



THE NEWSLETTER

April 2014

ISSUE 4

VOLUME 21



JUST A REMINDER THAT WE'VE MOVED

Our new location: Jewish Family Service (JFS), 8804 Balboa Avenue, San Diego. The building we are meeting in is next to 8804 (west of it), but the address may not be clearly visible from the street (8788 Balboa Avenue). There will be balloons, signs and people directing you for the first couple of meetings. Please allow enough driving time to get to the meeting.

NOTE: Traveling east from 163 or I-805, you cannot turn left into their driveway, as there is an island in the street. When you see 94th Aero Squadron Restaurant on your right, go to the first LEGAL U-turn (at

Coleman University) and loop around to get to JFS.

Directions: I-15 - exit at Balboa Avenue and go west (if taking I-15 from the north, stay on I-15 rather than merging onto Route 163). When you pass Coleman University on your right, you only have a short distance to go. **Route 163** from the south, exit at Balboa Avenue, turn left onto Kearny Villa Road, and a right at the first traffic light onto Balboa Avenue. Follow directions above regarding the U-turn. **I-805** – same directions for Route 163. When you cross 163, you're almost there.

HECTOR RETURNS



Please join us for our general meeting on **Monday, April 28** at 7:00 pm. We are pleased to welcome back Hector Martinez, Outreach Coordinator, Breaking Down Barriers - LGBTQ Communities

at Mental Health America of San Diego County. Last month, Hector's presentation was on the challenges and mental health issues for LGBTQ youth. This month the topic is "Coming Out" – best practices.

Please join us for our support groups, then our cookie social, followed by the presentation.

THRILL ME

The actual title of the Diversionary's next play is *Thrill Me, The Leopold and Loeb Story, A Musical*. The play is based on a true story; Nathan Leopold and Richard Loeb weave a symbiotic web of passion, adrenaline, and danger in 1924 Chicago, as they lure a boy to his death and get away with it. Apparently, things don't go according to plan and their perfect crime begins to unravel. It makes one think how this could possibly be a

musical, but it's being sold as "a killer musical about love and manipulation." The play runs from **April 24-May 25** at The Diversionary Theatre, 4545 Park Blvd., San Diego. You can purchase tickets there, call 619-220-0097, or order online: www.diversionary.org. No matter which way you purchase your tickets, if you use the Code: SAVE5, you will save \$5.00 per ticket.

SAVE THE DATE

We hope to see you all at our 16th Annual Scholarship Awards, which takes place on **Monday, May 19** at 7:00 pm. We are proud to be able to present ten scholarships to local students. The Scholarship Committee worked diligently to choose this year's recipients. We only wished we had more scholarships to award so many deserving students.

GOOD LUCK, SANDI

Longtime Board Member, Sandi Timberlake, bid the Board farewell at the end of March. Sandi moved to Orange County. She had many hats on the Board, including managing the information line and being our go-to person. While Sandi isn't living in San Diego anymore, her business, A Little to the Left, thrives. Sandi created a line of gay-friendly cards for all occasions. Check them out on her web site: www.alittletotheleft.com.

DOINGS AT HILLCREST YOUTH CENTER

On **Friday, April 18**, the Hillcrest Youth Center will present their talent & art show at the 3rd Annual Queer Youth Arts Festival. It is their way of bringing an end to the National Day of Silence with a festival of visual and performing arts celebration. Join them in The LGBT Center auditorium from 6:00-9:00 pm for visual art (paintings, sculpture, photography, etc.), D.I.Y. (Do It Yourself) videos, poems/spoken word, dance and musical theatre. This is a free event and all are welcome to attend. For more information, contact Sophia Arredondo at hyc@thecentersd.org or 619.497.2920 x101.

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PO Box 82762
San Diego, CA 92138

Tax ID #33-0512868

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 33-05-12868)

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

Membership forms available at www.pflag.com

LOOK LIKE A BIG FISH

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



Call for a Free Consult
858.220.7478
belladiadesign.com

Current Events

April 18 | Friday
Hillcrest Youth Center
Arts Festival
(see article)

April 19 | Saturday
Out at the Park
(see article)

April 21 | Monday
Mi Familia Support Group

April 24 | Thursday
Dining Out for Life ®
(see article)

April 24-May 25
Diversionsary Theatre
Thrill Me

April 28 | Monday
San Diego PFLAG
General Meeting &
Support Groups

April 28 | Monday
Mi Familia Support Group

May 5 | Monday
PFLAG Support Group
North County Coastal

May 5 | Monday
Mi Familia Support Group

May 9 | Friday
Mama's Kitchen
Mama's Day
(see article)

May 12 | Monday
PFLAG Support Group
East County

May 12 | Monday
Mi Familia Support Group

May 19 | Monday
Scholarship Awards
(in place of General
Meeting-see article)

May 19 | Monday
Mi Familia Support Group

May 31 | Saturday
North County Resource
Center Gala (see article)

APOLOGIES: The newsletter wasn't posted/sent until mid-April. Two events weren't acknowledged: 11th Annual Transgender Day of Empowerment that was held on April 4 and Day of Silence which was April 11. Next year, it will appear in the March issue. We are sorry for anyone who was offended.



Show your support! Renew!

MISSION STATEMENT

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through Support, to cope with an adverse society; Education, to enlighten an ill-informed public; and Advocacy, to end discrimination and to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and acts to create a society that is healthy and respectful of human diversity.

SUPPORT GROUPS

SD COUNTY GENERAL MEETING & SUPPORT GROUP

Meets every fourth Monday at 7:00 pm, at Jewish Family Service, 8804 Balboa Avenue, San Diego in Kearny Mesa.

For further information, contact the Info Line: 888-398-0006 or www.pflag.com

NORTH COUNTY COASTAL

Meets the first Monday, at 7:00 pm, North County LGBTQ Resource Center, 510 North Coast Highway, Suite C, Oceanside.

Contact ncpflag@gmail.com or Larry Gerling, (760) 224-2178.

NORTH COUNTY INLAND

Support Groups have been temporarily discontinued

EAST COUNTY

Meets every second Monday, at 7:00 pm, Summit Unitarian Universalist Church, 8778 Cottonwood Avenue, Santee.

Contact Contact Bob Dryden: 619-334-8214 or bdryden@pflag.com

MI FAMILIA (Spanish)

Meetings are every Monday from 6:30pm - 8:30 pm at The Center.

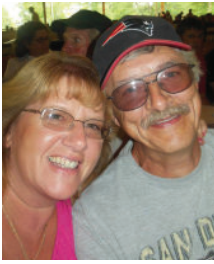
Contact Carolina, (619) 692-2077 Ext. 116.

TRANSGENDER SUPPORT

For more information on the Transgender Support Group

Contact Kathe Dunn, ftm_mom@yahoo.com.

GETTING TO KNOW YOU... CONTINUED



Beverly Lavallee is our Speakers Bureau chair and has been the acting Secretary for many months. She and her husband, Dave,

do many of the tabling events to give our PFLAG information to schools, colleges, churches, conferences, etc. Beverly best describes her biographical information: *The Wind Beneath My Wings*.

"I was born in 1961 in Ware, Massachusetts, the oldest of four children with three younger brothers. I am the mother of three children, two boys (Roger and Dustin) and a daughter, Kristen. I got married and divorced at an early age and met my present husband, David, when I was 27. Five years later we married and I became the step mother to two more sons. Raising five children proved to be a very stressful experience, and although we had both good and bad times, I wouldn't change any of it. I am also 'Grammy' to 10 beautiful grandchildren. When I found out my middle child, Dustin, was gay, I didn't know quite what to do except love him no matter what. I had questions, but I didn't know where to start. I received a book in the mail not long after I spoke to Dustin about his being gay; he sent me the book, *Prayers for Bobby*, by Mary Griffith, which detailed her story after finding out her son Bobby was gay. At first, I didn't know what to think when I was reading it, because Bobby jumped off a bridge to his own death. I questioned Dustin about his choice of books for me and he said, 'I wanted you to identify with his mom.' Mary Griffith was a religious woman as am I. I understood and I was very inspired by Mary as she became a figure for PFLAG. She embraced the organization and educated herself so she could help educate and model

acceptance. I attended my first PFLAG meeting in July of 2006 in Worcester, Massachusetts, where I became an activist and advocate for the LGBTQI community. I went back to school around the age of 43, in the summer of 2004, in pursuit of a Bachelor's degree so I could attend seminary school to become an Episcopal Minister. After finding out my son was gay, I began reading and educating myself with book after book. It was then that I decided to turn my degree around to accommodate my activism in the LGBTQI community. I asked my advisor how I could help this community, and her response was that I would have to immerse myself into the community. I researched how I could best do that and found the only LGBTQI group home was in the Northeast in Waltham, Mass., and I inquired how to be a mentor to a teen there. I was trained by the Home for Little Wanderers in Boston as a mentor for the Dept. of Social Services. I was then teamed up with a girl in the group home. I assumed I would be teamed up with a lesbian; however, to my surprise, I was teamed up with Kelly, who is transgender. Kelly and I became very close and she was instrumental to my education about transgender individuals. I learned much from her. After being a mentor, we became foster parents and later she became my daughter! Our home even became temporary shelter to many LGBT teens that were out in the cold with no place to go.

Though there have been many battles with homophobic people along the way, the success stories are well worth it in the long run. During my journey, I became involved with the Human Rights Campaign, Massachusetts Transgender Political Coalition, SpeakOut Boston, Boston PFLAG, Worcester PFLAG, and The American Foundation for Suicide Prevention. I was proud to march in my first Pride Parade in 2006. In October of 2012,

my husband and I relocated to San Diego, where I immediately became involved with PFLAG San Diego County and The American Foundation for Suicide Prevention. I contacted the PFLAG group here before I arrived and very soon was part of the Board of Directors. I immediately became involved in events and soon stepped into the role of Speakers Bureau Chairperson. Since 2006, I have been active in speaking in colleges, schools, churches and other organizations, as well as political activism, marches, and pride parades. I believe in the work that PFLAG and these other organization are doing to promote equality and non-discrimination among all people. Each time I see the light of hope in the eyes of those who felt in despair and hopeless, it makes my journey so worth it!! I entitled my biography *Wind Beneath My Wings*, as it was my son, Dustin, who set me on this life long journey; he is the wind beneath my wings. I will fight to end discrimination and hatred for as long as it takes. This is my life!"

PICTURE THIS

The U.S. Supreme Court declined to decide if a New Mexico wedding photographer was within her rights when she refused to take photographs at a same-sex commitment ceremony.

Without giving any reasons, the court said it would not review a decision by the New Mexico Supreme Court that the denial of service violated the state's public accommodations law, which bans discrimination by those offering their services to the public.

Elaine and Jonathan Huguenin, whose company, Elane Photography, refused to be the photographer for the 2007 commitment ceremony of a lesbian couple, Vanessa Willock and Misti Collinsworth.

OUT AT THE PARK

It's time to take me/you out to the ballgame. Once again, San Diego LGBT Pride is having their annual Out at the Park. It will take place Saturday, April 19, at Petco Park. They sell out every year so don't miss your chance.

This year, they'll be a special treat as the San Diego Women's Chorus will be singing the National Anthem.

DETAILS:

Saturday, April 19

TAILGATE: 2:30 - 5:30 pm

Tailgate tickets are only \$10.00! Tailgate tickets come with a hotdog, chips, and the first drink is FREE! Tailgate party will be located at the southeast corner of the tailgate lot (see map on Pride's web site – www.sdpride.org).

GAME: 5:40 pm

Tickets to the game through San Diego Pride are only \$15 -- cheaper than the \$22.50 individual ticket price paid by those buying tickets directly from the Padres!

You can purchase your tickets at the Pride Office (3620 30th Street, San Diego), or online: www.sdpride.org – you can purchase tickets for the whole shebang or just the Padres game.

Padre tickets purchased online will be available for pickup starting April 14, at the San Diego Pride Office or at the Tailgate party on the day of the game. For any questions or to request seating with a specific group, please contact Helen Leung: helen@sdpride.org or by calling (619) 297-7683 x107.

IT'S OUTRAGEOUS!

This is an event that you do not want to miss! North County LGBTQ Resource Center is holding its 4th Annual Gala on **Saturday, May 31**, 7:00-11:00 pm. Once again, it will be held at the Museum of Art in Oceanside. This fundraiser event is what makes their "Little Center that Could" a possibility. Your ticket, sponsorship, and presence will support the many variety of programs that are offered to about 10,000 people each year.

The OUTRAGEOUS theme signifies the need of the North County community to be supporting and more visible. Give voice, presence, and support to what you believe in. Donate, Educate, Celebrate!

Individual tickets are \$75, and there are group discounts available. To order, go to www.ncresourcecenter.org/gala.

The Gala Keynote Speaker is Laila Al Shamma, who was featured in our January newsletter. She is a senior at La Costa Canyon High School in San Diego. Under her leadership, the Gay-Straight Alliance (GSA) has expanded tremendously. She started new school wide campaigns, and made a significant change in the campus climate for LGBTQ students. For her efforts with the GSA, Laila was chosen as the Gay Lesbian Straight Education Network (GLSEN) 2013 Student Advocate of the Year. She received this national honor in October, 2013.

After the Gala dinner, there will be Tasty Bites and Cash Bar. Come join the fun!



"Never be bullied into silence." –HARVEY FIERSTEIN

PROUD MOMENT

Mama's Kitchen is excited to announce, that on April 2, they served their 7 Millionth Meal! Pictured are San Diego County Supervisor Ron Roberts and Executive Director Alberto Cortés with the 7 Millionth client! For anyone not familiar with Mama's Kitchen, they are a volunteer-driven, nonprofit organization that prepares and delivers nutritious meals to men, women and children who are affected by AIDS or cancer – free of charge. That is only part of the picture for this life saving organization. For more information, visit their web site at www.mamaskitchen.org.

While we are on the subject of Mama's Kitchen, it is time again for their Annual (23rd to be exact) **Mama's Day, An Extraordinary Culinary Evening.**



It takes place on **Friday, May 9** at the Hyatt Regency La Jolla. This is the best tasting event in San Diego! Besides the Culinary Host, Sam "The Cooking Guy" Zien, there are 55 top local chefs, restaurants and caterers who will present signature dishes to guests to raise money so that Mama's Kitchen can continue to serve three nutritious meals a day, 365 days a year. The goal is to be well on their way to reaching the 8 Millionth Meal. There are more details and ticket info (sales) at www.mamaskitchen.org.

DINING OUT FOR LIFE®; HELP FIGHT AIDS

Be a part of The LGBT Center's eighth annual Dining Out for Life® event. Every year, The Center gathers over 100 restaurants to participate. It will be held on **Thursday, April 24**. These establishments give a minimum of 25 percent of their proceeds on food and liquor sales to The LGBT Center for HIV/AIDS services/programs. In order to make this a success again this year again, volunteers are needed. The goal is to have a restaurant ambassador or host in every participating restaurant and bar. This is a countrywide event and we would like San Diego to shine. You can tell

family and friends locally and nationwide to save the April 24 date (the date is the same in most cities). If you can volunteer, contact Jerry Tomaszewicz at 619.692.2077 x 202 or volunteer@thecentersd.org.

We hope everyone will plan on having a meal at one of the participating restaurants. A complete list of restaurants is listed below.



DINING OUT FOR LIFE® RESTAURANTS

Adams Avenue Grill
2201 Adams Avenue
619-298-8440

Babycakes
3766 Fifth Avenue
619-296-4173

Baja Betty's
1421 University Avenue
619-269-8510

Bamboo Lounge
1475 University Avenue
619-291-8221

Bankers Hill Bar
& Restaurant
2202 4th Avenue
619-231-0222

Barrio Star
2705 5th Avenue
619-501-7827

Bice San Diego
425 Island Avenue
619-239-2623

Big Front Door
4135 Park Blvd.
619-255-4100

Blind Lady Ale House
3416 Adams Avenue
619-255-2491

Bombay Exotic
Cuisine of India
3960 5th Avenue
619-297-7777

Brass Rail
3796 5th Avenue
619-298-2233

Bread & Cie Bakery/Café
350 University Avenue
619-683-9322

Burger Lounge-Hillcrest
406 University Avenue
619-487-1183

Burger Lounge-Kensington
4116 Adams Avenue
619-584-2929

Café 21-Downtown
750 Fifth Avenue
619-795-0721

Café 21-University Hts.
2736 Adams Avenue
619-640-2121

Carnitas Snack Shack
2632 University Avenue
619-294-7675

Commonwealth
1263 University Avenue
619-756-6164

Cowboy Star
640 Tenth Avenue
619-450-5880

Crest Café
425 Robinson Avenue
619-295-2510

Cueva Bar
2123 Adams Avenue
619-876-0785

D Bar Restaurant
3930 5th Avenue
619-299-3227

DiMille's Italian Restaurant
3492 Adams Avenue
619-283-3153

East Village Asian Diner
406 University Avenue
619-220-4900

East Village Tavern
and Bowl
930 Market Street
619-677-2695

Fig Tree Café
416 University Avenue
619-298-2010

Filter Coffee House -
Hillcrest
1295 University Avenue
619-299-0145

Flicks
1017 University Avenue
619-297-2056

Gossip Grill
1440 University Avenue
619-260-8023

Great Maple
1451 Washington Street
619-255-2282

Harley Gray Kitchen & Bar
902 W. Washington Street
(formerly The Gathering)

Harvey Milk's American Diner
535 University Avenue
619-295-2747

Hash House A Go Go
3687 Fifth Avenue
619-298-4646

Heat Bar and Kitchen
3797 Park Blvd.
619-546-4328

Hillcrest Brewing Company
308 University Avenue
619-269-4323

Indigo Grill
1536 India Street
619-234-6802

Jake's on 6th Wine Bar
3755 Sixth Avenue
619-291-9463

Kous Kous Moroccan Bistro
3940 4th Avenue, Ste 110
619-295-5560

La Bonne Table
3696 Pennsylvania Avenue
619-260-8039

Lil B's
2611 El Cajon Blvd.
619-296-8268

Local Habit
3824 5th Avenue
619-795-4770

Lotus Thai Downtown
906 Market Street
619-316-4186

Lotus Thai Hillcrest
3661 6th Avenue
619-316-4186

Luna Grill
350 University Avenue
619-296-5862

Mama Testa Taqueria
1417 "A" University Avenue
619-298-8226

Mariposa Ice Cream
3450 Adams Avenue
619-284-5197

Martinis Above Fourth/
Table + Stage
3940 4th Ave., Suite 200
619-400-4500

Masala Spices of India
314 Fifth Avenue
619-232-5050

Monsoon Fine Cuisine
of India
729 Fourth Avenue
619-235-5555

Nunzi's
1255 University Avenue
619-955-8450

100 Wines Hillcrest
1027 University Avenue
619-491-0100

Pampas Argentine Grill
8690 Aero Drive
858-278-5971

Parkhouse Eatery
4574 Park Blvd.
619-295-7275

Parma-Cucina Italiana
3850 Fifth Avenue
619-543-0049

Pecs Bar
2046 University Avenue
619-296-0889

Ponce's Mexican
Restaurant
4050 Adams Avenue
619-282-4413

Project Pie
3888 4th Avenue
619-241-2881

Puesto at the Headquarters
789 W. Harbor Drive
619-233-8880

Puesto
La Jolla
1026 Wall Street
858-454-1026

Redwing Bar & Grill
4012 30th Street
619-281-8700

RICHS San Diego
1051 University Avenue
619-295-2195

Ritual Tavern
& Beer Garden
4095 30th Street
619-283-1618

Snooze, an A.M. Eatery
3940 5th Avenue
619-500-3344

Soltan Banoo Restaurant
4645 Park Blvd.
619-298-2801

Station Tavern
2204 Fern Street
619-255-0657

The Haven
4051 Adams Avenue
619-281-1904

The Mission-Mission Beach
3795 Mission Blvd.
858-488-9060

The Mission-North Park
2801 University Avenue
619-220-8992

The Mission-SOMA
1250 J Street
619-232-7662

The Range Kitchen
and Cocktails
1220 University Avenue

The Red Door Restaurant
and Wine Bar
741 W. Washington Street
619-295-6000

The Tractor Room
3687 5th Avenue
619-543-1007

The Wellington Steak
& Martini Lounge
729 W. Washington Street
619-295-6001

Tiger!Tiger!
4025 El Cajon Blvd.
619-487-0401

Uptown Tavern
1236 University Avenue
619-241-2710

Urban Mo's
308 University Avenue
619-491-0400

Wang's North Park
3029 University Avenue
619-291-7500

West Coast Tavern
2895 University Avenue
619-295-1688

Which Wich
3825 5th Avenue
619-574-9424

**North County Locations
Proceeds will go to
North County LGBTQ
Resource Center**

Hill Street Café
524 S. Coast Highway
Oceanside
760-960-0985

PCH Sports Bar & Grill
1835 S. Coast Highway
Oceanside
760-721-3955

Vinz Wine Bar
201 E. Grand Avenue 1A
Escondido
760-743-8466

A SAD VICTORY

A federal judge says that the state of Indiana must recognize the same-sex marriage of a woman who is terminally ill.

Niki Quasney, who has been with her wife Amy Sandler for 13 years, is battling stage four ovarian cancer. The couple, who legally wed in Massachusetts last year, has two children, ages 3 and 1.

Lambda Legal requested that their case be heard by the U.S. District Court in the Southern District of Indiana on an

emergency basis, due to Quasney's health. They wanted their out-of-state marriage to be recognized in Indiana, to ensure Sandler receives an accurate death certificate, and that she and their children can access the benefits available to the surviving members of a late family member.

It is hoped that this is not a temporary victory, as the order will last for 28 days, and a preliminary injunction hearing has been scheduled at the end of that period.

Luan D. Andrews, M.A.

MARRIAGE AND FAMILY THERAPIST
MFC 19321

3252 HOLIDAY COURT • SUITE 106 • LA JOLLA, CALIFORNIA 92037-1807
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PFLAG THANKS YOU FOR YOUR EXTRA HELP

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Judy Goodman

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Mike Minnick
Maureen Steiner

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Selma Saribal for
refreshments galore!



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