



THE NEWSLETTER

August 2016 / ISSUE 8 / VOLUME 23



LGBTQ PROGRESS AT SDUSD



Please join us for our general meeting on **Monday, August 22** at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego. **PLEASE NOTE: WE MEET THE 4th MONDAY OF THE MONTH, NOT AUGUST 29.**

We are pleased to have as our speaker, Sophia Arredondo, who was hired as the Program Manager for LGBTQ+ Education and Advocacy for the San Diego Unified School District's Office of Youth Advocacy. The purpose of the LGBTQ+ Advisory Committee—formerly the Safe Schools Taskforce—is to support a nondiscrimination policy to ensure a healthier learning environment for all students, including lesbian, gay, bisexual, transgender and questioning students. It has been five months since the inception of the program; Sophia will give us the latest information on the school district's progress toward equality for all students.

Sophia has served as the director of the Hillcrest Youth LGBTQ+ Center and has experience in providing training on LGBTQ+ topics. Her topic should be of interest to all.

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



PLEASE SIGN UP FOR AIDS WALK/RUN

On **Saturday, September 24**, individuals, teams, social clubs, local businesses, schools, universities, and faith organizations from all over San Diego will come together for AIDS Walk/Run. We gather to remember the many who were lost to AIDS and to raise vital funds to support all of the San Diegans living today with HIV disease. Please be part of this incredible community experience! Dozens of agencies, serving thousands of clients, rely on funds raised at the annual Walk. And, of course, what better way than to walk with PFLAG SDC.

As of right now, there is only **one** 😞 walker signed up. As always, we need a minimum of 10 walkers registered by September 20 in order to qualify as Team PFLAG and to be able to walk with the prestigious sneaker sign with PFLAG on it. Any PFLAGer participant who has "walked the walk," knows what a big deal it is to carry our PFLAG sign. Our financial goal is \$1,000. If you don't wish to walk/run, but would like to help us reach our financial goal, you can either make a donation to an individual or a team donation. To register or donate, go to 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 same also applies to donating). The registration fee is \$35 (\$25 for 17 & under and 60+).

The run and walk both begin at the corner of University Avenue and Normal Street. There are opening ceremonies at 7:00 am, the run begins at 7:30 am, and the walk begins at 7:35 am. There is free parking is available at DMV Hillcrest (3960 Normal Street), Alice Birney Elementary School (4345 Campus Avenue), and San Diego Unified District Offices (4100 Normal Street) – all in Hillcrest.

The event will take place rain or shine. Advice from AIDSwalk.com: Wear sturdy, reliable shoes. Flip flops are not recommended. Apply and reapply sunscreen often. Hydrate! Water Stations are provided along the route.

If you don't have internet, call 619.692.2077 x 247 (Ian Johnson) to participate. For questions, please contact Sherry Cohen-Richards, scohenrichards@pflag.com or call 858-349-6269.

SOUTH BAY PRIDE IS HERE



Join the festivities at South Bay Pride Art & Music Festival on **Saturday, September 10** from noon-8:00 pm at Bayfront Park. There will be live entertainment, DJs and dancing, Art of Pride in the Park, great food, water sports, beverage gardens, children's entertainment, and much more!

Bayfront Park is adjacent to "J" Street Marina in Chula Vista.

As always, PFLAG will have a booth. If you would like to volunteer, please contact Patti Boman: pboman@pflag.com or leave a message on the info line (888-398-0006).

"OUR SPACE-POWAY"

Thanks to Kathie Moehlig for starting an LGBTQ youth group in Poway. It will be facilitated by youth – great way to get our youth involved. It will be held the second and fourth Tuesdays of the month at the Poway Library, 13137 County Highway S4 in Poway from 5:00 - 6:30 pm. The next meeting is Tuesday, **August 23**.

CONDOLENCES

Our condolences to Ron Jarvis and family on the death of his wife, Irene. Irene and Ron were members of PFLAG for many years and were outspoken leaders against anti-gay attitudes in their Mormon Church.

OFFICERS, COMMITTEES & VOLUNTEERS

President

Terrie Vorono
619-997-6139
tvorono@pflag.com

Past Co-President

Patti Boman
pboman@pflag.com

Vice-President

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

Recording Secretary

Linda Espinoza
lespinoza@pflag.com

Treasurer

JoyLynn Murray
760-525-8256
jlmurray@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 & Pacific Imaging

Jessy Sauchuk, Belladia
Marketing & Design

Programs

The Board

Scholarship

scholarships@pflag.com

Spanish Interpreter

Patti Boman
619-227-6092

Speakers Bureau

Transgender Coordinator

Kathie Moehlig
kathie@transfamilysos.org

Refreshments

Ina Price

Website

Lisa Smith, Belladia
Marketing & Design

Board Members

Sherry Cohen-Richards,
Linda Espinoza, Linda
Gohlke, Mike Minnick,
Kathie Moehlig, 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)

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 (forms available)

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

Now thru September 4

Gutenberg! The Musical
At the Diversionary Theatre
(see article)

August 18 | Thursday
PFLAG Support Group
North County Inland

August 22 | Monday
San Diego Metro General
Meeting and Support Group

August 23 | Tuesday
Our Space-Poway
(see article)

September 5 | Monday
NO NORTH COUNTY
COASTAL MEETING

September 10 | Saturday
South Bay Pride Art & Music
Festival (see article)

September 12 | Monday
East County Support Group

September 13 | Tuesday
Our Space-Poway
(see article)

September 15 | Thursday
PFLAG Support Group
North County Inland

September 24 | Saturday
AIDS Walk/Run
(see article)

September 26 | Monday
San Diego Metro General
Meeting and Support Group

September 27 | Tuesday
Our Space-Poway
(see article)



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

Frances Wright

VISION STATEMENT

PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

MISSION STATEMENT

By meeting people where they are and collaborating with others, PFLAG realizes its vision through: Support for families, allies and people who are LGBTQ; Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ; Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

SUPPORT GROUPS

SD METRO GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday at 7:00 pm, at Jewish Family Service, 8788 Balboa Ave, San Diego in Kearny Mesa.

**For further information, contact the Info Line:
888-398-0006 or www.pflag.com**

NORTH COUNTY COASTAL

Except for September (no meeting), meets the 1st Monday, at 7:00 pm, North County LGBTQ Resource Center, 3220 Mission Avenue, Unit #2, 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 the 2nd Monday at 7:00 pm, Summit Unitarian Universalist Church, 8778 Cottonwood Avenue, Santee.

**Contact Terrie Vorono: 619-997-6139
or tvorono@pflag.com**

ASIAN-PACIFIC ISLANDER

The Support Group is not presently meeting.

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)

The Support Group is not presently meeting.

Contact Patti Boman, 619-227-6092

TRANSGENDER SUPPORT

For more information on the Transgender Support Group

Contact Kathe Dunn, ftm_mom@yahoo.com

FEATURING



The recipient of the **Rob Benzon Memorial Scholarship** is **Antonio Mendivil**. As evidenced in his essay, Antonio had a difficult life growing up, but overcame the odds with his self-determination. Nominated and sponsored by the San Diego Human Dignity Foundation, he recently attended AIDS Watch 2016 in Wash-

ington, DC. While there, Antonio advocated for HOPWA (Housing for People Living with HIV/AIDS) modernization of services available for those receiving these services. He stressed the importance of increasing federal funding of Ryan White and HOPWA services to ensure that they continue to be available.

“My name is Antonio Mendivil, I recently moved out of the sober-living environment that I resided for the past year. Enya House offers safe and stable housing for those who are in need of county assistance living with HIV. My time there allowed me to transition back into society with the tools for a successful sober life. I am pleased with the feats I have accomplished since being there, but one that I am particularly proud of is my academic achievement in school. I am currently a full-time, second year, undergraduate student at San Diego City College. Prior to the 2014 Fall semester, it had been twenty-one years since I'd stepped foot inside of a classroom. Though unsure of my ability to keep up with college level learning, I did not allow self-doubt to detour my goal of succeeding in school. For most of my life, drug addiction had deprived me from a productive life however today sobriety has supplied me the tools to lead a healthier lifestyle.

As a kid I aspired to prosper, at what I did not know, but I did possess an ambitious spirit that stirred my grade-school academic performance. The lack of a stable home-life produced a desire to belong to a community so it was fitting that I found refuge in the classroom. With an alcoholic mother and absentee father, my home was an awfully despairing place to be, therefore, school became my refuge. In middle school, being the only gay kid around, I grew introverted and reclusive. I began to find acceptance from my peers through alcohol and drugs. At first, I used them to socialize, I felt that they helped me to find my voice. Social drug-use soon escalated into a daily affair and before I knew it I became dependent on drugs for all aspects of my life. A lack of caution for the repercussions of my actions, began to land me in and out of the penal system.

At the age of thirty-six, I was dealt a harsh but pivotal life lesson. Judge Bensamin sentenced me to serve a full year at George Bailey Detention Facility. Accepting the firm hand of the law was a hard pill to swallow, but I did so with the best of attitudes as I took advantage of a program offered in the unit where I was housed. I enrolled in the GED class. Drug-free and with a clear-mind, I was able to focus on acquiring my diploma. In doing so, I experienced a great sense of accomplishment, a feeling no drug could produce. After attaining my GED, I decided I would continue collegiate studies when I got released from custody.

Upon my release I successfully completed a residential treatment program. Stepping Stone of San Diego is a program that caters to the LGBTQ community and specializes in the recovery of addicts living with HIV. There I was taught how to realize self-worth and I rediscovered my ambitious spirit. I embraced recovery and gained self-esteem. With a confident attitude, I began to use my voice in the rooms of recovery to extend a helping hand to those who still suffer in their addiction. No longer am I embarrassed by the less-than-stellar decisions I have made in the past but instead have become empowered by them.



I have selected a career in Behavioral Science, specializing in Alcohol and Other Drugs Studies, because I feel that I have life experiences that may help understand others who continue to struggle with the disease of addiction. I have taken courses in Health, Kinesiology, and Physical Education for Elementary School Children to be

able to gain knowledge of today's pre-teens. It is important for me to stay connected with inner-city communities seeing that those are the roots of my foundation. I am seeking a career in social activism and look forward to working with at-risk youth. I volunteer my time and give rides to clients in the Mother/Child/Adolescent Program facilitated by UCSD chemical dependency counselor Chris Mueller.

I presently mentor other addicts who are also HIV positive and sponsor an individual in Narcotics Anonymous. I am pursuing a B.A. in Social and Behavioral Science at a four-year university. I have maintained a GPA of 3.90, I am on the SDCC Dean's list, and working towards fulfilling the requirements to be inducted into Phi Theta Kappa's Honor Society. San Diego is full of exceptional people doing remarkable things, I am a success story in the making and that's why I feel that I am deserving of this year's PFLAG scholarship.”

DNC FUN *by Sherry Cohen-Richards*

By sheer coincidence, I was in Philadelphia at the same time of the Democratic National Convention. Also by coincidence, I found out that the LGBT Caucus (held at a different convention sight), was open to the public. It was held in a room which holds 400 people and was almost full. The emcee was quick to point out that the Caucus four years ago was not nearly filled to capacity.



The meeting began with a moment of silence in honor of those who died inside the Pulse nightclub. The first speaker, Senator Tammy Baldwin from Wisconsin, noted she was among the members of the U.S. Senate who supported a filibuster in support of two gun control measures in the wake of the massacre inside the gay nightclub.



New York Governor Andrew Cuomo made a similar point, noting his state plans to build a memorial in lower Manhattan that will honor the victims of the Pulse massacre and other victims of anti-LGBT violence. Although Cuomo was quite sincere, he had a great sense of humor and rallied the crowd.



Next was one of my all-time favorite people, Jason Collins. He was the first professional athlete to come out while still playing a sport. Although he is not playing basketball anymore, he is involved with the NBA as a role model and LGBT advocate. His twin brother, Jarron, was there for support, but is also an advocate himself.



Honored was U.S. Representative Mike Honda (CA) for his support of transgender rights. He shared his

*Photo credit:
Michael K. Lavers*

story of his trans granddaughter and his support for her. You could see how proud he was just speaking about her. Afterwards, some of the 28 trans delegates shared the stage with him to be honored. The sheer numbers had everyone standing and applauding.



Former MA U.S. Representative Barney Frank spoke and is as feisty as ever. After he spoke, I was close enough to shake his hand, but he didn't stop talking long enough for me to get an arm in edgewise.



The icing on the case happened as I was leaving the room. There, almost blocking my way, was Toni Atkins (for those reading from the San Diego outerbanks, is Speaker Emeritus of the California State Assembly and currently represents the 78th District in California) and Houston Mayor Annise Parker, who was honored in May at the Harvey Milk Diversity Breakfast.



I will not ever forget that exciting day (except for meeting Hillary at the Philadelphia International Airport).



"GAY PEOPLE WHO WANT TO MARRY HAVE NO DESIRE TO REDEFINE MARRIAGE IN ANY WAY. WHEN WOMEN GOT THE RIGHT TO VOTE, IT DID NOT REDEFINE VOTING."

—Cynthia Nixon at the New Yorker Festival, October 1, 2010

NO RAIN – YAY!

It was a wonderful change from last year, marching at the Gay Pride Parade in sunny, blue skies. We had a very large contingent and a plethora of signs. A huge thank you to parade coordinators Mike Minnick and Terrie Vorono. Mike and company made sure the van was decorated to the hilt. A very big thank you to Annette and Remo Ottone for allowing us to use their car and to Annette for driving it in the parade. All the extra signs Annette schlepped from Oceanside also came in handy.

A thank you to the list of volunteers is on page 8, but as Festival Coordinator, Bobbi Harwood said, “You did a wonderful job of enticing festival goers with buttons, stickers, bracelets, necklaces, etc., and I’m sure you were able to provide many of them with literature and information about PFLAG and to let them know we’re available for them. With the donations for merchandise and miscellaneous, you managed to take in \$467 which covered the cost of the merchandise purchased this year, plus part of the cost of the booth.”



A special shout-out to our oldest (and one of the most spry) members of our contingent, **Millie Figler**. At 96 years young, she had always wanted to participate in a Pride Parade, and thanks to her granddaughter, Stacy Goldstein and her wife, Alex Dixon, it became a reality. Her “I love my Gay Granddaughter” t-shirt went nicely with her rainbow attire. Enjoy all the photos.



AT THE DIVERSIONARY, SORT OF

Gutenberg! The Musical is being presented by the Backyard Renaissance Theatre Company, but will be staged at the Diversionary Theatre. As the producers are saying, "There are only a few truly great musicals. This isn't one of them." However, it will be an enjoyable production, nonetheless! Synopsis:

Bud and Doug think they may have just written the greatest musical of all time— a big, splashy song-and-dance spectacular about the inventor of the printing press, Johann Gutenberg. (Yes. Really.)

You are cordially invited to a backer's audition where Bud and Doug will play all 30 roles, sing every song, and hopeful-

ly find a big-time producer to make their Broadway dreams come true!

Both a loving tribute to and a biting satire of the Great American Musical, this hilarious two-man spoof was developed at Upright Citizens Brigade before becoming an Off-Broadway hit.

The show runs from **August 4-September 4, 2016**. Go through the Diversionary Theatre to purchase tickets: www.diversionary.org. You can also call: 619-220-0097. The theatre is located at 4545 Park Blvd. in San Diego.



PFLAG THANKS YOU FOR YOUR EXTRA HELP

Parade Coordinators

Mike Minnick
Terrie Vorono

Providing car
and driving service!
Annette & Remo Ottone

Festival Coordinator

Bobbi Harwood

Contributing Membership

Susan Hillis

Volunteers

Lonnie Brunini
Louie Chavez
Jo Eager
Dana Harwood
Tom & Sue Johnson and
their granddaughter, Lauren
Vicki & Bill Luna
Rick & Lindy Miles
Mike Minnick
Mary Thomas
Terrie Vorono
Wayne Walker
Don Ward

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



Here to lead LGBT economic equality,
development and empowerment.



Support GSDBA
Member Businesses



www.gsdba.org

Ψ

Psychotherapy for Gay, Lesbian, Bisexual and Transgender Children...

Ψ

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