



THE KIDS ARE ALRIGHT

Please join us for our General Meeting on **Monday, July 22** at 7:00 pm at the First United Methodist Church, 2111 Camino del Rio South in Mission Valley. The building where we meet is the First United Methodist Center, in The Cove Room. Doors open at 6:45 pm. **PLEASE NOTE THAT WE MEET ON THE FOURTH MONDAY OF THE MONTH, NOT JULY 29.**

Teens from the Castle Park High School Gay-Straight Alliance (GSA), with their advisor, our own PFLAG board member Nikki Eddy, will be our guest speakers. The members will relate to the GSA from their perspectives, will share their

STEP RIGHT UP

Put on your sneakers and get geared up to walk with PFLAG on Sunday, **September 29** for the 24th Annual *AIDS Walk San Diego*. This event is San Diego's largest one-day HIV/AIDS fundraiser and the biggest non-governmental financial provider for HIV/AIDS in San Diego County. Dozens of agencies - serving thousands of clients - rely on funds raised at the annual Walk to help provide essential prevention and care programs to thousands of men, women and children living with HIV/AIDS.

The **5K Walk** (or 10K run) is held in Balboa Park at Quince and 6th Avenue starting at 8:00 am. The registration fee is \$35 (\$25 for 17 & under.) If we have 10 or more walkers registered by **September 20**, we will qualify as Team PFLAG and be able to walk with the prestigious sneaker sign with our PFLAG name on it. It truly is a badge of honor.

We need your support. Please register. Go to www.AIDSwalksd.org and select *Register* at the top of the page, then *Join*

experiences, advise how the GSA can help, and how it's linked to PFLAG.

Please join us for support groups, then our cookie social, followed by the program.

Our brand new purple PFLAG t-shirts (as shown in many of the photos) will be available at the meeting. We accept cash or check for \$12.00.



an Existing Team. Either enter PFLAG San Diego or Search for a Team and find



PFLAG San Diego. Click on the *Join* button and follow the instructions.

Even if you can't walk with us, please register so we can meet our 10 person and financial goals (\$1000).

You will be asked for your t-shirt size since all participants receive a t-shirt the morning of the walk.

The nitty gritty details will be in the September newsletter.

If you don't have internet, call 619.692.2077 x 247 (Ian Johnson) to participate.

For questions, please contact Sherry Cohen-Richards, 858-349-6269 or scohenrichards@pflag.com.

STANDING ON THE SIDE OF LOVE!

For the **month of July** only, the First Unitarian Universalist Church of San Diego (Hillcrest), is offering their chapel **FREE** of charge to anyone couple (gay or non-gay) who wishes to get married. The officiate is also included, if you wish. Of course, space is subject to availability. For more information, contact the church office at 619-298-9978 or email schedule@firstuusandiego.org.



GET WELL SOON

Get well wishes to Ernie Fine, co-facilitator of our North County Inland support group.

FEELIN' GROOVY

The San Diego Gay Men's Chorus presents "Feelin' Groovy: Songs of the '60s" at the Birch North Park Theatre, 2891 University Avenue in North Park. The dates are: Saturday, **July 27** at 8



pm, Sunday, **July 28** at 2 pm and 7:30 pm. For ticket information, go to www.sdgmcc.org.

According to their web page, "you will take a trip back to the psychedelic Sixties! These are the greatest songs of that free-spirited yet socially charged decade—from Motown soul ('Baby Love,' 'I Heard it Through the Grapevine') to British invasion rock ('I Wanna Hold Your Hand,' 'Hey Jude') to the California folk scene ('Monday, Monday,' 'Let the Sunshine In,' 'Blowin' in the Wind'). Plus hear your favorite Sixties TV melodies from 'The Addams Family' to 'See the USA in Your Chevrolet.' It will be far out!"

OFFICERS, COMMITTEES & VOLUNTEERS

Co-Presidents

Patti Boman
619-227-6092
pboman@pflag.com

Terrie Vorono
858-483-8310
tvorono@pflag.com

Past President

Barbara Bodine
bbodine@pflag.com

Vice-President

Sherry Cohen-Richards
858-349-6269
scohenrichards@pflag.com

Recording Secretary

Arlene Prater
aprater@pflag.com

Treasurer

Mark Thompson
619-339-5843
mthompson@pflag.com

Greeter

Lonnie Brunini
lbrunini@pflag.com

Membership

Bobbi Harwood
858-453-3249
bharwood@pflag.com

Info Line

Support/Outreach
888-398-0006

Newsletter

Sherry Cohen-Richards,
Editor

Linda Bessemer, Laura
Partido & Flowers Group
Printing

Jessy Sauchuk, Belladia
Marketing & Design

Programs

The Board

Scholarship

Kim Martinez

Spanish Interpreter

Maria Cortinas
760-758-3294

Speakers Bureau

Beverly Lavallee

Transgender

Coordinator
Evelyn Lindenmuth
619-300-0396

Refreshments

Ina Price

Website

Lisa Smith
lisa@belladiadesign.com

Board Members

Patti Boman, Sherry
Cohen-Richards, Nikki
Eddy, Beverly Lavallee, Kim
Martinez, Arlene Prater, Ina
Price, Karen Thompson,
Mark Thompson, Terrie
Vorono, Courtney Ware

PFLAG San Diego | Tax ID #33-0512868
PO Box 82762 | San Diego, CA 92138

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 33-05-12868)

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

Membership forms available at www.pflag.com

LOOK LIKE A BIG FISH

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



Call for a Free Consult
858.220.7478
belladiadesign.com

Current Events

July 22 | Monday
San Diego PFLAG
General Meeting &
Support Groups

July 22 | Monday
Mi Familia Support Group

**July 27 & 28
Saturday & Sunday**
San Diego Gay Men's
Chorus Concert (see article)

July 29 | Monday
Mi Familia Support Group

August 5 | Monday
PFLAG Support Group
North County Coastal

August 5 | Monday
Mi Familia Support Group

August 8 | Thursday
PFLAG Support Group
North County Inland

August 12 | Monday
PFLAG Support Group
East County

August 12 | Monday
Mi Familia Support Group

August 19 | Monday
Mi Familia Support Group

September 29 | Sunday
AIDS Walk San Diego
(see article)



MISSION STATEMENT

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through Support, to cope with an adverse society; Education, to enlighten an ill-informed public; and Advocacy, to end discrimination and to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and acts to create a society that is healthy and respectful of human diversity.



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

Frances Wright

BE A MEMBER

If you haven't renewed your membership for 2013, it's not too late!

SUPPORT GROUPS

SD COUNTY GENERAL MEETING & SUPPORT GROUP

Meets every fourth Monday at 7:00 pm, at the First United Methodist Church, 2231 Camino del Rio South in Mission Valley.

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 ncpflag@gmail.com or Larry Gerling, (760) 224-2178.

NORTH COUNTY INLAND

Meets every second Thursday, at 7:00 pm, Temple Adat Shalom, 15905 Pomerado Road, Room #9, Poway (Rancho Bernardo). The entrance to parking is directly across the street from the entrance to Sprouts' Market Center. Drive to the end of the building and bear right around it, to the first doors on your right (double doors).

Contact Karen Thompson, (858) 842-7005 or pflag4sdnocnty@san.rr.com.

EAST COUNTY

Meets every second Monday, at 7:00 pm, Summit Unitarian Universalist Church, 8778 Cottonwood Avenue, Santee.

Contact Ron Goetz, (619) 588-2342 or whytestonne@hotmail.com.

MI FAMILIA (Spanish)

Meetings are every Monday from 6:00pm - 8:00 pm at The Center.

Contact Carolina, (619) 692-2077 Ext. 116.

TRANSGENDER SUPPORT

For more information on the Transgender Support Group

Contact Kathe Dunn, ftm_mom@yahoo.com.

THE SUPREMES

The term is lovingly borrowed from PFLAG member, Marty Bloom. We can't say it was all The Supremes but 5 members made many dreams come true. June 26, 2013 was, indeed, the Day of Decision – actually two good decisions.

In a 5-4 ruling in *United States v. Windsor*, the court struck down a provision of the 17-year-old Defense of Marriage Act (DOMA) that denies federal benefits – in fact, around 1100 federal laws, including veterans' benefits, family medical leave, Social Security benefits, and tax laws, including being able to file joint tax returns. There are about 130,000 married, same-sex couples in the United States today who, up to this point, were treated as unmarried as it pertained to those federal laws. Now, any same-sex couple legally married who were denied financial rights will be able to collect their due from the federal government (with interest!).

"DOMA is unconstitutional as a deprivation of the liberty of the person protected by the Fifth Amendment," Justice Anthony Kennedy wrote for the majority. "The history of DOMA's enactment and its own text demonstrate that interference with the equal dignity of same-sex marriages, a dignity conferred by the States in the exercise of their sovereign power, was more than an incidental effect of the federal statute. It was its essence."

Kennedy was joined in the majority by Justices Ruth Bader Ginsburg, Stephen Breyer, Sonia Sotomayor and Elena Kagan. Chief Justice John Roberts and Justices Antonin Scalia, Clarence Thomas and Samuel Alito dissented. This speaks volumes for those justices who dissented. The fact that a couple is legally married, even though they don't "approve"

of same-sex marriage, should be irrelevant when deciding who does and who doesn't receive/deserve federal benefits. Those couples are legally married and that should be the end of the story. How do they sleep at night?

Regarding Proposition 8, there was also a 5-4 split in the Supreme Court. The majority said that the group supporting Prop 8 had no legal standing (authority) to bring the case before the court. When the Yes on Prop 8 proponents didn't like the ruling by the Ninth Circuit Court of Appeals in California, which struck down Prop 8, and Governor Jerry Brown and Attorney General Kamala Harris declined to defend it, the Yeses brought the case to the U.S. Supreme Court. Basically, since the State of California didn't go to bat to protect Prop 8, the court dismissed the case on procedural grounds (i.e., lack of standing – meaning a private party doesn't have the right to defend the constitutionality of a state statute when state officials have chosen not to). While this is a victory and it meant same-sex marriages could resume, had the court wanted to rule on the right side of history, they would have declared banning same-sex marriage as being unconstitutional based on equal protection under the law. That would have allowed same-sex marriage in every state.

The Yeses had 25 days to request a rehearing of the Supreme Court. However, the Ninth Circuit Court of Appeals lifted the stay (hold) on June 28 (even though a lower court ruled that not allowing same-sex marriages was unconstitutional, they didn't allow marriages to continue until all court appeals were exhausted). Couples started to get married on the 28th. The Yeses had a fit that they didn't get

their 25 days to appeal when along came Supreme Court Justice Anthony Kennedy who denied a last-ditch request from the sponsors of Prop 8 to halt the issuance of same-sex marriage licenses. The rest, as they say, is history. And they lived happily ever after.

On the Day of Decision, there were two rallies in Hillcrest. Celebrating at the SAME (San Diego Alliance for Marriage Equality) rally are the PFLAG Thompson crew: Karen, Mark, Kate, and Kerry pictured below. At the rally at The Center, a Boy Scout ally speaks up. The rally at The Center was electrifying. Speakers included Dr. Delores Jacobs, Executive Director of the LGBT Center; State Assembly Member Toni Atkins; San Diego Council President, Todd Gloria; Kevin Keenan, the Executive Director of the ACLU of San Diego & Imperial Counties.



"I'm just curious, who's more fit to raise a child? A loving committed same-sex couple or an unmarried 15-year-old with no income and really no skills to parent?" –Ellen Barkin

FEATURING

Samantha (Sam) Ezell is the recipient of the **Mary Wagner Memorial Scholarship**. As you read Sam's essay, you will think she is psychic. Barely four weeks after she wrote it, Jason Collins was the first gay athlete to come out while he was still playing professional ball. Very timely!

Samantha is getting her Master's in Nursing/Nurse Practitioner from Azusa Pacific University. Her drive and determination are amazing.

"Growing up, I watched a lot of sports. Family get-togethers inevitably revolved around a sporting event, so I grew up watching teams like the Phoenix Suns and University of Michigan, as well as the SD Chargers. I say this because as today, April 5th 2013, there are no openly gay professional athletes in the hockey, football, or even baseball. I say this because I feel visibility is a huge issue for LGBT Americans, and if our current culture doesn't feature out professional

athletes, figures that we as children are taught to look up and often view as role models, then children are taught to look up to figures that don't represent all of America.

The NHL has already taken steps to rectify this, which amazes me. Hockey is often seen as one of the more homophobic sports due to the violence on the ice, but over the past few years there has been a movement known as the You Can Play Project. The You Can Play Project has NHL members and other well known hockey figures create short videos emphasizing that anybody can play hockey regardless of their sexual orientation. The tag line is 'if you can play, you can play.'

This is one step in a positive direction for professional sports, but also for the wider LGBT community. There have been other positive steps, including NFL teams recording It Gets Better videos, but as with any civil rights struggle, it often feels like it's two steps

forward and one step back. Just before the Super Bowl this year, the San Francisco 49ers actually had their It Gets Better video pulled from the project because two of the main athletes involved denied being involved in it when questioned by the press.

While I don't play professional sports, I do care a great deal about visibility for the LGBT community. I am in school working on my master's in nursing. I plan to work in nursing education, where I will have a positive, visible impact on prospective and future nurses. I can be visible, and urge others to be visible, and this will impact the wider community for the better."



"But the fact that same-sex marriage is still an issue is insane. Thinking love knows a sex is ridiculous." —Garret Dillahunt

VICTORY FOR COY



Colorado officials say a suburban Colorado Springs school district discriminated against Coy Mathis, a 6-year-old transgender girl, by preventing her from using the girls' bathroom, in what advocates described as the first such ruling in transgender civil rights.

Coy's family raised the issue after school officials at the elementary school said the first-grader could use restrooms in either the teachers' lounge or in the nurse's office, but not the girls' bathroom. Coy's parents feared she would be stigmatized and bullied.

"Her future will be better if we get to this place where this is nothing to be ashamed of," Kathryn Mathis said, noting the family hadn't sought a civil rights battle but was happy for the Colorado Division of Civil Rights' ruling.

As the gay rights movement has won mounting legal and electoral victories in recent years, advocates hope the latest decision will lend momentum

to the struggles of persons who are transgender.

"This is by far the high-water mark for cases dealing with the rights of transgender people to access bathrooms," said the Mathis family's attorney, Michael Silverman, of the Transgender Legal Defense & Education Fund. He and other advocates said the case is one of several potentially ground-breaking transgendered civil-rights cases winding their way through the nation's courts.

Hooray for Coy and the transgender community.

DID WE HAVE A GOOD TIME OR WHAT?

The 39th Annual Pride Parade and Festival were exceptionally exciting due to the extra boost that came from the Supreme Court's decision to deem the Defense of Marriage Act (DOMA) unconstitutional and the resurrection of same-sex marriage in California. The theme was quite apt, "Freedom to Love and Marry!" We were so fortunate to have Brad and George Takei and LaToya Jackson as Grand Marshals.

A huge thank you to the queen of doing almost everything single-handedly, Bobbi Harwood. Bobbi buys the merchandise for the PFLAG booth for the festival, is responsible for the booth set up/take down, is the treasurer in chief for the weekend, and lines up the volunteers to work the booth.

Although we thank all the PFLAG volunteers, we give special thanks to

the worker bees that went the extra mile (literally and figuratively). Karen and Mark Thompson, once again, were the parade coordinators, Mariana Almaraz and Teresa Perez were the team that produced our new t-shirts which made them affordable, Cheryl and Alan Goldberg gussied up their unique station wagon of yesteryear for the parade, and Sandra Hnizdo drove her car with special passengers, Mr. and Mrs. Blazquez, who are quite spry for being in their 80s. They participate each year in support of their daughter, Alexa.

A big thank you to our members and friends who volunteered in setting up, taking down and staffing our booth at the Pride Festival. Setting up the booth is no easy task. We are grateful to Tom, Sue and Greg Johnson (and Bobbi, of course) for setting up the booth. Appreciation to all the booth staff: Amanda Artru, Patti Boman,

Lonnie Brunini, Louie Chavez, Sherry Cohen-Richards, Clive Dorman, Gail Folkman, Jason Folkman, Judy Hyde, Rachel Kelly (one of our scholarship recipients this year), Lindy & Rick Miles, Victor Seguritan, Eva Stjernfeldt, Mary Thomas, Sandi Timberlake, Terrie Vorono, and Wayne Walker. All did a wonderful job of enticing festival goers with our large selection of buttons, stickers, bracelets, etc. and then providing them with information about PFLAG and letting them know we're here for them.



NEVER THOUGHT WE'D SEE THE DAY

For 27 years, the Christian group, Exodus International, had tried to turn thousands of gay men and women straight through a combination of intensive therapy and prayer (certainly you could “pray the gay away”). On June 20, the group’s leader, Alan Chambers, posted an extensive apology for the trauma he caused by promoting the misguided cause.

“There were several years that I conveniently omitted my ongoing same-sex attractions,” Chambers, who is married to a woman, admits online. “I was afraid to share them as readily and easily as I do today. They brought me tremendous shame and I hid them in the hopes they would go away. Looking back, it seems so odd that I thought I could do something to make them stop.”

Today, he says, he accepts those feelings as an intrinsic part of himself.

Chambers’ journey to apology began three years ago, when journalist Lisa Ling reported on Exodus International’s controversial practice, one condemned by the medical establishment as a danger to mental health and a person’s well-being.

“I asked if she would, once again, help us add to the unfolding story by covering my apology to the people who have been hurt by Exodus International,” Chambers writes. “Our ministry has been public and therefore any acknowledgement of wrong must also be public. I haven’t always been the leader of Exodus, but I am now and someone must finally own and acknowledge the hurt of others. I do so anxiously, but willingly.”

Sometimes, miracles do happen.

NEW HOME NEEDED

North County Inland (the Rancho Bernardo area) Support Group is looking for a location to hold their meetings (the 2nd Thursday of the month). Please leave a message on our info line - 888-398-0006 - if you know of a facility that would charge little or no rent. Thank you.





Support Member Businesses
that Support *Our* Community

Print • Online • iPhone • Android

www.gsdba.org

Greater San Diego Business Association - The Gay & Lesbian Chamber of Commerce

PFLAG THANKS YOU FOR YOUR EXTRA HELP

General Fund Donation
Brad Mallardi



Show your support! Buy ad space!



Judy Briggs
Artist

858 888 2711
jmasq1@gmail.com

Luan D. Andrews, M.A.

MARRIAGE AND FAMILY THERAPIST
MFC 19321

3252 HOLIDAY COURT • SUITE 106 • LA JOLLA, CALIFORNIA 92037-1807
(858) 552-8181 FAX (858) 552-0205



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

Stephen White, Psy.D.

Clinical Psychologist PSY 20739

16496 Bernardo Center Drive, Suite 307 San Diego CA 92128

(619) 922-1579

swhite@the-rainbow-connection.org

