



# THE NEWSLETTER

October 2020 | ISSUE 10 | 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](mailto:admin@pflag.com) (third Saturday of the month)

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

North County Inland Support Group, [RBPowaysdc@pflag.com](mailto:RBPowaysdc@pflag.com) (second and fourth Tuesdays of the month)

North County Coastal Support Group, [northcountycoastalsdc@pflag.com](mailto:northcountycoastalsdc@pflag.com) (first Monday of the month)

South Bay Support Group, [southbaysdc@pflag.com](mailto:southbaysdc@pflag.com) (first and third Tuesdays of the month)

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

East County Support Group includes the Ramona Support Group.

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

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Mi Familia (Spanish), [cramos@thecentersd.org](mailto:cramos@thecentersd.org) (second Monday and fourth Sunday of the month)

Poway LGBTQ Youth Support Group (Our Space-Poway) for High School, [al@transfamilyosos.org](mailto:al@transfamilyosos.org)

(second and fourth Tuesdays of the month)

Our Space-Poway For LGBTQIA Middle School, [dez@transfamilyosos.org](mailto:dez@transfamilyosos.org) (second and fourth Tuesdays of the month)

Transfamily Support Group, contact [info@transfamilyosos.org](mailto:info@transfamilyosos.org)

The Gender Phluid Collective, [thegpcollective@gmail.com](mailto:thegpcollective@gmail.com) (every Saturday)



### IN MEMORIAM

Long time PFLAG member Suzanne Burkhalter passed away in August, 2020. She and her late husband, Scott, were avid supports of PFLAG SDC. Our condolences to the family.

## #SPIRITDAY

Once again, GLAAD is sponsoring Spirit Day on **October 15**. Here are lots of reasons we need to call attention to this day and the everyday treatment of LGBTQ+ youth. They disproportionately face bullying and harassment because of their identities. Each year, millions go purple for Spirit Day to support LGBTQ+ youth in a united stand against bullying. Pledging to **"go purple"** on Spirit Day is a way for everyone — global and local brands and companies, world leaders, celebrities, neighbors, parents, and friends — to visibly show solidarity with youth and to take part in the largest, most visible LGBTQ+ anti-bullying campaign in the world.

The statistics are staggering: 70.1% of LGBTQ+ students report being verbally harassed; 71% of LGBTQ+ students report hearing homophobic remarks from teachers and/or school staff because of their gender expression; 53.3% of LGBTQ+ students did not report experiences of bullying because they doubted an intervention; 48.7% of LGBTQ+ students have experienced cyberbullying; 29% of LGBTQ+ youth have experienced homelessness, been kicked out, or run away; 86% of LGBTQ+ youth said that recent politics have negatively impacted their well-being.

This is what you can do: **WEAR PURPLE** and spread the word on social media: "I took @GLAAD's #SpiritDay pledge against bullying! Join me at [glad.org/spiritday](http://glad.org/spiritday)." Share on Facebook and Twitter: "I'm wearing purple on October 15th to show LGBTQ youth I've got their backs! Join me: [#SpiritDay](http://glad.org/spiritday)."



### NEW AND IMPROVED

Here is the new flag that is now being raised by the LGBT Community Center.

## OFFICERS, COMMITTEES & VOLUNTEERS

### President

Tiffany Gonzalez  
619-609-7179  
tgonzalez@pflag.com

### Past President

Terrie Vorono  
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### Vice-President

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### Treasurer

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### Greeter

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### Programs

The Board

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Beverly Lavallee

### Refreshments

Ina Price

### Website

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Marketing & Design

### Board Members

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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

## PFLAG THANKS YOU

### General Fund Donations

Lonnie Brunini, Cathy Cozen, Nicklaus Dimino  
Bank of America, in memory of Charles Tell

## GET IN THE MEMBERSHIP SPIRIT

It's not too early to think about renewing your membership for 2021 or joining PFLAG SDC for the first time. Renewals or new memberships received now through the end of December are valid until December, 2021. They enable us to continue to provide monthly support group meetings, an info line, newsletter, educational brochures, tabling events, tabling merchandise, and supplies for meetings. Thank you for being part of our continuing effort to provide support, education, and advocacy on behalf of our LGBTQ+ community, their families, friends, and allies.

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 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 application is below and also on our web site (www.pflag.com). We accept PayPal and major credit cards for your convenience. You may mail a check made payable to: PFLAG San Diego County, P.O. Box 82762, San Diego, CA 92138. All donations are welcome and are tax deductible.

### 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.....

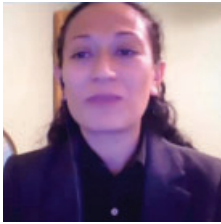
Address.....

City ..... State ..... ZIP .....

Email.....

Phone.....Date .....

## THE BELLS OF THE BALL



PFLAG San Diego County President, Tiffany Gonzalez, was honored with a chair's award at the San Diego Democratic Party's 40th Annual Roosevelt Honors event.

An Imperial Valley native and retired U.S. Navy veteran, Tiffany has been a proud resident of San Diego County since 2007. She currently lives in Spring Valley with her son.

Joining the PFLAG family in 2015, she demonstrates a genuine passion for helping youth and families through advocacy and education. Before Covid 19, she had volunteered weekly at a confidential center for youth who have experienced commercial sexual exploitation and human trafficking. She holds several years of prior non-profit board experience and has nearly a decade of service to the San Diego LGBTQ+ community, using her ethics and fortitude to connect more people and resources and build a better community for all.



PFLAG SDC Board Member, Brenda Aguirre, was recognized by Assembly woman Lorena Gonzalez as one of the 80th Assembly District's Unsung Heroes.

Born and raised in Tijuana, Brenda is an outspoken advocate for #AD80's LGBTQ+ community and dedicates her life to making her home, Chula Vista, a welcoming city by using grassroots organizing and activism. Brenda started a clothing donation service for transgender migrants and quietly supports families who are transitioning to support newly out young family members.

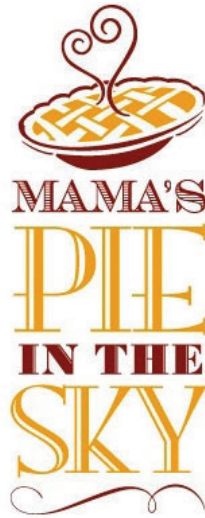
Besides her involvement with PFLAG SDC, Brenda is a board member of ACLU People Power Chula Vista. She currently works for the Chicano Federation of San Diego County as a Family Resource Navigator.

**LOOK LIKE A BIG FISH**

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

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## MAMA'S PIES 2020 COMING YOUR WAY!



Mama's Kitchen kicked off their 16th Annual Pie in the Sky Fundraiser and **will continue until November 21**. Mama's Pie in the Sky is a bake-sale fundraising program that benefits Mama's Kitchen—San Diego's only free, county-wide home-delivered meals program for individuals and families affected by HIV/AIDS, cancer, heart disease, type 2 diabetes, and chronic kidney disease. Volunteers sell Thanksgiving pies that are generously donated and baked by local caterers, casinos, restaurants, and bakeries. Each pie sold allows Mama's Kitchen to cook, prepare, and deliver 12 nutritious meals to the clients. Pies sell for \$30 each with

\$15 being tax-deductible – you can't go wrong! The choices are: apple, Dutch apple, pecan, and pumpkin. On a diet? Consider buying a "Love-A-Client Pie" (a donated pie) for just \$30 or make a donation.

Purchasing is as simple as pie! You can order directly online: [www.mamaspies.org](http://www.mamaspies.org) and credit one of the 90 teams or individuals or order directly with the individuals. On **Wednesday, November 25** (the day before Thanksgiving), you can pick up your pie order at one of the Public Pie Pickup Sites. More details will be in the November newsletter.

## AIDS WALK & RUN A SUCCESS



Congrats to the PFLAG SDC Team 2020 for raising \$1107. Thanks goes to Phyllis Van Wanseele, Kevin Van Wanseele, Brian Van Wanseele, Toddy Yeats, Terrie Vorono, Donna Gray-Bowersox, Tiffany Gonzalez, Bill Luna, Vicki Luna, Patti Boman, Don Ward, Karen Rausis and an anonymous donor.

You may still donate to PFLAG San Diego County at [aidswalksd.org](http://aidswalksd.org).

Money raised help The LGBT Center provide much-needed funds for local HIV services and prevention programs. The Center is the biggest non-governmental financial provider for HIV/AIDS in San Diego County. Thus, dozens of agencies, serving thousands of clients, rely on the funds raised. Our support for this event shows people living with HIV that they are not alone and that we are united as an unrelenting force in combating HIV.

## VOTE INFORMED



Election day, **November 3**, will be here before you know it! These helpful hints are borrowed from PFLAG Long Beach. Think down-ballot - local and statewide races impact our day to day life. Votes really do count, as <1.2% decided battleground states in 2016. Voting influences outcomes. In 2018, the closest elections in the House and Senate were decided by <.2%.

If you need voting information on candidates and/or propositions, go to [Ballotready.org](http://Ballotready.org); it's nonpartisan. There is also factual and nonpartisan information on candidates at [Vote411.org](http://Vote411.org). For your local city ballot measures, check your voter guide.

If you want to vote in person up to election day, you can do at the Registrar of Voter office, 5600 Overland Avenue, San Diego (Kearny Mesa). Prior to election day, the office will be open Monday through Friday 8 am to 5 pm. On election day, the office and polling locations throughout the county will be open from 7 am to 8 pm. You may drop off your ballot at any polling location on election day. Some polling locations are open October 31-November 2. You can check which ones on [sdvote.com](http://sdvote.com).

In some instances, usually for first time voters, you may need to present identification.

Finally, here's some famous last words: If mailing your ballot, it must be postmarked by 8 pm on November 3. It must be received by November 20. Be sure to sign where indicated. Return postage is not needed in California, as postage is prepaid. You can track your ballot at [wheresmyballot.sos.ca.gov](http://wheresmyballot.sos.ca.gov) and may register early to do that.



### 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

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