



THE NEWSLETTER

November 2020 ISSUE 11 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)

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

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

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

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

East County Support Group, 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
(second Tuesday of the month)

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

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

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

Transfamily Support Group, contact info@transfamilysos.org

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

North County LGBTQ Resource Center Zoom meetings:
Email for link: info@ncresourcecenter.org

Come As You Are: Trans nonbinary group, all ages. Every Monday at 6 pm.

Round Table: All gender and sexual orientations, ages 18-29. Every Thursday at 6 pm.

Queer Chat: Ages 13-18. Every Wednesday at 3 pm.

Trans Game Day: Trans nonbinary games, all ages. Every Sunday from 3 to 6 pm.

Elder Pride: For men ages 55+. Every Friday at 11 am.

HELP WANTED!

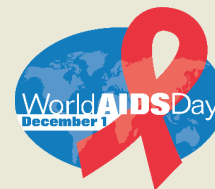
The format of the current newsletter will change beginning January, 2021!

You are invited to serve our chapter by becoming our new Newsletter Editor as we move to the Mailchimp platform. Newsletter content includes chapter news, as well as current, virtual, local, and national events and news.

Please contact Sherry at scohenrichards@pflag.com for more information about this exciting opportunity. Thank you for your willingness to support our mission.

From Sherry Cohen-Richards, Editor: I have enjoyed being Editor for the past 17 years and look forward to reading the updated issues in 2021. If requested, I will assist with the transition.

WORLD AIDS DAY



On **December 1** at 6:00 pm, please join Mama's Kitchen and Village Hillcrest to commemorate World AIDS Day by recognizing and

remembering those affected by AIDS, as well as the ongoing leadership efforts made to end the epidemic. It is an evening of special memories, singing and sharing, and a candle lighting to honor those affected by AIDS.

This is a free, virtual ceremony. The link to the page will be posted on **November 30**: mamaskitchen.org/events/tree-of-life/.

Dedicate a heart in memory of a loved one, in honor of a friend, or write a message of support. One heart is \$15 or two for \$25. Mama's Kitchen will write your message on a white paper heart that will be placed in a heart ornament and hung on the tree in the center of the Village Hillcrest Plaza on the night of the event and throughout the whole month of December. To purchase, visit mamaskitchen.org/events/tree-of-life/.

OFFICERS, COMMITTEES & VOLUNTEERS

President

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

Past President

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

Vice-President

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

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

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Refreshments

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PFLAG San Diego

PO Box 82762, San Diego, CA 92138

Tax ID #33-0512868

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National PFLAG, Washington, DC
(202) 647-8180, www.pflag.org

TIME TO RENEW MEMBERSHIPS

As always, paying for your membership now means you are a member for all of 2021. As you are aware, part of the mission for PFLAG is to promote the health and well-being of lesbian, gay, bisexual, and transgender+ persons, their families, and friends. We are only able to offer this support, education, and advocacy through your generosity of being a member. Several ways we accomplish our goals are to provide monthly support group meetings, an info line, newsletter, educational brochures, tabling events, tabling merchandise, and supplies for meetings.

You can renew (or become members) online, pflag.com/membership/ (we accept PayPal and major credit cards), or by the application below. We will gladly accept donations any time for any reason! A membership would make an ideal gift. All memberships and donations are tax deductible.

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.

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

PFLAG THANKS YOU

General Fund Donation
Gail Doore

THERE'S STILL TIME TO BUY MAMA'S PIES



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 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.

APPLY NOW FOR PFLAG SDC SCHOLARSHIPS

PFLAG San Diego County is gearing up for another successful scholarship program – our 24th year! The application, requirements, and other scholarship-related info are on our web site, (www.pflag.com/scholarships). You can also donate or become a sponsor (www.pflag.com/support-our-students) For questions, contact scholarships@pflag.com.

Please spread the word to LGBTQ high school seniors, full-time undergraduate, and graduate students to apply for the scholarships. We will consider half-time applicants with an explanation of the circumstances that prevents them from attending full-time. A minimum of 10 scholarships will be awarded in the amounts of \$2000 or more.

The deadline to apply is Tuesday, March 30, 2021.

"it takes courage to grow up and become who you really are."

- e.e. cummings -

CONGRATULATIONS!



Hearty congratulations to President-elect Joe Biden and Vice President-elect Kamala Harris. We are looking forward to your calm and stable effect on our country.

HATS OFF TO MAYOR-ELECT GLORIA



California Assembly member, Todd Gloria, won his race for mayor of San Diego, becoming the first openly LGBTQ+ person and first person of color elected mayor of California's second-largest city and the nation's eighth-largest. He is the second-highest ranking LGBTQ+ mayor in the country, second to Lori Lightfoot of Chicago.

Gloria is a former member of the San Diego City Council, and a former interim mayor. He has Filipino, Dutch, Puerto Rican, and Native American ancestry. Unfortunately, he endured anti-gay smear tactics during his mayoral campaign, which resulted in threats on his life. We hope all will be well with his solid victory.

LOOK LIKE A BIG FISH

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TRANSGENDER DAY OF REMEMBRANCE



take place on **Friday, November 20** from 7:00-8:00 pm on The Center's Facebook page (San Diego LGBT Community Center).

This is a time we memorialize, honor, and celebrate the lives tragically lost due to fatal anti-transgender violence and discrimination. These senseless murders are a global and national crisis that disproportionately affect Black, Indigenous, and migrant transgender womxn of color. This year, we have issued a call to action partnering with other leading agencies whose mission is to serve and protect our most vulnerable and marginalized community members. We are stronger together and want the message to be loud and clear, stop killing us!

Please join PFLAG SDC and the LGBTQ+ community, as Project TRANS at the LGBT Community Center commemorates the 18th annual Transgender Day of Remembrance. The virtual event will

TDOR is a day started in 1999 by Gwendolyn Ann Smith who began a vigil to honor the memory of Rita Hester, a transgender woman who was killed a year earlier. Since then, it has become an important day to honor all of those who have been murdered as a result of transphobia and hate.

Transgender Awareness Week

For Transgender Awareness Week, **November 12-19**, we ask community members and allies to help memorialize the ones we have lost too soon by visiting one of the five alters listed below to pay respects, meditate, leave flowers, pictures, or hand written sentiments. Please wear a mask and practice social distancing so that we may all stay healthy. Be sure to check yourself in at each location on social media, take a picture, and share the following hashtags: #TDOR2020 #StopKillingUs #TransisBeautiful: The San Diego LGBT Community Center, 3909 Centre Street, San Diego; San Diego Pride Office, 3620 30th Street, San Diego; South Bay Youth Center, 1180 3rd Avenue, Suite C1, Chula Vista; Strong Hearted Native Women's Coalition, 1121 E. Pennsylvania Avenue, Escondido; North County LGBT Community Center, 320 Mission Avenue, Suite #2, Oceanside.



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