



THE NEWSLETTER

September 2020 ISSUE 9 VOLUME 27



VIRTUAL SUPPORT GROUP MEETINGS

Individual support groups will continue to meet virtually, as well as the monthly virtual Countywide Support Group meeting. We encourage you to contact your support group facilitator at any time, as they will remain excellent resources for information. The support group locations, dates, and times will continue to be posted on the PFLAG San Diego County Facebook page. You can join in any of the digital meetings. For Zoom links, contact each support group.

Countywide Support Group, admin@pflag.com
(third Saturday of the month at 10:00 am)

Metro Support Group, metrosdc@pflag.com (fourth Monday of the month)

North County Inland Support Group, RBPowaysdc@pflag.com (second & fourth Tuesdays of the month)

North County Coastal Support Group, northcountycoastalsdc@pflag.com
(first Monday of the month, except for September.
The meeting will be the second Monday)

South Bay Support Group, southbaysdc@pflag.com
(first & third Tuesdays of the month)

East County Support Group, eastcountysdc@pflag.com
(third Monday of the month)

4S Ranch Del Sur Support Group, 4Sdelsursdc@pflag.com
(second Tuesday of the month)

Ramona Support Group, contact ramonasdc@pflag.com

Mi Familia (Spanish), cramos@thecentersd.org
(second & fourth Tuesdays of the month)

Poway LGBTQ Youth Support Group (Our Space-Poway) for High School,
al@transfamilyosos.org (second & fourth Tuesdays of the month)

Our Space-Poway For LGBTQIA Middle School, dez@transfamilyosos.org
(second & fourth Tuesdays of the month)

Transfamily Support Group, contact info@transfamilyosos.org

The Gender Phluid Collective, thegpcollective@gmail.com (every Saturday)

THE DEATH TOLL KEEP RISING

Since George Floyd's murder on May 25, 2020, Rayshard Brooks, Jacob Blake and other countless Black and Brown individuals throughout the United States have been shot or murdered for the color of their skin. Thankfully, murders that were not previously investigated have been brought to the fore, most prominently Breonna Taylor. It is hard to believe that some government officials and police departments don't think there is systemic racism. You wonder what it would take to convince them since the evidence is right in front of their faces.

AT YOUR SERVICE

There are options to choose from Name and Gender-Marker Change Clinics in Southern California.

USD Pride Law sponsors the Transgender Name and Gender-Marker Change Clinic to provide legal assistance to the transgender and nonbinary community by helping those seeking name and/or gender-marker changes for themselves or their minor children in the San Diego County court system. Law students and attorney volunteers assist eligible participants in completing the requisite paperwork and navigating the process of obtaining a name and/or gender marker change. During the pandemic, the Clinic has been unable to meet physically, but it will be returning this fall in an entirely online format. The Clinic takes place virtually the first Tuesday of each month, starting on October 13, with appointments available at 6:30, 7:00, and 7:30. Applications can be made at any time by emailing transclinic.sandiego@gmail.com. Completed intake forms must be returned five days before the Clinic date. Attorneys who wish to volunteer can do so by emailing volunteer.transclinic.sandiego@gmail.com.

For anyone in the country, the Los Angeles Gender Center are conducting virtual legal name and gender marker change clinics. There is a Zoom meeting to assist with filling out required paperwork; assistance with determination if individuals qualify for a fee waiver; follow up with assistance with changing identification documents after receiving a court order; assist minors, people from out of state, or those with unique circumstances.

For the LA Gender Center, the suggested fee is \$25.00; however, no one will be turned away for inability to pay. To schedule an appointment, contact Nick Bell, MSW at nbell@lagendercenter.com.

OFFICERS, COMMITTEES & VOLUNTEERS

President

Tiffany Gonzalez
760-554-7967
tgonzalez@pflag.com

Past President

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

Vice-President

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

Recording Secretary

Nadia Kean-Ayub
nkean-ayub@pflag.com

Treasurer

Nancy Colbert
ncolbert@pflag.com

Greeter

Lonnie Brunini
lbrunini@pflag.com

Membership

Bobbi Harwood
858-453-3249
bharwood@pflag.com

Info Line

Support/Outreach
888-398-0006

Programs

The Board

Newsletter

Sherry Cohen-Richards,
Editor

Linda Bessemer, Laura
Partido & Pacific Imaging

Jessy Sauchuk, Belladia
Marketing & Design

Spanish Interpreter

Patti Boman
619-227-6092

Speakers Bureau

Beverly Lavallee

Transgender Coordinator

Kathie Moehlig
info@transfamilysos.org

Refreshments

Ina Price

Website

Lisa Smith, Belladia
Marketing & Design

Board Members

Sherry Cohen-Richards
Nancy Colbert
Linda Espinoza
Tiffany Gonzalez
Nadia Kean-Ayub
Beverly Lavallee
Bill Luna
Vicki Luna
Annette Ottone
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

REALLY NEWSWORTHY

Rosemary Ketchum won a seat on a City Council in West Virginia, making her the first openly transgender elected official in the state.

Ketchum, 26, was elected to the Wheeling City Council, after running on a platform addressing affordable housing and opioid addiction.

Interviewed by CNN, she said, "I am incredibly grateful to get the opportunity to represent my city. I hope that this election helps us push the needle in West Virginia so that we can fully embrace the power of culture, diversity, and representation in politics. I ran for office because I believe the job of an elected official is to reflect the values of their community in the actions of their leadership and that is why I am excited to serve."

Her victory was praised by the LGBTQ Victory Fund, which tweeted "HISTORY MADE" following the news. Ketchum will be one out of just 27 openly trans elected officials in the entire country, according to the Victory Fund.

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

- 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

or apply online www.pflag.com

Name.....

Address.....

City State ZIP

Email.....

Phone.....Date

SAVED BY THE BLOCK

In June, the Department of Health and Human Services' Office for Civil Rights put a ruling in place reversing a 2016 regulation issued as part of the Patient Protection and Affordable Care Act. That part of the ACA included protections against discrimination on the basis of race, national origin, sex, age, or disability which included not only in health care but in employment, education and housing. The HHS ruling reinterpreted this civil rights provision of the ACA in that discrimination against transgender people was not discrimination because of sex.

A few days later, the Supreme Court ruled that civil rights laws protect gay and transgender people from discrimination in the workplace.

By mid-July, 22 states plus Washington, DC sued the federal government, challenging the HSS ruling that eliminates anti-discrimination protections in health care.

In mid-August, a few days before the June ruling was to go into effect, Federal Judge Frederic Block blocked an effort by the current administration to erase protections for transgender patients against discrimination by doctors, hospitals and health insurance companies, dealing a blow to the broader legal reasoning it has used to try to roll back transgender rights across the government.

"When the Supreme Court announces a major decision, it seems a sensible thing to pause and reflect on the decision's impact. Since H.H.S. has been unwilling to take that path voluntarily, the court now imposes it," Judge Block wrote.

But the order is not final. Judge Block will still read briefs and hear arguments from both sides of the case before issuing a final opinion. And any decision will still be subject to appeal.

Needless to say, the ruling was cheered by human rights organizations and many lawmakers, who had joined the case as friend-of-the-court litigants. In a statement, Speaker Nancy Pelosi called it a victory for the LGBTQ+ community and the rule of law. Stay tuned.



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

COME JOIN US FOR THE AIDS WALK & RUN SAN DIEGO



The AIDS Walk & Run San Diego: 2020 Challenge will take place **from Monday, September 21 thru Sunday, September 27**. The Center is celebrating 31 years of the Walk/Run event. It has been revamped in order to provide a safe experience for all, and has transitioned from a one-day experience to a week-long opportunity, allowing walkers, runners, volunteers, and community members to participate safely and as enthusiastically as ever. The 2020 Challenge will give individuals and team members a chance to complete the traditional route or their own over the course of a week, at their own pace, and with their own "socially-distant flair." Everyone is encouraged to join the Virtual Opening Ceremonies on **Saturday, September 26**, at 10:00 am. It will be live-streamed on the Center's Facebook page: San Diego LGBT Community Center.

Our PFLAG San Diego County team is registered. Please visit www.aidswalksd.org, scroll down and click on Register, Join a Team, fill in PFLAG San Diego County, and you are ready to register! The registration fee is \$35.00 for all participants. There is also a place to make a donation if you wish. Unlike other years where we needed a minimum of 10 registrants to get our prestigious PFLAG SDC AIDS Walk Sign, this year we would like to reach our goal of \$1000. Last year, we surpassed that amount and we would like to keep the momentum going.

Our participation in AIDS Walk & Run San Diego 2020 is more important than ever. This is San Diego's largest 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/Run to help provide essential prevention and care programs to thousands of men, women, and children living with HIV/AIDS. Our visible support for this event shows people living with HIV that they are not alone.

PFLAG THANKS YOU

General Fund Donation
Rhonda Weintraub

HONORING MATTHEW SHEPARD



October 6, 2020, will be 22 years since Matthew Shepard was brutally beaten and tortured, and left to die near Laramie, Wyoming for one reason: he was openly gay. Years ago, not only across the country, but here in San Diego, there were commemorations to celebrate his life annually on or near the date he died, October 12. Other than the 20 year anniversary of his death, in 2018, has there been any memorial events to honor Matthew.

This was brought to mind during the Democratic National Convention, when the roll call of all the American states and territories pledged delegates for one of the Democratic nominees. Matthew's parents, Judy and Dennis, represented Wyoming.

In 2018, Matthew's ashes were placed in the Washington National Cathedral. Since Matthew's passing, his parents have crusaded for LGBTQ rights. They created the Matthew Shepard Foundation in his memory. A play, "The Laramie Project," chronicles Matthew's life, death, the trials of his murderers, and interviews with the people of Laramie. There have also been films, novels, songs, and other works.

Shepard's murder brought national and international attention to hate crime legislation at both the state and federal level. In October 2009, the United States Congress passed the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act (commonly the "Shepard/Byrd Act" for short), and on October 28, 2009, President Barack Obama signed the legislation into law.

On June 7, 1998, James Byrd Jr., an African American man was dragged for three miles behind a pickup truck along an asphalt road in Jasper, Texas. Byrd, who remained conscious for much of his ordeal, was killed about halfway through the dragging and his body was dumped in front of a Black cemetery. His murderers were three white supremacists.



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

