



THE NEWSLETTER

December 2015 / ISSUE 12 / VOLUME 22



WISHING YOU JOYOUS HOLIDAYS & A HAPPY NEW YEAR

****DUE TO THE PROXIMITY TO CHRISTMAS, THERE IS NO SAN DIEGO COUNTY GENERAL MEETING IN DECEMBER. ALL OTHER SUPPORT GROUPS WILL MEET, AS SCHEDULED. FOR SUPPORT OR ASSISTANCE, CONTACT TERRIE AT TVORONO@PFLAG.COM****

ELECTIONS ARE COMING!

In keeping in line with our By-Laws, PFLAG SDC officers are elected every two years. Our election will take place at all support group meetings throughout January. If you are interested in running for a position, please contact Terrie by **January 2**: tvorono@pflag.com. Here is a brief description of each office:

President (or co-Presidents): Supervise, direct, and control the business related to PFLAG SDC; preside over and present report at board meetings and Metro General Meetings; attend community outreach events, public speaking engagements; be public relations contact and networking person.

Vice-President: In the absence of the president, perform all the duties of the president; assist president in carrying out duties; attend board meetings and present report.

Secretary: Record minutes of the board meetings; prepare and send copies of the minutes to board members prior to the next scheduled board meeting; maintain file of minutes.

Treasurer: Keep account of all monies received and expended; make disbursements as authorized by the board; maintain check register and financial ledger; prepare monthly financial report for distribution to the board.

For over 30 years, Kathie has been a public speaker, a workshop presenter, and a support group leader. Kathie's son, Sam, was one of the first transgender patients at Rady's Children Hospital's Gender Management Clinic. As a parent advocate, she navigated his admittance to the clinic and has worked tirelessly to help other transgender youth and families through the journey.

Kathie is a certified life coach, a licensed minister, and a certified parent counselor. She provides compassionate and informative support for transgender families and friends.

Many also know how terrific Sam is and how he has it "together." He has appeared in documentaries, was a brief part of "I am Cait," and has also appeared on television shows. For

SCHOLARSHIPS 2016

Once again, PFLAG SDC is partnering with the San Diego Human Dignity Foundation for another successful scholarship program. The application and scholarship requirements will be posted shortly on our web site (www.pflag.com). A major change is that the GPA for high school students remains at 3.0 and for college students, it is changed to 2.8. The deadline for the scholarships is Monday, **March 14, 2016**. The scholarship program will be held on **Friday, May 13, 2016**. For scholarship questions, go to: scholarships@pflag.com.

a look at one great kid, check out the video the *San Diego Union Tribune* made: <https://www.facebook.com/utsdPhotography/?pnref=story>

PLEASE HELP RAISE FUNDS FOR TRANS FAMILY SUPPORT SERVICES THIS SUNDAY, DECEMBER 20 AT LADY B'S HOLIDAY SHOWCASE. This will be an evening of Christmas favorites featuring San Diego's finest drag queens. For a mere \$10 you can enjoy dessert, participate in an auction and opportunity drawing, and be eligible for door prizes. Doors open at 4:00 pm with the show starting at 5:00 pm. The event is located at Num3ers Nightclub, 3811 Park Blvd in Hillcrest. You may purchase tickets at the door. This is a 21+ event.

THE HEROES AMONG US



We are pleased to spotlight our own Kathie Moehlig, North County Inland facilitator and, to us and many others in San Diego, a true hero to the Trans* community. She founded and is Executive Director of Trans Family Support Services. There are groups who support and help Trans* individuals, but, Kathie feels there are needs that specifically relate to the complex issues that come with being a family with one or more transgender members. Right now, those needs are going unmet. That's exactly what Trans Family Support Services is focused on addressing.

OFFICERS, COMMITTEES & VOLUNTEERS

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Website

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Board Members

Sherry Cohen-Richards,
Linda Gohlke, Sue
Johnson, JoyLynn Murray,
Ina Price, Terrie Vorono

PFLAG San Diego
PO Box 82762
San Diego, CA 92138

Tax ID #33-0512868

National PFLAG, Washington, DC
(202) 647-8180, www.pflag.org

Membership Application

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

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

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San Diego, CA 92138

Type of Membership

- Individual \$30 Household \$40
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 Contributing \$125 Lifetime \$1000
 Other \$ _____
 Accept my donation, please do not list.

Please fill out, clip and mail this form

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

Email.....

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



or go online www.pflag.com (forms available)

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

December 17 | Thursday
North County Inland

December 21
Mi Familia Support Group
Cancelled for December

December 28
San Diego Metro General
Meeting and Support Group
Cancelled for December

Through January 3
A Civil War Christmas
Diversionary Theatre
(see article)

January 4 | Monday
PFLAG Support Group
North County Coastal

January 11 | Monday
PFLAG Support Group
East County

January 12 | Tuesday
Asia-Pacific Islander
Support Group

January 18 | Monday
Mi Familia Support Group

January 21 | Thursday
PFLAG Support Group
North County Inland

January 25 | Monday
San Diego General Meeting
and Support Groups

DUES, GLORIOUS DUES!

As always, paying your membership dues now means you are a member for all of 2016. As you are aware, part of the mission for PFLAG is to promote the health and well-being of lesbian, gay, bisexual, and transgender persons and their families and friends. We are only able to offer this support, education, and advocacy through your generosity of being a member. Several ways we accomplish our mission is through our monthly meetings, newsletters, speakers, support groups, an info line, educational brochures, etc.

You can renew (or become members) online (we accept PayPal) or by using the application in this newsletter. Of course, we will gladly accept donations any time for any reason! With the holidays coming up, a membership would make an ideal gift. Remember that memberships and donations are tax-deductible.

PFLAG THANKS YOU FOR YOUR EXTRA HELP

**Donations to the
General Fund**

Maureen Steiner
Phyllis Van Wanseele

**Donation to the
Scholarship Fund**

Don Ward

Supporting Membership

Jeanette Velgos

SUPPORT GROUPS

SD COUNTY GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday (except December) 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 Monday, at 7:00 pm, North County LGBTQ Resource Center, 510 North Coast Hwy, Ste C, Oceanside.

**Contact northcountycoastal@pflag.com or
Annette Ottone, 760-518-3345**

NORTH COUNTY INLAND

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

**Contact Kathie Moehlig: 858-382-9156
or northcountyinland@pflag.com**

EAST COUNTY

Meets every 2nd Monday, at 7:00 pm, Summit Unitarian Universalist Church, 8778 Cottonwood Avenue, Santee.

**Contact Bob Dryden: 619-334-8214
or bdryden@pflag.com**

ASIAN-PACIFIC ISLANDER

Meets every 2nd Tuesday at 6:00 pm, Pioneer Ocean View United Church of Christ, 2550 Fairfield Street, San Diego.

Contact email: sandiegoapipflag@gmail.com

SOUTH BAY

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

**Contact: Patti Boman, 619-227-6092
or pboman@pflag.com**

MI FAMILIA (Spanish)

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

Contact Patti Boman, 619-227-6092

TRANSGENDER SUPPORT

For more information on the Transgender Support Group

Contact Kathe Dunn, ftm_mom@yahoo.com

NEXT ON THE HIT PARADE



Mariel Hoac is the recipient of the **Raytheon STEM Scholarship**. Mariel was the perfect candidate: she graduated from the School of Engineering, Innovation and Design as part of the Kearny High Educational Complex. In addition, while maintaining her 4.04 GPA, she participated in the Fast Track program, taking courses at Mesa College. She is currently a freshman at the University of California, Berkeley.

Mariel's other achievements include being the Co-Founder and Secretary of the Gender Sexuality Alliance, President of CANstruction (this is an after school club that is using the medium of canned food to create an artistic structure. After competition, all of the canned food goes to local food banks), a member of EID Ambassadors, Secretary of Robotics, involved in the CA Scholarship Foundation, Ladies Leadership, and is the student rep for the PTSA. Mariel's essay:

"Of the vast majority of issues that surrounds the LGBT+ community, one of the toughest that I have had to confront is falling into stereotypes. Due to a gene that causes the hair on my head to be very thick, having a hairstyle where my hair is long is very undesirable for warm temperatures. It is because of the hassle of having long, thick hair, that as I entered into high school, a period of time where I have discovered and explored who I am as a person, that I slowly cut my hair shorter and shorter until the sides of my hair had the same zero shaved look as my brother. The comfort and advantages of having such a haircut proved to be a good decision until I realized people started to justify my decision based on my sexuality or question my sexuality based on my haircut. With rumors spread around underclassman, curious to know whether or not they were true and good friends making what they thought were just jokes, I started to have bouts of regret. Though it is true I may be a young, gay woman who happens to have short hair, knowing that there is still ignorance reigning the opinions of people in my immediate environment, some of these people being good friends who hide their judgment but not well enough for me to not notice or feel, I have felt what it is like to fall under a stereotype and feel like how I have chosen to express myself has only further perpetuated it rather than help me show who I feel like I am.

Though I do still struggle with the whispers and looks I get that I know are based on how I have chosen to cut my hair, the drive to feel safe and unjudged helped me gain the confidence to start a GSA (Gender & Sexuality Alliance) on my school's campus. With the support of friends and family, I, along with friends who feel the same need to provide a safer community on campus for LGBT+ students, founded Kearny High's GSA this past October. Despite having a slow

start and no direction of how to begin, we immediately found our first meeting having a number of about 30 participants. Our numbers have dwindled down to a dedicated and delightful group of 15, but already I can feel the differences opening up this space have had. In one specific case, a young, quiet freshman, who I had never expected to attend every meeting as he has now, has seemed to grow more comfortable with accepting who he is and has found where he can do this. This was evident when a bonfire gathering for GSA's from other high schools took place this last winter. The freshman, who attended the gathering, returned from the bonfire excitedly and even offered to host another one at his home. Though this small action of seeing someone get excited after a hangout with friends is not very grand and would have easily gone unnoticed by everyone else, witnessing how one of the members of my GSA has already found a more comfortable and safe place to express themselves freely and be around others that can relate to their story, I can feel the rewards that this club can and will bring to all of its members. Though still very small, the club has already proven that it has the potential to grow and expand its influence over Kearny High's campus.

From the experience of founding a club that provides an open space for education and discussion of LGBT+ issues/ subjects, I find that my interests lead me to wanting to be a future advocate for the LGBT+ community on my college campus. I may not have a concrete direction in which I would like to study in during my college years, though engineering as my original interest holds rein over my major currently, I find that as I explore to find the major that suits me, I will always find time to become an activist in helping deplete the ignorance of those who do not fully understand the issues that the LGBT+ community must face. As I have faced my own personal issues and found how I can help others' overcome their own, this scholarship will help me explore the areas of study that can help me achieve my goals."

A CIVIL WAR CHRISTMAS

From now until **Jan. 3, 2016**, you can catch the Diversionary Theatre's, *A Civil War Christmas*. Synopsis: It's 1864, and the coldest Christmas Eve in years is whipping through the streets of Washington D.C. and along the banks of the Potomac River. A country stands torn in two and as the President plots his next move, his wife visits convalescing soldiers, an escaped slave finds her freedom, and a young rebel comes face to face with his sworn enemy. The theatre is located at 4545 Park Blvd. in San Diego. For ticket info, go to: www.diversionary.org or call: 619-220-0097. When ordering, use the Promo Code PFLAG for a \$5 discount.

PFLAG YEAR IN REVIEW 2015

MONTHLY GENERAL MEETINGS

The PFLAG San Diego County Metro group holds monthly general meetings featuring a program, support groups, and time for socializing over refreshments. We have four additional support groups with similar programs that meet monthly throughout San Diego County: North County Coastal in Oceanside, North County Inland in Rancho Bernardo, East County in Santee, and Asian-Pacific Islander in San Diego. Patti Boman, from the South Bay Support Group, offers support to individuals upon request. We also support a Spanish speaking group, Mi Familia, who meet monthly at The LGBT Center.

PROGRAMS (SAN DIEGO METRO)

PFLAG documentary – *Holding Families Together*: We were able to “re-share” the documentary we made in 2010.

Guest Speaker a.t. furuya: a.t. shared personal experiences as a Japanese-American graduate student.

Guest Speaker Ian Morton: We were fortunate to have Ian, from the San Diego Human Dignity Foundation, give us the scoop on the 2015 new and improved scholarship program.

YouTube video: The video, based on John Corvino's book, *What's Morally Wrong with Homosexuality?* showed us in a light, but serious manner, what we all knew: NOTHING! NOTHING is WRONG.

Our own Dynamic Duo: PFLAG SDC Board President, Terrie Vorono, and Board Member, Linda Gohlke, gave us an update on what the San Diego Unified School District is doing (or not doing) concerning LGBT rights and anti-bullying measures.

Guest Speaker Dr. TreaAndrea Russworm: What a treat having MIT English Professor, Dr. Russworm, share her research project on race, popular culture, and psychoanalytic thought during the civil rights era.

Summer Pot Luck Picnic: It was a night of gab and eat fest.

Guest Speaker Susan Cottrell: Susan is co-founder of FreedHearts, helping faith parents learn to unconditionally love, accept and affirm their LGBTQ children.

Guest Speaker Doc (Skip) Faulkner: Skip shared his theology, theater, and psychology background with us.

Guest Speaker Fernando Lopez, Jr.: LGBT History 101 was ably taught by Fernando, who even gave us a test, which opened our eyes. Who knew?

PROGRAMS (NORTH COUNTY COASTAL)

Guest Speakers Amanda Cook and Joshua Coyne: Amanda and Joshua are from The Trevor Project, the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people, ages 13-24.

Guest Speaker Carolyn Bolton: As Board Chair of the North County LGBTQ Resource Center, Carolyn presented portions of Breaking the Silence, a training program she designed to increase awareness and create safe zone certified schools. Training was in progress with the Oceanside Unified School District.

Guest Speaker Michelle Powers: Michelle is the Facilitator of Valuing Our Families. She shared her experience and journey as the parent of a gender non-conforming child.

A POEM FROM THE HEART

Our own Annette Ottone, North County Coastal facilitator, not only wrote this inspiring poem, but she played her guitar as it was being read at the NC LGBTQ's Transgender Day of Remembrance.

NEVER WITHOUT HEART

Tonight we shed the rightful tears
they tried to deny you
they, who would rather break you
than accept you.
Who, in doing so,
break a little part of us.
they, who forgot to LOVE,

It is with LOVE, though, that we gather
to remember,
to acknowledge

YOU

YOU were born innocent
with hope &
all the beauty a being can possess.

YOU, my child,
were never without promise
never without heart.

they cannot still a heart's cry for LOVE
it pulses on...

It shall beat within *us* while
Lovingly Embracing YOU

&

it is with the *gentlest* of kisses
we commend you to the night
where YOU shall Shine
Infinitely with the stars

&

we shall begin each day
renewed with hope & resolve
as we look forward to the promise of
evening skies that shall
forever reflect your beauty.



Guest Speaker Carol Skiljan: Founding member of the San Diego Chapter of Yellow Ribbon Suicide Prevention Program® (YRSPP), Carol is a certified YRSPP trainer and presenter. She spoke candidly to us as we attempted to move forward and heal as a community saddened and shocked by a recent death by suicide.

PROGRAMS (NORTH COUNTY INLAND)

Guest Speaker Georgie Kelley: Georgie is formerly known as Rachel Kelley. Georgie, a Masters of Clinical Counseling student at USD specializing in the LGBT community, spoke about being Gender Fluid.

Guest Speaker Darlene Tando: Darlene is a Gender Therapist who enlightened many of us with her knowledge.

Guest Speaker Max Disposti: Founder and Executive Director of the NC LGBTQ Resource Center, he shared his experiences in these leadership positions.



BOARD ACTIVITIES

Our board meets to plan programs, speaking engagements, and other community activities that we support. All members are welcome to attend these meetings. Board members are Terrie Vorono, JoyLynn Murray, Ina Price, Linda Gohlke, Sue Johnson, Linda Espinoza, and Sherry Cohen-Richards. We said goodbye to several board members, who we thank for their time and dedication: Bob Dryden, Mary Dryden, and Kim Martinez. A big thank you to Betsy Sheets who continues as our unofficial, “official” corresponding secretary. We thank our support group facilitators: Bob and Mary Dryden, Annette Ottone, Kathie Moehlig, a.t. furuya, Mallory Hoac, Lonnie Brunini, Wayne Walker, Mike Minnick, Bobbi Harwood, Terrie Vorono, Sue Johnson, Don Ward, Pam Klein, Barbara Brooks, and Sherry Cohen-Richards.

Yearly activities also include a board retreat at the end of the year for self-assessment purposes, to deepen our relationships, and start planning for the coming year. In addition, board members attended the PFLAG Southern Pacific Regional Conference in Long Beach, CA.



COMMUNITY EDUCATION

We have a Speakers Bureau that is available to colleges, high schools, hospitals, 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 LGBTQ sons and daughters. The Speakers Bureau is made up primarily of parents of LGBT children who are willing to share their stories. This has led to many a change of heart and opening of minds. Our presentations included: Metropolitan Community Church, Love Foundry United Methodist Church, LGBT Center Young Professionals Council, Palomar Pride Event, Palomar Transgender Day of Remembrance, Pediatricians and Communities Collaborating Together (PACCT), Mesa Community College, UC San Diego School of Medicine, Naval Medical Center, SDSU, San Diego Diplomacy Council, Pride Youth Leadership Academy.

EVENTS AND KUDOS

PFLAG San Diego County is an active and respected member of the LGBTQ community. We participate in fundraisers, staff booths at local events to raise LGBTQ awareness, and other community activities to support other organizations that advocate for the rights or meet the needs of our LGBTQ families and friends. We increase awareness of PFLAG when we attend these events. We are also involved in the larger organization of PFLAG at both the regional and national levels. Our activities this past year:

- San Diego Gay Pride Parade
- Presented eight scholarships to local students
- Attended PFLAG’s National Convention in Nashville, TN



- Held the first annual Launching Leaders Luncheon to award and showcase our scholarship recipients
- Transgender Day of Empowerment
- Sponsored PFLAG booths/tables at San Diego Gay Pride, North County Pride by the Beach, Santee Street Fair, Poway Street Fair, South Bay Pride, RB Alive Expo, SDSU Big Queer BBQ, GLSEN GSA Awards, Project Youth GSA Awards, Health and Wellness Fair at Grossmont College, Rising Star Concerts, Combined Federal Campaign, Eastlake High School's first Safe Schools LGBTQ Assembly, Home for the Holidays/The LGBT Center
- Transgender Day of Remembrance
- North County Coastal co-hosted Project Youth's Promicon
- Survey Monkey to receive our members' thoughts on our chapter
- Attended The LGBT Center and NC LGBTQ Resource Center's Day of Decision celebrations (Supreme Court Decision 6/26)
- Participated in The North County Youth Partnership Biannual Training Symposium
- Panel at REP Your Pride at the Lyceum's showing of "The Older Boy"
- Volunteer Recognition Awards from North County LGBTQ Resource Center: JoyLynn Murray, Maria Al-Shamma, Annette Ottone
- Co-sponsored the documentary on the plight of LGBT people in Jamaica, *Taboo Yardies*
- GLSEN Board (Gay, Lesbian, Straight Education Network) representation
- Panel at the Transgender Awareness & Advocacy Roundtable
- Harvey Milk Diversity Breakfast
- GLSEN fundraiser at The Big Kitchen
- Participated in the nationwide fundraiser, Cultivating Respect: Safe Schools for All
- Community Leadership Council Board (The LGBT Center) representation
- Frida Kahlo Birthday event at The LGBT Center
- Participated in interviews to help grad student, Malia Green, assess our members' input
- Monthly conference calls with other PFLAG chapters in the Southern California Region
- Rising Star concerts to raise money for scholarships
- North County's Project Youth Committee (Maria Al-Shamma, chair)
- Partnered with Vista Community Clinic in providing monthly Youth Movie Nights at the NC LGBTQ Resource Center
- Mama's Kitchen - meal preparation, food distribution, and The Pantry
- Monica Nunez Cham has become involved in planning Familias por La Diversidad Sexual (International Association of Sexually Diverse Families) for the convention in Costa Rica in 2016
- Funded the John Bessemer Memorial Scholarship
- Participate in raising funds for PFLAG SDC through Amazon Smile
- Gay Men's Chorus and San Diego Women's Chorus concerts
- North County LGBTQ Resource Center's Fundraising Gala, chaired by Maria Al-Shamma
- Attended SD Pride's annual Out at the Park Padres game
- Letters to the Editor published in the *San Diego Union-Tribune* in defense of the LGBT community
- Serve on Community Leadership Council LGBTQ Youth Services & Advocacy committee
- Applied for and received grant from San Diego LGBT Pride
- Mama's Kitchen Pie in the Sky fundraiser
- PFLAG National's Academy Online
- Participated and raised money for the AIDS Walk
- Took part in The Center and NC LGBTQ Resource Center's Dining Out for Life which raises money for AIDS/HIV prevention and research
- Co-presented a film in the Asian Film Festival
- PFLAG North County Coastal visited and will continue to visit NC coastal GSA's to avail the mission of Support, Education & Advocacy
- Published our monthly newsletter (Editor, Sherry Cohen-Richards)



Luan D. Andrews, M.A.

MARRIAGE AND FAMILY THERAPIST
MFC 19321

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COMMUNICATIONS

We operate a telephone information line and respond to e-mail inquiries. Jessy Sauchuk, from Belladia Marketing & Design, always has creative layouts for our newsletters. In addition, she donates the cost of the stock photos. We are also very fortunate to have Lisa Smith, also from 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 also have 942 followers on Twitter and 1131 followers on Facebook (thanks to Patti Boman for keeping both updated).



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