

**Metro PFLAG SDC will not meet in December due to the proximity of the holidays. North County Inland, South Bay Support Groups, and Mi Familia will also not be meeting in December. North County Coastal and East County Support Groups, as well as Our Space-Poway (High School and Middle School), will meet on their usual days in December.**

## HAPPY ELECTION NEWS



Virginia voters elected the nation's first openly transgender candidate, Danica Roem, to the Virginia House of Delegates.

Part of the beauty of electing Danica is that she unseated incumbent delegate Bob Marshall, who had been elected 13 times over 26 years. He coined his own nickname, Virginia's "chief homophobe" back in 2006 when same-sex marriage was being debated. Earlier this year, he had introduced Virginia's "bathroom bill," which was soundly defeated in the Republican-controlled House committee, to which he replied was disgusting. Not only did he refuse to debate Roem, he consistently used male pronouns. Marshall's defeat sent a powerful message to anti-trans legislators all across the nation.

Enough about the loser and on to praise Danica. Roem told *Cosmopolitan* in September that she viewed her gender identity as a strength. And it was! "The message that I can succeed because of my gender, not despite it, because of who I am without being afraid of who I am is a human message."

After her victory, a jubilant Roem said, "Discrimination is a disqualifier. This is about the people of the 13th District disregarding fear tactics, disregarding phobias... where we celebrate you because of who you are, not despite it."

And in another bit of uplifting news...in Atlantic County in New Jersey, where they elect freeholders, Ashley Bennett upset current Freeholder John Carman in the election. You ask, what is a freeholder? Each county in New Jersey is governed by a directly elected executive and a nine-member Board of Chosen Freeholders. This job is on a part-time basis and they are responsible for matters pertaining to the legislation of the county, typically operating through committees which administer the operations of county government.



Back to Ashley. She is a psychiatric emergency screener who went to an Atlantic County freeholders meeting this past January to protest comments made by Freeholder John Carman mocking the Women's March. She then decided to run for his seat and caput – she beat him. It all began when Carman shared a Facebook meme - "Will the women's protest end in time for them to cook dinner?" That's all he had to say to get scores of women to attend future Atlantic County board meetings, one bearing a box of macaroni and cheese and instructions for Carman to cook his own dinner. Many had been to the march in Washington held the day after the inauguration of Trump.

Ms Bennett sent a text the day after the election, "People want change. I am beyond speechless and incredibly grateful to serve my community. I never imagined I would run for office."



## DREAMS FOR CHANGE

Please join us for our general meeting on **Monday, November 27** at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego. **PLEASE NOTE, THE ORDER OF THE MEETING HAS CHANGED FOR THIS MEETING ONLY. WE WILL HAVE THE SPEAKER BEFORE THE SUPPORT GROUPS.**

Elizabeth Herrera, program coordinator for Dreams for Change, will be our guest speaker. She will focus on their Safe Parking Program for homeless or low-income individuals and families living out of their cars. Besides providing a safe place to park, their family advocates construct an action plan with each participant that places an emphasis on permanent housing solutions, employment, training, emergency support, asset stabilization and asset building. Members of the LGBTQ community are also affected.

Dreams for Change operates two parking sites throughout the county serving 70 families and individuals each evening. One location is Jewish Family Service where we meet every month.

**Donations of toiletries, blankets, and microwavable canned goods are always welcome. You can bring them to the meeting.** Please join us for Elizabeth's presentation, the cookie social, followed by support groups.

## "X" MARKS THE SPOT

Democratic Governor Jerry Brown recently signed SB179, giving non-binary or intersex Californians the ability to choose "X" as their official sex or gender on their driver's license or state ID. The new law also makes it easier to apply for a gender change on official documents, removing a requirement that applicants must have undergone physician-certified medical treatment toward a gender transition.

The law goes into effect in January 2019. Earlier this year, Oregon became the first state to allow a non-binary option on drivers' licenses, becoming the first state to do so.

The co-sponsors of the bill were Senator Scott Weiner (D-San Francisco) and our own state Senator, Toni Atkins.

## NEXT!



**Ryan Snyder** is one of the recipients of the **Rob Benzon Memorial Scholarships**. Ryan received his Associate's degree in Business Administration at San Diego City College and now attends San Diego State University, working toward a degree in Accounting. As you will read in his essay,

Ryan will give you an overview of his life, the last four which he has been clean and sober. Ryan's essay:

"I would like start off by introducing myself and include a brief summary of where I'm at today. My name is Ryan and I am a full time student at San Diego City College and just enrolled into San Diego State University for Fall Term 2017. I live alone in a studio in Hillcrest with my 3 year old cat, Toby that I rescued from a hostile living environment in Fresno. I was very excited to get an email the other day from my old mentor at Stepping Stone of San Diego, Director Chris Mueller; recommending me for a scholarship from PFLAG. I have always had great respect for the organization. I am extremely blessed to have come from an open-minded and supportive family from Portland, Oregon. Needless to say, I am very excited about attending the PFLAG luncheon this June to meet other supporters. In the past year, I have made a positive difference in my community by promoting spirituality, health, fitness, and donations. I promote spirituality because I used to be a very stubborn, hateful person with low self-esteem. Spirituality changed my life forever. I love to focus on the present moment, making it difficult for myself to worry or stress about life. People in the community love to be around me because I am a good listener and I tend to always focus on the solution.

I promote health and healthier choices throughout the community every day. It is because I had a rough time growing up. I was born a grey baby; not enough oxygen to the brain. I had to go to many frustrating speech therapy classes and special education growing up. The frustration was too much for me to handle, so I acted out by turning to a life of drugs and alcohol. Not long into this life, I became HIV+, making things worse for myself. I ended up in San Diego ten years ago and continued this cycle. Since then, I went through seven drug rehabilitation facilities and about twenty sober livings until I learned what 'healthy' really means. Throughout all of my acting out and craziness, my parents were always non-stop cheerleaders, always encouraging me to be my best. I now have four years clean and sober and I'm pretty determined to keep it that way. Lately, I've been showing people in the community how to be more responsible and accountable for their health. I show people how important sobriety is to be successful in life.

I love promoting fitness throughout the community. I am always talking to people about different exercises and routines for the gym. This includes eating healthy. I persuaded at

least ten different people into food prepping, and why food prep is so important. I even help them order the containers and which organic food to buy at the grocery store. I feel great about myself ever since I started working out and eating right, so it is exciting for me to share that with everyone.

I also promoted donating to the community last year. I even did a ten minute persuasive speech at City College about donating clothing, bedding, and towels to local rehab facilities in San Diego last week on March 8th. It was a complete success and I got to answer a lot of questions after my speech. I talk to people in the community about helping the non-profit rehabs specifically. They have a very sad budget with so many people coming through their doors with nothing. They need all the help they can get. Now that I've talked about who I am and a few things that I am passionate about in the community, I would like to end this essay with my hopes, dreams, and goals. I really look up to a certain business man, and want to be like him after I finish my education. His name is Blake Mycoskie, the Founder and CEO of Tom's. His foundation is a shoe store. People buy a pair of shoes from his company and he gives away a pair of shoes. My dream is to start a company, completely inspired by Mr. Mycoskie, with other products, such as clothing, bedding, towels, and food to help make the world a better place."

## DECEMBER DOINGS

**Friday, December 1:** World AIDS Day. You are invited to participate in Mama's Kitchen and Village Hillcrest's 26th Annual Tree of Life Ceremony. Commemorating those affected by AIDS, as well as the ongoing leadership efforts made to end the epidemic. 6:00 pm at the Village Hillcrest Retail Center, 3965 Fifth Avenue in Hillcrest. If you would like to purchase personalized ornaments for the Tree of Life (\$15 for one or \$25 for two), contact [www.mamaskitchen.org](http://www.mamaskitchen.org) or call 619-233-6262. All proceeds benefit Mama's Kitchen.

**Saturday, December 2 at 6:30 & 9:00 pm:** *Jingle*, the San Diego Gay Men's Chorus' popular holiday highlights show will be at Sycuan Casino. There will be two 50 minute shows. For more details, including purchasing tickets and to ride the *JINGLE* Bus Cruise to Sycuan, go to [www.sdgmc.org](http://www.sdgmc.org).

**Saturday, December 9:** Come Home for the Holidays. Please join the LGBT Center's annual multicultural holiday party from 5-8:00 pm. Dance, eat and celebrate our diverse holiday traditions with "family" away from home. More than 20 community organizations (including PFLAG SDC) will come together to put on a holiday celebration for the entire San Diego LGBT community and allies. The event is free, but guests are asked to bring a new, unwrapped toy to support the Imperial Court de San Diego's annual toy drive.

**CONTINUED ON PAGE 4...**

## EVERYONE LOVES A PARADE

You are cordially invited to join San Diego LGBT Pride, **Saturday, December 2** as they/PFLAG march in the 54th annual North Park Toyland Parade & Festival. Wear your holiday attire; rainbow and trans flags will add a nice touch. The parade is from 11:00 am–1:00 pm, followed by pizza and pop at the Pride Office, 3620 30th Street, San Diego.

## TIME TO RENEW MEMBERSHIPS

As always, paying your membership dues now means you are a member for all of 2018. 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, [www.pflag.com](http://www.pflag.com) (we accept PayPal), at the General Meeting, or by 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.

### 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 ..... \$ \_\_\_\_\_  
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Please fill out, clip and mail this form or apply online [www.pflag.com](http://www.pflag.com)

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## 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](http://www.pflag.com)

### NORTH COUNTY COASTAL

Meets the 1st Monday @ 6:30 pm, Pilgrim UCC  
 2020 Chestnut Avenue, Carlsbad. .

Annette: 760-518-3345 | [northcountycoastal@pflag.com](mailto:northcountycoastal@pflag.com)

### NORTH COUNTY INLAND

Meets the 3rd Thursday @ 7:00 pm, St. Bart's Church  
 16275 Pomerado Road, Poway. New Location

Kathie: 858-382-9156 | [northcountyinland@pflag.com](mailto:northcountyinland@pflag.com)

### EAST COUNTY

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

Raegan: 858-531-5426 | [eastcountysdc@pflag.com](mailto:eastcountysdc@pflag.com)

### SOUTH BAY

Meets 3rd Monday at 6:00 pm. For meeting info, contact:

Patti: 619-227-6092 | [bomanpatti@gmail.com](mailto:bomanpatti@gmail.com)

### POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays from 5:00-6:30 pm, St. Bart's Church, 16275 Pomerado Rd, Poway. Facilitated by youth.

Kathie: 858-382-9156 | [info@transfamilyosos.org](mailto:info@transfamilyosos.org)

### OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

For Middle School only. Meets 1st and 3rd Mondays from 5:30-7 pm, St. Bart's Church, 16275 Pomerado Rd, Poway.

Kathie: 858-382-9156 | [info@transfamilyosos.org](mailto:info@transfamilyosos.org)

### MI FAMILIA (Spanish)

Meets 2nd Monday at 6pm. For meeting info, contact:

Patti: 619-227-6092 | [bomanpatti@gmail.com](mailto:bomanpatti@gmail.com)

### TRANSFAMILY SUPPORT GROUP

Support groups held separately for children, teens, & adults to explore topics around gender identity and expressions.

Kathie: 858-382-9156 | [info@transfamilyosos.org](mailto:info@transfamilyosos.org)

## DECEMBER DOINGS ...CONTINUED FROM PAGE 2

**Saturday, December 9; Sunday, December 10:** The San Diego Gay Men's Chorus presents *Jingle Live*, their annual holiday concert. On the hit parade will be traditional favorites "Silver Bells," "Joy to the World" and "Jingle Bells" to modern classics like the Pentatonix version of "Mary Did You Know" and Elf's "A Christmas Song" to a hilarious chorus of singing nuns. Shows are at 8:00 pm on Saturday and 3:00 pm on Sunday at the Balboa Theatre, 868 Fourth Avenue, downtown San Diego. For ticket info, go to [www.sdgmc.org](http://www.sdgmc.org). You shouldn't dilly dally, as both shows were sold out early last year.

**Through December 10:** The Diversionary Theatre presents *The Moors*. Synopsis: Among the bleakest of moors, two spinster sisters dwell in their aggressively gloomy mansion with their brother, their mastiff and their maid-in-waiting. When a governess arrives, her presence threatens to unleash lethal secrets and raging desires in a home held together by lies and etiquette. *The Moors* is a riotous and wild comedy pulsating with vivid, macabre glee. The theatre is located at 4545 Park Blvd., in San Diego. For times and ticket info, visit [diversionary.org](http://diversionary.org) or call 619-220-0097. Use Promo Code PFLAG for \$5 off.

## GENERAL FUND DONATIONS

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