



GOOD MYSTERY, ANYONE?

Please join us for our general meeting on Monday, **February 26 at 7:00 pm** at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego.

Our guest speaker is author Mikel J. Wilson. His latest book, *Murder on the Lake of Fire*, has been described as a gay mystery murder. We can't very well give the plot away, so Mikel will tell you enough that you will want to read the book. His personal journey is also of interest.

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

DON'T MISS THE APTLY NAMED *CARDBOARD PIANO*

There is still time to see *Cardboard Piano* at the Diversionary Theatre through **February 25**. There are surprising twists and turns. 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. 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.

SURPRISE!



Bill Luna, Kathie Moehlig, Terrie Vorono, Mike Minnick, Ina Price, donor JoyLynn Murray, and Nancy Colbert.

Our year started out great; we received a \$500 check from JoyLynn Murray from J&J Realty. Upon selling PFLAGers Mark and Karen Thompson's house, she promptly made the donation in honor of the Thompsons. A big thank you to JoyLynn. By unanimous board vote, the donation will be put toward the Dr. Lloyd Kendall Memorial Scholarship.

Pictured are board members Tiffany Gonzalez, Sherry Cohen-Richards,

OSCAR WORTHY MOVIE

Here is a film for every PFLAG parent (and beyond): *Call Me By Your Name*. It is taking the country by storm and perhaps the Oscars, too. The visuals are lush, the love story moving and tender, but most moving of all? The PFLAG parents supporting the story's central character.

Synopsis: In the summer of 1983, in the northern part of Italy, Elio Perlman, a 17- year-old American, spends his days in his family's 17th century villa lazily transcribing music and flirting with his friend Marzia. One day, Oliver, a 24-year-old graduate student working on his doctorate, arrives as the annual summer intern tasked with helping Elio's father, an eminent professor specializing in Greco-Roman culture. Soon, Elio and Oliver embark on a relationship that will alter their lives forever. For some parents, giving their children the freedom to explore love and intimate feelings is already a challenge. And for parents of LGBTQ+ youth, there can be an additional layer of emotions.

NORTH COUNTY ROCKS



The Youth Leadership Summit Conference was held at the North County LGBTQ Resource Center. Pictured are Mikayla Morris, PFLAG Intern; Annette Ottone, North County Coastal Regional Director; Jen LaBarbera of Lambda Archives.

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Membership Application

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

PFLAG THANKS YOU FOR YOUR EXTRA HELP

GENERAL FUND DONATIONS

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DONATIONS TO THE DR. LLOYD KENDALL SCHOLARSHIP

Phyllis Van Wanseele
JoyLynn Murray
Terrie Vorono

Current Events

Through February 25
 Diversionary Theatre
 (see article)

February 15 | Thursday
 PFLAG Support Group
 North County Inland

February 19 | Monday
 PFLAG Support Group
 South Bay ***NEW LOCATION***

February 19 | Monday
 Our Space-
 Poway/Middle School

February 24 | Saturday
 South Pacific Conference
 (see article)

February 26 | Monday
 San Diego General Meeting
 and Support Groups

February 27 | Tuesday
 Our Space-Poway/High School

March 5 | Monday
 PFLAG Support Group
 North County Coastal

March 5 | Monday
 Our Space-
 Poway/Middle School

March 6 | Tuesday
 Name and gender-marker
 Free clinic

March 12 | Monday
 Mi Familia

March 13 | Tuesday
 Our Space-
 Poway/High School

March 15 | Thursday
 PFLAG Support Group
 North County Inland

March 28 | Wednesday
 Deadline to apply for
 PFLAG scholarships
 (see article)

March 19 | Monday
 Deadline to apply for
 PFLAG scholarships
 South Bay (New Location)

March 19 | Monday
 Our Space-
 Poway/Middle School

GET IN THE MEMBERSHIP SPIRIT!

Thank you to those members who have renewed their membership for 2018. We are looking forward to receiving more renewals or first time dues. These monies are used to provide support, education, and advocacy on behalf of our LGBTQ community and their families. They enable us to provide monthly meetings, an info line, newsletters, educational brochures, etc.

Please send your dues to PFLAG San Diego County, as \$15 of it is sent to PFLAG National. If you renew with them, there is no benefit for our San Diego chapter.

The membership application is in this newsletter and also on our web site (www.p1flag.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 and memberships are tax deductible.

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

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

Annette: 760-518-3345 | 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

EAST COUNTY

Not currently meeting. For questions and information, contact:

Raegan: 858-531-5426 | eastcountysdc@pflag.com

SOUTH BAY

Meets 3rd Monday at 6:00 pm, Our Safe Place, 746 Ada St,
 Chula Vista (NEW LOCATION).

Patti: 619-227-6092 | bomanpatti@gmail.com

POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th 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

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

MI FAMILIA (Spanish)

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

Patti: 619-227-6092 | 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

TWO MORE SCHOLARS: NIC



Nic Crittenden, who was awarded **The Richard Geyser Memorial Ethics Scholarship**, was not able to attend the ceremony. Their mother received it on their behalf.

Nic graduated from Point Loma High School where they were the head of and organizer of the GSA. They are currently attending Laguna College of Art & Design, with the goal and dream of becoming an artist. Their counselor at the high school praised their artwork as the best she has ever seen by any student at Point Loma. That, combined with their being a high-achieving student will carry them far. Their passions include interacting with kids, being an activist for LGBTQIA and equal rights, and to inspire younger generations to stand up for what they believe.

“Throughout history, humans have strictly defined and separated two genders. In most cultures, gender was specifically tied to sex, with non-conformity being widely discouraged. As time progressed, certain roles and forms of expression were tied to each gender. Men had to be one thing and women had to be another, and the two could never cross. Now, we are working to break that wall and break the stigma surrounding non-traditional gender expression. With this comes the task of protecting gender nonconforming people from stigma and giving them the equal opportunity to live freely and safely in the gender they identify with.

As we work to achieve this, however, certain ethical issues are called into question regarding gender identity. More youth now than ever are experimenting with gender and questioning their identity. As they do so, certain questions come into play. At what age can children determine their gender identities? Should puberty-blockers be made more widely available – and covered by health insurance – for adolescents? Are teens too young to alter their bodies to fit their gender identities? What is the best way to safely accommodate non-binary children in school bathrooms and locker rooms? These are issues that affect children, their families, schools, and the medical community. All of these ethical issues revolve around respect for an individual’s sense of identity, even if the individual is a minor. They also implicate the responsibilities of parents to provide a supportive home, of medical practitioners to provide appropriate care, and of schools to provide a safe learning environment.

Children should be supported as they develop their gender identities, and parents also need support in learning to recognize when their child’s insistence that they are a different gender is a part of who they are and not a game

or a phase. As gender, nonconforming children approach adolescence, they and their families and their doctors need to have honest conversations about gender identity and whether puberty blockers are needed either to help in gender transition or to buy extra time for them to be sure of their gender identity. I have a trans-male friend whose use of hormones – and supportive family – has helped him more fully and comfortably transition, but I have other gender nonconforming friends who don’t have that support and will face a much harder transition as they get older. Even teens with supportive parents may not have access to hormone replacement therapy or other transition-related care if their health insurance doesn’t cover it. The Affordable Care Act provided protection from discrimination in healthcare based on gender identity, but those protections may soon be undone by the new administration. The majority of

states already lack any protection for LGBTQ people from discrimination in employment or housing, and ‘religious freedom’ challenges seek to undermine the anti-discrimination laws that do exist.



Nic's mom

The question of where transgender and nonbinary people use the bathroom is the gender identity issue that has

gotten the most media and political attention in the last couple of years – with states like North Carolina passing bathroom bills requiring people to use public bathrooms that match the gender they were assigned at birth. Fortunately, California law requires that students be allowed to use the bathroom of their choice at school and that schools also provide gender-neutral bathroom options. This is important as it involves safety concerns for transgender students. If forced to use bathrooms that don’t match the gender they show outwardly, trans students are unnecessarily outed and may face safety risks. At my school, I have worked with the Gay-Straight Alliance to develop a ‘bathroom buddies’ program, where gender nonconforming students can have a friend accompany them if they are anxious about using the bathroom that matches their identity. Upon learning of the new law that requires all single-stall public restrooms to be gender-neutral, I have made an effort to find the single-stall restrooms at my school and talk to the principal about making sure they are marked with gender neutral signs and made available to students.

Gender identity is complicated, and the ethical issues it creates are not easy to resolve, especially when minors are involved. Adults - whether parents, healthcare providers, or school officials - need to work with gender nonconforming young people and help them find solutions that respect their identities, keep them safe, and allow them simply to live full lives.”

MY NAME IS MACK



For anyone who was not able to attend last month's Metro general meeting, here is the speech read by Mack Goehring:

"Hi. My name is Mack. I'm 8 years old and I am in 3rd grade. I live in San Diego with my brother, my mom, and my dad. I play soccer, I'm a red belt in karate, and I love to ride my scooter. And, I am transgender.

I am honored to be here tonight at this PFLAG meeting. I know it is important for parents to support your child for who they are. I'm very proud of being transgender and I wanted to talk with you about a few important things you should know.

I came out when I was about 3 years old. Who helped me when I came out was mostly my mom, and my family. When I said 'I'm a boy' and my mom said 'Yes!' and she researched about transgender and she just loved me.

I changed my name about 2 years ago. I was glad that my family and friends came to watch my court hearing. It was important to me to change my name because I knew I was a boy and I knew I was transgender, and I wanted my name to be right for ME.

Even though being transgender is special, I live a life that any other person could live.

SPREAD THE WORD TO LGBTQ+ SCHOLARS

Once again, PFLAG SDC is partnering with the San Diego Human Dignity Foundation for another successful scholarship program. The scholarship committee hopes you are reminding LGBTQ+ high school seniors, full-time undergraduate, and graduate students to apply for PFLAG scholarships. This is our 19th year of offering scholarships; we will be offering 10 scholarships of \$2000 each.

The application and requirements are available on our web site, www.pflag.com (click on the Scholarship link). The deadline to apply is **Wednesday, March 28, 2018** and the awards presentation for our annual Launching Leaders Luncheon will be **Saturday, May 19**. Anyone who attended last year can tell you that we've come a long way in our presentation of the scholarships and the fanfare that is rightly due the recipients.

For scholarship questions, contact Sabrina Johnson: scholarships@pflag.com.

I worry about people not being my friend anymore if they know I am transgender.

I wish that people could know that it can hurt peoples feelings if you are mean to them just because they are transgender.

And that is what I want you to know. If someone comes out to you or if you know someone at work or at school who is transgender, here's what you can do: 1. Be supportive., 2. Understand who they are. For example, if they say they are a boy, then they are a boy., 3. Call them by the pronouns they want to be known as, and if you don't know what pronouns they use, ask them., 4. If they tell you, but haven't told anyone else, don't share the information. It's not your responsibility to tell other people., 5. Understand that a transgender person is the same as any person, living a normal life, with friends, family, work, school, etc., 6. Stand up for them.

I'd like to finish today with 3 of my favorite quotes:

Dr. Seuss – "Today you are you, that is truer than true. There is no one alive who is you-er than you."

Taylor Swift – "If you are lucky enough to be different, don't ever change."

Ralph Waldo Emerson – "The only person destined to become is the person you decide to be."

Thank you for being here to listen to me speak. Have a good evening!"

PROUD TO ANNOUNCE

There is now a free legal clinic for name and gender-marker changes. Interested individuals will be able to meet with volunteer attorneys and law students who will provide assistance and guidance in filling out the forms required to seek a court order to change their name and/or gender marker on official documents.

There has been a fast-growing need in the community for advice in this area; we are grateful to the individuals and The Center for making this happen. The clinic is held the evening of the first Tuesday of each month at The Center in Hillcrest. The next clinic will be **March 6**. It is sponsored by Pride Law at the University of San Diego School of Law (who will be supplying the volunteer law students), the Tom Homann LGBT Law Association (who will supply the volunteer attorneys), and The Center (who is supplying the location).

TWO MORE SCHOLARS: ONREI JOSH



The **Dr. Lloyd Kendall Scholarship** was awarded to **Onrei Josh Ladao**. Onrei Josh graduated as class valedictorian from Mount Miguel High School. His number of extracurricular activities is quite extensive. He was student body president, battalion commander of the JROTC program (including a member of the Unarmed Drill Team and Competition Color

Guard), president of Mt. Miguel's chapter of the California Scholarship Federation, Academic League, Gymnastics, senior adviser for the Filipino Club, Science Club, Art Club, and treasurer for the Rotary-sponsored Interact Club. While maintaining a 4.689 GPA, Onrei Josh found time to use his position in the Art Club to promote social justice awareness, helped coordinate voluntary school cleanups on the weekends, coordinated Relay for Life; as a member of the Interact Club, he participating in feeding the homeless at Father Joe's and building houses across the border. Onrei Josh is presently attending Georgetown University.

The scholarship is in memory of Dr. Kendall, the daughter of our PFLAG Chapter President, Terrie Vorono. He was instrumental in introducing Terrie to PFLAG when her son came out 13 years ago.

"My middle school years were characterized by popping acne, running miles, and most importantly, preparing for the exciting transition into high school. I knew, from the very beginning, I was headed to Mount Miguel like my older siblings had. I was thrilled to graduate and be independent. But a few weeks before my time in middle school ended, a friend asked me: 'Why is someone as smart as you going to Mount Mighetto?' I shrugged the comment off, not giving it much thought. But when freshman year came along, I began to understand the underlying implications of this question. When I first began high school, I expected Mount Miguel to be a spirit powerhouse. Yet, during the first week of my freshman year, the culture of Mount Miguel was far from dynamic. I asked an upperclassman why everyone appeared to be zombies, to which she lamented: 'That's just how it is.'

I began dreading being a Matador, representing the lame duck school of the district. It was clear that Mount Miguel wasn't the most 'polished' school and initially, I adopted this negative mentality. But as I continued through my freshman year, I began to discover a more beautiful perspective to Mount Miguel. There were endless opportunities that produced a hidden beauty unbeknownst to the rest of the school population. This was what Mount Miguel was — not

the ghetto and failure-producing school that outsiders made it out to be. There was beauty in the diversity of the campus through ethnicity, religion, and even sexuality. There was beauty in our student body. However, this beauty was masked behind negativity. People, including myself, were readily accepting of our 'Mount Mighetto' image, drawn by unsolidified judgment and negative perception of outsiders. We had let the opinions of people who had never once set foot on the campus dictate who we were. It became my mission to reshape this image.

However, as I began my efforts, I realized it wasn't going to be an overnight change. Making a difference was a ripple effect, and if I wanted to change my experience as a Matador, I had to start the ripple, implementing teamwork,



Onrei Josh and Terrie

camaraderie, and general positivity. I catapulted myself into student government, where my voice translated into actions. I did not wait for change — I approached it.

Reigniting school spirit was at the core of changing our misguided self-perception. I took the reins to reignite the student section and instituted regular spirit days, which

earned positive remarks from students and teachers alike. Although attendance built slowly, the empty bleachers were soon replaced with roaring students. I raised the bar for spirit in ASB by going to extremes to dress out for school spirit days. Students became encouraged to take pride in being a Matador. And when senior year came, and I was elected to accept the reins of ASB as the student body president.

FOX 5 News selected our school during my term to be the televised pep rally of the week. When the day came, the gym was flooded with spirited students. As I gazed out at the mass amount of students, I couldn't help but think back to the first time I stepped on campus as a freshman, witnessing little to no school spirit. As I watched my peers cheer loudly for their class, sports team adorning our school colors, and teachers proudly applauding for us, I realized that my long-desired goal of reigniting school spirit had finally become a reality. It was a captivating moment, and even more breathtaking when my peers called 'Mount Miguel — the place to be.'

Being a Matador was and still is a privilege. I was able to disseminate this perspective to shift the culture of Mount Miguel. From that moment on, a new feeling transcended throughout the halls of Mount Miguel. Student involvement peaked, and being a Matador became an honor, not an obligation.

Onrei Josh continued page 8

TEACHABLE MOMENTS

San Diego Unified School District schools, K-12, have in-service training for teachers and staff to ensure all campuses have a welcoming environment for all students to include LGBTQIA+ anti-discrimination and anti-harassment policies. Teachers and other school employees receive training not only about LGBTQ issues, but all other types of bullying. For LGBTQ-related bullying, these trainings include:

- Staff development on bias and the prevention of harassment and bullying to foster emotional safety for all students while making sure gender-based and anti-gay teasing and name-calling are specifically addressed.
- Trainings on different kinds of families that are inclusive of LGBTQ-headed families.
- Administrative trainings on the educational value of creating welcoming schools for students and families, understanding the issues, and looking at laws and policies.
- Trainings for school counselors, nurses, social workers, and psychologists to ensure they are prepared to handle harassment and LGBTQ topics.

The need for LGBTQIA+ inclusiveness in school policies and protections for our youth was demonstrated recently when there was a "Coffee with the Principal" at Enrique Camarena Elementary School in the Chula Vista Elementary School District to clear misconceptions about the anti-bullying program that they are introducing called "Welcoming Schools". A flier had been disseminated by a parent titled: "BEWARE!!! Welcoming Schools coming to Camarena. What is Welcoming Schools?" In part, the flier stated: "A true bullying prevention program should NEVER expose elementary children to homosexuality and Gender Identity Disorder. In doing so, Welcoming Schools undermines parental rights and harms the emotional and physical safety of school-age children. Parent, be forewarned. Kids will learn to hate traditional values; some will develop tremendous insecurity and anxiety over just being a girl or boy. The more vulnerable kids will go on to adopt homosexual identities and enter that lifestyle and high-risk behavior...It's an intensive indoctrination plan that leaves the sweetness and sanity of authentic boy/girl identities out in the cold. Parents must continue to stand firm against this dangerous program erroneously billed as bully prevention." Some parents wanted to opt out, thinking it was a separate curriculum that would be taught.

Thankfully, the principal (on the flier it was listed as principle), Johnathan Strout, gave the facts of what "Welcoming Schools" are. In support of him and the program, there were members from PFLAG San Diego County, GLSEN San Diego, The San Diego LGBT Center, the Human Rights Campaign which developed the "Welcoming Schools" program, and other LGBTQ organizations.



Save the date for **February 24** and join PFLAG members for the **Southern Pacific Conference** being held in Burbank, CA. It is a day filled with comradery, sharing with other PFLAG chapters, and gaining valuable information on topics such as chapter suicide prevention, trans and non-conforming info, and The ABCs of Technology. One of the highlights will be our own PFLAG North County Inland and Regional Director, Kathie Moehlig. As founder and Executive Director of TransFamily Support Services, Kathie will present a workshop on Advocating for and with Trans Youth.

You will not want to miss one of the keynote speakers, Emmy Award-winning actor/comedian, Leslie Jordan. He is known for appearing on "Will and Grace," "Sordid Lies," "The Help," and "American Horror Story." He was the 2006 Emmy Award Winner for Outstanding Guest Actor in a Comedy Series for his portrayal of Beverley Leslie on "Will and Grace."



Richard Zaldivar will be another keynote speaker. Richard is the founder and executive director of The Wall Las Memorias Project, a nonprofit organization dedicated to promoting wellness and preventing illness among Latino populations affected by HIV/AIDS by using the inspiration of The AIDS Monument as a catalyst for social change.

You can register for FREE at <https://www.surveymonkey.com/r/GCJ286F> or email robert.pflag@gmail.com to get the registration link.

CAN YOU BE A GOOD DEED DOER?

WANTED: sponsors for the Launching Leaders Luncheon. Much of the luncheon's success depends on help from sponsors. Sponsorships are available at these levels: \$400 for a table of eight; \$1000 for an Awardee Sponsor; \$2500 for a Presenting Sponsor. To check out the Sponsorship Package, go to www.pflag.com, click on the Education & Advocacy tab, the Scholarships from the drop down menu, then Support our Students. Individual ticket purchases will be available at a later date. For questions, please contact Sabrina Johnson at sabrina@sdhdf.org.

Onrei Josh continued from page 6

When I look back at this, I realize that the only reason I was able to help my school and my peers was because I took the first step people were afraid to. I did not settle for mediocrity. My confidence and perseverance allowed me to become a catalyst for change in any given environment, a universal skill that is necessary for any prominent leader. I want to continue to be a trailblazer wherever I go in order to produce the change I envision and to be the droplet that sets the ripple. I refuse to accept the 'norms' of the community simply because it is widely shared and especially not if the 'norms' are unethical or invalid. I am driven to encourage those afraid to jump out of the box and to encourage others to be free to express their opinions or even discontent.

As an individual that wants to enter into politics, my mission is to produce a more open minded society. Discrimination based on sexuality, ethnicity, or religion is largely crafted on this outdated concept that there is superiority in one over the other, whether it is straight over gay, white over black, or Catholicism over Islam. In becoming an international ambassador, my ambition is to connect opposing forces through similarities and to motivate change in the mindsets of incoming generations. I want to speak at public events and conferences to drive and educate the masses of ways

that a society can and should peacefully exist even with their differences.

Though barriers will always exist, my undying desire for society to reach a level of maturity in which we can peacefully coexist thrives on the hope for our younger generations. While the hope of creating a society where everyone agrees with one another is impractical, the hope of creating a society that is much more open-minded is not. It is an ideal that can have been achieved within my lifetime, and one I will continue to strive to attain."



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