



Fall 2018, Week 10 *Final!*
 UC San Diego LGBT Resource Center
 Monday-Thursday 8am-7pm;
 Friday 8am-4:30pm

"Kindness and compassion are sisters
 but not twins. One you can buy,
 the other is priceless."
 - **Janet Mock**

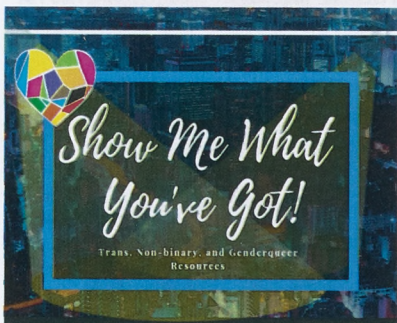
858-822-3493 | rainbow@ucsd.edu | lgbt.ucsd.edu



Audio Newsletter

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

Special Announcements



Show Me What You've Got: Trans, Non-binary, Genderqueer Resources
 Dec. 04 | 3:00 - 4:00 PM | LGBT Resource Center

What does UCSD have and where do we go for what it doesn't?

Show us what you've got, UCSD! At this program, we'll be going through resources available for trans, non-binary, and genderqueer folk and where to find them!

For questions or accommodation, please contact levi.southivong@gmail.com.

Winter QCamp
 Jan. 09 | 5:00 - 6:30 PM | Huerta-Vera Cruz Room

Learn about upcoming event and resource for the LGBTQIA+ community on campus.

We will have games, legos, and FREE food!

For more information, contact rainbow@ucsd.edu.



2019-2020 LGBT Resource Center Internship Program

Due Jan. 22 | 4:00 PM

Apply for the 2018-2019 LGBT Resource Center Internship Program. There are 9 paid undergraduate internship positions available.

Info Sessions - come ask questions and learn more about the program:

Fall Quarter: Tuesday Dec. 06 | 12:00 - 1:00 PM

Apply [here!](#) Application is due on January 22, at 4:00 PM.



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 20th anniversary year, please hold Saturday, February 2nd, 2019 from 4pm-6:30pm for an event which honors our 20 years.

Queer Student Organization Affiliates

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!

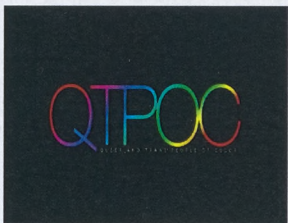


LOVE
Is
LIGHT

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

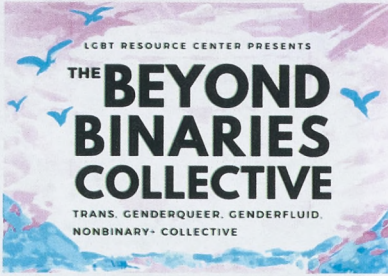
Odd Wednesdays | 7:30 - 9:00 PM |
Conference Room, Cross Cultural Center

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 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

FROM USD SCHOOL OF LAW, THLA & THE LGBT CENTER

FREE NAME & GENDER-MARKER CHANGES CLINIC

FREE CLINIC FOR TRANSGENDER & NON-BINARY INDIVIDUALS SEEKING NAME &/OR GENDER-MARKER CHANGES ON OFFICIAL DOCUMENTS.

**2019 DATES:**

Clinics are held 6:30-9 pm at the Hillcrest LGBT Community Center.

JANUARY
TUES 8TH & WED 23RD

FEBRUARY
TUES 12TH & WED 27TH

MARCH
TUES 12TH & WED 27TH

Students & attorney advisors help you complete your paperwork & requests for fee waivers.

Walk-ins welcome, or email Helen to make an appointment:
helen@hlsandtop@gmail.com

Trans Name & Gender Marker Changes Clinic

6:30 - 9:00 PM | Hillcrest LGBT Community Center

Free clinic for transgender and non-binary individuals seeking name and/or gender-marker changes on official documents.

Based on recent demand, we are going to pilot having the Clinic twice monthly for the first part of the year - the second Tuesday and fourth Wednesday of the month for January through March.

2019 dates:

- January 8th and 23rd.
- February 12th and 27th.
- March 12th and 27th.

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.

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

For more info, please contact Cat Thompson at catthompson@ucsd.edu or Luis Legaspi at llegaspi@ucsd.edu

Community Classifieds



Transforming the Future of Latinx/Chicanx Students

At UC San Diego, we believe education should be accessible to all ambitious and talented students. We are proud to launch the [Latinx/Chicanx Academic Excellence Initiative](#), a campus-wide program designed to reflect and serve California's fastest growing demographic. This means attracting and supporting a diverse faculty, staff and student community-making UC San Diego a place where generations rise.

To read more on this initiative, please click [HERE](#).

APIMEDA Study Jam: Self-Care Cakes Dec. 06 | 7:00 - 8:30 PM | PC Bear Room

Finals are around the corner, but don't forget about self care! Make bath bombs and body scrubs for yourself or a friend, and enjoy some cupcakes with us!

We have cupcake shaped molds for you, so don't miss out! We'll also be providing cupcakes from Su Pan Bakery to match your bath bombs! Join us as we scrub away that stress and focus on selfcare(cake)!

For more information, please email apimeda@ucsd.edu.



**APIMEDA STUDY JAM:
SELF CARECAKES**

SELF CARE - BATH BOMBS - BODY SCRUBS - CUPCAKES

Finals are around the corner, but don't forget about self care! Make cupcake shaped bath bombs and body scrubs for yourself or a friend, and enjoy some cupcakes with us!

**THUR 12/6, 7-8:30 PM
PC BEAR ROOM**

Asian
African
Gender
Cis
Latino
Lgbtq
Middle Eastern
Native American
Pacific Islander
Hispanic/Latino
Polynesian
South Asian
Two-Spirit

APIMEDA PRESENTS: SUPPLEMENTAL EDUCATION, TALKS, AFTER-SCHOOL PROGRAMS AND SERVICES

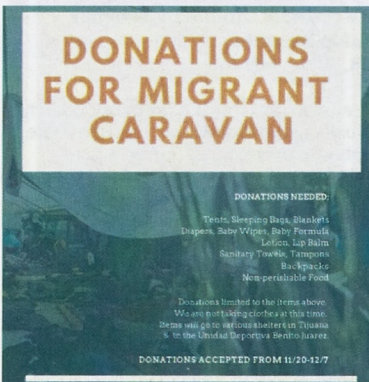
**Donations Needed for Migrant Caravan
Nov. 20 - Dec. 07**

- tents, sleeping bags, blankets
- diapers, baby wipes, baby formula
- lotion, lip balm
- sanitary towels, tampons
- backpacks
- non-perishable food

We are not taking clothes at this time. Items will go to various shelters in Tijuana and to the Unidad Deportiva Benito Juarez.

Drop off sites and times at UCSD.

- Ethnic Studies Main Office SSB 201: M-F 8:00 AM - 12:00 PM & 1:00 - 4:30 PM.
- Raza Resource Centro: M-F 10:00 AM - 3:00 PM
- Cross-Cultural Center: M-Th 9:00 AM - 9:00 PM & Friday 9:00 AM - 4:00 PM



DONATIONS FOR MIGRANT CARAVAN

DONATIONS NEEDED:

- Tents, Sleeping Bags, Blankets
- Diapers, Baby Wipes, Baby Formula
- Lotion, Lip Balm
- Sanitary Towels, Tampons
- Backpacks
- Non-perishable Food

Donations limited to the items above. We are not taking clothes at this time. Items will go to various shelters in Tijuana & to the Unidad Deportiva Benito Juarez.

DONATIONS ACCEPTED FROM 11/20-12/7



the zone | UNIVERSITY CENTERS

finals week do-stress
THERAPY FLUFFIES EXTRAVAGANZA

WITH THE DISTRICT STAFF 12.04.18 - 7.00 PM
WITH THE STAFF 12.04.18 - 7.00 PM

**Therapy Fluffies Extravaganza
Dec. 11 | 10:00 AM - 2:00 PM | PC Ballroom West**

Join us for the first Therapy Fluffies Extravaganza of the school year! Stop by to de-stress with over a dozen fluffies who are just as excited to see you!

Questions? Contact The Zone
at zone@ucsd.edu or call **858-534-5553**.

RA/HA 2018 selection

If you're interested in becoming a **RESIDENT ASSISTANT / HOUSE ADVISOR**, please visit one of our upcoming informational sessions.

The application opens Saturday, 1/4/17 @ 2pm
and remains open until Thursday, 1/4/18 @ 2pm.

APPLY ONLINE NOW: hdh.ucsd.edu/ssostudent/RAHAApply

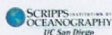
●●●●● Please note link is case sensitive

RA/HA Application
Jan. 8, 2019 | 2:00 PM

Calling all LGBTQ+ identified student leaders!

It's that time once again already to start applying for our 2019-2020 Resident Assistant (RA)/House Assistant (HA) teams across campus! We wanted to remind you to make sure to review our applications and attend our info sessions if you have any interest in applying in any of our residential areas! Please use this [link](#) to find different information on the areas that you're interested in applying to, when their information sessions are, how to apply and our deadlines!

We look forward to seeing your applications!



Marine Physical Laboratory Summer Internship Program

The Marine Physical Laboratory (MPL) at world-renowned Scripps Institution of Oceanography (SIO) seeks exceptional motivated undergraduates with exceptional aptitude for quantitative science, majoring in engineering, physics, applied mathematics, chemistry, biology or geology.

Undergraduate college students contemplating a career in scientific research and development are encouraged to apply for a summer research internship in marine science and geology. This ten-week summer internship program offers qualified students the opportunity to work with some of the most notable scientists in the world while earning a modest salary. In addition to their research, students will attend weekly lectures given by members of MPL faculty and scientific staff and others.

Eligibility

Applicants must be a US citizen or permanent resident currently enrolled as 3rd, 2nd or 3rd year undergraduate at a college or university. Former SIO undergrads, former SIO citizens and high school applicants are not eligible.

- Students who are under 18 years old
- Students enrolled at SIO in honor bar 2 (USA, California)
- Must be available to start 1/15/19 and work the duration of the internship. 27 consecutive weeks from the start date.

Application Procedures

- To apply, visit the online description of program and eligibility and summer internship program beginning 12/17/18.
- Complete a 1000 word statement of interest and a 200 word bio.
- Application will be available on-line on 1/15/19.
- Applications accepted by email by 1/16/19.

Required Documents

- Resume
- Transcripts in current, including your desired college graduation plan
- Equipment needed for the internship
- Two letters of recommendation from current or former professors

- [How to apply](#) | [FAQ](#) | [New application](#) | [MPL program](#) | [Current students](#) | [Internship](#) | [SIO](#) | [Scripps Institution of Oceanography](#)

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Marine Physical Laboratory Summer Internship Program
Jan. 18, 2019 | 4:00 PM

Our internship program is a great opportunity for inquisitive and motivated undergraduate students with exceptional aptitude for quantitative science majoring in Oceanography, Applied Mathematics, Engineering, Physics, Chemistry, Biology and Geology to work with some of the most notable scientists in the world while earning a modest salary.

More information can be found through our [website](#).

Application is due at 4:00 PM on January 18, 2019.

2019-2020 Cross-Cultural Center Internship Program
Jan. 22 | 4:00 PM | CCC

Your entry point to social justice, building community, personal and professional skills development, and more...



CROSS-CULTURAL CENTER HIRING 2019-2020 INTERNS

Your entry point to social justice, building community, personal and professional skills development, and more.

<p>INFO SESSION</p> <p>FALL WEEK 10 THURSDAY, 12/6 5-6 PM WINTER WEEK 1 WEDNESDAY, 1/9 4-5 PM</p> <p>Applications & job descriptions available on Post 7100 and ccc.ucsd.edu, or PDF form.</p>	<p>DEADLINE</p> <p>WEEK 3, TUESDAY JANUARY 22, 2019 4:00 PM</p> <p>SUBMIT COMPLETED APPLICATION MATERIALS IN PERSON TO THE CROSS-CULTURAL CENTER</p>
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For further information, please contact us:
PHONE: (858) 534-3668 | FAX: (858) 822-0373
crosscultural@ccc.ucsd.edu | 7100 La Jolla Village Drive, 2nd Floor
A Division of Equity, Diversity, and Inclusion

Application deadline is on Jan. 22 at 4:00 PM (please deliver in person to the CCC).

Panel interview (5-14 people) will take place weeks 4-7 on Winter quarter.

For more information, email violetag@ucsd.edu or visit ccc.ucsd.edu.

CALLED TO DO FEMINIST SOCIAL JUSTICE WORK ON CAMPUS?

THE WOMEN'S CENTER IS HIRING 2019-2020 INTERNS!

HIRING INFORMATION SESSIONS:
Fall Week 10: Tuesday, December 4th at 3:00pm
Winter Week 1: Thursday, January 10th at 5:00pm
Both sessions to be held in the Women's Center located above the power garage from Miss Gynn

APPLICATIONS DUE TUESDAY, JANUARY 22ND, SUBMIT APPS TO THE FRONT DESK BY 4PM

Applications & job descriptions available at front desk or online starting December 1st. Women'sCenter@ccc.ucsd.edu

Questions? Contact Jessica Martinez at 858-822-0074 or wmcc@ucsd.edu.

2019-2020 Women's Center Internship Program Jan. 22 - | 4:00 PM | Women's Center

Hiring Information Sessions:
Fall Week 10: Tuesday, Dec 4th at 3pm
Winter Week 1: Thursday, Jan 10th at 5pm

Both sessions will be held in the Women's Center! Applications & job descriptions will be available at the front desk and online starting December 1st.

EDI Programs & 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 fill out our Rainbow Newsletter Contribution Form located [HERE!](#)

SEE YOU NEXT WEEK!



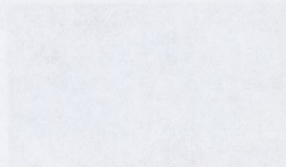
3/14/2019

Trans, Nonbinary, and Genderqueer Resources and Self-Care Events Before Finals

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



Asian Pacific Islander Heritage Center
American Home for the Deaf



World Resources Center



Deaf Culture Center



Intertribal
RESOURCE CENTER

Southwest Deaf Center



Raza Resource Center



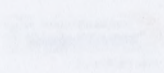
UCSD

Southwest Center

Rainbow Newsletter submissions:

If you would like to submit relevant events to be featured in the newsletter, please fill out our Rainbow Newsletter Contribution Form located [HERE](#)

SEE YOU NEXT WEEK!





Fall Quarter Newsletter

Week 10





THE NEWSLETTER

December 2018 / ISSUE 12 / VOLUME 25

WISHING YOU JOYOUS HOLIDAYS & A HAPPY NEW YEAR

DECEMBER MEETING SCHEDULE: METRO PFLAG SDC WILL NOT meet in December due to the proximity of the holidays. All other support groups will be meeting on their scheduled day, with the exception of the North County Inland Support Group, Our Space-Poway (High School and Middle School). They will only meet on December 11.

BEST FOLLOW UP STORY



On November 6, 2018, Zach Wahls won election to the Iowa Senate, District 37. In his victory speech, he said, "When I delivered my speech defending same-sex marriage back in 2011, I had no idea it would one day lead me back to the Iowa legislature. Our campaign marks a new generation of leadership in Iowa politics."

Let's digress. In 2011, Zach addressed the Iowa House Judiciary at a public hearing on a proposed constitutional amendment to ban gay marriage and civil unions in Iowa. His moms sure raised him right. He was all of 19 years old. Zach's three-minute testimony posted on YouTube had more than 1.5 million views within two weeks and exceeded 15 million views by April 2012. The video resurfaced after his book (with Bruce Littlefield), *My Two Moms: Lessons of Love, Strength, and What Makes a*

Family was published that same month.

Part of what he said in his testimony: "In my 19 years, not once have I ever been confronted by an individual who realized independently that I was raised by a gay couple. And you know why? Because the sexual orientation of my parents has had zero effect on the content of my character. I'm not really so different from any of your children. My family really isn't so different from yours. After all, your family doesn't derive its sense of worth from being told by the state, 'You're married, congratulations!'"

Zach was featured in the September, 2012 PFLAG newsletter, a short time after he spoke at the Democratic National Convention. At the convention, he spoke eloquently, "Governor Romney says he's against same-sex marriage because every child deserves a mother and a father. I think every child deserves a family as loving and committed as mine. Because the sense of family comes from the commitment we make to each other to work through the hard times so we can enjoy the good ones. It comes from the love that binds us; that's what makes a family. Mr. Romney, my family is just as real as yours."

THE BROUHAHA

The world as we know it may come to an end. As part of a dance number from the Broadway musical, "The Prom," during the Macy's Thanksgiving Day Parade, two women kissed. This is the first time a same-sex kiss has ever been broadcast during coverage of the family-friendly NYC parade.

All hell broke loose as right-wing groups deemed this to be offensive. ForAmerica shared their horrified reactions and lamented how children throughout America had been traumatized. Others couldn't tweet fast enough that millions of small children had their innocence broken, the parents were blindsided as they expected the parade to be a family program and not push the "gay" agenda on little kids, and one claimed that "psychiatrists of all backgrounds are seeing the emotional damage learning those lifestyles have done to kids." Adding

to the negative tweets, one person wanted to know why these networks feel the need to make sure they show their support for the gay community. She felt it was not something kids need to see.

Enter William Shatner who knows what he's talking about. It was 50 years ago that he kissed a black woman on Star Trek, and the same type of reaction ensued. His and NBC's advice was to "grow up." Shatner tweeted, "Kissing is kissing no matter who is doing it. If you think it damages a child to show public affection; you are the one who needs help. The only reason there are Pride type events is to show that it's OK to be who you want to be without fear of judging from narrow minded types." Besides Shatner's tweets (and there were more) the support from the LGBT community exploded the Twitter universe!

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

DUES, GLORIOUS DUES!

As always, paying your membership dues now means you are a member for all of 2019. As you are aware, part of the mission for PFLAG is to promote the health and well-being of lesbian, gay, bisexual, transgender + persons, their families, and friends. We are only able to offer this support, education, and advocacy through your generosity of being a member. Several ways we accomplish our mission is through our monthly meetings, newsletters, speakers, support groups, an info line, educational brochures, etc.

You can renew (or become members) online (we accept PayPal) or by using the application in this newsletter. Of course, we will gladly accept donations any time for any reason! With the holidays coming up, a membership would make an ideal gift. Remember that memberships and donations are tax-deductible.

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**

- 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

or apply online www.pflag.com

Name.....

Address.....

City State ZIP

Email.....

Phone.....Date

PFLAG THANKS YOU

Mikayla Morris for serving as an intern
to North County Coastal Support Group

General Fund Donations

Lindy and Rick Miles + Charles Chan Massey

Current Events

**December 15 and 16
Saturday and Sunday**
San Diego Gay Men's Chorus
Concert: www.sdgmc.org

December 16 | Sunday
Nicky Awards
(see article)

December 24 | Monday
NO METRO MEETING

January 7 | Monday
PFLAG Support Group
North County Coastal
(email northcountycoastal@pflag.com to confirm if there is a meeting)

January 8 | Tuesday
PFLAG Support Group
Ramona

January 8 | Tuesday
PFLAG Support Group
North County Inland

January 8 | Tuesday
Our Space-Poway/
Middle School

January 8 | Tuesday
Our Space-Poway/
High School

January 14 | Monday
Mi Familia

BOY ERASED

In light of Ruth Inacay's scholarship essay, it seems a perfect time to mention the film, *Boy Erased*. It is set in Arkansas and follows the plight of Jared, a young man questioning his sexuality in a staunchly religious household. After a traumatic event, Jared is 'outed' by his college crush to the horror of his God-fearing parents. His father is a Baptist preacher and his mother, a more sympathetic but dutifully serving wife, decide his only hope is being sent to a gay conversion camp in order to reverse his assumed sexuality.

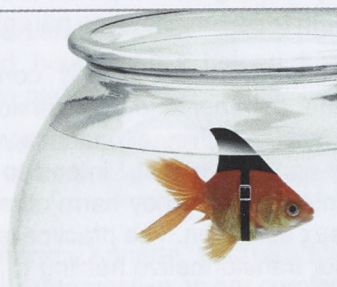
The movie is a powerful depiction of the horrible experience that is gay conversion programs. Conley's memoir serves as a reminder that attempting to forcibly change that which cannot be changed is one of the cruelest things we do to others in modern society.

NOT TOO EARLY TO SPREAD THE WORD

The application for the 2019 PFLAG scholarships is posted on our web site (www.pflag.com). The deadline is **March 18, 2019** and the Launching Leaders Luncheon is **May 11, 2019**.

LOOK LIKE A BIG FISH

Competition is fierce.
It's time to get aggressive.



Call for a Free Consult
858.220.7478
belladiadesign.com

SUPPORT GROUPS

SEE PAGE ONE FOR DECEMBER MEETING INFO

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 www.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

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

EAST COUNTY

Not currently meeting. For questions and information:

Raegan: 858-531-5426 | eastcountysdc@pflag.com

SOUTH BAY

Meets 3rd Monday at 6:00 pm,

Our Safe Place, 746 Ada St, Chula Vista.

Patti: 619-227-6092 | pboman@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

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@transfamilyosos.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@transfamilyosos.org

MI FAMILIA (Spanish)

Meets 2nd Monday from 6-8 pm, South Chula Vista Library, 389 Orange Avenue, Chula Vista.

Patti: 619-227-6092 | 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@transfamilyosos.org

FEATURING



The recipient of the **Richard P. Geysler Memorial Ethics Scholarship** is **Ruth "Tiki" Inacay**. Tiki is currently a doctoral student working toward a PsyD in Marriage Family Therapy at Alliant University. Her focus is on LGB, Transgender/Non-Binary/Gender Non-conforming and trauma in counseling. As you will see from her

essay, she has a strong focus on the trauma of conversion therapy. Even with her heavy school schedule, she is president of PRIDE@Alliant and a board member of T-Spot. Ruth was our guest speaker in July, sharing how this non-profit organization serves and supports the transgender community. Her goal is to ultimately run a mental health center that will "serve all types of people of color, impacted by trauma, sexual minorities, and the oppressed."

"An ethical issue that impacts LGBT and humanity is the practice of Conversion Therapy. Conversion Therapy is defined in the medical dictionary as 'Psychiatric therapy aimed at changing a person's sexual orientation, based upon the assumption that homosexuality is a mental disorder requiring therapy.' Conversion therapy impacts the LGBT community because it sets the premise that sexual orientation can be pathological in nature. There are countless lives that have been impacted by this therapy in testimonial. Research debunking such therapies will bring to light the underlying issues of homophobia.

The history of conversion therapy dates back to 1973. Homosexuality was declared a mental disorder in the Diagnostic Statistical Manual of Mental Disorders. In the 19th century, the fields of science and medicine viewed homosexuality as socially unacceptable behavior founded on Freudian theories. Research from other psychoanalytical doctors furthered these unethical classifications in studies of homosexuality and deemed the term 'reparative therapy.' It was looked upon as a cure for same-sex desire. In 1965, *TIME* magazine published an article, 'Homosexuals Can Be Cured.' The article focused on the 'triumphant' results of group therapy work led by psychiatrist Samuel Hadden, who was also a professor at the University of Pennsylvania Medical School at the time. Hadden had been leading long-term (four to eight year) therapy sessions for men who identified as homosexual in the hopes of 'curing' them of their sexual 'perversions.' Later on, this led to the 'Pray the Gay Away' movement. Mainly a work of a group called Exodus International, they claimed that people that identified as gay could indeed become straight. Fortunately, in 2013, the organization ceased to exist and made a public apology. However, the damage had already been done. Those that were under their care would become the later result of participants to a practice that perpetuated self-hate and low self-image.

I can speak to the detriments of gay therapy, because I am a product of such. I was a foster youth. My father was a Christian minister. I loved my foster parents. However, growing up, they knew that I was gay. I told them. I spent my teens and twenties, fighting who I was. This experience led to depression and eventuality suicidal ideation. My pastor sent me to a 'Pray the Gay Away' conference. There, I wept at an altar. I pleaded with God till I passed out. I cried so hard, that I lost consciousness. Hours later, the building was closing, the lights were off, and there I was left on the floor. Although there were a thousand in attendance, not one person moved to call for help. No one reached out to me. No one checked to see if I was ok. Hours later, I was left in the dark...alone. This intervention broke my heart.

Because of that experience, many years ago, I have wondered. I wondered if the collective conscious belief that to be gay is wrong, was so prevalent in that place that no one moved to tend to my needs. I wondered if my cries for help were looked upon unwarranted or petty. One thousand people tuned a blinded eye. It was then that I understood



that this was a large systemic issue. That I have a lifetime to touch the lives of the masses to save the one. Although I went through that many years ago, I feel it like it was yesterday. When I remember this story, till this day, a tear will stream down my cheek.

Although much of the work of conversion therapy appears to provide community, support, and conversation for those that were gay and claimed to be Christian, for countless others there are accounts of torture, trauma, and grief. In an interview with Alan Chambers, head of the ex-gay ministry, Exodus International, he admitted to moving away to this type of therapy. He sadly admitted, 'This therapy can be detrimental to them.' Although conversion therapy may have instances of kindness, their worldview has been offensive by utilizing a therapeutic intervention that creates a tragic gap between Christian parents that are raising gay children.

Through research and conversation, I hope to tackle the detriments of conversion therapy. It is through the transformative experience of understanding the harm it can cause that I intend to challenge proponents of this intervention. They harm others based on the fear of same-sex attraction. The practice is unethical, but there is a need for transformative healing to address the issues presented by the practice of it. My hope is to bring awareness to the harmfulness of this unethical intervention."

PFLAG YEAR IN REVIEW 2018

MONTHLY GENERAL MEETINGS

PFLAG San Diego County holds chapter monthly support group meetings at five sites across greater San Diego County. The Metro meeting features a program, support groups, and time for socializing over refreshments. Additional sites with similar formats include North County Coastal in Carlsbad, North County Inland in Rancho Bernardo, South Bay in Chula Vista, and Ramona.

PROGRAMS (SAN DIEGO METRO)

Guest Speakers Sarah and Mack Goehring: Mack, 8 years old, shared his experiences of being transgender. Sarah is a fierce advocate for transgender rights.

Guest Speaker Mikel Wilson: Author Mikel Wilson whet our appetite for his new book, *Murder on the Lake of Fire*, a "gay" mystery.

Guest Speaker Martha Henderson: Martha is the San Diego connection to the national organization, You Can Play. The goal is inclusion of all athletes with a focus on the LGBTQ community.

Guest Speaker Prabha Singh: Newly hired Director of Operations at the San Diego Human Dignity Foundation, Prabha shared what led up to her human rights work and extensive work in the area of HIV/AIDS.

Guest Speaker Ruth Inacay: Ruth is co-founder of T-Spot, a traveling booth that promotes healthy and productive choices for transgender individuals.

Summer Pot Luck Picnic: It was a night of gab and eat fest.

Guest Speaker Samantha Alberts: Samantha capably spoke about the LGBTQ+ Community Exhibition at the San Diego History Center where part of the AIDS quilt is on display.

Guest Speaker Craig Fox: Craig shared with us some of his gay-related, funny stories.

PROGRAMS (NORTH COUNTY COASTAL)

Guest Speaker Dennis Nicely: Presentation on GLSEN.

Guest Speaker Jordan Daniels: Jordan spoke on Remembering My Father and how PFLAG helped him become an LGBTQ+ supportive parent.

Guest Speaker Walt Meyer: Walt is from Lambda Archives and spoke how important it is to preserve San Diego's LGBTQ history.

Guest Speaker Annette Ottone: Annette shared "My Journey with PFLAG." It was her perspective on her coming out as a parent, being an ally, and walking with pride.

PROGRAMS (SOUTH BAY)

Guest Speaker Dr. Orlando Espin: Dr. Espin is a theology professor at the University of San Diego. He is active in the LGBT Religious Archives Network.

Guest Speaker Dennis Nicely: Presentation on GLSEN.

PROGRAMS (NORTH COUNTY INLAND)

Guest Speaker Isaac Gomez: Isaac took us through his journey of transitioning.

BOARD ACTIVITIES

Our board meets to plan programs, speaking engagements, and other community activities that we support. All members are welcome to attend these meetings. Executive Board Members are President Terrie Vorono, Vice President Sherry Cohen-Richards, Secretary Tiffany Gonzalez, and Treasurer Nancy Colbert. Board Members-at-Large are Ina Price, Kathie Moehlig, Mike Minnick, Vicki Luna, Bill Luna, Brenda Arnold, and Gretchen Porton. A big thank you to Betsy Sheets who continues as our unofficial, "official" corresponding secretary. We also thank our Regional Directors: Annette Ottone North County Coastal, Patti Boman South Bay, Kathie Moehlig North County Inland, and Raegan Edwards East County. Also thanks to meeting leaders Dan and Jill Conger at Rancho Bernanrdo/Poway, Carlee Roche and Belinda Flynn at Ramona, and Brenda Arnold and Gretchen Porton at South Bay. Metro has "a cast of many" facilitators.

Yearly activities also include a board retreat at the beginning of the year for self-assessment purposes, to deepen our relationships, and start planning for the coming year. In addition, board members attended the PFLAG Southern Pacific Regional Conference in Burbank, CA.

COMMUNITY EDUCATION

PFLAG SDC members are available to speak at colleges, high schools, hospitals, businesses, and community groups. It is our main way of fulfilling our education mission. We are all proud of our enthusiastic cadre of speakers who volunteer month after month and year after year to enlighten the public about our LGBTQIA children and family members. The group is made up primarily of parents of LGBTQ children and LGBTQ children who are willing to share their stories and educate those in attendance. This has led to many a change of heart and opening of minds. The most visible presence was speaking to a large number of GSAs (Gender/Sexuality Alliance) in San Diego County and beyond. Other presentations and panel discussions included: Metropolitan Community Church and Youth Spectrum, Johns Hopkins University's Applied Physics Lab, La Jolla Country Day School, Potter Jr. High School, Camarena Middle School



PTA, Rancho Del Ray Middle School GSA, panel at the San Diego Repertory Theatre, Palomar Community College, Rosebank Elementary School, Halecrest Elementary School, Lawrence Family JCC Forum, Law Enforcement Summit, Raytheon GLBTA, Northrop's PrIDEA, Hidden Valley Middle School GSA, Rady Children's Hospital, Pride's Youth Leadership Academy, SDUSD Community Resource Fair, taking part in educational meetings with family counselors and therapists.

EVENTS AND KUDOS

PFLAG San Diego County is an active and respected member of the LGBTQ community. We staff booths at local events to raise LGBTQ awareness, and we participate in fundraisers and other community activities to support other organizations that advocate for the rights or meet the needs of our LGBTQ families and friends. We increase awareness of PFLAG when we attend these events. We also support PFLAG at both the regional and national levels. Our activities this past year:

- San Diego Pride Parade
- Presented 10 scholarships to local students at our Launching Leaders Luncheon
- Transgender Day of Empowerment
- Suicide Prevention Forum
- Participated in GSA Advisory Meetings for Chula Vista School District
- Sponsored PFLAG booths/tabling events at San Diego Gay Pride, North County Pride by the Beach, SDUSD's Parent Expo, Navy Medical Center's Pride, South Bay Pride, RB Alive Expo, Pride at Geico, SDSU Big Queer BBQ, GLSEN GSA Awards, SDUSD Safe Schools Summit, La Jolla High School GSA, Health Fair at Olympian High School, Come Home for the Holidays/The LGBT Center, TransPride Festival, FBI Law Enforcement Summit with LGBTQ Community, MiraCosta Youth Spectrum, Mariner Fair Open House Day, San Diego Miramar College, Out at the Fair, SDUSD LGBTQ Family Info Night
- Transgender Day of Remembrance
- Valley Center Western Days Parade
- Southwest High School's National Coming Out Day
- Attended the SD School of Performing Arts GSA drag show fundraiser
- Donated ally buttons and Pride bracelets to Monarch School
- Participated with PRIDE in the Toyland Parade
- CLC Youth Services
- TransParents at The LGBT Center
- Poway Days Parade
- Frida Kahlo birthday celebration at the LGBT Center
- Board Member of Familias por La Diversidad Sexual (International Association of Sexually Diverse Families); monthly phone meetings with Mexico, Spain, Colombia, Peru members
- Honored Toni Atkins at The LGBT Center
- LGBTQ Poway Youth Groups
- TransYouth Palooza
- Supported the Diversionary Theatre
- Attended the presentation of the proclamation recognizing LGBTQ Day in the City of Chula Vista
- Transgender Military Seminar and Discussion
- Participated and spoke at the Gender Odyssey Exploring Gender Conference
- Attended the Tribute to Delores Jacobs event at The LGBT Center *(continued on page 7)*

- Transyouth Care training
- Raised money through Amazon Smile
- Project Youth's Masquerade Prom at the North County LGBTQ Resource Center
- Served on committees: Laurel Foundation, LGBT Center's Community Leadership Council and Youth Services and Advocacy Committee, Trans Pride, San Diego Unified School District LGBTQIA Advisory Committee
- San Diego Diplomacy Council International LGBTQ Delegate meetings
- Representation on the GLSEN Board
- Transgender Health and Wellness Day
- Hosted district-wide GSA Dance in South Bay
- STEM (Oasis) Conference
- Representation on the South Bay Alliance Board
- Youth Leadership Summit Conference (North County LGBTQ Resource Center)
- San Diego Pride Summer Mixer and Holiday Mixer
- Terrie Vorono, Friend of Pride Spirit of Stonewall Award
- UCSD Health Celebration of Pride
- Equality March
- Promoted Dance Out Loud
- Volunteered at the LGBTQ+ Community Exhibition
- LGBTQ Business Mixer
- Harvey Milk Diversity Breakfast
- Community Leadership Council All Boards Reception
- GLSEN fundraisers: Comedy Night and Annual Skating Event
- Co-presented a film at the Asian Film Festival
- LGBTQ+ Awareness Training for Poway Unified SD's principals and VPs
- Conference calls with Southern California regional PFLAG chapters
- South Bay Pride's LGBTQ 101 Training
- Mama's Kitchen: meal preparation, food distribution, and The Pantry
- Funded the John Bessemer Memorial and We Believe in You Scholarships
- Day of Silence
- Faculty advisor to GSA at Canyon Crest Academy
- San Diego Gay Men's Chorus and San Diego Women's Chorus concerts
- North County LGBTQ Resource Center's Fundraising Gala
- Attended SD Pride's annual Out at the Park Padres game
- Applied for and received grant from San Diego Pride
- World AIDS Day
- Rainbow Prom at El Cajon Library
- The Center's LGBTQ Fundraiser
- Mama's Kitchen Pie in the Sky fundraiser
- "PFLAG National Online Academy" learning sessions
- Participated and raised funds for the Center's AIDS Walk *(continued on page 8)*



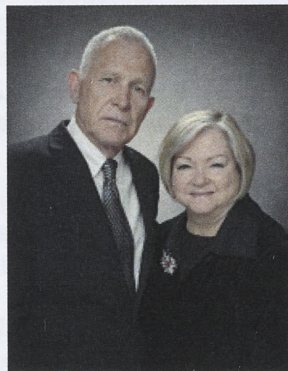
YEAR IN REVIEW *(continued from page 7)*

- Took part in The LGBT Center and NC LGBTQ Resource Center's Dining Out for Life which raises money for AIDS/HIV prevention and research
- Grand Avenue Festival
- Poway Library Pride
- Published our monthly newsletter

COMMUNICATIONS

We operate a telephone information line and respond to e-mail inquiries. Jessy Sauchuk, co-owner of Belladia Marketing & Design, always has creative layouts for our newsletters. In addition, she donates the cost of the stock photos. We are also very fortunate to have Lisa Smith, co-owner of Belladia Marketing & Design, as our web master. With constant updates, we appreciate her being on the ball. To help the environment, our newsletter is primarily sent by email. We also have 1135 followers on Twitter and 1260 followers on Facebook (thanks to Patti Boman for keeping both updated).

THE GAY ACADEMY AWARDS OF SAN DIEGO



That is what The Nicky Awards are referred to! Each year, local San Diegans are honored for outstanding achievements in the community. The 43rd annual awards will take place on **Sunday, December 16**. Honored will be Dennis and Judy Shepard, Matthew Shepard's parents. For additional information and to purchase tickets, go to nickyawards.org.

HELP, HELP, HELP!

The San Diego History Center is in desperate need of volunteers for the LGBTQ+ Community Exhibition in Balboa Park. Part of the AIDS Memorial Quilt is on display and they need monitors whenever the exhibition is open. There are two shifts: 10:00 am-1:30 pm or 1:30-5:00 pm daily. If you can sign up, please go to: <https://bit.ly/2QlxDza> and in January, it will be: <https://bit.ly/2BWGsGT> Any questions, you can email Alison Hendrickson: ahendrickson@sandiegohistory.org.



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Show Me What You've Got!

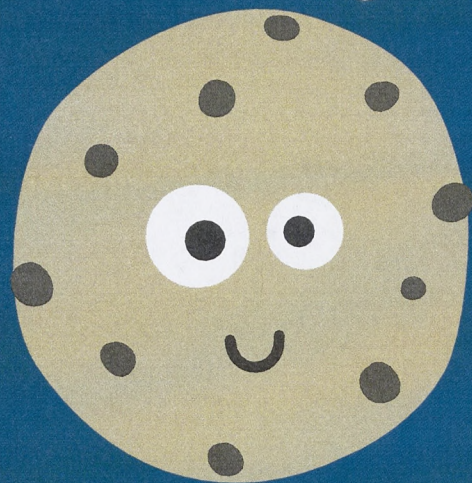
Trans, Non-binary, and Genderqueer
Resources

What resources does UCSD have and where do
we go for what it doesn't?

Show us what you've got, UCSD! At this
program, we'll be going through resources
available for trans, non-binary, and
genderqueer folx and where to find them!

*Dec 4 • Tuesday • 3-4 PM
Conference Room
LGBT Resource Center*

For accommodations, please email levi.southivong@gmail.com.



JOIN CGS HONORS FOR

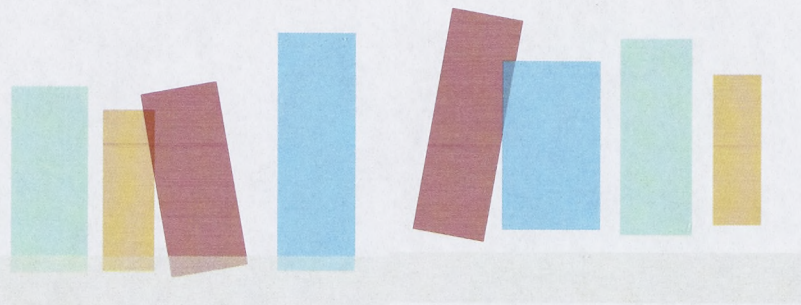
HOT COCOA & COOKIES

Come hear the CGS Honors students present previews of their honors projects.

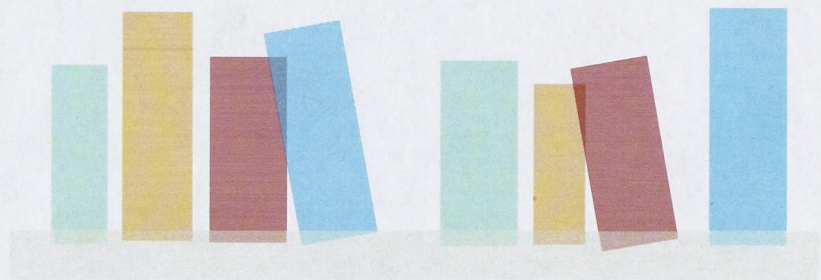
Wednesday, December 5th • 12-2 PM

LGBT Resource Center • Conference Room

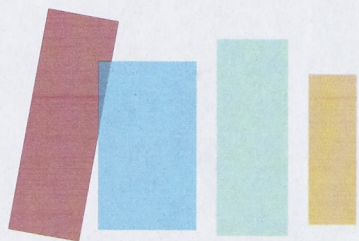
QUESTIONS? CONTACT US AT CGS@UCSD.EDU



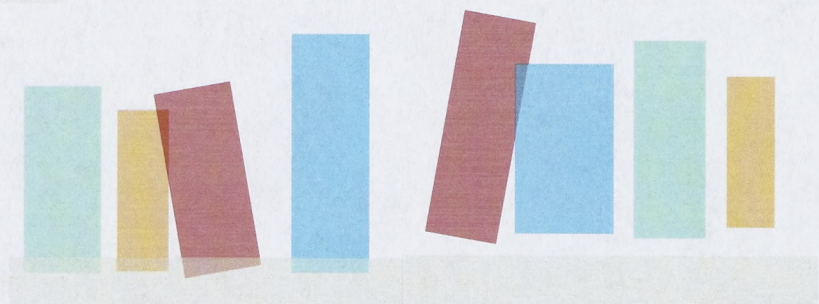
FREE SNACKS &
TESTING SUPPLIES



LGBT RESOURCE CENTER
24 HOUR STUDY JAM



SUN. DECEMBER 9 // 6PM-
MON. DECEMBER 10 // 7PM
@ LGBT RESOURCE CENTER



FOR MORE INFO & ACCESSIBILITY NEEDS
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