



## THREE CHEERS FOR THE HYC



Please join us for our General Meeting on **Monday, September 23** at 7:00 pm at the First United Methodist Church, 2231 Camino del Rio South in Mission Valley. The building where we meet is The United Methodist

Center, in The Cove Room. Doors open at 6:45 pm. **PLEASE NOTE, WE MEET ON THE THIRD MONDAY OF THE MONTH, NOT SEPTEMBER 30.**

We welcome Sophia Arredondo, coordinator of the Hillcrest Youth Center (HYC). The Center serves as a drop-in center for LGBTQIA youth ages 14 to 18. They are provided a safe, affirming, and fun space. Sophia will fill us in on the discussion groups/presentations and other activities and events that take place at the HYC.

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



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

The 5K Walk is held in Balboa Park at Quince and 6th Ave starting at **8:30AM** (not 8:00 as in previously years). Please get there early enough to receive your AIDS Walk t-shirt. There are water and light snacks available before the walk.

Miscellaneous information: the Walk takes place rain or shine. It is recommended that you dress in layers since it can be cool in the morning, wear sturdy walking shoes (the Walk takes about 1.5 hours to complete), wear lots of sunscreen, keep hydrated - there are water stations along the way. There are free shuttle buses available at the Naval Hospital and Balboa Park lots off President's Way and Park Blvd. from 4:30am-1:00pm. Allow extra time if you are using the shuttles.

If you don't have internet, call 619-692-2077 ext. 247 (Ian Johnson) to participate. For questions, please contact Sherry Cohen-Richards, 858-349-6269 | scohenrichards@pflag.com.

## DON'T BE LEFT OUT

Does this article look familiar?? Of course, it does. We've been urging everyone to sign 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.

We want your support; please register. Go to [www.AIDSwalksd.org](http://www.AIDSwalksd.org) and select *Register* at the top of the page, then *Join 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. The registration fee is \$35 (\$25 for 17 and under). If we have 10 or more walkers registered by **September 20**, we will qualify as Team PFLAG and, once again, we will be able to hold up high the prestigious sneaker sign with our PFLAG name on it.



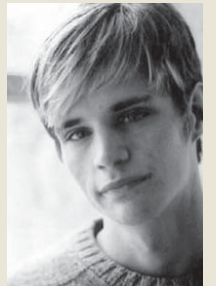
## SAN DIEGO REMEMBERS



San Diego Remembers was created in 2008 to honor the memory of Matthew Shepard, who was murdered in 1998 simply because he

was gay. This year's event is **Tuesday, October 8**. The memorial serves to honor the memory of Matthew Shepard and all victims of hate violence.

This year's event is being designed to empower community members to stand up against all forms of hate, by providing tools and resources to get involved. Please join this community event at **7:00 pm**



at the Hillcrest Pride Flag (corner of University and Normal) for a short vigil, followed by a gathering at The LGBT Center for a documentary screening and discussion.

## STILL LOOKING FOR A NEW HOME

We are still trying to find a location for our North County Inland satellite group meetings (the Rancho Bernardo area). The meetings are once a month in the evening (usually a Thursday), and attendance varies between 4-15 people. Ideally, we would like a location that does not charge rent or minimal rent. Possible locations would be a church, library, private office, school, etc. Please pass this along to anyone in the RB area to help widen the search. If a place is found, please contact Patti at pboman@pflag.com or call 888-398-0006.

## OFFICERS, COMMITTEES & VOLUNTEERS

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

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# Current Events

**September 9 | Monday**  
PFLAG Support Group  
North County Coastal

**September 9 | Monday**  
PFLAG Support Group  
East County

**September 9 | Monday**  
Mi Familia Support Group

**September 12 | Thursday**  
PFLAG Support Group  
North County Inland

**September 16 | Monday**  
Mi Familia Support Group

**September 23 | Monday**  
San Diego PFLAG  
General Meeting and  
Support Groups

**September 23 | Monday**  
Mi Familia Support Group

**September 30 | Monday**  
Mi Familia Support Group

**October 7 | Monday**  
PFLAG Support Group  
North County Coastal

**October 7 | Monday**  
Mi Familia Support Group

**October 8 | Tuesday**  
San Diego Remembers  
(see article)

**October 10 | Thursday**  
PFLAG Support Group  
North County Inland  
(Check web site if meeting  
or not)

**October 11 | Friday**  
National Coming Out Day

**October 14 | Monday**  
PFLAG Support Group  
East County

**October 14 | Monday**  
Mi Familia Support Group

**October 17 | Thursday**  
Spirit Day (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.

# 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](http://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](mailto: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](mailto: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](mailto: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](mailto:ftm_mom@yahoo.com).

## TWO MORE SCHOLARS: RACHEL

**Rachel Kelly** is the recipient of the **John Bessemer Memorial Scholarship**. Linda Bessemer will be proud to know how active Rachel has become in the LGBT community since receiving her scholarship. This is not to say she wasn't active before, but this is what we know now! Rachel and her mom, Deborah, marched with PFLAG in the Gay Pride Parade. Rachel also volunteered at the PFLAG booth. She and her family were the first ones to sign up for the AIDS Walk (hint to everyone who has not signed up yet!!). And the icing on the cake is, Kelly and Deborah will soon be facilitators at the North County Inland support group (once the group finds a new home).

Rachel is a first year graduate student at the University of San Diego, pursuing a master's degree in Clinical Mental Health Counseling. PFLAG was fortunate enough to have Rachel speak at our March General Meeting on the topic of conversion therapy.

"I believe one of the toughest issues

confronting the LGBT community today is acceptance. There are so many people who are afraid to come out as LGBT because they believe they will not be accepted by their peers, their parents, or their friends. I believe the LGBT community needs to show that anyone may be LGBT. There is no restriction on who is LGBT – no race, no religion, no political party, no family background, nothing can make someone 'immune' to being LGBT or knowing someone who is LGBT. There are many times we believe we are the 'only ones.' We believe there is no one else who identifies as LGBT, or we currently know no one else who is LGBT, or we can't possibly find anyone in the world who support us in our struggles. It is important that everyone has an ally on their side – an ally will show them they are not alone and they will be accepted whoever they become.

My education and career goals involve specializing in LGBT populations and issues in counseling. I believe that the job of a counselor is to provide true

acceptance to those who would not otherwise find it. LGBT people are finding stigma and the lack of acceptance part of their daily struggles. These struggles may include being sent to conversion therapy, being 'kicked out' of their homes, being bullied, being denied basic human services and rights, and finding no one to support them. I hope to be a beacon of light and hope to those who have none. True acceptance without judgment is a place to start. From there, I believe advocacy and activism will follow in my professional role as a counselor. I am hoping my education will bring me opportunities I would not otherwise have, and help me become a better advocate as a member of the LGBT community and as a counselor."



## TWO MORE SCHOLARS: MAYA

Our next featured scholarship recipient is **Maya Jackson**. Maya was awarded one of the **Rob Benzon Memorial Scholarships**. Maya graduated from the Francis Parker School where she was one busy lady.

Besides being GSA president for two years (and a member for four years), President of the Umoja Society in her senior year and member for four years (a non-profit organization dedicated to helping African and other immigrant and refugee families successfully integrate into society), and outstanding in both Track and Field and girls' basketball. She was nominated and attended the Student Diversity Leadership Conference

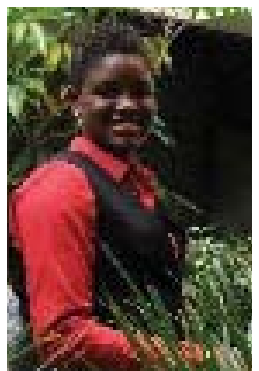
in Philadelphia last year. This last summer, she volunteered with the Human Rights Campaign for the Gay Pride Parade. Her counselor said, "Maya has a strong moral center and is unafraid of being the lone voice in the crowd."

Maya is a freshman at Franklin and Marshall College. Her study interests include gender studies, journalism and possibly business. Ultimately, she hopes to help women around the world who don't have a voice. Before she joins the work force, Maya hopes to join the Peace Corps.

"Growing up, I had many little crushes on my classmates and Disney

Channel stars. I had crushes on some boys, which was 'normal,' but I also had crushes on a lot of girls. At the time, I didn't quite understand what it meant because I

didn't even know what it meant to be gay or that the word 'gay' existed. Even when my mom started dating a woman when I was in the fifth grade, I still didn't really understand.



*(Continued on page 5)*

## TWO MORE SCHOLARS: MAYA (continued from Page 4)

It wasn't until sixth grade that I realized I was attracted to women and the implications of what that could mean. The seventh grade was a difficult time for me; girls were being asked out by guys and getting noticed, while I was just 'there.' My tomboyish personality was off-putting to many of the boys and I hadn't the slightest clue how to flirt. My middle school didn't have any clubs for LGBTQ students, so I continued feeling like a freak and began to reject the person I knew I was. In eighth grade, I fell in love with one of my female classmates and it made me realize that I identified as bisexual and wanted 'out' of the closet.

I had accepted the fact that I identified as bisexual and was attracted to women. I 'came out' to my mom, but was far too scared to even hint at my true sexual identity to my dad. I knew that my dad held some homophobic views, but I had no idea how deep his feelings ran. Eighth grade was 2008 and the Prop 8 debates were prevalent on television and news broadcasts. Whenever a 'No on Prop 8' or pro-LGBT commercial aired, my dad would huff and puff and change the channel.

The biggest obstacle I have faced is coming out to my father. His track record of acceptance was not very good and I honestly believed he was going to

kick me out of the house. Surprisingly, he did not and he said he would love me no matter what and that I was still his daughter. I had done a decent job of 'keeping it together' during our conversation, but when I finally hugged him, I burst into tears. I had spent the last five years dreading the day my dad found out because I didn't want to know if my dad hated gays more than he loved me. I didn't want to be able to say I only had one parent. I didn't want to miss out on having a father-daughter relationship. I wanted to be able to have my father walk me down the aisle at my big, fat, gay wedding.

My father still struggles with the idea of having a gay daughter, but he has made a lot of progress. He used to have a problem with my involvement in my school's Gay-Straight Alliance (GSA) and thought the group had too much of a focus on sexual things, which is untrue and inaccurate. After I explained to him that GSA is actually a supportive, student-led group that focuses on helping those who are closeted and creating a safe space for all LGBT students and allies, my dad stopped complaining as much. Since that conversation two years ago, my dad has made great efforts to support not only me, but my involvement in GSA and LGBT community.

I have been the president of my school's GSA the past two years and have tried to make it as interactive of a club as possible in order to create a safe space for my school's LGBT students. Not only do we meet every week, but we also have movie nights about once a trimester. Since my freshman year, the Day of Silence has been a big event on campus that invites all allies that may not be in GSA to support those who are silenced about who they really are. We post stories all over campus and statistics of LGBT teen bullying and suicide in an effort to evoke emotion and empathy from our peers. This past summer, some of our GSA members marched in the San Diego Pride Parade.

Despite how progressive my school is in particular, there are still homophobic students. Many people make AIDS jokes, gay jokes, and just ignorant remarks in general, but the GSA, my friends and I all respond to them in a mature manner. Instead of engaging in a heated argument that involves profanity and confrontation, we say things that, hopefully, make them realize that their words are offensive and hurtful. I feel like I have made a different

## WISHING TODD WELL



Although Todd Gloria probably didn't think he'd ever be in this position, he is now the Acting Mayor of San Diego. Todd has done a glorious (pun!) job as City Council President, so, no doubt, he will be an excellent Acting Mayor. It's been reported that, as City Council President, Gloria felt the wrath of the temperamental and confrontational Mayor Filner during

council meetings, and all through it, he had a calm demeanor and showed his professionalism while dealing with the Mayor and the public.

PFLAG would like to brag on his behalf. For the past several years, Todd has attended our chapter's Scholarship Awards Ceremony. It is always fun when he recounts his story when he was the first recipient of a PFLAG scholarship back in 1999. Other tidbits that the public may not know – while attending the University

of San Diego (graduated summa cum laude), he accomplished something that may not have seemed possible at a Catholic university – he was able to add a "sexual orientation" phrase to the university's nondiscrimination policy.

Todd has always been active in the LGBT community and is a past chairperson of The LGBT Center's Board of Directors.

Finished bragging (for now!).

## WHO WILL BE BRAVE ENOUGH?

To add to the article written in last month's newsletter concerning the upcoming Olympics, change.org has two petitions circulating. One is to ask the US Olympic team to show their support for human rights by flying the



gay pride colors at the opening ceremony in Russia at the 2014 Olympics. The petition is being sent to the president of the US Olympic Committee, Scott Blackmun and to Jacques Rogge, President of the International Olympic Committee. It simply states, "Fly the colors of gay pride during the Olympics Opening Ceremony." To sign, go to [www.change.org/petitions/us-olympic-team-fly-the-colors-of-gay-pride-during-the-2014-olympics-opening-ceremony](http://www.change.org/petitions/us-olympic-team-fly-the-colors-of-gay-pride-during-the-2014-olympics-opening-ceremony)\*. It is a mouthful, but worth it to stand up against the deplorable anti-gay legislation passed by Russian President, Vladimir Putin. Since the passage of this legislation, the LGBT community in Russia is in grave danger. A gay person could be arrested for simply wearing a pro-gay t-shirt or holding a banner supporting gay rights. The laws have also acted to tacitly accept hatred and violence against the LGBT community; since the passage of these laws, there have been a plethora of violent anti-gay attacks, some resulting in death.

The other petition is to IOC President Jacques Rogge and the entire Olympic Committee. It is asking that a rainbow flag also fly with the Olympic flag. It is also asking permission for any athlete who wishes to wear a pink triangle to be able to do so. Please sign the other petition: [www.change.org/petitions/allow-a-rainbow-flag-to-wave-at-the-olympics-opening-ceremony-in-russia](http://www.change.org/petitions/allow-a-rainbow-flag-to-wave-at-the-olympics-opening-ceremony-in-russia).\*

\* Of course, it's much easier to go to [change.org](http://change.org) and locate the petitions!

**"The power of the human spirit will prevail against all odds." —Johnny Weir**

## ANOTHER COUNTRY BEATS OUT THE U.S. IN MARRIAGE EQUALITY

Marriage equality in the South American country of Uruguay took effect on August 23, as same-sex couples were legally able to tie the knot for the first time.

To show how compassionate Uruguay is, lawmakers waved the 90-day waiting period (from the time President Jose Mujica signed marriage equality into law and marriages could take place), for a gay couple who felt they couldn't wait because one of the men was dying of cancer. The U.S. could learn quite a few lessons from Uruguay.

## MICKEY INVITES YOU TO JOIN THE FUN

Gay Days Anaheim is coming up on **October 4-6** (their 16th annual event). Everything and anything you need to know about this wonderful event, you can check out at the official site for the unofficial Gay Days at Disneyland: [www.gaydaysanaheim.com](http://www.gaydaysanaheim.com). There's even a Gay Days Anaheim Concierge who has all the answers needed for a memorable time. There's an official schedule and an official Gay Days t-shirt, but any red t-shirt will do!

## NATIONAL COMING OUT DAY

Every year on **October 11**, National Coming Out Day (technically, it should be International Coming Out Day) is observed as a civil awareness day, celebrating those who identify as lesbian, gay, bisexual or transgender to come out and be themselves. It's been said that it is akin to a cultural rite of passage. This day has been celebrated since 1988. The date of October 11 was chosen because it was the anniversary of the 1987 National March on Washington for Lesbian and Gay Rights. Besides using this date as a coming out celebration, it is also a day to raise awareness of the challenges the LGBT community faces. Many cities celebrate with rallies and parades. While there are no celebrations in San Diego, it is a sign of support to wear pride symbols and perhaps go to work draped in a rainbow flag.



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## GO FOR THE PURPLE

**Spirit Day** is an annual day in October – this year, **October 17** when millions of Americans wear **PURPLE** to speak out against bullying and to show their support for LGBT youth. Spirit Day was started in 2010 as a response to the young people who had taken their own lives due to bullying. **PURPLE** is the symbol of spirit on the rainbow flag. Not only do individuals wear **PURPLE**, schools, organizations, corporations, and even the White House participate. Don't have anything **PURPLE** to wear – go **PURPLE** online! Be like Nike and "just do it!"

## NEW NEW MEXICO

It may not be all of New Mexico, but two counties started issuing marriage licenses for same-sex couples at the end of August. It had to take a lawsuit filed by a male same-sex couple to get this accomplished, but two counties is a start. State Attorney General Gary King had refused to intervene in the marriage issue, saying that he believed the law violates the equal-protection clause in the U.S. Constitution.

## VICTORY FOR NEW JERSEY CHILDREN

Thankfully, Governor Chris Christie followed in Governor Jerry Brown's "do the right thing" footsteps. He has signed into law AB 3371, a bill that will put an end to dangerous and disproved efforts designed to change a young person's sexual orientation or gender expression that have proven to inflict great emotional harm. This is commonly known as "conversion or reparative therapy."

It was reported that Christie said he was signing the legislation based on

research that found "efforts to change sexual orientation can pose critical health risks, including, but not limited to, depression, substance abuse, social withdrawal, decreased self-esteem and suicidal thoughts." He forgot to mention suicide, too.

It was wonderful that it was a bipartisan effort to put the children of New Jersey first. Said Human Rights Campaign President Chad Griffin, "Today is a true example of leaving politics out of the child welfare debate.

We thank Gov. Christie and members of the state legislature on both sides of the aisle. We call on all states to follow the lead of California and New Jersey in protecting all young people."



## SOMEONE(S) NEED A CIVICS LESSON



Daniel Hernandez Jr., the gay former intern widely credited with providing lifesaving first aid to Arizona congresswoman Gabrielle Giffords when she was shot at an event in 2011, has now himself become the target of an antigay campaign aimed at removing him from a Tucson-area school board (Sunnyside Unified School District).

Right Wing Watch reports that an unidentified source has been passing out fliers at local elementary schools that claim because Hernandez is gay, he is not a "real man," doesn't support athletics, and has no concern for children. The above flier says it all.

## SOMETHIN'S GOTTA GIVE

This article defies all logic. The owner of a Portland, Oregon bar will have to pay \$400,000 in damages to transgender customers who were turned away from service at his establishment.

The Oregon Bureau of Labor and Industries ordered The P Club owner Christopher Penner to pay up after violating state law prohibiting discrimination against people on the basis of gender identity, as well as sexual orientation. The state says that Penner told a woman named Cassandra and her transgender friends they must "not come back on Friday nights."

In a voicemail to Cassandra, Penner claimed he was losing money because people thought The P Club was a "tranny bar" or a "gay bar." After the state's investigation, the Bureau said Penner could not use that as a defense.

The \$400,000 in damages will be disbursed among the group of 11 people, in addition to \$5,000 in civil penalties. YA-HOO!

## INTERESTING DYNAMIC



"Something is rotten in the state of Denmark" certainly applies to Liz Cheney's sudden revelation that she's "not pro-gay marriage." Could it possibly be related to the fact that she is running for the U.S. Senate in Wyoming or that she was supportive of marriage equality before she was not supportive?

Liz Cheney is the elder daughter of Dick and Lynne Cheney. Liz's younger sister, Mary, is a lesbian and is married to her partner of 20 years AND they have two children. In interviews, Liz has quoted her father's favorite line: "I think my family has been very clear about this that we think freedom means freedom for everybody." She has also said she is opposed to an amendment to the U.S. Constitution to ban same-sex marriage and is supportive of equal benefits for same-sex couples; she called anything less discrimination.

Fast forward to August, 2013 when she was interviewed by a Wyoming newspaper and was quoted as saying, "I am strongly pro-life and I am not pro-gay marriage." The New York Times reported her statements on her Facebook page: "For the record, I love my sister, but she is dead wrong on the issue of marriage." Her new-found stance has knocked Mary Cheney for a loop (and no doubt her father) and the National Organization for Marriage (folks we know and don't love) even questioned her sincerity by saying she needed to put her money where her mouth is. If she were truly anti same-sex marriage, she would be in favor of "protecting marriage between a man and a woman" by wanting a constitutional amendment banning same-sex marriage, as well as supporting a ban in Wyoming.

If she doesn't win the senate seat, perhaps she will come back to the reality of how she really feels.



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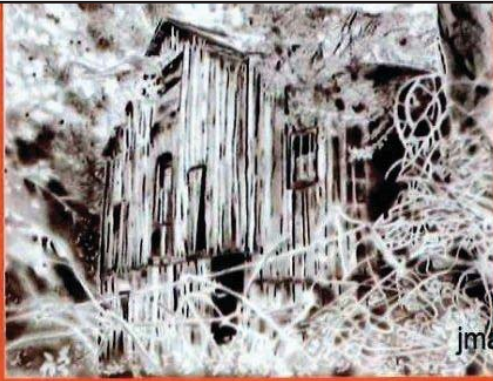
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