



# THE NEWSLETTER

April 2016

ISSUE 4

VOLUME 23



## A SALUTE TO MAMA'S KITCHEN

Please join us for our general meeting on **Monday, April 25** at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego.

Our guest speaker, Alberto Cortés, is the Executive Director of Mama's Kitchen. With over 25 years management experience in HIV/AIDS services with nonprofit organizations, he has broad experience in cross-cultural and bilingual service delivery. Alberto will update us on what Mama's Kitchen does and how we can help as part of the LGBTQ community. Noteworthy is that Mama's Kitchen is the only free, county-wide home-delivered meals program for individuals and families affected by HIV/AIDS or cancer.

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

**AND** while we are saluting Mama's Kitchen, they are celebrating their 25th anniversary of Mama's Day on **Friday, May 6** at the Hyatt Regency in La Jolla. This annual fundraiser has been called San Diego's premiere tasting event and features 55 chefs from San Diego's most recognized restaurants, hotels and catering companies who prepare their most delectable offerings to over 600 attendees.

All proceeds from the event go directly to Mama's Kitchen so they can continue to deliver hot and nutritious meals to their clients.

General Admission and VIP tickets may be purchased online at [mamaskitchen.org](http://mamaskitchen.org).

## RESERVE THE DATE FOR LLL: MAY 13

We are excited our second annual **Launching Leaders Luncheon** is coming up on **Friday, May 13**. PFLAG SDC and the San Diego Human Dignity Foundation will be awarding nine scholarships to high school seniors, full-time graduate and undergraduate students. The recipients of the Harvey Milk Memorial Scholarships will also be awarded at that time. The keynote speaker is Fernando Lopez, Director of Operations for San Diego LGBT Pride. The event is from 11:30 am -2:00 pm at the McMillin Event Center at Liberty Station, 2875 Dewey Road in Point Loma. Funds raised will enable PFLAG SDC to provide more scholarships in the future.

The Scholarship Committee, ably chaired by Hillary Flocke, has worked diligently choosing recipients. There were 32 qualified applicants and it was difficult narrowing the list down to eight. We were able to offer a ninth scholarship with the generosity of donations of \$500 each from Phyllis Van Wanseele and Lonnie Brunini. Anyone who wishes to donate to a scholarship, please send a check made payable to San Diego Human Dignity Foundation and mail it to: SDHDF, Attn: PFLAG Scholarship Fund, Des Kelly, 2508 Historic Decatur Road, Suite 160, San Diego, CA 92106. To buy individual tickets at \$60 or if you want to gather your buddies together and chip in for a table of eight, it's \$400 and can be purchased at [pflag.sdhdf.org](http://pflag.sdhdf.org).

## SPEAKING OF SCHOLARSHIPS

It has come to our attention that PFLAG National is offering scholarships ranging from \$1000-5000. The deadline is **April 30, 2016**. One of the criteria is that you are a graduating high school senior and will attend an accredited U.S. higher education institution in the fall of 2016. You may be a U.S. citizen or non-U.S. citizen. This scholarship is open to both LGBTQAI (you get the picture) AND allies. Applicants must demonstrate an interest in service to the LGBTQ community. To apply and receive more information, go to [www.pflag.org](http://www.pflag.org) and click on the Education and Programs tab.

## SAN DIEGO'S TALENTED CHORUSES

### Gay Men's Chorus

Join the San Diego Men's Chorus for their "California Dreamin'" concerts on **April 23 (8:00 pm) and 24 (3:00 pm)** at the Balboa Theatre. You are invited to celebrate songs in the key of California: A little Disneyland princess here, a bit of Katy Perry California Gurl power there—all sunnily sprinkled with the classics of Tony Bennett, Brian Wilson and many more.

Tickets start at \$34 and may be purchased from Ticket Chargeline – 570-1100 (all SD area codes) or by going to Ticketing Services Advance Window Sales at 1100 Third Avenue @ B Street – Civic Center Plaza. They are open Monday-Friday from 10:00 am-6:00 pm.

### Women's Chorus

San Diego Human Dignity Foundation and San Diego Women's Chorus welcome Grammy Award-Winning Singer-Songwriter Legend Janis Ian for the Third Annual Benefit Concert on **Sunday, May 22**. Proceeds from "UPRISING: Songs of Change" will benefit local low-income lesbian and bisexual women in need of medical treatment and healthcare.

The concert takes place at the Balboa Theatre, at 7:00 pm. You may purchase via Ticketmaster or by calling the Balboa Theatre directly at 619-570-1100. Regular tickets are \$15-\$85. VIP tickets, which include premium seating and admission to the exclusive invite-only after party at the Hard Rock Café, are available via [www.sdhdf.org](http://www.sdhdf.org) for \$250.

## OFFICERS, COMMITTEES & VOLUNTEERS

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PFLAG San Diego  
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 33-0512868)

Make checks payable to:

PFLAG San Diego  
PO Box 82762  
San Diego, CA 92138

### Type of Membership

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

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

Name.....

Address.....

City.....

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

Email.....

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



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

# LOOK LIKE A BIG FISH

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



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# Current Events

April 21 | Thursday  
PFLAG Support Group  
North County Inland

April 23 | Saturday  
Pride Prom (see article)

April 23 & 24  
Saturday & Sunday  
Gay Men's Chorus Concert  
(see article)

April 25 | Monday  
San Diego Metro General  
Meeting and Support Group

April 28 | Thursday  
Dining Out for Life  
(see article)

May 2 | Monday  
PFLAG Support Group  
North County Coastal

May 5-June 12  
*The Boy Who Danced on Air*  
Diversionary Theatre  
(see article)

May 16 | Monday  
Mi Familia Support Group

May 19 | Thursday  
Harvey Milk Diversity  
Breakfast (see article)

May 19 | Thursday  
PFLAG Support Group  
North County Inland

May 20 | Friday  
Stonewall Athletic Awards  
(see article)

May 21 | Saturday  
OUT at the Park  
(see article)

May 22 | Sunday  
Women's Chorus Concert  
(see article)

May 23 | Monday  
San Diego Metro General  
Meeting and Support Group



Equality is the soul of liberty, there is, in fact, no liberty without it.

Frances Wright

## 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 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](http://www.pflag.com)

## NORTH COUNTY COASTAL

Meets the 1st Monday, at 7:00 pm, North County LGBTQ Resource Center, 510 North Coast Hwy, Ste C, Oceanside.

Contact [northcountycoastal@pflag.com](mailto:northcountycoastal@pflag.com) or

Annette Ottone, 760-518-3345

## NORTH COUNTY INLAND

Meets the 3rd Thursday at 7:00 pm, Windermere Homes & Estates, 16783 Bernardo Center Drive, Rancho Bernardo.

Contact Kathie Moehlig: 858-382-9156

or [northcountyinland@pflag.com](mailto:northcountyinland@pflag.com)

## EAST COUNTY

The Support Group is not presently meeting.

Contact Terrie Vorono: 619-997-6139

or [tvorono@pflag.com](mailto:tvorono@pflag.com)

## ASIAN-PACIFIC ISLANDER

The Support Group is not presently meeting. We are looking forward to re-starting in the spring.

Contact email: [sandiegoapipflag@gmail.com](mailto:sandiegoapipflag@gmail.com)

## SOUTH BAY

The Support Group is not presently meeting. For a private meeting for support and concerns, call for an appointment.

Contact: Patti Boman, 619-227-6092

or [pboman@pflag.com](mailto:pboman@pflag.com)

## MI FAMILIA (Spanish)

Meetings are the 3rd Monday of the month; 6:30-8:00 pm at The Center, 3909 Centre St, 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)

## GOING FROM BAD TO WORSE

It is sad that a country of freedom has states that are regressive, hostile, oppressive, and unjust. These are just a few of the adjectives being used to describe the new surge of anti-LGBTQ laws spreading throughout the country these last few months.

Indiana, North Carolina, Mississippi and Missouri have recently passed discriminatory legislation in the name of “religious freedom.” And many other states have been pushing forward similar bills that discriminate against LGBTQ people in virtually every aspect of their lives--from the workplace, to marriage, to which bathroom one is allowed to use or healthcare services one is allowed to receive.

These states not only legalize discrimination and bigotry, but they erase decades of social progress that has been made as a nation. We should be grateful to the diverse coalition of organizations and national leaders in telling Republican governors and state legislators across the U.S. to stop this blatant affront to freedom and equality.

Thankfully, major global companies from Apple to eBay have threatened to stop doing business in states with these atrocious anti-LGBTQ laws, which would wreak economic havoc until the laws were repealed. As an example, last month, Georgia’s Governor Nathan Deal did not sign a law that legalizes anti-gay discrimination and would require transgender people to use public restrooms according to the biological sex on their birth certificates, rather than the gender they identify with. Immediately after the state legislature passed the discriminatory bill, 20 U.S. and international business leaders rose up and delivered a letter to Governor Deal objecting to the law and threatening to take

their businesses elsewhere. PayPal was the first business to make good on that promise. And Hollywood studio giant, Lionsgate, quickly followed suit, pulling production of its new show out of the state. Other corporations and entities followed: The National Football League suggested the bill’s passage could jeopardize Atlanta’s Super Bowl bid, and several sports teams joined the league in weighing in on the bill; the Walt Disney Company; Time Warner (parent company to HBO, Warner Bros. and Atlanta-based CNN); AMC Networks; at least 20 Fortune 500 companies — including Delta Air Lines, Google, Home Depot, IBM, Marriott, Microsoft, Nordstrom, Coca-Cola, Dow Chemical, UPS and Verizon. Deal was shaking in his boots knowing how much economy to the state was at stake. The pressure worked and he did not sign the bill.

The same pressure now needs to be applied to any state with discriminatory LGBTQ laws. So far some states are banning government and business travel to states that have enacted these laws. New York, Washington, and Vermont banned travel to Mississippi, while New York additionally banned travel to North Carolina. In North Carolina, individual performers are cancelling upcoming concerts: singers Bruce Springsteen and Bryan Adams, not to mention that composer Stephen Schwartz has banned theatres in North Carolina from producing *Wicked*. Also in North Carolina, leaders of the NAACP have issued an ultimatum to the state’s legislative leadership: repeal the anti-LGBT law by April 21, or face sit-in demonstrations at the general assembly.

Hopefully, sooner or later (hope for sooner) these state and others planning to introduce anti-LGBTQ legislation will see the error of their ways.

## THIS 'N THAT

**April 4:** Although the North County Coastal meeting took place in early April, their guest speakers were noteworthy: PFLAG facilitator Annette Ottone’s daughter Olivia and her girlfriend, Jordan, spoke on: EnGAYging with the Mid-West. They attend a STEM school in Terre Haute, IN where the student population is 80% male. By all accounts, it was a wonderful presentation.

**April 21:** (Thursday): North County Inland’s guest speaker is Sophia Arredondo, who was recently hired by the San Diego Unified School District as the Program Manager for the LGBTQ+ Education and Advocacy. The meeting is at 7:00 pm. See meeting information under the Support Groups on page 3.

**April 23** (Saturday): North County LGBT Resource Center is sponsoring Pride Prom where students are encouraged to come with or without a date, almost anything goes with attire, and fun all around. The prom takes place at the Civic Center Library Community Room, 330 North Coast Highway in Oceanside from 6:00-9:30pm. For more information, go to [ncresourcecenter.org](http://ncresourcecenter.org) and click on Project Youth.

**May 19** (Thursday): The 8th Annual Harvey Milk Diversity Breakfast will be held from 7:30-9:00 am at the Hilton San Diego Bayfront Hotel. Proceeds benefit the social services programs of the LGBT Center. Those being honored are Annise Parker, Houston’s first openly gay mayor and Michael Connolly, one of Alberta, Canada’s first LGBT legislators. For ticket information: [www.thecentersd.org](http://www.thecentersd.org).

*(continued on page 5)*

## SAM'S THE MAN



In the June, 2015 PFLAG newsletter, there was a brief article on Sam Moehlig. He had just appeared in the *San Diego Union-Tribune* in an article about trans\* teens. His mom, Kathie, PFLAG member and North County Inland facilitator, was mentioned in the article as a rock and unyielding support system that he needed and had (in addition to his dad and sister). In the April 10 U-T, there was a three page article and pictures just about Sam and the road he has traveled from Samantha to Sam. To read the article in its entirety, go to: <http://sdut.us/1qBO2hW> or to see the video on YouTube, <https://youtu.be/SrGFT0PHZ8Q>

Samantha grew up to become a boisterous kid who loved sports and sci-fi movies. While she thought of herself as a boy, her body had other ideas. Developing breasts at the age of 9 plunged her into what Kathie calls “the deep dark.”

Clinically depressed, it took a while for the proper diagnosis which was gender dysphoria (although many in and out of the transgender community dislike the relatively new label). On April 6, 2012, Samantha adopted a male persona and name.

It was challenging at tae kwon do and surfing lessons to minimize the appearance of having breasts. A hormone blocker was implanted in his bicep to slow the growth of

female characteristics, and a few years after that, testosterone shots were added to his routine. To all outward appearances, he became a typical boy.

Sam's parents and sister evolved as Sam did. Last June, Kathie incorporated a nonprofit for families with transgender youth. Since October, her TransFamily Support Services has worked with 36 clients in a half dozen states and one Canadian province.

Last July, the family went to the Kryger Institute for Plastic Surgery in Thousand Oaks where Sam had a double mastectomy. Doctors at the Gender Management Clinic at Rady Children's Hospital will not perform mastectomies on females younger than 16.

After the surgery, eventually, Sam was able to resume tae kwon do, surfing, gymnastics, and flag football. The icing on the cake was a swimming party where Sam could wear just swimming trunks and be done with it!

Recently, Kathie and Sam took a trip to Sacramento to lobby on behalf of LGBT youth. Once depressed and withdrawn, Sam was eager to testify. He said, “People need to hear it. For some of the youth and even adults who don't want to speak out and be heard, it's good that people are. Every person is different. That's who I am.”

**GAY PEOPLE WHO WANT TO MARRY HAVE NO DESIRE TO REDEFINE MARRIAGE IN ANY WAY. WHEN WOMEN GOT THE RIGHT TO VOTE, IT DID NOT REDEFINE VOTING.**

**CYNTHIA NIXON AT THE NEW YORKER FESTIVAL, OCTOBER 1, 2010**

## THIS 'N THAT (Continued from page 4)

**May 20 (Friday):** San Diego Pride's first annual Stonewall Athlete Awards Reception is part of their “OUT at the Park” weekend. The Stonewall Athletic Awards support, honor, and enhance the San Diego LGBT athletic community, by promoting inclusive and healthy competition and activities. There will be live music, food, drinks and dancing with LGBTQ+ athletes from basketball, billiards, bowling, darts, flag football, golf, kickball, pool, rugby, running, soccer, softball, swimming, tennis, volleyball and wrestling. And there's amazing giveaways! The event takes place from 6:00-9:00 pm at the Lafayette Hotel, 2223 El Cajon Blvd, San Diego. For ticket information, go to [www.sdpride.org](http://www.sdpride.org). If you attend the awards reception and the baseball game

(see below), you get a price discount.

**May 21 (Saturday):** Join San Diego Pride's “OUT at the Park” Pride Night at Petco Park (and what a game to attend – time for revenge against the LA Dodgers). Game time is 7:10 pm. There is reserved seating in three areas of the park for Pride ticket holders. The first 2,500 fans to purchase Pride Night tickets will receive a limited edition Padres Pride Night Rally Towel. Support San Diego Pride with each ticket purchased - \$3 of every Upper Pavilion and \$5 of every Sun Diego Beach and Right Field Upper Reserved tickets will be donated back to SD Pride. To purchase tickets, go to [www.sdpride.org](http://www.sdpride.org).

## DINING OUT FOR LIFE®; HELP FIGHT AIDS

Be a part of The LGBT Center's 10th annual Dining Out for Life® event. Every year, The Center gathers over 100 restaurants to participate. It will be held on Thursday, **April 28**. 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 28 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](mailto:ijohnson@thecentersd.org) or 619.692.2077, ext. 247.



Dine Out, Fight AIDS

All the restaurants are located in San Diego with the exception of the four restaurants listed under North County. We hope everyone will plan on having a meal (or two or three) at one of the restaurants. Most require reservations.

### **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

### **Barrio Star**

2705 5th Avenue  
619-501-7827

### **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

### **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

### **Chef Deborah Scott's**

Indigo Grill  
1536 India Street  
619-234-6802

### **Cowboy Star**

640 Tenth Avenue  
619-450-5880

### **Crest Café**

425 Robinson Avenue  
619-295-2510

### **DiMille's Italian Restaurant**

3492 Adams Avenue  
619-283-3153

### **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

### **Hammond's Gourmet Ice Cream**

3077 University Avenue  
619-220-0231

### **Harley Gray Kitchen & Bar**

902 W. Washington Street  
619-955-8451

### **Haven (The)**

4051 Adams Avenue  
619-281-1904

### **Hillcrest Brewing Company**

308 University Avenue  
619-269-4323

### **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

### **Lemonade**

3958 5th Avenue  
619-293-7900

### **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

### **Mariposa Ice Cream**

3450 Adams Avenue  
619-284-5197

### **Martinis Above Fourth/ Table + Stage**

3940 4th Ave., Suite 200  
619-400-4500

### **Mission (The)- Mission Beach**

3795 Mission Blvd.  
858-488-9060

### **Mission (The)- North Park**

2801 University Avenue  
619-220-8992

### **Mission (The)-SOMA**

1250 J Street  
619-232-7662

### **Napizza Hillcrest**

1040 University Avenue  
619-546-8300

### **Napizza Little Italy**

1702 India Street  
619-696-0802

### **Oceana Coastal Kitchen**

3999 Mission Blvd.  
858-539-8635

### **100 Wines Kitchen**

1027 University Avenue  
619-491-0100

### **Pampas Argentine Grill**

8690 Aero Drive  
858-278-5971

### **Pardon My French**

Bar & Kitchen  
3797 Park Blvd.  
619-546-4328

**Park & Rec**

4612 Park Blvd.  
619-795-9700

**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 - Downtown**

789 W. Harbor Drive  
619-233-8880

**Puesto – La Jolla**

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

**Spitz**

3515 5th Avenue  
619-326-8556

**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

**Waypoint Public**

3794 30th Street  
619-255-8778

**West Coast Tavern**

2895 University Avenue  
619-295-1688

**Wine Pub (The)**

2907 Shelter Island Drive  
619-758-9325

**Zymology 21**

750 5th Avenue  
619-546-9321

**North County Locations Proceeds will go to North County LGBTQ Resource Center****Hello Betty Fish House**

211 Mission Avenue  
Oceanside  
760-722-1008

**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

## THE BOY WHO DANCED ON AIR

The Diversionary Theatre presents *The Boy Who Danced on Air*, performed from **May 5-June 12**. This brave and compelling new musical reveals the clandestine yet persistent tradition in Afghanistan of Bacha Bazi, where wealthy men purchase boys from poor families, train them as dancers, and parade them at parties as their property. Paiman and Feda have spent their young lives confined within this tradition. But when they meet by chance and develop feelings for one another, they embark on a journey towards a new life in uncharted territory. This astonishing contemporary fable reveals a country teetering on collapse, torn between yesterday and tomorrow, and the indomitable strength of the human spirit.

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. The theatre is located at 4545 Park Blvd. in San Diego.

## GET OUT THE VOTE

Starting on **April 25**, the LGBT Community Center (3909 Centre Street in Hillcrest) is asking for volunteers to help with their "Get Out The Vote" phone banks. Calls are made in the evenings on Monday-Thursday and Saturday. The purpose is to encourage friends and neighbors within the LGBT community to literally get out and vote. A short training will be provided, and, as a way of encouraging you, there will be snacks and giveaways!

Some PFLAG members have already volunteered, but more people are needed. If interested, please contact Rebekah Hook-Held at The Center by email: [rhook@thecentersd.org](mailto:rhook@thecentersd.org) or by calling: 619-692-2077, ext.103. Please mention you are from PFLAG, as brownie points are always good!

*Luan D. Andrews, M.A.*

MARRIAGE AND FAMILY THERAPIST  
MFC 19321

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## PFLAG THANKS YOU FOR YOUR EXTRA HELP

**Contributing Membership:** Jan Garbosky

### Supporting Memberships

Mick, Pam, Monica  
& Claire Rabin

Mike Mangoian  
Ron & Irene Jarvis  
Anthony & Lilia Villasenor

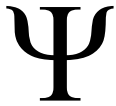
### General Fund Donations

For many years PFLAG has been selected for inclusion in the San Diego Combined Federal Campaign (CFC). Beginning last year, 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.

Thank you to those who  
donated and released their  
names during the 2015  
campaign:

*San Diego County CFC*  
Adam Dea  
Adam Fletcher  
Gabriel Taroma  
Nicolas Cooper

*Chesapeake Bay Area CFC*  
William D. Hall



## Psychotherapy for

Gay, Lesbian, Bisexual and Transgender Children...

Coming out • School safety • Self-Acceptance  
Self-Esteem • Parent-Child Communications • Siblings

... and their Parents

Crisis Counseling • Religious Issues • Telling Friends & Family  
Safety Concerns • Grief & Loss • Depression n Anxiety

All Services are Completely Confidential

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