

UCF PRIDE



Faculty & Staff Association

MONTHLY NEWSLETTER FOR THE UCF LGBTQ+ COMMUNITY



JUSTIN ANDRADE
(HE/HIM/HIS)
PFSA PRESIDENT

*Take time for self
care this November*

Leadership Message

This month I am inviting you to practice self care. Often times we get caught up in the everyday hustle and forget that we are beings who need to pause and do the work to be more whole. As someone who is a part of the LGBTQ+ community, learning to love myself did not come through the validation of others. Instead, it was being open to counseling, introspection, and leaning on my chosen family who wrapped me with love every time I had to face one of my fears.

As the holidays approach and there is time to reflect, remember to be easy on yourself and to embrace the support of those around you. Whether it be your family, your chosen family, your friends, your therapist, or your partner—find what makes you happy and gives you peace. Allow for space to heal and love who you are where you can.

While I know this is easier said than done for some of us within the LGBTQ+ communities, remember that PFSA is here to support and listen.

Yours in Pride,
Justin



ERIN PAULIN
(SHE/HER/HERS)
PFSA SPECIAL EVENTS
CO-CHAIR

Special Events

CHECK OUR WEBSITE FOR UPDATES

BRANDON WILLIAMS
(HE/HIM/HIS)
PFSA SPECIAL EVENTS
CO-CHAIR



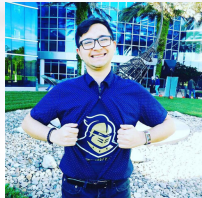
- **11/12/19** - PFSA Lunch Together; Back room at '63 South; 11:30am-1:30pm **(updated 9/24/19)*
- **11/13/19** - General Body Meeting; Classroom Building 1 Classroom; 12:00pm-1:30pm
- **11/20/19** - Happy Hour; Stonewall (W. Church St); 5pm **(updated 11/4/19)*

What's happening with



October was a busy month for us! We have a light November but hopefully you can join us at one of our events:

- **Amateur Drag Show** - 11/5/19 - 7:00PM-9:00PM (SU PEGASUS BALLROOM)
- **Pride Chats** - 11/12/19 - 2:00PM-3:00PM (PRIDE COMMONS)
- **Transgender Day of Remembrance** - 11/20/19 - 4:30PM-6:00PM (SU KEY WEST)
- **Friendsgiving** - 11/21/19 - 7:00PM-9:00PM - SJA LOUNGE (SU207F)
- **Pride Chats** - 11/26/19 - 2:00PM-3:00PM (PRIDE COMMONS)



MICHAEL NUNES
(HE/HIM/HIS)
PFSA STUDENT
ADVOCATE
CO-CHAIR



JAY STEIN
(HE/SHE/THEY)
PFSA STUDENT
ADVOCATE
CO-CHAIR

On Campus Resources



Student Care Services



DR. ADRIENNE FRAME
(SHE/HER/HERS)
PFSA CO EX-OFFICIO

Student Care Services (SCS), a division of Student Rights and Responsibilities, offers guidance, resources, and referrals for UCF students who are experiencing a distressing situation which impedes academic or personal success. SCS staff work directly with students by offering support and referrals to appropriate community resources. The ultimate role is to support the safety and wellbeing of the UCF community and integrate education and care with risk management.

From Caring Comes Courage

Student Care Services is also home to UCF Cares. UCF Cares is a campus-side initiative of care-related programs and resources dedicated to fostering a caring community of Knights. Please review the information posted here, but do not hesitate to contact Student Care Services with any questions or concerns, whether you are a student, parent, UCF staff or faculty member, or community member. UCF Cares is dedicated to supporting areas related to safety and wellness, interpersonal violence, mental health, and diversity and inclusion.

Our Mission

Student Care Services supports students experiencing academic or personal concerns by coordinating a comprehensive network of resources and options to support ongoing care.

Our Vision

To be the leader in higher education intervention programs by empowering all students in need to achieve overall personal success and wellbeing.

Our Goals

SCS aims to assist the UCF community by:

- Supporting campus and the greater community in making referrals through the Student of Concern process
- Providing care related resources and education to students, faculty, and staff assisting students of concern and the UCF Cares initiative.
- Making referrals to and coordinate the University Crisis Team
- Coordinating additional support services including the Homeless Student Team, Student Death Response Team, and the Student of Concern Team
- Support and empower students to take action and advocate on their own behalf
- Providing remedial measures support to students impacted by interpersonal violence
- Supporting ongoing programming efforts for the UCF Cares initiative

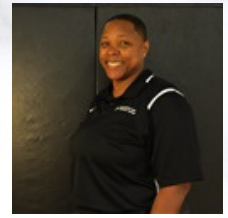


DR. LIZ KLONOFF
(SHE/HER/HERS)
PFSA CO EX-OFFICIO



This Month in LGBTQ+ History

- **November 6, 2012** - Tammy Baldwin becomes the first openly gay politician and the first Wisconsin woman to be elected to the US Senate.
- **November 6, 2018** - Democratic US Representative Jared Polis wins the Colorado governor's race, becoming the nation's first openly gay man to be elected governor.
- **November 7, 2017** - Virginia voters elect the state's first openly transgender candidate to the Virginia House of Delegates. Danica Roem unseats incumbent delegate Bob Marshall, who had been elected thirteen times over 26 years. Roem becomes the first openly transgender candidate elected to a state legislature in American history.
- **November 9, 2016** - Kate Brown is sworn in as governor of Oregon, a day after she was officially elected to the office. Brown becomes the highest-ranking LGBT person elected to office in the United States. Brown took over the governorship in February 2016 (without an election), after Democrat John Kitzhaber resigned amidst a criminal investigation.
- **November 30, 1993** - President Bill Clinton signs a military policy directive that prohibits openly gay and lesbian Americans from serving in the military, but also prohibits the harassment of "closeted" homosexuals. The policy is known as "Don't Ask, Don't Tell."
- **November 1995** - The Hate Crimes Sentencing Enhancement Act goes into effect as part of the Violent Crime Control and Law Enforcement Act of 1994. The law allows a judge to impose harsher sentences if there is evidence showing that a victim was selected because of the "actual or perceived race, color, religion, national origin, ethnicity, gender, disability, or sexual orientation of any person."



ANDREA SNEAD
(SHE/HER/HERS)

**PFSA COMMUNICATIONS
AND SOCIAL MEDIA
CO-CHAIR**



HANK LEWIS (HE/HIM/HIS)
PFSA TREASURER

Scholarship Information

Create Boundaries Ahead of Family Time

Happy November! Thank you for all of the wonderful support for the Pride Faculty Staff Association from our members and supporters. We currently have 66 dues paying members and supporters. We need four more people to set a new record of support for PFSA. Let one of the officers know if you are interested in paying the \$25 dues.

The title of my article this month is about creating boundaries for yourself before you go home to visit family and old friends. The Trevor Project offers many useful tips on setting boundaries and lists resources for use while visiting family. One example is located here: https://www.thetrevorproject.org/trvr_support_center/family-friends/. Remember it is important to set your boundaries ahead of time. It is much more difficult when you are in the midst of a difficult situation to set new boundaries. If you have a good relationship with your family or origin, perhaps you can work on boundaries together.

Prior to leaving for the holidays, make sure you have the telephone number of supportive friends and of your mentor if you have one. Check in on each other during the holidays and make sure all is well. This has always been important for me.

Now, on a more personal level, when dealing with a difficult situation I meditate. If you have never tried meditation, I encourage you to give it a chance. This link goes to an article that will tell you some of the benefits and how to begin a meditation practice (<https://zenhabits.net/meditation-guide/>). I am always hesitant to suggest a specific method because it is a very personal process. When you start, 3 minutes is perfect. You do not have to meditate for 30 minutes for it to be effective. I also encourage you to try yoga or going to the gym regularly if that is not something you are already doing.

Finally, try journaling. Write it all down and keep your journal in a safe place. Journaling has been a big part of my adult life. Here is an article that might help you in the journaling process (<https://www.verywellmind.com/the-benefits-of-journaling-for-stress-management-3144611>).

These are just a few of the ways I have learned to deal with difficult and stressful situations. I wish for each of you are wonderful Thanksgiving season filled with love and support.

Want to help outside of UCF?

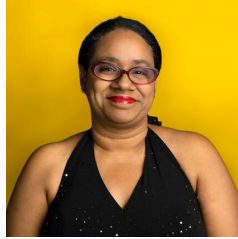
CHECK OUT VOLUNTEERING WITH



Anjella's Corner



PHOTO COURTESY OF UNIVERSITY OF CENTRAL FLORIDA



ANJELLA WARNSHUIS
(SHE/HER/HERS)
PFSA VICE PRESIDENT

The longest lasting relationship you will ever have is with yourself. It is important that you take time for self care daily. That could encompass a variety of activities. Maybe you need to hit snooze and snuggle in your bed for 10 more minutes. Perhaps you need to consult a therapist so you could unpack your thoughts and feelings about a difficult or complex issue. I personally find peace and clarity in taking a long walk in silence as the sunrises. It gives my mind time to focus on my concerns in the background while I observe the beauty of nature. The particular activity isn't important, but we all need ways to nurture our physical, mental, and emotional health.

The holiday season is upon us. While that comes with some good things, like the ability to step outside and not feel like you're going to burst in flames, but it can also be difficult emotional time. I know that the year my mother rather pointedly didn't invite me to Thanksgiving dinner I was so thankful for the extended family that I have. Family is more than sharing blood. **Family is the people that embrace your authentic self.** ❤️



JORGE VALENTIN DIAZ
(HE/HIS/HIM)
PFSA CO SPECIAL
EVENTS CO-CHAIR

My Holiday Self Care

It's really difficult to take care of yourself when you've ended up as the last person on your list of people you like. I know from experience! I think it's really good to revisit our self-talk when we're feeling this way. Sometimes we get into such a habit of speaking to ourselves in harsh, negative ways - particularly during stressful situations like the holidays - and we don't see how hard we're being on ourselves. The epiphany for me was when someone asked me, "would you be friends with someone who speaks to you the way that you speak to you?" Since the answer was no, I realized I needed to figure out how to readjust my self-talk. One exercise I found super helpful was putting up small pieces of black tape in 6-7 places I knew I would see them every day. Each time I saw one, I instructed myself to say one kind thing to myself - something a good friend would say. **"You're doing well!" "You deserve to feel happy." "You can do this!"** Over time, I was surprised at how instinctive it became to have my own back. It can be a lot easier to face challenges when you're on your side. Wishing you all the positive self-talk in the world this holiday season (and beyond)! You deserve it.

Connect Campus Outreach

THE NEUBERGER SELF-CARE PROTOCOL

We all get busy. We all get stressed. We all get overwhelmed. Especially this time of year - woof! Normally we can't control all these things, but many of us can engage in some self-care to either a) help prevent the negative effects, or b) manage those negative effects a little better. My Ph.D. isn't in Psychology - or self-care - so take these self-care strategies with a grain of salt, but here goes.



DR. LINDSAY NEUBERGER
(SHE/HER/HERS)
PFSA RECRUITMENT AND
CONNECT CAMPUS CHAIR

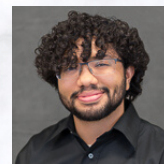
The Neuberger Self-Care Protocol consists of four basic steps that help me be my best self:

1. **Work out,**
2. **Work hard,**
3. **Connect with new people,**
4. **Reconnect with long-term friends/family.**

I guess it seems pretty simple really - but committing to doing these four things always helps me when I am a little out of balance. Some thing as simple as making the time to call or send a card to someone I haven't talked to in a while, going for a long walk, really immersing myself in a research project, or reaching out to someone new can have positive effects. Maybe chat with your neighbor on your way in from the mailbox or get coffee with a colleague in another office or department who you don't know very well. Maybe reconnect with your college roommate or cousin you haven't seen in a bit and see what's new. Maybe commit to writing a few pages of that manuscript you've been sitting on or identify new opportunities for your students this week. Maybe pump up those tires and go on a bike ride with your best friend, your kids, or your boo and grab a picnic lunch along the way. These aren't incredibly daunting tasks when tackled separately, but together small actions like this always help bring me back to my equilibrium and closer to the best version of myself. So maybe some of these can help you too, but also know that if they don't - that's totally fair - we all work a little differently. It is 100% okay to feel not okay sometimes - we have all been there. If you are really struggling and these tips seem a little trite, please don't forget resources like the UCF Employee Assistance Program which can refer you to (free and confidential) counseling and support for diverse issues. Good luck with the upcoming season and remember to take care of yourselves, y'all - you're the only you we've got!



MELISSA GILLIS
(SHE/HER/HERS)
PFSA COMMUNICATIONS
AND SOCIAL MEDIA
CO-CHAIR



ELIJAH MIZELL
(HE/HIM/HIS)
PFSA TRANSGENDER
ADVOCATE



JULIA THOMAS
(SHE/HER/HERS)
PFSA HISTORIAN

PFSA Out and About



Pride in Business Awards Gala 2019



PrideFest 10/2019



Happy Hour @ Southern Craft 10/2019



ALL GENDER RESTROOMS ON-CAMPUS LOCATIONS

LGBTQ+ SERVICES

[f /UCFLGBTQ](#)
[t @UCF_LGBTQ](#)
[i @LGBTQSERVICES_UCF](#)

- 1 ALL KNIGHT STUDY**
A) FERRELL COMMONS
As you enter, take a right
B) KNIGHT'S PLAZA
Back of the area towards the "restroom sign"
- 2 ADDITION FINANCIAL ARENA**
1ST FLOOR
Directly forward and behind the staircases (towards the right staircases)
2ND FLOOR
By section 208 and 103 (to the right past the staircase)
CYPRESS ROOM EVENT CENTER
 2 Restrooms
- 3 GRINGOS LOCOS TACOS**
 2 RESTROOMS
Towards the back
- 4 HEALTH SERVICES**
 4 RESTROOMS
First floor. Past the appointment windows on the right hand side
- 5 HERCULES COMMUNITY CENTER**
Entrance is locked to non-residents
- 6 JOHN T. WASHINGTON CENTER**
Behind the Addition Financial Bank
- 7 LIVE OAK BALLROOM**
 2 RESTROOMS
Walk into Live Oak, follow middle hallway
- 8 LAKE CLAIRE**
- 9 NEPTUNE COMMUNITY CENTER**
Entrance is locked to non-residents
- 10 NORTHVIEW COMMUNITY OFFICE**
Located on the second floor
- 11 OFFICE OF FRATERNITY & SORORITY LIFE**
End of the hall in the main building
- 12 PERFORMING ARTS BUILDING**
- 13 PRIDE COMMONS**
- 14 RECREATION & WELLNESS CENTER**
 3 RESTROOMS
2nd floor, across the multipurpose room
- 15 RESEARCH PAVILION**
1st floor — Family Restroom
- 16 STUDENT UNION**
 2 RESTROOMS
Across Pegasus Ballroom Smoothie King - When you enter on the left
- 17 TOWERS 1 - 4**
 ONE RESTROOM IN EACH LOBBY
Entrance is locked to non-residents
- 18 TREVOR COLBOURN HALL**
 ONE RESTROOM ON EACH FLOOR

****UNION WEST (AT THE DOWNTOWN CAMPUS) NOW HAS 8 RESTROOMS**

HAVE YOU SEEN THESE PEOPLE?
 TWO ARE OUR VERY OWN COUNCIL MEMBERS

WE ARE UCF

PHOTOS COURTESY OF UNIVERSITY OF CENTRAL FLORIDA

Connect With Us
 WE'D LOVE TO HEAR FROM YOU

/UCFPFSA

