

THE **NEWSLETTER**

October 2019 issue 10 volume 26

AN EVOLUTION



Please join us for our general meeting on **Monday, October 28** at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego.

We are pleased to have as our guest speaker, Evan Hilliard, the recipient of the 2019 John Bessemer Memorial Scholarship. Evan has had an amazing journey transitioning from a self-destructive individual to one who has achieved a lot in his 29 years. Evan is well-respected at San Diego Mesa College, where he is a student majoring in Health

Information Technology. His ultimate goal is to become a licensed clinical social worker and advocate for the trans community, which he is a proud member.

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

WE HOPE YOU HAVE A 2020 VISION

PFLAG memberships are for the calendar year, and 2020 is almost here. That means memberships are due once again. Thank you for being part of our continuing effort to provide support, education, and advocacy on behalf of our lesbian, gay, bisexual, transgender, and questioning community and their families. Thank you for allowing us to continue to provide monthly meetings, speakers, support groups, an info line, newsletters, educational brochures, etc.

Your membership is important to us--it enables us to strengthen our presence in the community and to have our voices heard. We also help support National PFLAG by sending \$15 of your dues to them which provides you with membership in the national organization. Please don't renew directly with National, as no part of that benefits our San Diego chapter.

The membership application is on page two, as well as our website (www.pflag.com), where it is quite convenient to renew/join through PayPal. You can also join/renew at any of the meetings or mail a check made payable to: PFLAG San Diego County, P.O. Box 82762, San Diego, CA 92138. All memberships are tax deductible. Donations are welcomed.

If you join now through December 31, 2019, your membership is valid through December 31, 2020.

20TH ANNUAL ASIAN FILM FESTIVAL

As PFLAG San Diego County does every year at the Asian Film Festival, we are co-presenting a group of short films called Get Out! on **Saturday, November 9** at 6:30 pm at the UltraStar Mission Valley (Hazard Center on Friars Road). There is a reception to follow.

There is a limited number of free tickets. If you are interested, please email Bobbi Harwood at bharwood@pflag.com. If you take tickets, please use them. The festival is from **November 7-16**. For a list of films, locations, and tickets, go to: www.pacarts.org/sdaff. For additional tickets, there's a \$2 discount if you use code PFLAG2019.

ACT NOW!



Tickets for the San Diego Gay Men's Chorus's annual Jingle Holiday Concerts sell out fast. You can purchase tickets at sdgmc.org for **December**

7 at 3:00 pm and 8:00 pm or **December 8** at 3:00 pm. They will also perform an abbreviated concert at Sycuan Casino on **December 15** at 6:00 pm.



San Diego Women's Chorus presents *Legends*, which pays tribute to numerous musical greats, from Aretha Franklin to Alanis Morisette, Madonna to Lady Gaga, Joni Mitchell, and Carole King to Sara Bareilles. You will also hear popular contemporary musicals "Waitress" and "The Greatest Showman." Featuring notable music by extraordinary women from throughout the decades, the show incorporates a variety of musical styles and genres, including R&B, pop, jazz, Broadway, and folk.

This electrifying performance will take place on **Saturday**, **November 16** at 7:00 pm and **Sunday November 17** at 4:00 pm at the University Christian Church, 3900 Cleveland Avenue in Hillcrest.

Tickets start at \$20 for general admission, \$18 for youth, senior, disabled patrons, and military. VIP tickets are also available for just \$30 and include premium seating in the venue. Same day tickets will be available at the door, starting at \$25 for general admission and \$20 for youth/senior/disabled/military.

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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
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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.

Current Events

Through October 20 Diversionary Theatre Girlfriend (see article)

Through November 9
Images of Pride (see article)

Through November 27
Pie in the Sky (see article)

October 15 | Tuesday PFLAG Support Group El Cajon

October 17 | Thursday #Spiritday (see article)

October 21 | Monday PFLAG Support Group South Bay

October 22 | Tuesday PFLAG Support Group North County Inland

October 22 | Tuesday
Our Space-Poway/High School

October 22 | Tuesday
Our Space-Poway/Middle
School

October 22 | Tuesday Q Chat/PFLAG National (see article)

October 28 | Monday San Diego General Meeting and Support Groups

November 4 | Monday PFLAG Support Group North County Coastal November 5 | Tuesday PFLAG Support Group Ramona

November 7 | Thursday LGBT Veterans Wall of Honor Induction Ceremony (see article)

November 9 | Saturday Asian Film Festival PFLAG co-presenting (see article)

November 11 | Monday LGBT Veterans In Veterans' Day Parade (see article)

November 11 | Monday South Bay Support Group

November 12 | Tuesday PFLAG Support Group North County Inland

November 12 | Tuesday
Our Space-Poway/High School

November 12 | Tuesday Our Space-Poway/Middle School

November 16-17 Saturday & Sunday SD Women's Chorus Concerts (see article)

November 18 | Monday PFLAG Support Group South Bay

November 19 | Tuesday PFLAG Support Group El Cajon

LOOK LIKE A BIG FISH

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





Call for a Free Consult 858.220.7478 belladiadesign.com

SUPPORT GROUPS

SD METRO GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday at 7:00 pm, at Jewish Family Service, 8788 Balboa Ave, San Diego in Kearny Mesa. For further information, contact the Info Line:

888-398-0006 or www.pflag.com

NORTH COUNTY COASTAL

Meets the 1st Mondays at 6:30 pm, Pilgrim UCC, 2020 Chestnut Avenue, Carlsbad.

Annette: 760-518-3345 | northcountycoastal@pflag.com

NORTH COUNTY INLAND

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm St. Bart's Church, 16275 Pomerado Road, Poway. Jill/Dan: 760-855-9424 | RBPowaypflagsdc@pflag.com

EAST COUNTY

Meets the 3rd Tuesday from 6:00-7:30 pm, El Cajon Library, 201 E. Douglas Avenue, El Cajon.

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

SOUTH BAY

Meets 3rd Monday from 7:00-8:00 pm, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: 619-227-6092 | pboman@pflag.com

RAMONA

Meets 1st Tuesday from 6:00-8:00 pm, St. Mary's in the Valley, 1010 12th Street, Ramona.

Carlee: 757-448-5640 | Ramonapflagsdc@pflag.com

POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm St. Bart's Church, 16275 Pomerado Road, Poway.

Al: 858-382-2262 | al@transfamilysos.org

OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm, St. Bart's Church, 16275 Pomerado Road, Poway. Facilitated by youth. Al: 858-382-2262 | al@transfamilysos.org

MI FAMILIA (Spanish) NEW LOCATION

Meets 2nd Monday from 6:00-7:30 pm, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: 619-227-6092 | pboman@pflag.com

TRANSFAMILY SUPPORT GROUP

Support groups held separately for children, teens, & adults to explore topics around gender identity and expressions.

Kathie: 858-382-9156 | info@transfamilysos.org

NEXT UP



Levin Guerra received one of the Rob Benzon Memorial Scholarships. Levin graduated from Point Loma High School and is currently attending Columbia University where he is deciding on two majors: psychology or cognitive science. While at Point Loma High, he not only resurrected his

school newspaper and was its Editor-in-Chief, but he was head of a club called Water Uganda do? that raised funds for clean water projects at schools in Uganda.

In his Letter of Recommendation, his English teacher/

newspaper advisor described Levin as a standout in the classroom, regularly demonstrating a keen mind, proving to be one of the intellectually curious and gifted students the advisor ever had. Levin is held in high esteem by his peers, staff, and the administration.

"My room is full of notebooks. Notebooks with heavily embroidered covers. Notebooks made of recycled paper. Notebooks with hues of black

and brown and pink and white. Notebooks with sprawling lines or uniform squares or swaths and swaths of blank white space. My room is full of notebooks, and sometimes I write in them. A couple pages here, a couple pages there. Birthday plans, shopping lists. Dry jokes and journal entries and poems and short stories. Eventually they fill up: an anti-chronological compendium that would make Vonnegut salivate.

I hatched my grand plan within one of these notebooks. Point Loma High School is home to a plethora of vibrant student groups and experiences, from writers to athletes to thespians to artists to engineers. And yet, our campus lacks an element of final cohesion. Its various social and academic groups tend to remain disparate, and while a few students manage to span this divide, most do not.

What we needed, I decided, was a school newspaper. We needed a space to trade ideas, advertise for campus events, and celebrate the multifaceted experiences of our students. Thus, the Pointer Press was born. I spent the summer with diagrams, lists, and content selections haphazardly scrawled throughout the unlined white pages of a light brown recycled-paper notebook. I reached out to a teacher, whose famous motto read 'you can do whatever you want,' and to eight other students who would ultimately become our senior editorial staff. By the start of the school year, I had drafted a formal proposal, divided our editors into content areas, and organized a tentative publication schedule.

The start of the school year brought recruitment, and with it around 25 consistent student contributors. Our news leadership team met with our principal and advisor to finalize our proposal, and, when it was approved, got to work producing content. The first issue, published October 31st, 2018, contained 27 pieces. Subsequent issues have maintained a consistent volume. As Editor in Chief, I have read and edited every published piece.

For three years now, I have loved psychology. I love to grasp even a rudimentary understanding why people behave as they do. I love to explore Freudian history and to apply concepts related to motivation, coping mechanisms,

stress, and social mechanisms to my studies of literature, history, and the sciences. Indeed, this combination has meshed nicely with the Pointer Press to revamp my understanding of community and empathy as abstract concepts. Community is the formulation of a group of people who are wholly accepting and committed to the betterment/success of each other's lives. Ideally the entire world is a community. Empathy extends beyond simply 'putting

yourself in someone else's shoes.' It relates to causal analysis of people's experiences by engaging in intentional listening and conversation such that individuals can relate on a fundamentally stronger level. It gives the impression that multiple people are supporting each other to abate an obstacle faced in reality by one person. Communities cannot coalesce without empathy.

As a skilled writer, communicator, and academic, I will be uniquely poised to reach out to several sectors of the world population. As a psychiatrist, I will call on each of these skills to provide solace to people and their families by maintaining their mental health. I will further aim to share my expertise through publications and other media sources. Finally, I will aim to work with nonprofits active around the world to emphasize the importance of mental health techniques when working with people in need. This summer, I was able to participate in an internship through the nonprofit Quench and Connect in which I utilized online resources to search for information regarding quality and location of Ugandan groundwater sources. In the future, I will continue to work with organizations such as Quench and Connect, whose focus are the young people of developing countries.

Moving forward, I will continue to rely on careful planning. I must, if I am to genuinely pursue my aspirations. I will continue to write, scrawling haphazardly in hopeful ink, across the folds and wrinkles of an endless stream of notebooks."

HAPPINESS IS REACHING OUR AIDS WALK GOALS

Thanks to all who donated and/or walked in the 30th Annual AIDS Walk San Diego. Not only did we have 15 people sign up, we also surpassed our team goal of \$1000. Kudos go to our walkers and donors: Vanessa Allen, Lonnie Brunini, Tim Burger, Jared Cohen-Richards, Clive Dorman, Olivia Dorman, Donna Gray-Bowersox, Bobbi Harwood, Micah Lomax, Bill Luna, Vicki Luna, Kathie Moehlig, Ina Price, Brian Van Wanseele, Jada Van Wanseele, Kevin Van Wanseele, Phyllis Van Wanseele, Terrie Vorono, Don Ward, Toddy Yeats, and Sherry Cohen-Richards.







PASS THE WORD TO TEENS

PFLAG National is hosting a webinar about Q Chat Space on **Tuesday, October 22** (5:30 pm PT) and has welcomed Planned Parenthood staff to attend.

What is Q Chat Space, you ask? It's a digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups. The program gives youth safe opportunities to connect with each other, in spaces moderated by trusted adults, within a structure that encourages compassionate interactions and discourages bullying and harassment. By filling a crucial and unmet need for accessible and safe support groups for LGBTQ+ youth who face many obstacles to accessing in-person services, Q Chat Space makes a vital and even life-saving difference. Check it out at www. qchatspace.org to learn more and register for the PFLAG webinar at: https://bit.ly/35thsE0.

PIE IN THE SKY IS NOW AVAILABLE



Mama's Kitchen kicked off their 15th Annual Pie in the Sky Fundraiser and will **continue until November 27**. Mama's Pie in the Sky is a bake sale fundraising program that benefits Mama's Kitchen—San Diego's only free, county-wide

home-delivered meals program for individuals and families affected by HIV/AIDS, cancer, and other critical illnesses. Each pie sold provides eight home-delivered meals to the clients. Pies sell for \$25 each with \$15 being tax-deductible – you can't go wrong! The choices are: apple, Dutch apple, pecan, and pumpkin. On a diet? Consider buying a "Love-A-Client Pie" (a donated pie) for just \$25 or make a donation.

Purchasing is as simple as pie! You can order directly online: www.mamaspies.org or call 619-233-6262. On November 27 (the day before Thanksgiving), you can pick up your pie order at locations all over San Diego County for your convenience. More details will be in the November newsletter.

HELD OVER

The Diversionary Theatre's production of *Girlfriend* has been held over until **October 20**. Synopsis: It's 1993 and mixtapes are the language of love. Set in the American heartland during the summer between high school and whatever comes next, college-bound jock Mike and self-assured but aimless Will find themselves drawn to each other. Their rush of first love full of excitement, confusion, and passion, forges an unlikely bond neither were expecting. Told to the power-pop precision of Matthew Sweet's seminal rock album, *Girlfriend* is a vibrant new musical about the terror and thrill of discovering yourself, and the life you want to lead.

For performance times and ticket info, go to: www. diversionary.org. You can also call: 619-220-0097. For \$5 off each ticket, use Promo Code PFLAG. The theatre is located at 4545 Park Blvd. in San Diego.

THEY DID IT!

Merriam-Webster recently added 533 new terms and definitions to their dictionary. One of the star words was they with an additional meaning. It is "used to refer to a single person whose gender identity is nonbinary." The editors of The New York Times then explained the word to newbies saying nonbinary people do not identify as either female or male. They is used as their singular third-person pronoun instead of she or he. The editors opined that being the oldest dictionary publisher in the U.S., they have great weight that this addition will be seen as a powerful statement about evolving understandings of gender identity.

IT'S AN HONOR

Join the LGBT Center for The Benjamin F. Dillingham, III & Bridget Wilson LGBT Veterans Wall of Honor 2019 Induction Ceremony. It takes place on **Thursday, November 7** from 6:00-8:00 pm. The Center is located at 3909 Centre Street in Hillcrest.

The evening will include a brief program with celebration of military colors, the National Anthem, announcement of inductees, and remarks from honorees in attendance. Light refreshments will be served.

The Benjamin F. Dillingham, III & Bridget Wilson LGBT Veterans Wall of Honor recognizes LGB veterans who served under Don't Ask, Don't Tell, and transgender veterans with ties to San Diego who have taken the oath to serve our country and have done so honorably, and with distinction, acting as role models in advancing equality. The Veterans Wall commemorates these veterans' lives in hopes that their courage, bravery, and sacrifices will continue to inspire future generations.

Then, on **Monday, November 11**, LGBTQ service members will join San Diego Pride and the San Diego Pride Military Department to march proudly in the San Diego Veterans' Day Parade. The parade runs from 10:00 am-12:30 pm at the County Administration Center, 1600 Pacific Highway, downtown San Diego.

#SPIRITDAY

Presented each year by GLAAD (formerly known as the Gay & Lesbian Alliance Against Defamation), Spirit Day is a means of speaking out against LGBTQ bullying and standing with LGBTQ youth, who disproportionately face bullying and harassment because of their identities. This year it is celebrated on **Thursday**, **October 17**. Pledging to **"go purple"** on Spirit Day is a way for everyone — forward-thinking companies, global leaders, respected celebrities, neighbors, parents, classmates, and friends — to visibly show solidarity with LGBTQ youth and to take part in this very large anti-bullying campaign.

This is why it matters (statistic taken from GLSEN's 2017 National School Climate Survey): 70.1% of LGBTQ students report being verbally harassed; 71% of LGBTQ students report hearing homophobic remarks from teachers and/ or school staff because of their gender expression; 53.3% of LGBTQ students did not report experiences of bullying because they doubted an intervention; 59.5% of LGBTQ students feel unsafe at school because of their sexual orientation; 48.7% of LGBTQ students have experienced cyberbullying; 60.4% of LGBTQ students who did report an incident said that school staff did nothing in response or told the student to ignore it.

IMPORTANT HOTLINE The first transgender suicide prevention hotline in the United States is up and running: TRANS LIFELINE, 877-565-8860.

IT WAS A GOOD DAY

September 14 was the 12th Annual South Bay Pride Art & Music Festival, and members of PFLAG in South Bay were proud to take part in it. The group sponsored Personal Closet Project which collects clothes for LGBTQ persons in the South Bay area. This program is continual.

Patti Boman, facilitator of the South Bay Support Group, led the charge for the PFLAG booth with volunteers Nadia Kean-Ayub and Angie Rivera.

There was live entertainment, DJs and dancing, Art of Pride in the Park, great food, water sports, beverage gardens, kayaking, beach activities, and children's entertainment to mention a few.

Noted South Bay politicians in attendance were Chula Vista Councilmember Steve Padilla, National City Mayor Alejandra Sotelo Solis, Imperial Beach Councilmember Mark West, and Sara Jacobs who is running for the 53rd Congressional District.







JUSTICE CAN'T BE SERVED

The family of a queer teen in Tennessee who died recently after being outed at school is concerned because the district attorney in charge of the case has made anti-gay comments about how he does not treat LGBTQ victims the same as straight victims of violence.

Late last month, Channing Smith, 16, was outed on Snapchat. A classmate shared "graphic texts" between Smith and another boy with other students at the school.

According to his brother, Smith was "freaking out" when he saw the messages. On Instagram that evening, he wrote: "I'm gonna get off social media for a while. I really hate how I can't trust anyone because those I did were so fake. BYE."

Later that night, his father found his body. He had died by suicide.

His family wants an investigation of the social media messages and their relationship to his death. Smith had been bullied at school, and classmates have said that the girl who outed him "was just doing it to be mean."

But the family is also questioning just how thorough the investigation will be. Smith died in Coffee County, Tennessee, where the district attorney is the infamously homophobic Craig Northcott.

Earlier this year, several organizations filed a complaint against Northcott for comments he made about how he doesn't treat LGBTQ domestic violence victims fairly.

Northcott was speaking at the Theological Seminary Bible Conference in March, 2018, about how conservative Christians needed to "elect a good Christian man" to jobs like district attorney. His argument was that he has the

discretion to make important decisions, and he can use that discretion to advance a reactionary agenda.

As an example, he said that sometimes he is presented with domestic violence cases involving same-sex couples. He said that he chooses to prosecute those cases as regular assault instead of domestic assault, making it harder for victims to protect themselves from their abusers.

"There's no marriage to protect," he said of same-sex married couples. "So I don't prosecute them as domestics."

He also blamed "the social engineers on the Supreme Court" for marriage equality, called LGBTQ rights "ridiculous," and said that he would hug and praise clerks who refuse to give same-sex couples marriage licenses.

He is currently under investigation by the state Supreme Court's Board of Professional Responsibility for his comments.

Channing Smith's brother Joshua that the family had to push the sheriff's office to keep the case open.

In a statement, Northcott said that no one has been charged in the case because the investigation is not yet complete.

"Any report that my office has failed or refused to act is inaccurate and I wanted to clarify this for the sake of the Smith family as they do not need the added burden to the already incomprehensible pain that they are experiencing," he said.

But the family still thinks that his comments were inappropriate.

OPENNESS MAY NOT COMPLETELY DISARM PREJUDICE, BUT IT'S A GOOD PLACE TO START. —Jason Collins

DURING THE MONTH OF OCTOBER

LGBT History Month: This is celebrated every October to recognize the notable achievements of LGBT people throughout time. To see a list of the 31 icons, go to: www. lgbthistorymonth.com. Some names are familiar; some aren't, but all are worthwhile to read and find out their accomplishments.

Breast Cancer Awareness Month: Here is a way to support local breast cancer funding for research and treatment. On October 20, Making Strides Against Breast Cancer walk, sponsored by the American Cancer Society,

is happening. There is a wonderful way to support PFLAG life-time member, Phyllis Van Wanseele, by donating to her walk. She is sponsoring her sister, Toddy Yeats; both she and Phyllis (and their immediate families) have walked as part of our PFLAG AIDS Walk contingent since its inception. And you will love the name of the team: Toddy's Tatas! To donate to Phyllis or Toddy, go to secure.acsevents.org, click on the Donate button, and put in Phyllis's or Toddy's name.

THERE WAS PRIDE AT THE BEACH

It was a beautiful day at the beach in Oceanside as the North County Coastal Support Group hosted a booth to disseminate valuable information to the community at-large. As seen in the photos, there was picture fun, too. Thanks to Annette Ottone for spearheading the group of volunteers: Sally Yasuochi, Laura Higby, Erica Jimenez, Bill Luna, Vicki Luna, and Terrie Vorono.



-Joseph Francis









IMAGES OF PRIDE

While the reception showing off the talent of local San Diego photographers has passed, it is not too late to see the photos that honored 2019 San Diego Pride. The events reflected Stonewall 50: A Legacy of Liberation. Art of Pride will remain at the San Diego Pride office, 3620 30th Street in North Park **through November 9**, Monday-Friday from 9:00 am-5:00 pm.



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