her speech and slide presentation included: PFLAG's history, her and her daughter's coming out story, how to be a good ally, what can happen when you are a good ally, and walking with Pride.

## OFFICERS, COMMITTEES & VOLUNTEERS

### President

Terrie Vorono  
619-997-6139  
tvorono@pflag.com

### Past Co-President

Patti Boman  
pboman@pflag.com

### Vice-President

Sherry Cohen-Richards  
858-349-6269  
scohenrichards@pflag.com

### Recording Secretary

Tiffany Gonzalez  
tgonzalez@pflag.com

### Treasurer

Nancy Colbert  
ncolbert@pflag.com

### Greeter

Lonnie Brunini  
lbrunini@pflag.com

### Membership

Bobbi Harwood  
858-453-3249  
bharwood@pflag.com

### Info Line

Support/Outreach  
888-398-0006

PFLAG San Diego  
PO Box 82762  
San Diego, CA 92138

Tax ID #33-0512868

### Newsletter

Sherry Cohen-Richards,  
Editor

Linda Bessemer, Laura  
Partido & Pacific Imaging

Jessy Sauchuk, Belladia  
Marketing & Design

### Programs

The Board

### Scholarship

Donna Bowersox and  
Sherry Cohen-Richards  
scholarships@pflag.com

### Spanish Interpreter

Patti Boman  
619-227-6092

### Speakers Bureau

### Transgender Coordinator

Kathie Moehlig  
kathie@transfamilyos.org

### Refreshments

Ina Price

### Website

Lisa Smith, Belladia  
Marketing & Design

### Board Members

Brenda Arnold  
Sherry Cohen-Richards  
Nancy Colbert  
Tiffany Gonzalez  
Bill Luna  
Vicki Luna  
Mike Minnick  
Kathie Moehlig  
Gretchen Porton  
Ina Price  
Terrie Vorono

National PFLAG, Washington, DC  
(202) 647-8180, www.pflag.org

## Membership Application

- New  Renewal  Change of Address  
 Please contact me for volunteer opportunities

Confidentiality is respected. Your donation is tax deductible (Tax ID 33-0512868)

Make checks payable to:

PFLAG San Diego  
PO Box 82762  
San Diego, CA 92138

### Type of Membership

- Individual ..... \$30  Household ..... \$40  
 Business ..... \$50  Supporting ..... \$60  
 Contributing ..... \$125  Lifetime ..... \$1000  
 Other ..... \$ \_\_\_\_\_  
 Accept my donation, please do not list.

### Please fill out, clip and mail this form

Name.....

Address.....

City .....

State.....ZIP .....

Email.....

Phone.....Date .....



or go online [www.pflag.com](http://www.pflag.com) (forms available)

### VISION STATEMENT

PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

### MISSION STATEMENT

By meeting people where they are and collaborating with others, PFLAG realizes its vision through: Support for families, allies and people who are LGBTQ; Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ; Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

## Current Events

### Through October 28

Cygnnet Theatre  
HIR (see article)

### October 19 | Friday

"Ghouls Night Out"  
San Diego Women's Chorus  
(see article)

### October 22 | Monday

San Diego Metro General  
Meeting and Support Group

### October 23 | Tuesday

PFLAG Support Group  
North County Inland

### October 23 | Tuesday

Our Space-Poway/High School

### October 23 | Tuesday

Our Space-Poway/Middle School

### Through November 18

Mama's Kitchen Pie in the Sky  
(see article)

### November 5 | Monday

PFLAG Support Group  
North County Coastal

### November 6 | Tuesday

PFLAG Support Group  
Ramona

### November 8-December 9

Diversionary Theater  
*This Beautiful City* (see article)

### November 10 | Saturday

Asian Film Festival  
Co-presentation (see article)

### November 12 | Monday

Mi Familia  
MI FAMILIA WILL NOT MEET IN  
NOVEMBER

### November 13 | Tuesday

PFLAG Support Group  
North County Inland

### November 13 | Tuesday

Our Space-Poway/High School

### November 13 | Tuesday

Our Space-Poway/Middle School

### November 20 | Tuesday

Transgender Day of  
Remembrance (see article)

## 2019 IS AROUND THE CORNER

PFLAG memberships are for the calendar year, and 2019 is almost here. That means memberships are due once again. Thank you for being part of our continuing effort to provide support, education, and advocacy on behalf of our lesbian, gay, bisexual, transgender, and questioning community and their families. Thank you for allowing us to continue to provide monthly meetings, speakers, support groups, an info line, newsletters, educational brochures, etc.

Your membership is important to us--it enables us to strengthen our presence in the community and to have our voices heard. We also help support National PFLAG by sending \$15 of your dues to them which provides you with membership in the national organization. Please don't renew directly with National, as no part of that benefits our San Diego chapter.

The membership application is on page two, as well as our web site ([www.pflag.com](http://www.pflag.com)), where it is quite convenient to renew/join through Pay Pal. You can also join/renew at any of the meetings or mail a check made payable to: PFLAG San Diego County, P.O. Box 82762, San Diego, CA 92138. All memberships are tax deductible. Donations are welcomed.

If you join now through December 31, 2018, your membership is valid through December 31, 2019.

## SUPPORT GROUPS

### SD METRO GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday at 7:00 pm, at Jewish Family Service, 8788 Balboa Ave, San Diego in Kearny Mesa.

For further information, contact the Info Line:

888-398-0006 or [metrosdc@pflag.com](mailto:metrosdc@pflag.com)

### NORTH COUNTY COASTAL

Meets the 1st Monday at 6:30 pm

Pilgrim UCC, 2020 Chestnut Avenue, Carlsbad.

Annette: 760-518-3345 | [northcountycoastal@pflag.com](mailto:northcountycoastal@pflag.com)

### NORTH COUNTY INLAND

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm

St. Bart's Church, 16275 Pomerado Road, Poway.

Jill/Dan: 760-855-9424 | [RBPowaypflagsdc@pflag.com](mailto:RBPowaypflagsdc@pflag.com)

### EAST COUNTY

Not currently meeting. For questions and information:

Raegan: 858-531-5426 | [eastcountysdc@pflag.com](mailto:eastcountysdc@pflag.com)

### SOUTH BAY

Meets 3rd Monday at 7:00-8:30 pm,

Our Safe Place, 746 Ada St, Chula Vista.

Patti: 619-227-6092 | [southbaysdc@pflag.com](mailto:southbaysdc@pflag.com)

### RAMONA

Meets 1st Tuesday from 6:00-8:00 pm, St. Mary's in the Valley, 1010 12th Street, Ramona. For meeting info:

Carlee: 757-448-5640 | [Ramonapflagsdc@pflag.com](mailto:Ramonapflagsdc@pflag.com)

### POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm

St. Bart's Church, 16275 Pomerado Road, Poway.

Al: 858-382-2262 | [al@transfamilysos.org](mailto:al@transfamilysos.org)

### OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm, St. Bart's Church, 16275 Pomerado Road, Poway. Facilitated by youth.

Al: 858-382-2262 | [al@transfamilysos.org](mailto:al@transfamilysos.org)

### MI FAMILIA (Spanish)

MI FAMILIA WILL NOT MEET IN NOVEMBER

Patti: 619-227-6092 | [pboman@pflag.com](mailto:pboman@pflag.com)

### TRANSFAMILY SUPPORT GROUP

Support groups held separately for children, teens, & adults to explore topics around gender identity and expressions.

Kathie: 858-382-9156 | [info@transfamilysos.org](mailto:info@transfamilysos.org)

## FEATURING TWO MORE SCHOLARSHIPS



The recipient of the other **Rob Benzon Memorial Scholarship** is **Taylor McElroy**. She is a third-year law student at California Western School of Law. She is actively involved in several organizations on her campus, including Pride Law and the Public Interest Law

Foundation. Additionally, she will be a clinical intern for the California Innocence Project for the 2018-2019 year.

Taylor became an activist at an early age, fighting for equality and justice in her community. She has been an out member of the LGBTQ community since she was 12 years old and she is happily married to her high school sweetheart, Nichole. Although Taylor had many challenges and hurdles she had to overcome at an early age, she has navigated them all with grace and dignity.

“For as long as I can remember, I wanted to be an attorney. As a child, I was the girl who watched ‘The Practice’ and ‘Law and Order’ instead of Britney Spears videos and Pokémon. At seven years old, I practiced interviewing witnesses for my aunt’s workers’ compensation claim using a tape recorder and I made myself a homemade, bar card using my class photo. I wanted so badly to work in law that my parents, who always chose a theme for my birthday presents, chose to make the theme of my eighth birthday ‘The Law.’ Due to the experiences I had with the law during my childhood, I dreamed of becoming a prosecutor and ‘putting the bad people’ behind bars. It took me many years to realize that the black and white views of the law I was raised with could not be reconciled with my passion for equality and justice. In pursuing a career in law, I found that the law operates in shades of gray, and my calling is not to ‘put the bad people away’ as I had originally thought. My calling is (1) to work tirelessly to improve access to justice for members of (my) LGBTQ community; (2) encourage other LGBTQ persons to pursue careers in law; and (3) help people, similar to my family, navigate the legal system and understand their legal rights.

Many of the ideas I had about the law were formed during my tumultuous childhood. I was born in Mountain View, California, a city nestled deep within the Bay Area. My mother and father were teenage parents, and their relationship soured soon after I was born. A long, brutal custody battle ensued which ended with my mother’s family relocating to Northern California, with me in tow. Soon after moving to Shasta County, my mother became addicted to methamphetamines and through her relationship with a new boyfriend, we both became victims and survivors of domestic violence. I discovered how difficult it could be to navigate our legal system without an understanding of the legal resources available or the means to hire an attorney. To this day, I have a difficult time dealing with the memories I formed during those times. However, I am thankful that I was

able to find my passion for helping people like my mother, exercise and understand the legal rights they possess.

Over the next few years, my life at home was the constant picture of chaos. My mother was incarcerated and my maternal grandparents adopted me. My adoptive mother was disabled and had frequent stays in the hospital while my adoptive father commuted four hours to and from San Jose just to be able to support us. My half-brother and sister were diagnosed with several disabilities and my sister became a ward of the court. I felt helpless that I was not able to help soothe the pain that my family was experiencing. During this time, I discovered the movie *Erin Brockovich*, a movie about a regular woman who changed the lives of an entire town of people by teaching them about their legal rights and connecting them with legal resources. At that moment, I knew I wanted to be Erin Brockovich—I wanted to be a strong woman who uses her voice to amplify the voices of and advocate for those who could not do so for themselves. Throughout my early teens, my biological mother slipped in and out of addiction, further complicating our family dynamic. At the age of 12, I began to struggle with reconciling my Mormon faith and the expectations of my conservative community with my developing sexuality and identity as a lesbian. After I came out as a lesbian, I became heavily involved in activism for the LGBTQ community and began to face homophobia within my family, church and community.



In high school, I tried to find an internship or job working in the legal field, but growing up in such a small town, there were no opportunities available in law, so I focused on working with nonprofits instead. In college, I also volunteered with several non-profit organizations and volunteered my time to the LGBTQ community. I started law school in Fall 2016 and I have been searching for ways to give back to the LGBTQ community in San Diego. Through my school, I have begun to contribute to our community and I am hoping that I am able to specifically help members of our community in the future through new clinics, such as the USD Name and Gender-Marker Clinic. In the last year, I served as a Clinical Intern for the Community Law Project at California Western School of Law. As an intern, I conducted intake interviews and assisted clients in completing clinic forms; provided clients with referrals to partner organizations and legal information; and I worked directly with my supervising attorney to provide clients with legal advice or follow-up appointments with other attorneys. I believe my work with the Community Law Project made a positive difference in the community because it provides people with free legal advice on a variety of different issues and allows for members of the LGBTQ community to seek assistance without having to pay for services.

I want to change the world for the generations of LGBTQ people that come after me. I want to use my passion for

## FEATURING (CONTINUED)

justice and knowledge of the law to help our community learn about their legal rights and get justice for those in our community whose rights have been infringed. With my law degree, I plan to change the world by helping draft legislation that benefits our community, teaching our community about their rights through workshops and encouraging young teens to get involved in our community earlier in life. I want our world and community to welcome our newer generations and help them join in our fight for equality and justice.”



The **Stephen G. Bowersox Memorial Scholarship** was awarded to **Felipe De La Cruz**. As he explains, he was raised by Mexican parents whose membership in the Mormon church reinforced their conservative views.

Early in his life, his father was called to serve as the bishop for a church in Tijuana and during the week, he was a humble landscaper in the United States. Thus, important parts of his life fell on both sides of the border. Crossing between the United States and Mexico was a daily ritual. From politics to struggling with his sexuality, his parent's religion has always been difficult with him. As his advisor put it, “Where most would put a minority first generation, college-bound male's chances at success as very slim, Felipe is defying those very odds.” Besides his founding of the Poetry Club at The Preuss School UCSD, he was a member of the Urban Squash Team, he also founded the APUSH Review Club (a group of students who tutor juniors taking AP U.S. History), president of the Model United Nations, and is active in his church. He is currently attending Trinity College, where he would like to earn a JD with a BA in History/American Studies.

“After reading Pablo Neruda and Jorge Luis Borges in my AP Spanish Literature class, I was inspired to begin writing poetry of my own. At first, my hobby remained private. I wrote poems to girls I admired, or criticized issues around me just like any antsy teen, but then I had an idea: to start the first ever club dedicated to poetry at my school. There had never been a club like it at school and creating an environment where students felt comfortable sharing their writing seemed exciting. The Preuss School UCSD is known for having an abundance of students interested in STEM fields, so when twenty students came to the first meeting, I was giddy to begin the year.

I always considered myself a leader in the sense that I am ambitious, able to advocate for myself, and have a passion for collaborating with others; however, it was through leading lessons on poetry that I became more attentive to others. I was shocked at how willing these people were able to open up to me week after week. Poetry club taught me that being a good leader is about making meaningful relationships.

It was through my poetry club that I discovered one of my

closest teammates on my squash team, was struggling with serious depression and suicidal thoughts. I was dismayed. After five years of traveling across the country with him and competing in squash tournaments, I thought I knew him pretty well. And here he was, wearing a guise of happiness, contemplating suicide and severely struggling with depression. Without the safe space of poetry club, I might never have learned what he was going through. I quickly let the club advisor know about my concerns for my friend, who was able to receive the help he needed through weekly meetings with the school psychologist.

Although I had a significant responsibility for the club with making lessons on literary devices, making field trips to local poetry jams, and contacting students at UCSD, the most vital obligation I had as a leader was in creating a safe space for my peers. A duty, that though seemed minuscule at the time, could have meant life or death for one of my closest friends. As time passed and he continued to go to sessions with a therapist, my friend thanked me for being the voice that he never had. To this day, I am glad that I began that club.

As cliché as it may seem, being able to help my friend was a life changing moment in my life. It was not a grandiose heroic thing that I did for my community by creating a safe space, but I know that I made a colossal difference in his life. The ability to work with one person at a time and change their life has motivated me to pursue law. My wish is combine my desire to create safe spaces for individuals in my community while addressing a pressing issue across the country-- immigration.



My experiences living in a low-income neighborhood in San Diego were marked by a need for legal representation. Fear of deportation lingered across all my friends and family. Even more frightening, were the cost of immigration lawyers that would overcharge simply to assist with small legal inquiries. As I would come home from school, my mother on many occasions would tell me in tears that a family members or a close friends was deported. At times, the individuals were deported even if they were a legal resident; simply because of their inability to speak fluent English. As a future law graduate, I will return home and make legal representations for low-income individuals feasible. I aspire to bring representation and opportunities to Latinos.

My weird obsession for making poetry for girls I admired ultimately inspired me to go to law school. However weird the reason is, I am ready to begin helping people from San Diego by creating a path to citizenship feasible. The current political climate has really frightened the immigrant population of my community about their future in the United States. As an immigrant myself receiving a priceless education in the U.S, it is my duty to help my friends and family settle down and receive the great benefits that this great country offers.”



## LGBTQ+ SAN DIEGO: STORIES OF STRUGGLES AND TRIUMPHS

Although Samantha Alberts is our guest speaker, here is a preview of how exciting it is to have a place of our own at the San Diego History Center. The History Center, in partnership with the Lambda Archives, brings the first exhibition ever in Balboa Park, focused on San Diego's LGBTQ+ community. This is the History Center's major exhibition. It opened July 8, 2018 and **will continue until January, 2020.**

Visitors will hear from those in the LGBTQ+ region about the struggles to overcome persecution, the battle with AIDS, bullying and intolerance and the power of the community coming together and within growing activism and community engagement. Specifically for this exhibition, the History Center arranged for the rare display of a portion

of the AIDS Quilt, with significance to our region. **They are looking for volunteers who will monitor the quilt. If you can, please sign up at: <https://www.signupgenius.com/go/60b044ca5a82eabf94-october>.**

The museum is open daily from 9:00 am-5:00 pm. There is no traditional museum fee, but you are kindly asked to donate \$10. The second Tuesday of each month is free to San Diego County residents (proof required). The location is 1649 El Prado in Balboa Park. It's at the east end of El Prado near the Ruben H. Fleet Science Center and the San Diego History Museum. It is next to the Museum of Photographic Arts.

## 19TH ANNUAL ASIAN FILM FESTIVAL

As PFLAG San Diego County does every year at the Asian Film Festival, we are co-presenting a group of short films called Queer Actually on **Saturday, November 10** at 6:30 pm at the UltraStar Mission Valley (Hazard Center on Friars Road).

There is a limited number of free tickets. If you are interested, please email Bobbi Harwood at [bharwood@pflag.com](mailto:bharwood@pflag.com). If you take tickets, please use them. The festival is from November 8-17. For a list of films, locations, and tickets, go to: [www.pacarts.org/sdaff](http://www.pacarts.org/sdaff).

## "GHOULS NIGHT OUT"

San Diego Women's Chorus presents a cabaret-style evening of Halloween-inspired music on **Friday, October 19** at The Irenic, 3090 Polk Avenue in North Park. The event features the solo, duo, and small ensemble talents of SDWC, and, as always, a few special surprise performances! With selections from the popular to the poignant, "Ghouls Night Out" will help everyone get into the spirit of this pumpkin spice-loaded season.

You are invited to arrive early for the pre-show happy hour beginning at 6:30 pm, to enjoy an array of appetizers, beer, wine and non-alcoholic beverages. Complimentary coffee and ice water will be provided. The show begins at 7:30 pm. And don't forget to allow time to browse the silent auction baskets and the chance to purchase opportunity drawing tickets for the stellar pick-your-prize drawings!!

This spooktacular event is a fundraiser benefitting the SDWC Festival Travel Fund. Monies raised will help ensure that members in need are able to travel to Minneapolis in 2020 to represent San Diego at the Gay and Lesbian Association of Choruses Festival! For tickets, visit [sdwc.org](http://sdwc.org). Tickets start at \$20.

## PRIDE BY THE BEACH A HUGE SUCCESS!

Once again, North County Coastal Support Group did an outstanding job by having a fun and informative booth at Pride by the Beach. Pictured below are: Macie and Vince Morris; Mikayla Morris; Patrick, Veronica-Betty, and Dan Macon; Julius and Michael Jimenez.



## TRANSGENDER AWARENESS WEEK & DAY OF REMEMBRANCE

**November 13–17**, individuals and organizations around the country will participate in Transgender Awareness Week to help raise the visibility of transgender and gender non-conforming people, and address the issues the community faces. The final day of Transgender Awareness Week is Transgender Day of Remembrance (TDOR), an annual observance on **November 20** that honors the memory of those whose lives were lost in acts of anti-transgender violence. People who were perceived to be transgender or who are gender variant are among those being remembered. On November 20, please join the San Diego LGBT Center in remembering these individuals at a march that begins at The Center (3909 Centre Street in Hillcrest) at 6:00 pm. A program will follow at 7:00 pm at The Center.



## THE DOUBLE SADNESS OF IT ALL

On October 6, 1998, Matthew Shepard was bludgeoned, tied to a rail fence and left to die in the freezing cold darkness in Laramie, Wyoming, all because he was gay. The next day, a mountain biker found him. Shepard died less than a week later, on October 12, 1998, at age 21. It is hard to believe that it has been 20 years since this horrible occurrence, but not much has changed in the state of Wyoming. Immediately after Matthew's death, the gruesome crime quickly reverberated around the U.S. and turned this University of Wyoming college student into a powerful symbol of the quest for acceptance and equal rights. However, 20 years later, Wyoming still resists changes sought by the LGBTQ community.

"We're nowhere near done," said Sara Burlingame, executive director of the Cheyenne-based LGBTQ advocacy group,

## MAMA MIA: IT'S PIE SEASON



Mama's Kitchen kicked off their 14th Annual Pie in the Sky Fundraiser and **will continue until November 18**. Mama's Pie in the Sky is a bake sale fundraising program that benefits Mama's Kitchen—San Diego's only free, county-wide

home-delivered meals program for individuals and families affected by HIV/AIDS, cancer, and other critical illnesses. Each pie sold provides eight home-delivered meals to the clients. Pies sell for \$25 each with \$15 being tax-deductible

## TRANS RESOURCES

Our speaker in July, Tiki Inacay, promised to share web sites that would be helpful to those who are interested.

**For Gender Non-conforming and Non-binary:**  
[themarysue.com/gender-non-conforming-coming-out](http://themarysue.com/gender-non-conforming-coming-out)

**For Transgender Basics:**  
[youtube.com/watch?v=UXI9w0PbBXY](https://www.youtube.com/watch?v=UXI9w0PbBXY)  
and T-Spot: [thetspot.org](http://thetspot.org)

**For gender queer:**  
[gqsd.weebly.com](http://gqsd.weebly.com)

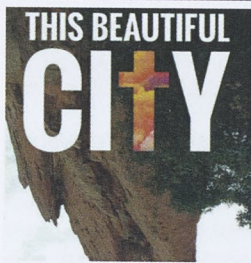
**The Genderbread Person appeared in the January, 2018 PFLAG newsletter. However, for a clearer version, go to:** [itspronouncedmetrosexual.com/2012/03/the-genderbread-person-v2-0](http://itspronouncedmetrosexual.com/2012/03/the-genderbread-person-v2-0)

Wyoming Equality. The group's work today "is the same thing that was there 20 years ago." Even though it may be hard to believe, Burlingame said Wyoming remains "deeply defensive" about the idea that Shepard was targeted because he was gay. This is better known as sticking your head in the sand.

Sadly, Wyoming is among just five states that have not passed laws focused on crimes motivated by the victim's identity, such as sexual orientation. Laramie did not pass an ordinance barring discrimination based on sexual orientation or gender identity until 2015. The University of Wyoming created its diversity office only last year. Even though attitudes against homosexuality persist in Wyoming, Jason Marsden, executive director of the Denver-based Matthew Shepard Foundation said LGTBQ acceptance has advanced. Maybe there is hope after all???

— you can't go wrong! The choices are: apple, Dutch apple, pecan, and pumpkin. On a diet? Consider buying a "Love-A-Client Pie" (a donated pie) for just \$25 or make a donation.

Purchasing is as simple as pie! You can order directly online: [www.mamaspies.org](http://www.mamaspies.org) or call 619-233-6262. On November 21 (the day before Thanksgiving), you can pick up your pie order at locations all over San Diego County for your convenience. More details will be in the November newsletter.



## THIS BEAUTIFUL CITY

From **November 8 - December 9**, you can attend the intriguing musical, *This Beautiful City*, at the Diversionary Theatre. Synopsis: Created from actual interviews with citizens of Colorado Springs, Colorado, the capital of the

Evangelical movement, this timely musical explores faith, and the organized resistance against Gay rights. Traversing a scandal that rocked the core of the religious right, the play illuminates a cross section of a community poised at the volatile intersection of church and state. Diversionary's revival of this authentic, often humorous exposé of a nation divided honors composer Michael Friedman's extraordinary contributions to American theatre. The creators of the play began in Colorado Springs to research and write about the Evangelical movement in 2006. They interviewed hundreds of citizens over a ten week period. This musical is the result of their research.

For performance times and ticket info, go to: [www.diversionary.org](http://www.diversionary.org). You can also call: 619-220-0097. For \$5 off each ticket, use Promo Code PFLAG. The theatre is located at 4545 Park Blvd. in San Diego.

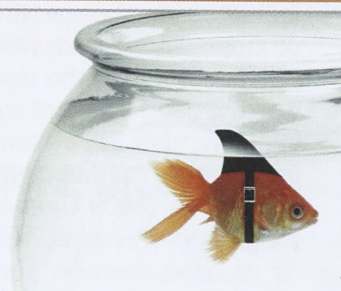
## PFLAG THANKS YOU

**Dan Conger** for making the directional A-frame signs for all the support group locations (they light up, too!!)

A family from PFLAG SDC, South Bay made a \$2500 gift pledge to the San Diego LGBT Center in honor of PFLAG SDC.

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