



# THE NEWSLETTER

November 2019 / ISSUE 11 / VOLUME 26

Since Mi Familia did not meet due to Veterans' Day, those interested in attending a Spanish speaking meeting can go to The Center, 3909 Centre Street in Hillcrest on Monday, November 18 from 6-8:00 pm.

## THERE ARE UNICORNS



Please join us for our general meeting on **Monday, November 25** at 7:00 pm at Jewish Family Service (JFS), 8788 Balboa Avenue, San Diego.

Our guest speaker is LGBTQ ally, Liz Papineau, who will share with us a unique program called the Unicorn Homes Host program. The purpose is to provide LGBTQI youth who are homeless, or at risk of being homeless, a safe place to reside for a period of 14 days or more. The ultimate goal of the program is to reunify youth with their families when possible, as well as rectify some of the problems within the home environment. The program is a resource of the North County LGBTQ Resource Center.

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

## PARADES GALORE

This is the first year PFLAG SDC and TransFamily Support Services will be participating in the Mother Goose Parade in El Cajon on **Sunday, November 24**. The parade begins at 1:00 pm at the intersection of Main Street and El Cajon Blvd. Check the PFLAG San Diego County Facebook page closer to the date for our meeting location.

Besides the Mother Goose characters, there are floats, marching bands, equestrians, clowns, performing artists, and celebrities. And, of course, what would a parade be without giant helium balloons, Santa Claus among them.

Then two weeks later, you can celebrate the holiday season with San Diego Pride. PFLAG SDC will be one of the groups who marches in the North Park Toyland Parade on **Sunday, December 8**. It's a fun time to show off our pride. Christmas attire (or Chanukah) is welcomed, along with pride flags and a holiday spirit.

If you are interested in marching, there will be a meeting destination listed on SD Pride's Facebook page before the event. The meeting time is 10:30 am, and the parade is from 11:00 am-1:00 pm. Afterward, SD Pride Office has invited participants to their office for pizza and pop! The address is 3620 30th Street in North Park.



The annual Transgender Day of Remembrance (TDOR) will take place at the LGBT Community Center on Wednesday, **November 20** from 6:00-9:00 pm. TDOR 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.

At 10:00 am, at the Hillcrest Pride Flag, all are invited to raise the Transgender Flag and then lower it to half-mast in honor of the solemn day. Please check the SD LGBT Center's Facebook page for the time. At 6:00 pm, there will be a vigil and march, with a program starting at The Center at 7:00 pm.

## JOIN THE FIGHT

Many of you will recall the hate group, MassResistance, protesting for weeks before and at the September 10 Drag Queen Story Hour, which took place at the Chula Vista Library. They are a fringe group, deemed an anti-gay hate group by the Southern Poverty Law, and they don't give up. But neither do we.

They have mobilized a group to go every Tuesday to the Chula Vista City Council meeting which begins at 5:00 pm. They are not bashful about speaking out with their lies and hate toward the LGBT community. Their most hateful focus is on transgender persons.

What you can do. Whether or not you are from Chula Vista, it's important to speak up at the council meetings. We need to counter the ignorance and support our LGBTQI loved ones and friends. The City Council meets in the Council Chambers, 276 Fourth Avenue in Chula Vista.

## TIME TO RENEW MEMBERSHIPS

As always, paying your membership dues now means you are a member for all of 2020. 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 and 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 mission is through our monthly meetings, newsletters, speakers, support groups, an info line, educational brochures, etc.

You can renew (or become members) online, [www.pflag.com](http://www.pflag.com) (we accept PayPal), at the General Meeting, or by the application in this newsletter. Of course, we will gladly accept donations any time for any reason! With the holidays coming up, a membership would make an ideal gift. All memberships and donations are tax deductible.

## NEXT ON THE HIT PARADE



**Andy Huynh** is the recipient of the **Stephen G. Bowersox Memorial Scholarship**. Andy graduated from Crawford High School and is presently attending UC Berkeley, where he is majoring in Psychology. Andy has grown immensely over the years. From struggling with mental health issues to

becoming an outstanding student and community volunteer, he has given it his all. In high school, he participated in community service organizations such as Peer Helping, where he was president, and Auroras. Andy coordinated blood drives, volunteered to mentor younger students, tutored refugees and immigrants, and was selected to represent Crawford High through Auroras, their academic honor society for seniors. He was also in the Mu Alpha Theta National Mathematics Honor Society.

With his Psychology degree, Andy's goal is to become a Counseling Psychologist who specializes in mental health.

"Crawford High School has many students who are from low income backgrounds and parents as immigrants with little education. There is an organization at the school known as the Crawford Community Connection (CCC) who helps those in need with resources in the Crawford cluster. From November to December they contacted all families they have worked within the year to ask what items and clothes their children wanted for the holidays. These items may be necessities such as diapers, towels, and shoes or simple toys. This project was known as Adopt an Angel as people were needed to help sponsor an 'angel' by buying their requested items. The CCC collaborates with a community service club known as Peer Helping. I am the current president of the club so I took part in coordinating the drive alongside the club members. One of my responsibilities was finding sponsors for the angels by advertising through social media or on campus. I decided to sponsor six children as well using my own money or by asking for donations from my mom's workplace. Over the course of the weeks prior to the Adopt an Angel party, where the families would come to pick up their gifts, the club would help store and wrap gifts we have received from the sponsors. By the end of the three weeks leading up to the event, we were able to find sponsors for all 202 angels and wrap every single one. At the day of the Adopt an Angel party, the club helped transport all the gifts to each family's vehicles alongside other donated items such as canned foods, spare clothing, and blankets. I was able to help organize and contribute to a cause to help those in my community and lessen their hardship through working together with the club and the CCC.

Mental health is something I am very passionate about.

Growing up in an Asian household, I was stigmatized. My parents, especially my father, heavily believed in gender roles such as men not being allowed to cry. When I cried, they perceived it as an act of attention or lacking masculinity not because I had self-esteem issues. During high school I learned that this stigma expanded to other people of color. A Muslim friend told me that their mosque believes that you can 'pray' the depression away. I was in shock. At the same time, I was experiencing depression. During both my sophomore and late junior year, I attended therapy. Both instances helped me learn how to cope in times of stress, not belittle myself, and change my black-and-white thinking

This experience inspired me. Helping others is something I am passionate about as well. I decided to combine my two passions and want to help the people of my community, teenagers specifically, mentally. I believe that by becoming a therapist, I can help those struggling with their mental health and normalize it. In City Heights, San Diego, most people come from a non-Eurocentric background. In turn,

most, especially adults, do not believe in the concept of mental health and disorders. My goal is to help children and adults learn that mental health is normal and there are ways to mentally think healthier. I had a toxic mindset where I believed I had to be perfect in every aspect, and if it was not perfect, I failed. I know many of my peers still have that mindset and I want to lessen that sort of black-and-white thinking especially in a society that is increasingly competitive. I hope

that parents will learn as well about the issues of mental health and the unrealistic expectations they set upon their children which can lead to self-doubt.

This is why in college I want to study Psychology and become a counseling psychologist. I was inspired to become one due to experiencing the power of talk therapy. I hope to influence the youth as well to pursue a similar career path as well. Even if I do not land in that specific career path, I hope to inspire both the youth and adults the power of therapy and awareness of mental health in order to destroy stigmas behind it.

Through every generation, more and more children began to realize that mental health is real. I want to be a part of the solution to help the older generation have this same realization and tell others about mental health. It is a chain reaction. By promoting discussion, the impact of my actions to promote mental health will expand further beyond my city. To sum it up, I want to help teenagers like myself learn to have a healthier mindset, aid others in their personal turmoil, and spread mental health awareness to the older generation. One small change within a community will blossom to change throughout the world."



## 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](http://www.pflag.com)

Name.....

Address.....

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

Email.....

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

## DECEMBER HAPPENINGS

**Sunday, December 1:** World AIDS Day. You are invited to participate in Mama's Kitchen and Village Hillcrest's 28th Annual Tree of Life Ceremony, 6:00 pm at the Village Hillcrest Retail Center, 3965 Fifth Avenue in Hillcrest. You can purchase personalized ornaments for the Tree of Life (\$15 for one or \$25 for two), contact [www.mamaskitchen.org](http://www.mamaskitchen.org) or call 619-233-6262. All proceeds benefit Mama's Kitchen.

**Saturday, December 7:** The LGBT Center is hosting "Come Home for the Holidays". Please join the LGBT Center's annual multicultural holiday party at 5:00 pm. This event brings our community together to dance, eat and celebrate our diverse holiday traditions with "family" away from home. The event is free, but guests are asked to bring a new, unwrapped toy to support the Imperial Court de San Diego's annual toy drive.

**Wednesday, December 11:** TransFamily Support Services is holding their largest fundraiser at 7:30 pm. Their annual Dreamgirls Revue will take place at Urban Mo's, 308 University Avenue in Hillcrest. The Sisters of Perpetual Indulgence will add to the merriment. There will be raffles and amazing mystery boxes! Once again, Chad Michaels will be hosting. To purchase tickets: [urbanmos.com/ffss](http://urbanmos.com/ffss).

## 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](http://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](mailto: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](mailto:RBPowaypflagsdc@pflag.com)

### EAST COUNTY

Meets the 3rd Tuesday from 6:00-7:30 pm, El Cajon Library,  
201 E. Douglas Avenue, El Cajon.

Raegan: 858-531-5426 | [eastcountysdc@pflag.com](mailto:eastcountysdc@pflag.com)

### SOUTH BAY

Meets 3rd Monday from 7:00-8:00 pm, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: 619-227-6092 | [pboman@pflag.com](mailto:pboman@pflag.com)

### RAMONA

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

Carlee: 757-448-5640 | [Ramonapflagsdc@pflag.com](mailto: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.

Al: 858-382-2262 | [al@transfamilysos.org](mailto: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.

Al: 858-382-2262 | [al@transfamilysos.org](mailto:al@transfamilysos.org)

### MI FAMILIA (Spanish)

Meets 2nd Monday from 6:00-7:30 pm, South Bay Youth Center, 1180 Third Avenue, Suite C1, Chula Vista.

Patti: 619-227-6092 | [pboman@pflag.com](mailto: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](mailto:info@transfamilysos.org)

## RIP REPRESENTATIVE CUMMINGS

A longtime champion of civil rights for all, the passing of Representative Elijah Cummings is a loss to the LGBTQ community.

As a Democratic congressman, Cummings spoke out for marriage equality and against "license to discriminate" legislation. He first voiced public support for marriage equality in 2012, as Maryland was holding a voter referendum on whether to retain the state's marriage equality law.

In 2015, after the Supreme Court ruled for nationwide marriage equality in Obergefell v. Hodges, he released a statement of praise: "I am elated about today's Supreme Court decision. It so clearly and rightly upholds the principles of freedom and equality under the law that our nation embodies. I congratulate Mr. Obergefell and all of those who have fought so hard for this decision these many years. Today, our nation celebrates with you. Your courage and determination to defend your civil rights should be an example to us all as we work to protect and defend people's rights across this great nation."

The following year, he spoke out strongly against the First Amendment Defense Act, a deceptively named bill that

would prevent the federal government from penalizing individuals, businesses, or organizations that discriminate against LGBTQ people or others to whom they have religious objections. At a congressional hearing on the legislation, which has never passed, he challenged witnesses to raise their hands if they thought it was acceptable to discriminate against people who are married to a member of the same sex. No one did, not even those who supported the bill.

At the hearing, Cummings, a champion of civil rights for African-Americans, wondered how fellow lawmakers could justify anti-LGBTQ discrimination if they oppose racial discrimination. "For centuries in our nation, black people and white people could not get married," he said. "Those in power justified this doctrine on religious grounds, and they codified it in our laws. ... Now we have a similar situation with same-sex couples."

The congressman was a supporter of funding for HIV treatment and prevention measures, and he backed needle-exchange programs. He consistently received high scores, often 100s, on the Human Rights Campaign's Congressional Scorecard.



### 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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(619) 922-1579

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