



# THE NEWSLETTER

January 2018 // ISSUE 1 // VOLUME 25



## DYNAMIC DUO

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

We are pleased to have Sarah and Mack Goehring as our guest speakers. Mack is an 8 year old, soccer playing, scooter riding, math whiz. He is a fierce advocate and activist for LGBTQ+ youth, and shares his story in hopes of opening people's minds and hearts. And, Mack is transgender. His mom, Sarah, follows Mack's lead, advocates on his behalf, and is the keeper of Mack's heart.

You will not want to miss this heartwarming presentation. **The order of the meeting is changed.** Because Mack needs to get to bed at a reasonable hour, he and Sarah will speak first, followed by our cookie social, and then support groups which will begin at 8:15 pm.



## RING IN THE NEW YEAR WITH YOUR MEMBERSHIP RENEWAL!

Thank you to those members who have renewed their membership for 2018. Dues are used to provide support, education, and advocacy on behalf of our lesbian, gay, bisexual, transgender community and their families. They enable us to provide monthly meetings, an info line, newsletters, educational brochures, etc.

Your membership is important to us as it strengthens our presence in the community and gives us many opportunities to have our voices heard. We also help support National PFLAG by sending \$15 of your dues to them which provides you with membership in the national organization. Please don't renew directly with National, as no part of that benefits our San Diego chapter.

The membership application is in this newsletter and also on our web site ([www.pflag.com](http://www.pflag.com)). We accept PayPal for your convenience. You can also pay at any of the meetings or mail a check made payable to: PFLAG San Diego, P.O. Box 82762, San Diego, CA 92138. All donations are welcomed. Memberships and donations are both tax deductible.

## THE GENDERBREAD PERSON

The following are excerpts from an article written by Sharon Groh-Wargo, PFLAG Cleveland President (used with permission).

Wait a minute! Is that right? Shouldn't that sentence be "He or she is coming to dinner?" Sorry grammar nerds. Singular *they*, the gender-neutral pronoun, was named the 2016 *Word of the Year* by the American Dialect Society. A

spokesperson for the society said "We're ultimately looking for words that say something about the way we're living now, about the way we use words to express our shared experiences." *The Washington Post*, along with other notable publications, suggest that "the singular they is the only sensible solution to English's lack of a gender-neutral third-person singular personal pronoun." (Cont pg 2)

## SCHOLARSHIP INFO IS ON THE HORIZON

Once again, PFLAG SDC is partnering with the San Diego Human Dignity Foundation for another successful scholarship program. This year, to maximize our profits to enable the amounts of the scholarships to be increased and to award merit scholarships, we are hosting Launching Leaders at The LGBT Center. We are in the process of negotiating a date; the application will be on the web site by the end of January. We always welcome more scholarship sponsors. Anyone or group wanting to do so, please email us at [scholarships@pflag.com](mailto:scholarships@pflag.com).



The scholarship program could not have been the success that it has been without Ian Morton, past Director of Operations at the San Diego Human Dignity Foundation. He tirelessly worked on getting the best for the PFLAG Scholarship Program from venues to sponsors to caterers to fundraising, and everything in between. The word "past" is used – as of December 31, 2017, Ian left the SDHDF to become a full time student. Thankfully, he will still help us with the scholarship program when he can, but we will greatly miss him.



## AND THE BEAT GOES ON



**Celestial Rodriguez** is the recipient of a **Raytheon STEM (Science, Technology, Engineering, and Math) Scholarship**. Celestial is a graduate of Mission Vista High School and currently attends Cal Poly Luis Obispo, where she is majoring in Electrical Engineering. While in high school, she had served as president and vice president of her school's GSA, in addition to being president of the Debate Team and National Honor Society.

One of Celestial's biggest achievements was her internship after her junior year at SPAWAR Systems Center Pacific. With her knowledge and curiosity in the STEM areas, she worked on a project relating to artificial neural networks. Even though she was new to this field, she worked independently and mastered math and theory which included programming language and a list of other areas that are too numerous to name!

In answer to: "Describe something you have done in the past year that has made a positive difference in your community. What will you do to change the world for the better?"

"Organizing the first clothing drive for my school's Gender-Sexuality Alliance has been one of the most significant projects I have had the privilege to participate in. In junior year, I was the president for our GSA chapter and I wanted to use my position to help educate students about the community, and eventually work to serve the community as an organization.

One day, I facilitated a club discussion about the large

### THE GENDERBREAD PERSON *(Continued from Page 1)*

This news got me thinking about the quickly evolving language of our LGBT community. The Genderbread Person is a great resource ([www.ItsPronouncedMetrosexual.com](http://www.ItsPronouncedMetrosexual.com)). It not only clearly defines *Gender Identity* (how you, in your head, define your gender), *Gender Expression* (the ways you present gender through your action, dress, and demeanor), *Biological Sex* (the physical sex characteristics you are born with and develop), and *Sexual Orientation* (who you are physically, spiritually, and romantically attracted to), but also gives us language across the spectrum of each of these characteristics.

As PFLAG members and allies, we are careful and intentional with the terms we use to tell our stories. This helps our friends and allies in their journeys of understanding and acceptance.

We have had several members of the community speak to us about current terms that apply to our LGBTQ+ community. The Genderbread Person and this quick guide will act as a good reference.

percentage of LGBTQ+ identifying youth in crisis. Inspired to take action, we decided to use our club resources to gather clothes for two LGBTQ+ friendly homeless shelters in San Diego County. We orchestrated to have a 'collection center' at lunch every day for an entire week, which took about a month in advance of solid preparation. We dubbed our drive the 'NonBinary Boutique' to express how our efforts were to help increase the number of resources available to gender nonconforming youth.

In the end, stacks of bags and boxes filled to the brim with donations were collected and delivered to the facilities.

Another benefit from the clothing drive was that it created interest in our club around campus. More students were learning about our GSA chapter, and we had an influx of members as a result. It was heartening to see the campus environment become more educated and accepting towards the LGBT community, as well as having the club establish a new and purposeful tradition.

With the organizational skills I utilized in planning the event logistics, and the managerial skills I developed through guiding club volunteers, I believe I have a solid foundation in planning service projects for the future. I have also come to appreciate all the serious work that occurs behind the scenes, which has made me a more mindful volunteer for other service events. In the future, I hope to continue participating in service projects that increase access to valuable resources for disadvantaged individuals, especially the homeless population, who deserve more compassion and respect than they are often given in the status quo."

**Gender binary** (noun): the idea that there are only two genders and that every person is one of those two

**Gender non-conforming** (adj): (1) a gender expression descriptor that indicates a non-traditional gender presentation (masculine woman or feminine man), and (2) a gender identity label that indicates a person who identifies outside of the gender binary

**Gender Queer** (adj): (1) a gender identity label often used by people who do not identify with the binary of man/woman, and (2) an umbrella term for many gender non-conforming or non-binary identities (*e.g., agender, bigender, genderfluid*)

**Pansexual** (adj): a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions

As they say, "nothing is constant but change." Keep up...the ride is exhilarating!



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## REMINDER FOR SOUTH BAY SUPPORT GROUP

Although the newsletter came out after the meeting date of January 15, this is a reminder for the February meeting. Even though it is Presidents' Day, the meeting will still take place on **February 19 at 6:00 pm**. Please note the new location: Our Safe Place, 746 Ada Street, Chula Vista 91911. For more information, please contact Patti Boman, 619-227-6092/ bomanpatti@gmail.com.

## FACILITATOR UPDATES

We have new facilitators for East County Support Group and North County Inland Support Group. Although East County is currently not meeting, when it is up and running again, the facilitator will be Raegan Edwards. North County facilitators are Jill and Dan Conger. Kathie isn't going anywhere but she has her hands full with the TransFamily Support Group and Our Space programs.

# 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

Jill/Dan: 760-855-9424 | [RBPowayPFLAGSDC@pflag.com](mailto:RBPowayPFLAGSDC@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@transfamilysos.org](mailto:info@transfamilysos.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@transfamilysos.org](mailto:info@transfamilysos.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@transfamilysos.org](mailto:info@transfamilysos.org)

## CARDBOARD PIANO

Don't miss this world premiere at the Diversionary Theatre which runs from **January 25-February 25, 2018**. The synopsis: Chris, the spirited daughter of an American missionary, falls head-over-heels in love with a local teenage girl in Northern Uganda. Late at night on the eve of the millennium, they secretly meet in a church to exchange vows and plot their escape. But when the civil war outside invades their fragile union, the course of Chris' life is changed forever. Confronting the religious and cultural roots of intolerance, this modern day parable explores America's relationship with Africa, and the human capacity for forgiveness.

For performance times and ticket info, go to: [www.diversionary.org](http://www.diversionary.org). You can also call: 619-220-0097. When ordering, use the Promo Code PFLAG for a \$5 discount. The theatre is located at 4545 Park Blvd., San Diego.



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### GENERAL FUND DONATIONS

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Terrie Vorono	Maria & Sunny Al-Shamma
Al Folkman	Arlene Prater
Leon & Sonia Rosenberg	Mike Minnick
Charlotte Pichney	Alexa Weitz

### LIFETIME MEMBERSHIP

Doug & Judy Paulson



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