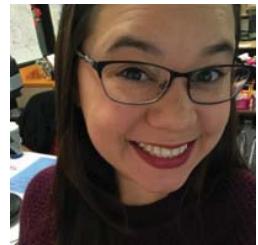




September 2018 / ISSUE 9 / VOLUME 25

THE NEWSLETTER



AIDS QUILT ON DISPLAY

Join us for our general meeting on **Monday, September 24** at 7:00 pm at Jewish Family Service, 8788 Balboa Avenue, San Diego.

We are pleased that Samantha Alberts from the San Diego History Center in Balboa Park will be speaking to us about the LGBTQ+ Community Exhibition currently at the History Center.

On display are shared memories of struggles to overcome persecution, the battle with AIDS, bullying, and intolerance that have brought the LGBTQ+ community together. They were fortunate to secure a rare display of part of the AIDS Quilt with significance to our region.

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



PRESENTING

The recipient of one of the **Rob Benzon Memorial Scholarships** is **Sav Schlauderaff**. In May, 2018, Sav received her Master's degree at San Diego State University in Women's Studies. While their essay will reveal all their responsibilities and activities at SafeZones at SDSU, their mentor wrote a glowing recommendation citing Sav as an exceptional scholar/researcher, thinker, student leader, and activist. SafeZones101 was started a year before Sav became a graduate student; however, they took this training program and ran with it. They fine-tuned the original training that included basic concepts,

definitions, and identities, and created handouts and manageable and effective one hour training so as to attract more students. In addition, Sav helped select 20 General Education student interns and they designed and led them in a variety of cultural-competency based activities and sessions around LGBTQ issues. They were famously known for their popular Queer Scavenger Hunt on campus that led students to discover LGBTQ+ resources, centers, housing, services, gender-neutral bathrooms, and key faculty offices.

Sav is currently a PhD student pursuing her doctorate in Gender and Women's Studies at the University of Arizona. Sav's essay:

"For the past two years I have been the graduate coordinator for SafeZones@SDSU, and for the past year I have been the graduate assistant for the San Diego State University Pride Center. In the past two years I have mentored over 80 students at SDSU through SafeZones, taught 50+ students through the Pride House University Seminar at SDSU, lectured in multiple classes and put on workshops for staff, faculty, and students around LGBTQIA+ issues at SDSU and at Herbert Hoover High School in San Diego, and met with students one on one for mentorship at the Pride Center. Before I was employed through SafeZones and the Pride Center, I never saw myself as pursuing a career in mentorship, nor did I see mentorship as so innately intertwined with being an educator. However, now I understand my pedagogy as centering mentorship—especially for LGBTQIA+ individuals—

PRESENTING continued on page 2

BULL IN A CHINA SHOP

Through **October 14**, *Bull in a China Shop* is playing at the Diversionary Theatre. The play is set at the dawn of the 20th Century. It traces the true story of Mary Woolley and her partner Jeannette Marks as they set out to revolutionize women's education and electrify the suffrage movement. It has a modern twist that shoots from the hip and is whip smart funny.

For performance times and ticket info, go to: www.diversionary.org. You can also call: 619-220-0097. For \$5 off each ticket, use Promo Code PFLAG. The theatre is located at 4545 Park Blvd. in San Diego.



Please join North County LGBTQ Resource Center for their 11th annual **Pride by the Beach** on **Saturday, October 13** from 11:00 am-5:00 pm. The theme this year is #whyepride. If you would like to volunteer for the PFLAG booth, contact Annette at northcountycoastal@pflag.com.

The event is free and offers a full day of fun: entertainment on two stages, midway games, youth zone, music, dancing, exhibitors and lots more. The location is Oceanside Civic Center Plaza, 300 North Coast Highway in Oceanside.

Funds raised go toward North County LGBTQ Resource Center's Annual GSA Awards for middle and high school students.

PRESENTING continued from page 2

because it is something I craved as an undergraduate coming into my queer identities. While I have been afforded many opportunities to make a positive impact within the LGBTQIA+ communities this past year, here I want to focus on the impact I have made through mentorship. In particular, I want to discuss a few experiences that have stood out to me in this past year as a mentor (names have been changed for personal privacy).

Eva signed up to be one of my interns for the SafeZones program, they immediately stood out to me because they were passionate, outgoing and a leader within the interns. Last fall I was on a panel for National Coming Out Day, the next day they informed me that I inspired them to come out to their mother and that was when I realized the impact that I was able to have on my peers and students on campus. This year I have continued to be in contact with Eva, they are now the president of the LGBTQ+ sorority on campus and we have been working together to help them apply for graduate programs next year. I find these interactions I have had with Eva to be impactful, because it showed me the importance of my mentorship on student's lives in the future, as well as on giving them guidance and the confidence to be leaders on campus.

I met Kim my first semester as the graduate coordinator for SafeZones, he often hung around the SafeZones table during the week in the Student Union but never spoke much or divulged information about his life. However, this fall semester they signed up to be a SafeZones intern and I was excited at the prospect of getting to know him better. At the beginning of the internship we had talked about gender identity because he knew that I identified as transgender non-binary, and he had been questioning his—but didn't quite find the right fit to explain his own. Kim finished the internship and had participated enough, but we still didn't manage to make a real connection and he was still quite reserved. To my surprise he signed up again this Spring semester and I saw it as a chance to make a concrete connection, and slowly we have gotten there. Kim began to attend the Trans and Gender Non-Conforming group I co-facilitate once a month and has also attended many other workshops I have put on around gender this past semester. In particular, I put on an event around eating disorders, dysphoria and body image within the LGBTQ communities and he shared personal stories—this was easily one of my biggest victories as a mentor because I felt that we had finally built up a trust after 2 years between each other.

Lastly, I want to talk about Paolo. I first met Paolo this fall semester in a Women's Studies 101 class where I was guest lecturing on Transgender and Intersex Identities. He came up to me after class and asked for resources on how he could be a more supportive partner for his transgender partner and I connected him to some resources through the Pride Center

on campus, but did not hear back from him. Fast-forward to the end of fall semester, and he attended one of SafeZones Ally training workshops. Again, he came up to me after the workshop with one of the prompts that addressed how to be supportive to someone who is coming out, and asked 'can you help me?' So, we set up an appointment for us to meet one-on-one the following week. Here I gave him space to talk about what he was feeling around his sexuality and we made a plan to figure out if and who he could come out to first.

Additionally, during this talk Paolo divulged that he had been depressed during his first year at SDSU and felt like he hadn't made many meaningful or supportive connections. I then suggested that he spend more time at the Pride Center to be around other LGBTQ people and to my surprise, when we returned from winter break, Paolo had signed up to be an intern at the Pride Center and has since made strong friendships with other workers and interns in the space. This interaction was meaningful to me because it exemplifies how a short lecture can make an impact on a student.



To answer the question of 'what I will do to change the world for the better?' I will continue to reach out to fellow members of the LGBTQIA+ communities, and to especially make connections with LGBTQIA+ youth.

I think that forming these mentorship connections cross-generationally are so vitally important, because the mainstream media doesn't tell LGBTQ stories so it is nearly impossible for LGBTQ youth to imagine what their future will look like. Further, through my job experiences I have learned how impactful my actions and events are for undergraduate students. In particular, it has helped me understand that I am an LGBTQ leader on campus and within the San Diego community, and that my words have a lasting impact."

GETTING AN EARLY START

Did you know that if you join or renew your PFLAG membership September-December, 2018, it is good through December, 2019? Avoid the New Year rush!! Go to www.pflag.com and use PayPal or bring your renewal to the next general meeting on September 24. Memberships and donations are tax deductible.

PFLAG THANKS YOU FOR YOUR EXTRA HELP GENERAL FUND DONATIONS

Cathy Cozen | MaryLou Strong | GEICO San Diego

UPCOMING EVENTS

Through September 30: The San Diego Repertory Theatre presents the Broadway Musical, *Fun Home*. Synopsis: When her father dies unexpectedly, Alison Bechdel dives deep into her past to tell the story of the volatile, brilliant, one-of-a-kind man whose temperament and secrets defined her family and her life. She relives her unique childhood at the family Funeral Home and her growing understanding of her sexuality and LGBT issues. To purchase tickets: sdrep.org - the San Diego Rep performs on the Lyceum Stage in Horton Plaza.

September 25: The Neutral Corner, Inc. presents "Profitable Intersections: Success in Business and Entrepreneurship for Transpeople." Sponsored by San Diego Pride, this event takes place from 7:00-8:30 pm at the Diverstationary Theatre, 4545 Park Blvd. More info: www.neutralcornersd.org/events.

September 29: SD Human Dignity Foundation presents the Red Dress Party San Diego. It is a celebration to raise awareness and funds for organizations that serve the local HIV/AIDS community. This is a night of music and dancing mixed with charity and fun, where ALL attendees are required to wear a red dress, regardless of gender identity or sexual orientation. Proceeds benefit the SD HIV Funding Collaborative. For ticket info: reddresspartysd.com.

October 1-31: October is LGBT History Month. The purpose is to recognize the notable achievements of LGBT people throughout time; there are familiar names, other times not, but all interesting. Go to: www.lgbthistorymonth.com.

October 3: At the City Council meeting in Oceanside, there will be a proclamation regarding National Diversity Awareness Month. All are invited: 5:00 pm, 300 North Coast Highway, Oceanside.

October 3-28: The Cygnet Theatre presents: *H/R*. Synopsis: Somewhere in the suburbs, Isaac, a veteran, has returned from Afghanistan to help take care of his ailing father, only to discover a household in revolt. The insurgent: his mom. Liberated from an oppressive marriage, with Isaac's newly out transgender sibling as her ally, she's on a crusade to dismantle the patriarchy. Tickets can be purchased at cygnettheatre.com. There are discount tickets available for preview shows on October 3-6. The theatre is located at the Old Town Theatre, 4040 Twiggs Street in Old Town.

October 11: National Coming Out Day - sponsored by the Human Rights Campaign to celebrate (not coerce!) the LGBTQ+ community and allies to be recognized. When people know someone who is LGBTQ+, they are far more likely to support equality under the law.

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 at 6:30 pm
Pilgrim UCC, 2020 Chestnut Avenue, Carlsbad.

Annette: 760-518-3345 | northcountycoastal@pflag.com

NORTH COUNTY INLAND

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm
St. Bart's Church, 16275 Pomerado Road, Poway.

Jill/Dan: 760-855-9424 | RBpowaypflagsdc@pflag.com

EAST COUNTY

Not currently meeting. For questions and information:
Raegan: 858-531-5426 | eastcountysdc@pflag.com

SOUTH BAY

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

Patti: 619-227-6092 | pboman@pflag.com

RAMONA

Meets 1st Tuesday from 6:00-8:00 pm, St. Mary's in the Valley, 1010 12th Street, Ramona. For meeting info::

Carlee: 757-448-5640 | Ramonapflagsdc@pflag.com

POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm
St. Bart's Church, 16275 Pomerado Road, Poway.

AI: 858-382-2262 | al@transfamilysos.org

OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

Meets 2nd & 4th Tuesdays from 6:30-8:30 pm, St. Bart's Church, 16275 Pomerado Road, Poway. Facilitated by youth. **AI: 858-382-2262 | al@transfamilysos.org**

MI FAMILIA (Spanish)

Meets 2nd Monday from 6-8 pm, South Chula Vista Library, 389 Orange Avenue, Chula Vista.

Patti: 619-227-6092 | pboman@pflag.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



Put on your sneakers and get geared up to walk with PFLAG on **Saturday, September 29** for the 29th Annual AIDS Walk San Diego. This event, sponsored by the LGBT Center, is San Diego's largest one-day HIV/AIDS fundraiser and the biggest non-governmental financial provider for HIV/AIDS in San Diego County. Dozens of agencies, serving thousands of clients, rely on funds raised at the annual Walk to help provide essential prevention and care programs to thousands of men, women, and children living with HIV/AIDS.

The Walk begins at 7:30 am and starts at Normal Street and University Avenue. The registration fee is \$35 (\$25 for 17 & under and 60+). If we have at least 10 walkers registered by September 24, we will qualify as Team PFLAG and be able to walk with the prestigious sneaker sign with PFLAG on it. **As of right now, we only have 5 walkers.** While half-way there is good, the entire way there would be much better! Any PFLAGer who has "walked the walk," knows what a big deal it is to carry our PFLAG sneaker sign.

To register, go to <http://bit.ly/aidswalkpflag>, click on the gray box (Join Team), pick which amount that applies to you, then "next step" and keep following the instructions.

Even if you can't walk with us, please register so we can meet our 10 person and financial goals (\$1000). You can register as a virtual walker.

For questions, please contact Sherry Cohen-Richards, scohenrichards@pflag.com.

**LOOK LIKE
A BIG FISH**

Competition is fierce.
It's time to get aggressive.

belladia
marketing & design

Call for a Free Consult
858.220.7478
belladiadesign.com



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

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