



THE NEWSLETTER

April 2015

ISSUE 4

VOLUME 22



A NOTEWORTHY YOUTUBE

Please join us for our general meeting on **Monday, April 27** at 7:00 pm at Jewish Family Service (JFS). We've moved next door (west) to 8788 Balboa Avenue. There is still plenty of parking.



We will view the YouTube video *What's Morally Wrong with Homosexuality?* The video is based on

John Corvino's book of the same title. Besides being a writer and philosophy professor, he is a renowned lecturer. Corvino dismantles common arguments against same-sex relationships,

including those based on nature, harm, and religion. However, it is the way he presents the topic (perhaps there are some good come-back lines?). John brings up the idea that the word "morality" is automatically associated with anti-gay positions. A critique of the video states that he approaches the topic "with a sharp wit, engaging empathy, and an intellectual rigor that is both accessible and memorable. Who knew philosophy could be so much fun?"

The video is close to an hour long so the cookie social will be shorter than usual; however, we can munch and watch the video at the same time. As always, the evening will start with support groups.



OUT AT THE PARK

Take me OUT to the ball game! Grab your friends and family because one of San Diego's

most fun outings is coming up soon. San Diego LGBT Pride's annual Out at the Park at Petco Park will take place **Saturday, May 2** when the Padres take on the Colorado Rockies.

There's a tailgate party from 2:15-5:15 pm in the Petco Tailgate Lot. Tailgate tickets (\$10 + SC) include a hot dog (or

veggie dog), chips, and the first drink (adult or otherwise) is free.

The game begins at 5:40 pm. The Padres are giving out reusable Padres bags. Tickets to the game through San Diego Pride are only \$15 (plus SC) -- cheaper than the \$22.50 individual ticket price paid by those buying tickets directly from the Padres.

For more information and to purchase tickets, go to www.sdpride.org/oatp.

SMILE FOR PFLAG

Anyone who has an account with Amazon.com (including Amazon Prime) can change their account to AmazonSmile. This will allow a percentage of your purchase to go to PFLAG San Diego County.

The AmazonSmile website is operated by Amazon and everything is identical to amazon.com. On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from a list of eligible organizations. Please select PFLAG San Diego County.

Every little bit helps. Thank you!

DAY OF SILENCE

On **Friday, April 17th**, PFLAG National will proudly partner with GLSEN (Gay, Lesbian, and Straight Education Network) for the National Day of Silence (DOS), a day of action in which students across the country vow to take a form of silence to call attention to the silencing effect of anti-LGBTQ bullying and harassment in schools.



There are 66 GSAs (Gay-Straight Alliances) in San Diego County, mostly in high schools with a much smaller number in middle schools. The GSAs are equally spread out across the county. Besides GLSEN working with GSAs on DOS, the North County LGBTQ Resource Center also coordinates GSAs in the northern part of the county. Most county high school campuses will be taking part in the Day of Silence

CONGRATS, COURTNEY & ISAAC

The 12th annual Transgender Day of Empowerment was held in early April. The event is designed to celebrate the diversity and strength of San Diego's Trans* community.



We were most happy that former PFLAG board member Courtney Ware was honored as Transgender Ally of the Year and Isaac Gomez was awarded an academic scholarship. Courtney is currently PFLAG's Trans* Coordinator and Isaac made the Honor 41 List (as he did last year). He was 18th on the list. The 41 List honors and celebrates 41 Latina/o LGBTQ individuals who are role models in the community.



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Membership Application

- New Renewal Change of Address
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or go online www.pflag.com (forms available)

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Current Events

April 17 | Friday
Day of Silence
(see article)

April 17-19 | Friday-Sunday
Diversionary Theatre
(see This 'N That)

April 18 | Saturday
Youth Prom
(see This 'N That)

April 18-19 | Saturday-Sunday
SD Gay Men's Chorus Concert
(see This 'N That)

April 20 | Monday
Mi Familia Support Group

April 25 | Saturday
San Diego Women's Chorus
Concert (see This 'N That)

April 27 | Monday
San Diego General Meeting
and Support Groups

April 30 | Thursday
Dining Out for Life
(see article)

May 2 | Saturday
Out at the Park
(see article)

May 4 | Monday
PFLAG Support Group
North County Coastal

May 4 | Monday
Mi Familia Support Group

May 11 | Monday
PFLAG Support Group
East County

May 15 | Friday
Scholarship Awards
(see article)

May 18 | Monday
San Diego General Meeting
and Support Groups

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.

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 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**

SOUTH BAY

There will be no meeting Sunday, May 10; it's Mother's Day! 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**

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.

17TH ANNUAL SCHOLARSHIP AWARDS

PFLAG San Diego County is proud to be offering 7 scholarships to LGBT high school and college students. This year we teamed up with San Diego Human Dignity Foundation who did a fabulous job of gathering sponsors, securing a venue, and advertising so that our first-ever luncheon program would be a success for our inaugural partnership. The luncheon program, *Launching Leaders*, takes place on **Friday, May 15** from 11:30-2:00 at the McMillin Event Center at Liberty Station in Point Loma. Funds raised will enable PFLAG SDC to provide more scholarships in the future.



We are pleased that the keynote speaker is Dr. Vinnie Pompei, Director of the Youth Well-Being Project at the Human Rights Campaign Foundation and chair of Time to THRIVE.

You may purchase individual tickets for \$50 or a table of eight for \$400. Go to www.sdhdf.org/news-events/pflag-launching-leaders-awards-2015/. You may access this link through our website, www.pflag.com.

PLEASE NOTE THAT OUR MAY MEETING IS ON MAY 18, NOT MAY 25, AS THE 25TH IS MEMORIAL DAY. MARK YOUR CALENDARS!



MONKEY SEE, MONKEY DO

The executive board of PFLAG San Diego County would like to know how our chapter is doing in meeting your needs as a member. Please take the survey and share your thoughts and opinions with us so that we can expand our capacity to better serve you and to grow and to thrive as a chapter.



Even if you no longer need PFLAG, that's when PFLAG needs you! We value your opinion. The information collected anonymously here will be used by the board to enhance our programs.

Please complete the online survey by **April 30!**

Thank you for taking time to respond to the anonymous survey.

Here is a link to the survey:
<https://www.surveymonkey.com/r/Z22ZYNS>

CALL FOR ENTRIES

THE LGBT FAMILY UNIT

Space 4 Art in downtown east village is looking for emerging + established LGBT artists to participate and display their artworks for an exhibition LGBT Pride weekend July 16th through July 18th

<p>THEME: THE LGBT FAMILY UNIT</p> <p>What does family mean for those who are LGBT?</p> <p>What is their connection to family?</p> <p>What does the definition of "The Family Unit" mean to the artists in connection with their families?</p> <p>How has their definition changed over time?</p> <p>How can this theme be interpreted by artists' works?</p>	<p>SUBMISSION DEADLINE JUNE 1 MIDNIGHT</p> <p>MEDIUM ALL TYPES OF VISUAL ART, SCULPTURE, AND PAINTINGS</p> <p>SPECS</p> <ul style="list-style-type: none"> • INCLUDE ARTIST NAME + PHONE • TITLE + SIZE OF ARTWORK • UP TO 3 WORKS • JPEG, TIFF, PDF • MIN. 300 DPI, MAX 2 MB
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SEND TO: Victor Pena | victor@studio10gallery.com

Luan D. Andrews, M.A.

MARRIAGE AND FAMILY THERAPIST
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COMING OUT AS A TRANSGENDER ALLY

Helping Others on Their Paths to Understanding and Acceptance

By Susen Herold (PFLAG SDC member)

When our family members and friends come out, it also gives us the freedom to come out as allies, and the opportunity to positively influence the opinions of others. By acknowledging their importance to us, and our support of them, we lead by example, showing those who have not had contact with the LGBT+ community that they are just like anyone else, with the same need to love and be loved and accepted.

My wonderful son Michael is gay, and has been out for several years, so I'm quite familiar with having 'the conversation' with friends and family. Mostly those chats have gone well, but I've also endured many judgmental comments such as "that just isn't compatible with my values" and "I don't agree with that lifestyle" and my favorite, "well, God says it's a sin, but all of us are sinners," which I believe was meant in good will and was truly supposed to make me feel 'better' about the situation. Over time, I've learned to respond to these types of insensitive comments by saying that I respect the equality and human rights of all people.

A couple of years ago, a close family member came out to me as a transgender woman in transition. Eveline was not yet ready to share with many others at that time, so I of course kept her status to myself and only discussed it with other close family members that she had also shared with.

Eveline recently accomplished some major milestones in her transition, including a legal name change (first, middle, and last) and has come out to everyone: work, family, and friends. She has said that she is happy for me to discuss her situation with any mutual friends and family who approach me on the topic. Since then, several people have approached me, and those discussions are always interesting.

Mostly, I think people really don't know how to react, because it's usually the first time they have had direct experience with knowing someone who has transitioned. I respond to their deep confusion and questions as best I can, suggesting they do their own transgender research and always encouraging them to talk to Eveline directly.

Many are not ready to do that; however, they first want the inside story of how this all came about: when she first decided to transition, whether she's felt this way since childhood, how long I've known about it, etc. Since Eveline is in her late 50s, you can imagine their initial distress and confusion, some having known her as a man all of her life or possibly for many decades.

The experience of being transgender is still misunderstood among the general public. Shows such as "Orange is the New Black" and "Transparent" are helping to educate people, but many still don't realize that—just like the others in the LGBT+ community—they encounter transgender people in their everyday lives: their banker, grocer, neighbor, co-worker, family they have known all of their life, and even long-time friends or acquaintances.

As allies, we have a wonderful opportunity if we are willing to accept the challenge: we can help our interested friends and family with their transitions to a better understanding of what transgender really means, and assist them on their path to acceptance.

Here are some links that have been recommended to me by transgender people and allies, for those who want to understand definitions and language, tap into multiple learning and support resources, clarify common misconceptions, and read transgender news stories:

- <http://community.pflag.org/transgender>
- <http://www.glaad.org/reference/transgender>
- <http://www.huffingtonpost.com/news/transgender>

No doubt you will encounter other useful information during your own research.

The support of allies makes a big difference, by helping to open minds, one at a time. My hope is that this increased understanding and empathy will lead to less fear and hate in the world.

By partnering with the LGBT+ community, we each do our small part to make the world a safer place for our loved ones.

THERE ARE SO MANY CHILDREN WHO STRUGGLE TO UNDERSTAND AND EMBRACE THEIR SEXUALITY IN FAMILIES WHO DO NOT WELCOME THEM, WITH PARENTS THAT SOMEHOW FIND IT ACCEPTABLE TO SHUT THEM OUT OF THEIR HEARTS AND THEIR HOMES. AND I FIND THAT UNACCEPTABLE. --Sally Field

DINING OUT FOR LIFE®; HELP FIGHT AIDS

Be a part of The LGBT Center's 9th annual Dining Out for Life® event. Every year, The Center gathers over 100 restaurants to participate. It will be held on **Thursday, April 30**. 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. You can tell family and friends locally and nationwide to save the April 30 date, as the date is the same in most cities. It's not too late to volunteer to be a goodwill ambassador at one of the participating restaurants. For info, contact Ian

Johnson at ijohnson@thecentersd.org or 619.692.2077, ext. 247.



North County PFLAGers: Annette Ottone has made reservations for the 30th at Hill Street Cafe in Oceanside for 5:30 pm. If you would like to be added to the reservation, please contact Annette at northcountycoastal@pflag.com.

We hope everyone will plan on having a meal at one of the restaurants.

Adams Avenue Grill
(April 30-May 3)
2201 Adams Avenue
619-298-8440

Babycakes
3766 Fifth Avenue
619-296-4173

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

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

Brazen BBQ
441 Washington Street
619-816-1990

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

Buffalo Public House (The)
406 University Ave., Unit B
619-723-0358

Buona Forchetta
3001 Beech Street
619-381-4844

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

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

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

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

East Tavern and Bowl
930 Market Street
619-220-4900

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

Harbor Town Pub
1125 Rosecrans Street
619-224-1321

Harley Gray Kitchen & Bar
902 W. Washington Street
619-955-8451

Hash House
3687 Fifth Avenue
619-298-4646

Haven (The)
4051 Adams Avenue
619-281-1904

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

Hillcrest Brewing Company
308 University Avenue
619-269-4323

House of Khan
1417 University Avenue
619-431-5270

Indigo Grill
1536 India Street
619-234-6802

Juice Crafters
401 University Avenue
619-297-0235

Kensington Café
4141 Adams Avenue
619-964-3778

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

Lava Sushi
1045 University Avenue
619-578-2877

Lotus Thai Downtown
906 Market Street
619-316-4186

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

Mariposa Ice Cream
3450 Adams Avenue
619-284-5197

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

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

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

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

Oceana Coastal Kitchen
3999 Mission Blvd.
858-539-8635

100 Wines Hillcrest
1027 University Avenue
619-491-0100

Oscar Wildes Pub
1440 University Avenue
619-567-8249

Pampas Argentine Grill
8690 Aero Drive
858-278-5971

Panama66
1450 El Prado
619-696-1966

Parkhouse Eatery
4574 Park Blvd.
619-295-7275

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

PECS
2046 University Avenue
619-296-0889

Pinkberry
Fashion Valley Mall
619-294-4600

Pinkberry
3795 4th Avenue
619-260-9106

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
1026 Wall Street
La Jolla
858-454-1026

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

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

RICHS
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

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

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

Uptown Tavern
1236 University Avenue
619-241-2710

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

Wangs
3029 University Avenue
619-291-7500

Waterfront Bar & Grill (The)
2044 Kettner Blvd.
619-232-9656

Waypoint Public
3794 30th Street
619-255-8778

West Coast Tavern
2895 University Avenue
619-295-1688

Zymology 21
750 5th Avenue
619-546-9321

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

Hill Street Café
524 S. Coast Highway
Oceanside
760-966-0985

Petite Madeline Bakery
223 N. Coast Highway
Oceanside
760-231-7300

Sabai Sabai Thai Kitchen
1906 Oceanside Blvd.
Oceanside
760-529-5597

That Boy Good
207 N. Coast Highway
Oceanside
760-433-4227

Vinz Wine Bar
201 E. Grand Avenue 1A
Escondido
760-793-8466

THIS 'N THAT

• "I'm mad as hell, and I'm not going to take this anymore." Indiana and Arkansas: you did not get your way because the country isn't going to stand for your homophobia.

• Promicon! PFLAG North County Coastal, via Project Youth, will co-host the 3rd annual Youth Prom on **April 18**. The event is inclusive for LGBTQ high school students ages 14-18 and allies.

• You can catch the last few shows of The Facts of Life: The Lost Episode at the Diversionary Theatre from **April 17-19**. Tickets are available at www.diversionary.org.

• San Diego Gay Men's Chorus will be performing "Our Greatest Hits" on **April 18 and 19**. For more info and to purchase tickets, go to www.sdgmc.org.

• The San Diego Women's Chorus will be performing

Saturday, April 25 at 7:30. Enjoy "Cabaret: An Evening of Broadway-themed Entertainment." To purchase tickets: www.sdwc.org.

• On **April 28**, the U.S. Supreme Court will hear oral arguments on whether states can ban same-sex marriage. They will be deciding if the bans are prohibited by the U.S. Constitution's guarantee of equal protection under the law. A ruling is due by the end of June.

• OutVets and Boston Pride were finally invited to South Boston's St. Patrick's Day Parade this past March. Hooray.

• The Boy Scouts' New York chapter has hired the nation's first openly gay Eagle Scout, who is 18 years old, as a summer camp leader. This is a direct and public challenge to the national scouting organization's ban on openly gay adult members. Stay tuned!

PFLAG THANKS YOU FOR YOUR EXTRA HELP

Contributing Memberships

Stan & Carol Bishop
Jim and Regina Bohorquez

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Ron & Irene Jarvis
Mike Mangoian
Sue Randerson
Mark & Karen Thompson

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Mark & Karen Thompson

Providing Refreshments for our Meetings

Lonnie Brunini
Maggie Huntwork
Ina Price
Judy Wilkinson

Book Donation
(*Raising My Rainbow*)
Judy Wilkinson

For many years PFLAG SDC has been selected for inclusion in the SD Combined Federal Campaign (CFC). We now also have the opportunity to participate in all CFC Campaigns. This fund-raising drive enables federal employees and military personnel to raise money that benefits thousands of non-profit charities, such as ours. If you are a federal employee, please consider PFLAG, SD County, Inc., #90212 for your CFC contributions. Encourage friends and relatives to do the same.

We thank the following individuals who specifically donated and released their names to San Diego County PFLAG through CFC during 2014:

Jesse Moreno
Martha Gallegos
Richard Blythe
Walter Manson IV



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