



# THE NEWSLETTER

December 2014 / ISSUE 12 / VOLUME 21



WISHING YOU JOYOUS  
HOLIDAYS & A  
HAPPY NEW YEAR



## PFLAGBTQIAA OR PFLAG?

At their annual meeting, the present members of PFLAG National voted to change the name of the organization from Parents, Families and Friends of Lesbians and Gays to PFLAG National. This name change was enacted to be more inclusive and mirror the organization's already inclusive practices. There seemed to be a lack of acknowledgement for bisexual, transgender, and queer-identified individuals in the name, which caused challenges. Some questioned how strong the commitment to inclusion was if the name didn't reflect that commitment. The new name more accurately represents the work that PFLAG does, which is support, educate, and advocate on behalf of all LGBTQ persons and allies.

Jean Hodges, Chair of the PFLAG Regional Director Counsel said, "PFLAG members know what PFLAG is, we know who we are—PFLAG is the place that is home for everyone engaged in moving equality forward for everyone, inclusive of how you identify

your sexual orientation, gender identity, or family status. It's time for us as an organization to solidify that and ensure that the message is clear both inside and outside of PFLAG: We are inclusive and united toward this goal."

The mission and vision statements have been changed to reflect the new name.

**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.

## SPOTLIGHT ON MALLORY HOAC

At Kearny High School, there is not a GSA (Gay-Straight Alliance). PFLAG mom, Mallory Hoac, wasn't pleased and sought to change that.

Mallory made it her mission to find a teacher who was willing to be the advisor and hold meetings in her/his classroom. Mission accomplished. And in a "like mother, like daughter" move, her daughter, Mariel and another student found a second teacher to be involved. Thanks to the three students (including Mariel) on the leadership team, the GSA will be able to meet twice a week. Great family team work!



## REMINDER:

**THERE IS NO**

**SAN DIEGO COUNTY  
GENERAL MEETING**

**IN DECEMBER.**

**SEE YOU ALL IN JANUARY!**

## IT'S NOT TOO EARLY TO APPLY

Our scholarship program has taken a turn for the better. We are partnering with the San Diego Human Dignity Foundation; this program will be the best ever. The application and scholarship requirements are posted on our web site ([www.pflag.com](http://www.pflag.com)). A major change is that the GPA for high school students remains at 3.0 and for college students, it is changed to 2.8. The deadline for the scholarships is **March 16, 2015**. The scholarship program will be in May, the date to be announced. For scholarship questions, go to: [scholarships@pflag.com](mailto:scholarships@pflag.com).

## IT'S TRU

From now until **December 21**, the Diversionary Theatre presents the Tony Awarding winner play, *Tru*. It is a one-man show from the words and works of Truman Capote. The theatre is located at 4545 Park Blvd. in San Diego. For performance times and ticket info, go to: [www.diversionary.org](http://www.diversionary.org). You can also call: 619-220-0097. When ordering, use the Promo Code PFLAG for a \$5 discount.

**PFLAG.COM**

## OFFICERS, COMMITTEES & VOLUNTEERS

### President

Terrie Vorono  
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### Past Co-President

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### Transgender Coordinator

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### Refreshments

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### Board Members

Sherry Cohen-Richards,  
Bob Dryden, Mary Dryden,  
Linda Espinoza, Kim  
Martinez, JoyLynn Murray,  
Ina Price, Terrie Vorono

## 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

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

Email.....

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



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

## PFLAG THANKS YOU FOR YOUR EXTRA HELP

### Donations to the General Fund

Lindy & Rick Miles  
Annemarie Whalen  
Bryan Wildenthal  
& Ashish Agrawal

### Contributing Membership

Bill Patten

### Supporting Memberships

Terrie Vorono  
Jeanette Velgos

### Providing Refreshments

#### for Meetings

Terrie Vorono  
Annemarie Whalen  
Annette Ottone  
Debbie Hill  
JoyLynn Murray  
Maggie Huntwork  
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San Diego, CA 92138

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National PFLAG, Washington, DC  
(202) 647-8180, [www.pflag.org](http://www.pflag.org)

## Current Events

**Through December 21**

*Tru*  
Diversions Theatre  
(see article)

**January 5 | Monday**  
PFLAG Support Group  
North County Coastal

**January 5 | Monday**  
Mi Familia Support Group

**January 11 | Sunday**  
South Bay Support Group

**January 12 | Monday**  
PFLAG Support Group  
East County

**January 26 | Monday**  
San Diego General Meeting  
and Support Groups

## MEMBERSHIPS DUE

As always, paying your membership dues now means you are a member for all of 2015. As you are aware, part of the mission for PFLAG is to promote the health and well-being of lesbian, gay, bisexual, and transgender persons and 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.

For FREE and interesting events  
throughout San Diego, visit:  
**www.HILLQUEST.com**

## SUPPORT GROUPS

### SD COUNTY GENERAL MEETING & SUPPORT GROUP

Meets every fourth Monday (except this December) 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](http://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 [northcountycoastal@pflag.com](mailto:northcountycoastal@pflag.com) or  
Annette Ottone, 760-518-3345.**

### 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 Bob Dryden: 619-334-8214  
or [bdryden@pflag.com](mailto:bdryden@pflag.com)**

### SOUTH BAY

Meets every second Sunday from 4:00-5:00 pm, First United Methodist Church of Chula Vista, 1200 East H Street, Chula Vista.

**Contact: Patti Boman, 619-227-6092  
or [pboman@pflag.com](mailto:pboman@pflag.com)**

### MI FAMILIA (Spanish)

Meetings are the first and third Mondays of the month from 6:30pm - 8:00 pm at The Center, 3909 Centre Street, Hillcrest

**Contact Patti Boman, 619-227-6092**

### TRANSGENDER SUPPORT

For more information on the Transgender Support Group

**Contact Kathe Dunn, [ftm\\_mom@yahoo.com](mailto:ftm_mom@yahoo.com).**

## LAST, BUT NEVER LEAST



The caboose of the board members to have their bio in the newsletter is **Terrie Vorono**. Terrie has been co-president and/or president of our chapter since January, 2012.

"I joined PFLAG San Diego County eight years ago after learning that my older son was gay after his brother visited him in London. Ben knew he could count on Jake to spill the beans and thus avoid his own awkward conversation with me. I asked him if he thought that his dad and I would be upset if we knew he was gay, and he said he knew it would be fine. And it was fine with us.

I realized that it would not be fine with the rest of the world, and I was worried about how some family members would react. They had all known and loved my son unconditionally his entire life, and now at age 24, I feared that would change. I didn't know how to handle conversations about my son. When asked if he had a girlfriend in London, I needed to learn to say, 'Actually he has met a special guy that he's dating.'

My parents were involved with adult education through Oasis, and PFLAG had a panel at one of the classes; my parents invited me to go with them. My world was rocked. Here were these perfectly lovely people talking about having LGBTQ children. They talked about having the concerns that I had about how my son would fare in the world with the homophobia that I was now acutely aware of.

I went to my first PFLAG meeting that month and decided to attend a board meeting to learn more about PFLAG San Diego. The meetings were helpful as I listened to other people share the stories of their journeys with their LGBTQ loved ones. I learned from the guest speakers who

educated us and became familiar with other organizations in the city that worked to make the world better for LGBTQ people. I went to their meetings and met wonderful people from the LGBT Center, GLSEN, Trevor Project, Human Rights Campaign, Equality CA, Pride, the Community Leadership Council, Diversionary Theatre, and the myriad other support organizations.

The Prop 8 campaign sealed my desires to be an activist in the LGBTQ community. I was appalled that people who did not know my son were saying his relationship was not worthy of the dignity of marriage and deciding how he and others would live their lives. Horrible, hateful discussions were everywhere in the media. I joined the Courage Campaign and went door to door having conversations with voters about why marriage equality was important to me and my family. It was incredibly empowering to do something so terrifying to me and have people say that they were reconsidering their position after our conversation. Participating in the speakers bureau has also been tremendously rewarding and opened many doors in the community. Our voices are invaluable.

In 2010, I paid to attend the PFLAG National Conference in Washington, DC and found it inspiring to meet delegates from all over the USA who were doing incredible things on political fronts and in their home towns to start conversations and create change in their families, places of worship, schools, towns, and country. I realized that supporting my own son was not enough. There are people everywhere who do not have support within their own households, and there are obstacles in the community that PFLAG members and allies can work together to eliminate through education and advocacy.

Having an LGBTQ child is a tremendous gift. Embrace it, and see where it leads you."

## PFLAG YEAR IN REVIEW 2014

### MONTHLY GENERAL MEETINGS

The San Diego Chapter of PFLAG holds monthly general meetings. Each meeting features a program, support groups, and time for socializing over refreshments. We have three support groups that also meet monthly throughout San Diego County: North County Coastal in Oceanside, East County in Santee, and South Bay in Chula Vista. Thanks to the efforts of Patti Boman, the South Bay Support Group took off the ground in November. We also support a Spanish speaking group, Mi Familia, who meet twice a month at The LGBT Center.

### COMMUNITY EDUCATION

We have a Speakers Bureau that is available to colleges, high schools, hospitals, 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 LGBTQ sons and daughters. The Speakers Bureau is made up primarily of parents of LGBT children who are willing to share their stories. This has led to many a change of heart and opening of minds. Our presentations included: Metropolitan Community Church, SDSU, Toussaint Academy, Ninth District PTA Conference, Grossmont College's Coming Out Day, Kaiser Medical Convention (panel on gender non-conforming and transgender children for the American Medical Association), SDSU Master's Class Presentation, Naval Hospital, Sharp Health Services, Washington University Law Center.



# PFLAG YEAR IN REVIEW 2014

(Continued from Page 4)

## BOARD ACTIVITIES

We meet monthly at The LGBT Center in Hillcrest to plan programs, scholarships, and other activities. All members are welcome to attend these meetings. Board members are Terrie Vorono, Kim Martinez, Ina Price, Bob Dryden, Mary Dryden, JoyLynn Murray, Linda Espinoza, and Sherry Cohen-Richards. For various reasons, we said goodbye to several board members, who we thank for their time and dedication: Sandi Timberlake, Courtney Ware, Wayne Walker, Arlene Prater, and Beverly Lavalley. A big thank you to Betsy Sheets who continues as our unofficial, "official" corresponding secretary.

Yearly activities also include a board retreat at the beginning of the new 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 Long Beach, CA.

## PROGRAMS (NORTH COUNTY COASTAL)

**Guest Speaker Krista King:** Krista is a former international teen fashion model who shared her journey of figuring out, denying, and finally accepting her sexual orientation.

**Guest Speaker Rachel Kelley:** Rachel, a Masters of Clinical Counseling student at USD specializing in the LGBT community, presented LGBTQQIAA=Alphabet Soup (Terminology and Beyond).

**Guest Speaker Laila al Shamma:** Laila is the 2013 GLSEN Student Advocate of the Year, 2014 John Bessemer Memorial Scholarship recipient, and a 2014 PFLAG National Scholarship recipient. She spoke on "Life's a GAYme: A Discussion of Being Queer in High School."

**Guest Speaker Marc Lim:** Marc is the co-facilitator for North County's "Come As You Are," a transgender discussion and social group which are supportive of all people dealing with issues around gender.

**Guest Speaker Kurt Dearie and Carlsbad High School GSA Panel:** Kurt shared his experience as the school's first GSA advisor and the evolution of acceptance of the GSA. The student panel answered a list of pre-determined questions regarding coming out and their high school experience as part of the GSA.

## PROGRAMS (SAN DIEGO)

**Guest Speaker Sean Sala:** Sean shared his experience with us about surviving Ex-Gay therapy.

**Guest Speaker Shirley Clukey:** Shirley is a PFLAG member who shared her story of the journey of being a member of the Mormon Church and having a gay child.

**Guest Speaker Hector Martinez:** Hector is the Community Outreach Coordinator, Breaking Down Barriers – LGBTQ Communities at Mental Health America of San Diego County, which was the focus of his presentation.

**Guest Speaker Hector Martinez:** We were pleased that Hector could return and advise us on "Coming Out" – best practices.

**16th Annual Scholarship Awards:** Our chapter presented 10 scholarships ranging from \$1000-2500: the Mary Wagner Memorial Scholarship, John Bessemer Memorial Scholarship, Rob Benzon Memorial Scholarships, Stephen G. Bowersox Memorial Scholarship, John McCusker Memorial Foundation Scholarship Fund at the San Diego Human Dignity Foundation, Raytheon STEM Scholarship, Richard Geyser Memorial Ethics Scholarship at the San Diego Human Dignity Foundation, Sempra USGP Scholarship, and the College Planning Source Scholarship.

**Guest Speaker Fernando Lopez, Jr.:** As staff on both The LGBT Center and San Diego Pride, Fernando got us pumped up for the Pride Parade and Festival. He also shared his coming out story.

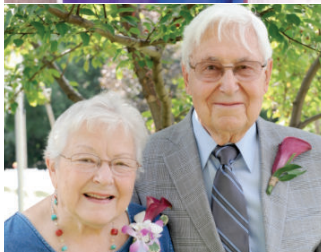
**Guest Speaker Amanda Cook:** Amanda is a volunteer with The Trevor Project. We learned the depth of how valuable this organization is.

**Summer Pot Luck Picnic:** After taking a year off, it was fun to get together for a gab and eat fest.

**Guest Speaker Josh Tucker:** We all know and love the Human Rights Campaign, so it was valuable to learn the nitty gritty of this important organization.

**Guest Speakers Sisters Yeshe Did, Gaia Love, and Ida Know:** What a delight to have some of the sisters from The Sisters of Perpetual Indulgence speak to us. Their activism, fundraising, and support in the LGBTQ community is sometimes overlooked.

**Guest Speaker Rev. Steve Parelli:** Steve shared the evolution of Other Sheep and the members of the organization's worldwide work for full inclusion of all LGBT people of faith within their respective faith traditions.



## EVENTS AND KUDOS

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

- San Diego Gay Pride Parade
- Presented 10 scholarships to local students
- Transgender Day of Empowerment
- Sponsored PFLAG booths/tabling events at San Diego Gay Pride, North County Pride by the Beach, Santee Street Fair, Poway Street Fair, South Bay Pride, Out at the Fair, Human Rights Campaign Valentine's Dance, GLSEN Safe School Summit and ice skating party, SDSU Big Queer BBQ, Nami Walk, GLSEN GSA Awards Night, Althea's 7th Annual Charity Connection, and Come Home for the Holidays/The LGBT Center.
- Transgender Day of Remembrance
- GLSEN Board (Gay, Lesbian, Straight Education Network) representation
- Community Leadership Council Board (The LGBT Center)
- Harvey Milk Diversity Breakfast
- GLSEN fundraiser at The Big Kitchen
- Participated in the nationwide fundraiser: Cultivating Respect: Safe Schools for All
- Frida Kahlo Birthday event at The LGBT Center
- Monthly conference calls with other PFLAG chapters in the Southern California Region
- San Diego Human Dignity Foundation Donor Advised Fund to raise money for scholarships
- North County's Project Youth Committee
- Partnered with Vista Community Clinic in providing monthly Youth Movie Nights at the NC LGBTQ Resource Center
- Neon Lights Prom held at California State University, San Marcos.
- Mama's Kitchen - meal preparation, food distribution, and The Pantry
- Monica Nunez Cham has become involved in planning Familias por La Diversidad Sexual (International Association of Sexually Diverse Families) for the convention in Costa Rica in 2016
- Funded the John Bessemer Memorial Scholarship
- Gay Men's Chorus and San Diego Women's Chorus concerts
- North County LGBTQ Resource Center's Fundraising Gala, chaired by JoyLynn Murray
- Maureen Steiner received the Richard Geyser Community Leadership Award from the San Diego Human Dignity Foundation
- World AIDS Day
- Courtney Ware's participation at Camp Aranu'tiq, a camp for transgender youth
- Letters to the Editor published in the *San Diego Union-Tribune* in defense of the LGBT community

- Applied for and received grant from San Diego LGBT Pride
- Offered Facilitator Training
- Mama's Kitchen Pie in the Sky fundraiser
- Hillcrest Youth Center Rainbow Prom and graduation
- Participated in Grossmont's College, The Diversity Equity and Inclusion Committee
- Kim Martinez graduated from the Young Professionals Council Academy
- Met with University City United Church's Open and Inclusion Committee to gain ways of helping each other
- San Diego Human Dignity Foundation Gala
- Met with media persons from Moldova and LGBTQ activists from Africa and Europe through the San Diego Diplomacy Council
- PFLAG National's Academy Online
- Participated and raised money for the AIDS Walk, keeping our coveted sneaker sign!
- Took part in The Center's Dining Out for Life which raises money for AIDS/HIV prevention and research
- Co-presented a film in the Asian Film Festival
- PFLAG North County Coastal visited and will continue to visit NC coastal GSA's to avail the mission of Support, Education & Advocacy
- Took big leaps: Mike Minnick became GSA advisor at Canyon Crest High School; Mallory Hoac's children, Mitchell and Mariel, started a GSA at their school.
- PFLAG North County Coastal hosted an "In Thanks and Appreciation Dinner" for all the presenters.
- SDSU: Queer Student Unions High School Conference
- Published our monthly newsletter (Editor, Sherry Cohen-Richards)

## 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, also co-owner of Belladia Marketing & Design, as our web master. With constant updates, we appreciate her being on the ball. Our newsletter is primarily sent by email to help the environment. We also have 808 followers on Twitter and 1084 followers on Facebook (thanks to Patti Boman for keeping both updated).





*Luan D. Andrews, M.A.*

MARRIAGE AND FAMILY THERAPIST  
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not determined by public opinion  
polls or by a majority vote."**

**--William Overton, U.S. Judge, 1982**

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