



THE NEWSLETTER

December 2020 / ISSUE 12 / VOLUME 27

VIRTUAL SUPPORT GROUP MEETINGS

Individual support groups will continue to meet virtually, as well as the monthly virtual Countywide Support Group meeting. We encourage you to contact your support group facilitator at any time, as they will remain excellent resources for information. The support group locations, dates, and times will continue to be posted on the PFLAG San Diego County Facebook page. You can join in any of the digital meetings. For Zoom links, contact each support group.

Countywide Support Group, admin@pflag.com (third Saturday of the month)

Metro Support Group, metrosdc@pflag.com (fourth Monday of the month)

North County Inland Support Group, RBPowaysdc@pflag.com
(second and fourth Tuesdays of the month)

North County Coastal Support Group, northcountycoastalsdc@pflag.com
(first Monday of the month) **WILL NOT MEET IN JANUARY 2021**

South Bay Support Group, southbaysdc@pflag.com
(first and third Tuesdays of the month)

East County Support Group, eastcountysdc@pflag.com
(third Monday of the month)

East County Support Group includes the Ramona Support Group.

4S Ranch/Del Sur Support Group, 4Sdelsursdc@pflag.com
(second Tuesday of the month)

Mi Familia (Spanish), cramos@thecentersd.org
(second Monday and fourth Sunday of the month)

Poway LGBTQ Youth Support Group (Our Space-Poway) for High School,
al@transfamilysos.org (second and fourth Tuesdays of the month)

Our Space-Poway For LGBTQIA Middle School, dez@transfamilysos.org
(second and fourth Tuesdays of the month)

Transfamily Support Group, contact info@transfamilysos.org

The Gender Phluid Collective, thegpcollective@gmail.com (every Saturday)

North County LGBTQ Resource Center Zoom meetings:
Email for link: info@ncresourcecenter.org

Come As You Are: Trans nonbinary group, all ages. Every Monday at 6 pm.

Round Table: All gender and sexual orientations, ages 18-29. Every Thursday at 6 pm.

Queer Chat: Ages 13-18. Every Wednesday at 3 pm.

Trans Game Day: Trans nonbinary games, all ages. Every Sunday from 3 to 6 pm.

Elder Pride: For men ages 55+. Every Friday at 11 am.

WELCOME!

PFLAG National announced a new addition to the PFLAG family. Rakhel Silverman joined PFLAG National in October, 2020 as a Chapter Engagement Coordinator for the Western Region. At the November Metro Support Group Meeting, Rakhel was welcomed as the guest speaker.

Rakhel double majored in Religious Studies and Sociology at Bryn Mawr College. While there, they worked for several nonprofits. They were trained in community organizing through the Religious Action Center's Machon Kaplan fellowship in DC, where they interned at the Center for Responsible Lending and advocated for people of color, women, and low income borrowers.

ANOTHER HAPPY MILESTONE!



PFLAG SDC Board Member, Brenda Aguirre, on the left (in more ways than one!) has been appointed as a Commissioner for the City of Chula Vista. The appointment is to the Mobilehome Rent Review Commission. Congrats, Brenda!

WISHING YOU
JOYOUS HOLIDAYS
& A
HAPPY NEW YEAR

PFLAG.COM

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Ina Price
Terrie Vorono

HOLIDAY AND MEMBERSHIP SPIRIT GO HAND IN HAND

With the year (thankfully) coming to an end, this is the perfect time to renew or become a new member. With the holidays coming up, a membership would make an ideal gift. All memberships and donations are tax deductible.

As noted below, there are suggested donation amounts. Your gift is used to provide support, education, and advocacy on behalf of our LGBTQ+ community, their families, friends, and allies. They enable us to provide monthly meetings, an info line, educational brochures, a presence at events, promotional materials, advertising, and supplies for meetings. The meetings will return!

Note that \$15 of your donation is sent to PFLAG National and provides you with membership in the national organization. Please don't renew directly with National, as no part of that donation goes to our chapter.

Membership Registration

- ☐ New ☐ Renewal ☐ Change of Address
☐ Please contact me for volunteer opportunities

Confidentiality is respected. Your donation is tax deductible (Tax ID 33-0512868)

- ☐ Individual \$30 ☐ Household \$40
☐ Supporting \$60 ☐ Contributing \$125
☐ Lifetime \$1000

- ☐ Accept my donation, please do not list.

You may pay online: pflag.com/membership
We accept PayPal and major credit cards

If you prefer, complete the form below, enclose your check payable to PFLAG SDC, and mail to PFLAG San Diego County, PO Box 82762, San Diego, CA 92138

Name

Address

City State ZIP

Email

Phone Date

PFLAG THANKS YOU FOR THE GENERAL FUND DONATIONS

Joseph Baran
Martha Crowe
Raymond Magness
Maureen Steiner

Charles Chan Massey
Melanie & Jim Kilgore
Philip Harrison
Tom Harden

PFLAG SDC 2021 SCHOLARSHIPS ARE NOW OPEN

PFLAG San Diego County is gearing up for our 24th year of offering scholarships to LGBTQ students who reside in San Diego County. The application, requirements, and other scholarship-related info are on our web site, www.pflag.com/scholarships/.

We are proud to announce our new affiliation with The San Diego Foundation (TSDF). The Foundation is well regarded for its philanthropy and fiduciary management throughout our region. Our scholarships will continue to be selected through our own Scholarship Committee. We are maintaining our commitment that 100% of funds donated for scholarships goes to students. We encourage you to donate at www.pflag.com/support-our-students, or use the Donation Form on page 4.. All donations are 100% tax deductible (tax ID# 33-0512868).

We appreciate you spreading the word to LGBTQ high school seniors and full-time undergraduate/graduate students to apply for PFLAG scholarships. Half-time applicants will be considered with an explanation of the circumstances that prevents them from attending full-time. A minimum of 10 scholarships will be awarded in the amounts of \$2000 or more. Our motto is "Change a life, change the world." Help us continue to change lives.

Due to the current health restrictions, we plan to award the scholarships, virtually, on June 5, 2021.

For questions, contact scholarships@pflag.com.

The deadline to apply is Tuesday, March 30, 2021.

Presenting the 2020 PFLAG SDC Scholarship Recipients



THANK YOU, BELLADIA WOMEN



Since 2010, Jessie Sauchuk, co-owner of Belladia Marketing & Design, has designed the layout of the newsletter. Her countless hours have been appreciated. Last year, Jessie undertook the administrative duties for the PFLAG SDC Scholarship Committee.

And just in the nick of time, Lisa Smith, co-owner of Belladia Market & Design, became the web master in 2012. It's a task that is in constant flux. In addition, Lisa has lent her expertise with the form changes needed for the scholarship committee.

Jessy and Lisa have been in business together for 14 years. We have been so pleased and highly recommend them for your future marketing and design needs.

LOOK LIKE A BIG FISH

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





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belladiadesign.com

A HUGE THANK YOU

A huge thank you to Louise Julig for stepping up to become the newsletter editor, starting with the January, 2021 Mailchimp platform.

Congrats to Annette Ottone and Linda Espinoza for winning the Fun Facts about PFLAGers SDC Challenge at the Board's Zoom Holiday Gathering!



CULTIVATING AND SUSTAINING SAN DIEGO COUNTY LGBTQ SCHOLARS

LAUNCHING LEADERS SCHOLARSHIP FUND 2021

Sponsored by PFLAG San Diego County

The 24th Annual PFLAG San Diego County Scholarship Awards will be presented virtually on **June 5, 2021**.

We are accepting donations to support our 2021 scholarships. Your support of Launching Leaders will increase our capacity to continue supporting future leaders in their academic endeavors.

We invite you to join us in donating to the Launching Leaders LGBTQ Scholarship Fund. We welcome and appreciate a **donation of ANY amount**. A total of 100% of the funds raised will go directly to the scholarship awards. We are a 501(c)(3) nonprofit organization, tax ID 33-0512868.

YES! I WILL SUPPORT SAN DIEGO'S LGBTQ STUDENTS WITH MY DONATION OF \$_____.

Name _____

Company/Agency Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

☐ **Payment is enclosed/attached**

Please make checks payable to:

PFLAG San Diego County Scholarship Fund

mail to: PO Box 420313, San Diego, CA 92142-0313

☐ **I will pay online via Paypal/Credit Card**

Visit pflag.com/support-our-students to donate



Inquiries should be directed to scholarships@pflag.com or call (888)398-0006

Launching Leaders is produced by PFLAG San Diego County

PFLAG YEAR IN REVIEW 2020

MONTHLY GENERAL MEETINGS

PFLAG San Diego County holds monthly support group meetings at six sites across greater San Diego County. Sites include Metro in San Diego, North County Coastal in Carlsbad, North County Inland in Rancho Bernardo, South Bay in Chula Vista, East County/Ramona in El Cajon, and 4S Ranch/Del Sur in San Diego. In addition, a Countywide Support Group was recently instituted. Since March, all meetings have been virtual.

PROGRAMS (SAN DIEGO METRO)

Guest Speaker Nicole Verdes: Nicole is President of the Lambda Archives San Diego Board of Directors. Lambda Archives has preserved PFLAG San Diego County's history since the chapter's inception in 1982.

Guest Speakers Xaime Aceves-Equihua (aka Raquelita) and Francisco Soto (aka Barbie Q): We were delighted to have the very drag queens who gave their time and talent to the Chula Vista Library Drag Queen Story Time.

Guest Speaker Rakhet Silverman: Rakhet, from PFLAG National, is the new Chapter Engagement Coordinator for our Western Region.

PROGRAMS (NORTH COUNTY COASTAL)

Guest Speaker Tiffany Gonzalez: newly-elected PFLAG SDC President spoke about expectations for the year.

Guest Speaker Olivia Ottone: a past recipient of the Raytheon STEM Scholarship, spoke on what PFLAG means to her.

Guest Speaker Krista King: Krista is the Carlsbad High School GSA advisor.

Guest Speaker Cole Kaplan: Cole provided the group with a perspective on the experiences young people have as they come out and begin to navigate their new journey.

BOARD ACTIVITIES

Our Board of Directors meets to plan programs, speaking engagements, and other community activities that we support. All members are welcome to attend these meetings. Executive Board Members are President, Tiffany Gonzalez; Vice President, Sherry Cohen-Richards; Secretary, Nadia Kean-Ayub; Treasurer, Nancy Colbert. Board members who serve(d) as Members-at-Large during the year are Terrie Vorono, Ina Price, Kathie Moehlig, Mike Minnick, Vicki Luna, Bill Luna, Dan Conger, Linda Espinoza, Beverly Lavalley, Annette Ottone, and Brenda Aguirre. A big thank you to Betsy Sheets who continues to serve as our unofficial corresponding secretary. We also thank our

Regional Directors: Terrie Vorono, Metro; Annette Ottone, North County Coastal; Kathie Moehlig, North County Inland, Nadia Kean-Ayub, South Bay; Bridget Lambert and Beverly Lavalley, East County. Meeting Facilitators: Bobbi Harwood, Terrie Vorono, Lonnie Brunini, Mike Minnick, Don Ward, and Sherry Cohen-Richards at Metro; Patti Boman and Nadia Kean-Ayub at South Bay; Annette Ottone and Kurt Dearie at North County Coastal; Dan and Jill Conger at Rancho Bernardo/Poway; Bridget Lambert and Beverly Lavalley at East County; Theresa Burke and Liz Papineau at 4S Ranch/Del Sur; Carlee Roche and Belinda Flynn at Ramona; Tiffany Gonzalez, the Countywide Support Group. Committee Chairs: Dan Conger and Annette Ottone, Policy & Development; Beverly Lavalley, Speakers Bureau; Linda Espinoza, Outreach; Donna Gray-Bowersox and Sherry Cohen-Richards, Scholarship.

Yearly activities also include a board retreat at the beginning of the year for self-assessment purposes, to deepen our relationships, and plan for the coming year.

COMMUNITY EDUCATION

PFLAG SDC members are available to speak at colleges, high schools, hospitals, businesses, 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 LGBTQIA+ children and family members. With Covid-19, our efforts were curtailed, but certainly, not stopped. We have members who are willing to share their stories and educate those via Zoom events and meetings. This has led to many a change of heart and opening of minds.

EVENTS AND KUDOS

Kudos to: President Tiffany Gonzalez received a chair's award from the San Diego Democratic Party; Brenda Aguirre was recognized by Assemblywoman Lorena Gonzalez as one of the 80th Assembly District's Unsung Heroes and has recently been appointed as a Commissioner of the City of Chula Vista; Dan Conger was the liaison to Lisa Smith, the web master, in the redesign of the SDC Website.

PFLAG San Diego County is an active and respected member of the LGBTQ+ community. Due to COVID-19, most of our activities were virtual this past year.

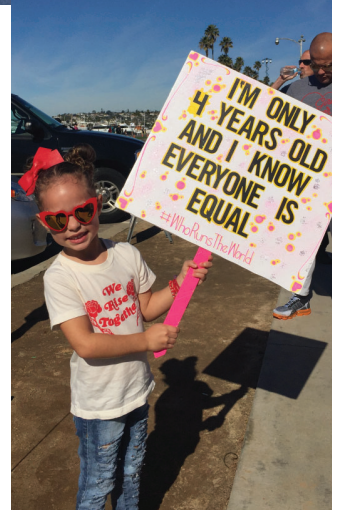
We were still able to raise LGBTQ+ awareness, and participate in community activities to support other organizations that advocate for the rights or meet the needs of our LGBTQ+ families and friends. Even virtually, PFLAG SDC showed their presence by participating in online events.



- San Diego Pride Parade
- Spoke on San Diego Pride video
- Presented 12 scholarships to local students
- MiraCosta Community College's LGBTQIA+ Diversity and Education Awareness Training
- Attended DoFA Conference, Pilipinix: An Empowered Exploration of Our Complex Identities
- Metropolitan Community Church
- Organizing/planning committee for the Lambda Archives Oral History Project
- Presented workshop at the Episcopal Diocesan Convention
- Rady Children's Hospital
- Transgender Day of Empowerment Honors
- Participated in Imperial Valley's LGBTQ+ Pride Caravan
- Board trainings: Anti-Racist training & Mental Health First Aid for Adults training
- Let's Talk: An LGBTQ+ Dialogue
- "I am Marilyn" Memorial and March with the Imperial Valley LGBT Center
- Attended PFLAG Southern Pacific Regional Conference
- MeTooLGBTQ Conference
- Help coordinate and participated in the South Bay Pride Caravan
- Updated Bylaws
- Donated to the South Bay Youth Center
- Updated PFLAG SDC website
- Grant Writing class at SDSU
- Tabled at Chula Vista LGBTQ+ Training 101
- Opening reception for CAPI Conference
- Rainbow Walk Dedication
- Project Trans at the Center Picnic
- FBI Law Enforcement Summit with LGBTQ Community
- Conference call with LLP Financial on being a straight ally
- Transgender Day of Remembrance
- Working with PFLAG National on question guide
- eQuality LGBTQ Qualcomm Employees Network
- SD Human Dignity Foundation Kick-Off
- Panel at Cohort at Temple Beth Israel
- March for Black Womxn San Diego
- Expanded social media presence in the community
- Attended PFLAG National's Virtual Mother's Day Brunch
- Spirit of Stonewall Rally
- Continued meetings with Carlsbad Unified School District
- South Bay's LGBTQ+ Youth Center Clothing Drive

(continued on page 7)

- Became affiliated with The San Diego Foundation
- GSA visits with Carlsbad and Sage Creek High Schools
- Community Leadership Council Youth Services
- Supported & donated to groups promoting the Black Lives Matter movement
- She Fest
- Supported Voices with Impact Mental Health Stories
- SD Pride's Coming OUT Day
- Supported Give Out Day
- Women's Equality March
- Supported the Diversionary Theatre
- Raised money through Amazon Smile
- Served on committees: LGBT Center's Community Leadership Council, CLC Youth Services and Advocacy Committee, San Diego Diplomacy Council International LGBTQ delegate meetings
- Participated in Habitat for Humanity, Project Restore
- Monthly donations to the Human Rights Campaign Foundation
- Representation on the South Bay Alliance Board
- Participated in HRC's Annual Bowling for Equality
- Volunteered at the LGBTQ+ Community Exhibition
- Conference calls with Southern California regional PFLAG chapters
- Mama's Kitchen: meal preparation, food distribution, and fundraisers
- Funded the John Bessemer Memorial Scholarship
- Marched in the Martin Luther King, Jr. Parade
- Day of Silence
- Faculty advisor to GSA at Canyon Crest Academy
- North County LGBTQ Resource Center's Fundraising Gala
- "PFLAG National Online Academy" learning sessions
- Participated and raised funds for The LGBT Center's AIDS Walk
- Attended HRC virtual Townhall meeting
- Keynote speaker at the Inaugural Parent/Caregiver Track at Pride's Youth Leadership Academy
- Published our monthly newsletter



COMMUNICATIONS

We operate a telephone information line and respond to e-mail inquiries. Jessy Sauchuk, co-owner of Belladia Marketing & Design, always had creative layouts for our newsletters. In addition, she has taken over administrative work for the PFLAG Scholarship Committee. We are also very fortunate to have Lisa Smith, co-owner of Belladia Marketing & Design, as our web master. With constant updates, we appreciate her being on the ball. To help the environment, our newsletter is primarily sent by email. We have 1140 followers on Twitter and 2249 followers on Facebook, as well as a presence on social media platforms, Instagram and TikTok.

(continued on page 8)

HAPPINESS ABOUND

Wow! Wonderful news coming from the U.S. Supreme Court. They declined to hear a case from Indiana, *Box v. Henderson*, that could have undermined marriage equality. Since SCOTUS chose not to hear the case, the lower court ruling stands: both same-sex parents have to be listed on a child's birth certificate. To make the victory sweeter, it was a unanimous decision by the justices.

Cathy Sakimura, the National Center for Lesbian Rights deputy director and family law director, commented in a press release, "We are so happy for our clients, and other same-sex parents and their children in Indiana, who can

finally breathe a sigh of relief that they will continue to be recognized families on their children's birth certificates. The Supreme Court rightly denied this case because it has already clearly decided that same-sex spouses and different-sex spouses must be treated equally."

On another front, LGBTQ history is being made in the White House. Two of President-elect Biden's choices for high-level positions in the White House are queer women of color. Karine Jean-Pierre has been announced as the principal deputy press secretary and Pili Tobar will be the deputy White House communications director.

PRESENTING...

Diversions Theatre's *A Very Special Diversionary Pandemic Christmas Spectacular*. Synopsis: It's time to rejoice that 2021 is near and 2020 is out the rear! Celebrate the magic of the holidays, COVID-style, with the whimsically demented minds of Isaac Oliver and Jenn Harris. Join this comic duo as they spread some queer cheer, and regale San Diego with hilarious holiday fare to mend our bruised hearts and minds from a frightful year. Oh yes, Hallmark movies will be lampooned. And yes, crafting and caroling

will be attempted but seldom achieved. Break out the spiked cider and get ready for these two to crash down your chimney!

While the virtual live performance dates have passed, you can livestream it until **December 29**. Tickets range from \$10 for members and up to \$35 for households. You can purchase at www.diversionary.org.



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