

G A L A
News & Reviews

JANUARY 2020

GALA PRIDE & DIVERSITY CENTER



GALA PRIDE & DIVERSITY CENTER

INFORMATION

1060 Palm Street
San Luis Obispo, CA 93401

805-541-GALA

email@galacc.org

Hours: Tue—Thur
2:00pm—6:00pm
or by appointment

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NEWSLETTER

Newsletter@galacc.org

What's Going On January 2020

Wednesday January 1st

Happy New Year!

Friday January 3rd

Art After Dark at the GALA Center

Come and see our current show for the final time and discuss with the artist, GALA's Art Curator Lynn Schmidt, before it changes in February.

Monday January 6th

Pride Committee Meeting at the GALA Center

Come and participate in our first official Pride Planning Meeting for Pride 2020!

Saturday January 18th

GALA will have a booth at the SLO Women's March - find us in Action Alley!

Monday January 20th

Martin Luther King Jr. Celebration

will be held at **Temple Beth David** from 3pm-7pm. GALA will have a table and we're looking for volunteers to help with all kinds of things on the day. Send a note to email@galacc.org if you're available!



transyouthcare.com

Two-day continuing education training, led by experts, for professionals interested in providing competent and sensitive medical and mental health care for transgender patients

Comprehensive Care of Gender Non-Conforming Children, Transgender Youth and Transgender Young Adults

Through didactic instruction, case examples and interactive audience activities, attendees will learn how to better:

- Describe how gender dysphoria presents across different age groups
- Communicate concepts about gender dysphoria in a culturally relevant and competent manner
- Describe existing medical and surgical interventions available
- Anticipate and explain benefits, side effects, and potential impact of medical interventions



Aydin Olson-Kennedy, LCSW is the Executive Director of the Los Angeles Gender Center where he provides psychotherapy for gender non-conforming and transgender youth, adults and their families. As a transgender man and mental health provider, Aydin brings a unique perspective to his work and teaching.



Darlene Tando, LCSW has a private practice in San Diego and has been working with gender-expansive and transgender youth/adults since 2006. Darlene is a proponent of the Informed Consent model and believes the individual is the "expert" on one's own gender identity. She recently authored the book, *The Conscious Parent's Guide to Gender Identity: A Mindful Approach to Embracing Your Child's Authentic Self*.



GUEST EXPERT: Johanna Olson-Kennedy, MD is a world-renowned transgender youth specialist and the Medical Director at The Center for Transyouth Health and Development at Children's Hospital in Los Angeles, the largest transgender youth clinic in the United States. For more than a decade, Dr. Olson-Kennedy has provided medical intervention for gender non-conforming and transgender youth. Double Board certified in Pediatrics and Adolescent Medicine, as well as spearheading a robust research program, she brings cutting-edge knowledge to the field.

laGC LOS ANGELES GENDER CENTER



**SAVE THE DATE
2020**

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UCSB
Student
Resource
Building (SRB)**

**SANTA
BARBARA,
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Register Today!

Information and Registration:

<https://sb2020.brownpapertickets.com/>

The Los Angeles Gender Center is approved by the American Psychological Association to sponsor continuing education for psychologists. LA GC maintains responsibility for this program and its contents.



LETTER FROM THE DIRECTOR



Dear GALA Family,

What a year it has been! As I work on the Year End Report (which you should have in your inbox by the time this newsletter is published) it's good to look back and see all the partnerships, advocacy, social events and programming that went on!

Highlights include a new Bi+ Support Group and nascent 18-35 LGBTQ+ Group as well as the hugely successful restart of our Senior Social. Our body positivity program produced a Body Posi Fashion show and an amazing billboard on Hwy 101. We had over 100 folks to our holiday party and Pride was a riot! We became a non-smoking facility and are working to go Green.

Speaking of going green - we now have reuseable dishes. If your group meets at the Center please use dishes from the upstairs kitchen. There's a washing up station next to the sink and we will put away clean dishes for you!

The #Out4MentalHealth Task Force worked on power mapping and is currently consulting on an LGBTQ+ Scorecard for our County's agencies that provide mental health resources. GALA's Board signed letters of advocacy and we brought local LGBTQ+ groups together for a Queer Retreat.

Of course another part of what GALA does is support people. I've spoken to folks who've experienced workplace and school discrimination, been assaulted, and whose families won't accept they are gay or transgender. It's so important to provide that safe space to be yourself and I'm happy the GALA Center is that for those we serve.

Looking back at the busy year, it's time to take a breath.

Ok, breath taken - now let's talk about 2020!

We've just launched our new website! Go to www.galacc.org to see the updated site and definitely let us know what you think by sending a note to email@galacc.org. We are hoping to update business partnerships, move to monthly subscriptions and more!

Our Restated and Amended Bylaws go to members for a vote at the beginning of January. Be sure to renew if you want the opportunity to have a say!

We are looking for volunteers to take over editing and organizing this newsletter. Send us a note if you're interested.

I look forward to continuing to serve the LGBTQ+ community in San Luis Obispo in 2020. Please don't hesitate to stop by for a cup of tea or coffee and share your concerns!

Michelle Call

**PASO ROBLES OLDER & ACTIVE
ADULT FEBRUARY RESOURCE FAIR**

FEBRUARY 11, 2020
9:00AM-12:00 NOON
PASO ROBLES SENIOR CENTER
270 SCOTT ST. PASO ROBLES, CA 93446

*SLO Food Bank
Senior Farmer's
Market*

*Community
Resource Fair*

*Cookie Decorating
(AND EATING)*

*Valentine Card
Workshop*

Contact:
Alysia Hendry, aahendry@co.slo.ca.us, 805-781-1357
Micki Wright, micki@srvolunteer.org, 805-237-3880

SLO JEWISH FILM FESTIVAL



The poster features a purple and pink gradient background. On the left, the words 'SLO JEWISH FILM FESTIVAL' are stacked vertically in a stylized, blocky font. In the center, a large '10th' is written in a gold, outlined font, with 'ANNIVERSARY' below it. Below that, the dates 'Jan 2nd, 4th, 5th & 20th' are listed. At the bottom, the text 'Celebrating Cultural Diversity' is written in a gold, serif font. To the right of the dates, there is a gold '2020' with laurel wreaths on either side. Below the '2020', the text 'Palm Theatre 817 Palm Street, San Luis Obispo' and 'For tickets (805) 426-5465 www.jccslo.com' are visible.

COMEDIAN AND GAY ACTIVIST H. ALAN SCOTT COMES TO SLO

by Lauren Bandari

LATTER DAY JEW, a new documentary about the life of H. Alan Scott has been riding a wave of film festival success around the country. The movie follows Scott, a gay/ former Mormon/ converted Jew/cancer survivor/ and writer – comedian as he finds his spiritual path and prepares for his bar mitzvah at age 34.

The film will be featured in the upcoming 10th Annual San Luis Obispo Jewish Film Festival on Sunday evening, January 5th at 7 pm at the Palm Theater. H. Alan Scott will be on hand to introduce the screening and answer questions following the film. Tickets are available at jccslo.com or <https://my805tix.com/events/slo-jewish-film-festival-1-2-2020>

Documentary director Aliza Rosen is able to find humor in unexpected dark places, and the film is surprisingly insightful about “the realization that spiritual and cultural identity is deeper than just what we are born into or what our families believed and taught us,” shares Mr. Scott. A Gay activist and advocate for peace, his journey on screen explores what it means to truly be an honorable man.

Mr. Scott’s work has been published on VICE, Fusion, Esquire, Newsweek, Nerdist, MTV, and OUT. He’s contributed to Jim Henson’s No, You Shut Up on Fusion, TV Land’s Younger, and BBC’s Danger Mouse. He co-hosts Out on the Lanai: The Golden Girls Podcast; and You’re Making It Worse on Dan Harmon’s Starburns Audio network. He’s appeared on MTV, Fusion, CNN, ABC, Jimmy Kimmel Live, and Ellen. He resides in Los Angeles with his boyfriend Michael, cat Frasier and the world’s most kickass Golden Girls tattoo.

The San Luis Obispo Jewish Film is an annual celebration, sponsored by the Jewish Federation of San Luis Obispo that builds cultural awareness and promotes diversity in our community. The festival nearly always sells out, so buying tickets in advance is strongly encouraged!

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WHAT HAPPENED IN NOVEMBER & DECEMBER

What Happened in November & December

November 9th and 10th *SLO Tease* held their 2nd annual show, half the proceeds of which will go to *GALA's Body Positivity* programming. The theme this time was "**A Night at the Movies**" so we supplied movie snacks like Mexican street corn nachos also popcorn and candy!

November 11th We held our *Annual Town Hall Meeting* at the SLO Library. We spoke about the year's accomplishments and discussed the bylaws changes.

November 20th *Tranz Central Coast* and *5 Cities Hope* organized *2019's Transgender Day of Remembrance* in Arroyo Grande at Centennial Park with a social gathering afterwards.

December 15th GALA held our *annual holiday party* which was a huge success with over 100 attendees! (See photos elsewhere in this publication.)

December 17th *Senior Social holiday party*. (See photos elsewhere in this publication.)

Janine Kennel Rands of Tableware Share

TABLE WARE SHARE - Lending Library*

Dishes, Glassware, Cutlery, Linens

San Luis Obispo County



Mission Statement

- To stop the use of single-use plastics and paper that become landfill.
- Lend out items to make your picnic, casual or dressy event ZERO WASTE

LENDING ITEMS available

Corelle & Melamine plates, White china (dinner, salad, dessert, sm bowls)	Stainless steel cutlery (mixed)
Glass stem & stem-less wine glasses	Glass water tumblers (med/tall)
Ceramic coffee mugs	Mason jar glasses
Cloth & linen napkins (color & white)	Serving tools, utensils, steak knives
Acrylic beverage tub	Serving bowls & trays
Beer pints & 6 oz glass	
White tea cups/saucers	
Cloth tablecloths - formal & variety	
Acrylic & glass drink dispensers	

Please contact - to borrow, see inventory, or donate

Janine Rands, Coordinator

(805) 704-0148

J9rands@gmail.com

See on facebook: **Table Ware Share**

ITEMS are available now for an event up to 200

*The goal is to help you have a zero waste event.

A lending library of supplies with different hosts is growing in SLO County - please call, text or email for contacts.

**Please leave a donation with the host to show your support (calculate your savings from disposables)



brought plates, silverware, mugs and more to the GALA Center so we can stop using single use dishware. Jeanne Buchanan donated 75 napkins to the cause. *Thank you both so much!*

Coming in 2020:

We are excited to welcome <https://www.theherringlawgroup.com/> to Suite D upstairs at the GALA Center. They will be moving in during the month of January as they continue to expand services.

Complimentary portfolio review.



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TRANZ CENTRAL COAST

Tranz Central Coast had a great year in 2019

Here are a few of the highlights:

•We started a new support group for trans and non-binary youth between the ages of 11 and 18. We've needed such a group for a long time and in 2019 we finally made it happen. An average of about 10 youngsters are showing up for the twice monthly meetings. The first coordinator of the group was Keegan Meadows. It now is run by Chanel Viiperi with amazing help from Jay Ramirez and Lydia Edwards.

•Since most of the youth are being driven to the support group by a parent, we decided to move our Family Support Group to the same time as the youth group. The parents drop their kids at the GALA Center and then gather at Petra Grill for conversation and support. The family support group is known as "Stand Out LGBTQ+" and run by Michelle Call, the Executive Director of the GALA Center.

•We did a lot of work on bathroom signs this year. Since March 1, 2017, all single-use restrooms in California businesses, restaurants and offices are supposed to be designated "gender neutral." But lots of cities haven't been enforcing it, including the City of San Luis Obispo. After some prodding and an education effort, SLO has pledged to get to work on the signs. We've also worked with Arroyo Grande and Pismo Beach on sign issues.

•TCC closely monitored the police investigation into the beating of a transgender woman at a SLO motel. We have an excellent working relationship with the SLO Police and they handled this ugly incident in a professional and sensitive manner.

Here are our on-going education programs:

Our Education Committee offers trans-affirmative training to community members. We got a big boost in July of 2018 when we organized a workshop by a nationally-recognized leader on training about trans issues. A group of trainers from various local organizations and agencies participated in the workshop to learn how to better explain trans issues to the public.

Since that time, TCC has provided more than 20 trainings and presentations to hundreds of SLO County community members. These trainings have included parents, medical professionals, therapists, Department of Social Services, CASA of SLO County, the SLO County Office of Veteran's Affairs, RISE, and Transitions-Mental Health Agency.

Late in 2019 we decided to refocus our education effort and target trans/non-binary youth – including their parents and adults who work with them.

We offer four support groups. They are:

•**Trans* Tuesday.** This is our best-known group. It meets every Tuesday at 7 p.m. at the GALA Center. Open to all trans/gender non-conforming people and their supporters. It is common to have 10-25 people at a meeting.

•**North County Group** meets the fourth Saturday of each month at the Community Church of Atascadero. Meetings start at 6 p.m. Open to trans/gender non-conforming people and their supporters. This group has a core of about 6-8 regular members.

•**Trans Youth Support Group** meets at 6 p.m. on the second and fourth Tuesdays of the month at the GALA Center. It is open to youth 11-18 years old

•**Family Support Group** meets at 6:15 p.m. on the second and fourth Tuesdays of the month at the Petra Grill in SLO.

Here's to another great year in 2020!

Jamie Woolf
Chair of Tranz Central Coast

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TRANZ CENTRAL COAST HISTORY

Tranz Central Coast (TCC) History

In late summer of 1995 a dozen or so people met at the home of Dianna Beck to discuss the formation of a support group for transgender people in the area since such a group was sorely needed at the time. It was agreed upon to start a group that would meet once a month at a local coffee shop, the Blue Moon, or individual homes. Chuck Kussoy was a co-founder of the group.

Starting in 1998 the group became associated with GALA and began meeting at a succession of GALA centers on different Saturdays of the month. The support group was still in its infancy, but as word spread into the community the group began to grow. The GALA Center moved to Los Osos Valley Road and the group set the third Saturday of each month as their regular meeting time after which the group took off!

Tranz Central Coast (TCC) became the first exposure for many people who were starting the road to transition, just thinking about transition, questioning, or just wanting to meet other transgender people. Folks came from as far away as Bakersfield and Fresno to visit - and some made the trip on a regular basis since there was not another group of its kind anywhere around. TCC was becoming a real success. From its start in 1995 with an view to the new millenium, the group had grown, from a dozen to sometimes 20 or more people on some nights. The group became a family, supporting each other, being there for each other, sharing in all the many life experiences that transgender people face.

There are four separate groups that have spun off the original group. In March 2014 the Trans* Tuesday group was started by Susan Golightly. We also have a Trans*Teen Peer Support Group and parents of transgender youth, and we have a the north county support group. (For details see article by Jamie Woolf about what we've been up to this year.)

So if you're transgender, questioning, or otherwise in need of support please come to one of our gatherings and meet family!

By Rusty Cook



1060 Palm Street, Suite E San Luis Obispo, CA

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Centrally located in the heart of Downtown SLO's Civic Core are the offices at 1060 Palm Street. Steps to the County Government Center, County Courthouse, City Hall, and many other key government offices, this building is ideal for companies seeking professional office space in one of the best locations Downtown has to offer. This well-maintained stand alone office building currently has an upstairs suite available for lease. The suite features a shared lobby, access to the executive conference room, common kitchen and bathrooms, and two dedicated off-street parking spaces. The 370 SF space is comprised of two flexible work areas with an open layout.

2 ROOMS 3 YEAR MIN 370 SF
2 PARKING SPACES BUILT IN 1990



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Pacific Pride Foundation presents **the 7th annual**
YOUTH CONNECT CONFERENCE
& PROUD PROM
build a prom for everyone!

Saturday, February 15th | 2-10pm
Deckers Headquarters | Goleta

*** FREE! ***

LGBTQ+ youth: this is your prom!
All youth ages 12-17 welcome!

Free rides provided from
Pacific Pride Foundation in Santa Maria

Youth interested in attending, or
adults interested in volunteering:

tinyurl.com/InterestedInPROUDProm

Teens: text @PromAtPPF to 81010 for updates!
Questions? Call 805-963-3636 or email
patricklyra@pacificpridefoundation.org


PACIFIC PRIDE
FOUNDATION

SENIOR SOCIAL/SENIOR ADVOCACY



Good news for our LGBTQ+ Seniors

Our Senior Social/Senior Advocacy program is back up and running thanks to John Boling and Jane Lloyd! (We are so grateful to Tauria Linala and Rusty Cook for their years of service with this group, and advice to John in how to continue.)

After a very successful Friendsgiving celebration, the group gathered again for an end of year holiday party on December 17th. Senior Social is always a potluck feast, but the holidays bring out people's best efforts such as an amazing butterscotch pudding and homemade pie - everything was delicious.

Senior Social will be back from 4pm-6pm on 3rd Wednesdays beginning January 15th at the GALA Center. Come and join us - everyone is welcome!





The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.



TrevorLifeline

If you're thinking about suicide, you deserve immediate help. Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

TheTrevorProject.org



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I live in a rainbow world
colored by the tireless work of my ancestors, who lived and
loved in monochrome
And fought for the concept of an equal view
Sometimes to the grave.

I live in a world where love is love and
black lives matter and depression is a disability and that is
a life changing, groundbreaking privilege I will never fully
understand
But still, in many ways, I am alone.

Love is not a choice but identity is
And yet you, the people we have been fighting since
prejudice's advent, the people who refuse to grant us the
basic human right to exist, leave us no choice but to present
a false picture.

A china face with cracks you can't see, Cracks that tear into
our skin every moment we are with you
All in the service of this unknowable 'normal'.

You call us faggots, and retards, and it's funny on the phone
but it isn't funny anymore when we do the same to you, is it?

Okay.
Let me start at the beginning.
A little girl with a brain that won't cooperate
And a pretty boy whose parents won't appreciate
The sacrifices he makes to live in their home
Day after day after day.

He wore a mask to bed for nineteen years
and she couldn't speak a word until she turned seven
But the schools don't care, and the parents don't understand,
and they are alone in unknowing.

We wear your makeup
And your clothes
And say the words you want to hear

We fit ourselves into your misshapen tapestry and we call
ourselves this
'normal'
And that's good until it isn't, until normal is hiding all traces
of the you that you honestly, naturally are.

Our parties stem from riots and in some cases, in some
places, you take that from us too.
What is left?
Is that 'normal'?

Is your 'normal' what comes in the aftermath of a shooting?

Is it the boy with Sissy written across his locker and broken
windows on his car?

Is it all of us picking up and moving on because we have no
choice,
No say,
No way to fight back in the everyday life of a marginalized
youth
Who can't even vote yet but had to grow up so much sooner
than our parents did?

The rainbow goes gray in overexposure
And the lens clicks shut on that grievous lie
That is 'fine', and 'normal', and 'how it always is'

And I look to my ancestors and I see a way forward
To a new definition of all those callous words
In the eyes of the outspoken, and brave.

Kate Call

THE HOLIDAYS AT THE GALA CENTER



THE HOLIDAYS AT THE GALA CENTER

The Holidays at the Gala Center

GALA held our annual holiday party on Sunday December 15th. Thanks to the over 100 people who dropped in to share season's greetings with us and eat mince pies and decorate cookies!

We played fun family party games like Pass the Parcel (if the music stops you unwrap a layer of the parcel - maybe it's a treat, maybe it's a forfeit) and Candy Cane Spoons (a card game where you grab from the middle once you have a set - think quick or you're out!) There was also a chance to eat a chocolate bar with a knife and fork - well if you can roll a six, put on a hat, scarf, gloves and glasses, and then get a bite before someone else rolls a six.)

There was plenty of time to socialize and spend time with friends before going our separate ways for holiday celebrations, and we hope we were a comfort to those for whom going home to family isn't an option.



ART AFTER DARK



As I put together the pieces of the newsletter, each month by moving and nugging each piece into place, I find myself thinking about what I am going to say in this the very last piece of the newsletter. It always seems as if I can never seem to write before

hand. The one thing I find myself going back to each month is how much I appreciate having a place like Gala.

I enjoy being involved here. I spent many hours and months with Doug, David, Jeff and Michelle as we talk, think, and work through the by-laws and policy and procedures for Gala. We worked hard to wordsmith this document so that everyone feels included to the very best of our collective ability. We had some very hard conversations with ourselves as we went through this processes and I appreciate each of them as they have freely shared their thoughts on each topic and given of their time and talents towards creating a document I feel very proud to have been involved with. We wrestled with the very hard topic of membership and how to be as inclusive as we can possibly be. Yes, this changes the way we have always done some things and I know that will make some uncomfortable, but I can promise that each change suggested comes to you after hours of consideration.

I appreciate last year's board of directors, they

showed up, worked hard, and did the job. It was refreshing to see the whole board work together all year. I am looking forward to the new board members who will be seated January 7th at 6:30 pm, at the first meeting of the year. While I do not sit on the board, I do attend most all of the meetings. This is an open meeting to all who wish to attend. It is a great way to keep up with all the things we do as an organization. It is also an opportunity to let the board know how you feel about any aspect of our organization.

I like art. I enjoy having such an amazing gallery to show so many new artists as well as using art to explore our own collective culture. Art fills in the bits we don't have the words to express. The second half of this last year I explored our history from 50 years ago and how it has shaped who we are today. I think for 2020, I will continue down this history road and see what else I might find.

To circle back around to my original thought. I appreciate being involved in the Gala. If you are considering adding an hour or two of volunteer work into your week or month, let me highly recommend here at the Gala.

Thanks so much,

-Lynn

If you have an idea or thought about any bit of this letter I would love to hear from you at

lynn@galacc.org

Central Coast
Kink Community

SLO Fetish Ball
2020
Kinking in the New Year

Friday, Jan 17th
Kink & Burlesque Show
Doors at 7pm, show at 8pm

Saturday, Jan 18th
BDSM 101
11am, Required for all new members
BDSM Classes
Noon-6pm
Play Party
6pm-11pm

MY 805 TIX