



# PRIDE

*Connections, Support and Resources*



## A Message from the Chancellor

*By Gary Brahm*

This fall, the Office of Equity & Inclusion Pride CSR, is launching its inaugural newsletter, highlighting members of our UMass Global community. With each issue, the goal of offering connections, support, and resources for members of our LBTQIA+ community will be at the forefront.

Valuing the lived experiences of our UMass Global members through narratives, points of connections, and resources is an important part of our university mission. We are appreciative of the time that the Office of Equity & Inclusion Pride CSR put towards creating this impactful newsletter for our community.

I look forward to reading future publications, and I encourage you all to explore the many contributions of our LBTQIA+ community as you engage in learning opportunities that build awareness.

### IN THIS ISSUE

---

**A MESSAGE FROM THE  
CHANCELLOR**

---

**WELCOME**

---

**NATIONAL COMING OUT  
DAY (10.11.2021)**

---

**TRANSGENDER DAY OF  
REMEMBRANCE  
(11.20.2021)**

---

**HOW TO BE AN ALLY  
DURING THE HOLIDAYS**

---

**MEET A MEMBER OF THE  
PRIDE CSR TEAM**

---

**THE STORIES WE'RE  
PROUD TO SHARE**



## Welcome

*By Dr. Dustin Domingo*

Welcome to UMass Global's first issue of *PRIDE*, a newsletter sponsored by the Office of Equity and Inclusion which aims to foster a safe space for LGBTQIA+ individuals and to provide resources for anyone seeking to be an ally to the community.

Every issue, released each semester, will feature content written and/or curated by members of the *Pride Connections, Support and Resources (CSR) Advisory Group*. Thank you in advance to those who engage with us through comments and community building. We invite you to share any relevant information from this newsletter with your network to continue working towards an inclusive culture.

## National Coming Out Day (10.11.2021)

*By Jeff Foulkes*

National Coming Out Day is both a political and deeply personal event every October 11th. Rooted in the belief that animosity is lessened when people personally know someone from the LGBTQIA+ community, it is a day where queer people are encouraged to come out publicly together. What can you do as an ally? Support, but don't push.

For some, National Coming Out Day can be the right time for them to announce their identity. For others, it is a time to listen and understand they aren't alone. Your public support of this day and its meaning can send a powerful message not just to your loved ones but to the entire LGBTQIA+ community. For more information please see the resources below.

## LINKS AND RESOURCES

- ["National Coming Out Day"](#) (Video by Los Angeles LGBT Center)
- ["National Coming Out Day"](#) (Blog by [nationaltoday.com](http://nationaltoday.com))
- ["Transgender People Talk About Coming Out"](#) (Video by As/Is)
- ["Pronoun Practice: Printable Resource"](#) (Blog by Trans Style Guide)



## Transgender Day of Remembrance (11.20.2021)

By Dr. Patric Schine

Every November 20th, since 1999, a vigil has been held to honor the memory of transgender people who lost their lives to acts of anti-trans violence. This day is known as Transgender Day of Remembrance (TDOR). The first event was held in 1999 in San Francisco, in response to the unsolved murder of trans woman Rita Hester. The death of Hester has never been solved, and to this day, horrifically, many cases of transgender people who are murdered remain unsolved...a pattern that is both tragic and unacceptable.

Many people might ask what they can do to become an ally, or how to help transgender or gender diverse people. The answer to that question is not simple in context, but its simplicity in application is palpable: Join a trans organization, learn terminology, make friends who are gender diverse, buy locally from LGBTQIA+ organizations and sellers, hire a trans person, and please, be kind, empathetic and courageous.

### The following describes why we have a TDOR:

*The Transgender Day of Remembrance serves several purposes. It raises public awareness of hate crimes against transgender people, an action that current media doesn't perform. Day of Remembrance publicly mourns and honors the lives of our brothers and sisters who might otherwise be forgotten. Through the vigil, we express love and respect for our people in the face of national indifference and hatred. Day of Remembrance reminds non-transgender people that we are their sons, daughters, parents, friends and lovers. Day of Remembrance gives our allies a chance to step forward with us and stand in vigil, memorializing those of us who've died by anti-transgender violence.*

(Source:

<https://tdor.translivesmatter.info>)

### Links & Resources:

- ["Trans Day of Remembrance 2020: Remembering those lost, fighting for our futures"](#)  
(Video by TGEU)
- ["Trans Day of Remembrance"](#)  
(Blog by GLAAD)
- ["An Epidemic of Violence"](#)  
(Report by Human Rights Campaign)



# HOW TO BE AN ALLY DURING THE HOLIDAYS

*By Dr. Kathleen Ringenbach*

Holidays are a time for joy, celebrations, family get-togethers, social interactions, and happiness.

While many people look forward to family celebrations, others are often weighed down by what the holidays are "supposed" to look like, which amplifies feelings of anxiety and depression. Many people who identify as LGBTQIA+ deal with unique stress during the holidays. Some are gearing up to come out to family, introduce a new partner, or announce that they're transitioning. Others are expecting judgment or non-acceptance. Some go back in the closet and temporarily erase who they are – applying a don't ask, don't tell philosophy.

Some may not even have a family to go home to. The result is that a time of year that is supposed to be a time for quality time with the family can either be lonely or isolating. Understanding that not all individuals view the holidays as a time for celebration involves empathy and compassion. So, how can one avoid making missteps in conversations about the holidays and be a supportive ally?

**Ask open ended questions.** Rather than asking LGBTQIA+ friends if they're spending the holidays with family, which may make them feel compelled to explain tough situations, ask open-ended questions such as, "Do you have any plans this weekend?" "Do you have any special plans this month?"

**Listen.** Listen, without commenting right away. Sometimes people just need to vent about how they are feeling, without their experiences being minimized. Active listening is an important skill in ally-ship. Do not say things, such as "It can't be all bad."



**Focus on the present.** When bad things happen in the past, people may ruminate about them and may expect the same things to happen in the present. Sometimes, people change and situations are different. Help your LGBTQIA+ friends to prepare themselves for this experience, and not dwell exclusively in the past. Discuss proactive ways your friend can handle the current situation.

**Self care.** Pulling away from friends, not eating well, or even self-medicating are all common responses when people are under stress. Self-care is essential. If possible, offer to be part of self-care plans, such as going for a long walk or cooking a healthy meal together.

**Be available.** Before your LGBTQIA+ loved one heads out for the holidays, remind them that you're there and happy to talk/text/IM if they need you. Letting your friend know that asking for help is important and you are willing to be a support system.

**Extend an invitation.** Some individuals don't have an option to be with their families of origin, but you can be part of their chosen family. Ask them to join you for holiday celebrations. If they attend, do not share why. They're a friend who is coming over to share a holiday meal with you.

# Meet a Member of the Pride CSR Team

**Dr. Donald B. Scott**

**[doscott@umassglobal.edu](mailto:doscott@umassglobal.edu)**

**760-836-3193**

Dr. Donald Scott is currently serving as UMass Global's Director of Academic Advising and Retention Services supporting 65 Academic Advisors at its 26 campus locations.

Don attributes his passion for student affairs work to his childhood experiences growing up as an Air Force "military brat". His interest in serving non-traditional students started in 1997 when he was the sole student affairs officer for a Western Washington University extension campus serving adult learners in Seattle. Those students inspired Don to consider his own return to school ten years after completing his Bachelor's degree. Introductory Spanish classes at a local community college for pure interest ignited his desire to complete his Master's degree. Ultimately, and as a true non-traditional student 14 years later, Don went on to achieve a lifelong personal and professional goal to earn his Doctorate.

Don uses these experiences to inform his daily work. His work over the past 31 years at some of the most diverse public and private schools in Washington and California has focused primarily on serving non-traditional students and initiated his interest in matters of justice, equity, diversity, and inclusion. Don lives in Palm Springs, California, with his husband, Felipe Primera, and their two pugs, Rocco and Rosie.

*If you would like to contact us or contribute to this newsletter, please email [oei@umassglobal.edu](mailto:oei@umassglobal.edu).*



## THE STORIES WE'RE PROUD TO SHARE

"The Stories We're Proud to Share" is a podcast featuring discussions between individuals with personal connections to the LGBTQIA+ community. Recent episodes feature members of the UMass Global Community. Click the links in the right column to access their contributions.

- ["Coming out to your twin: Jeff & John"](#)
- ["Coming out to your parent or child: Kat & David"](#)
- ["LGBTQIA+ and Asian American: Sara Miyo & Dustin"](#)



University of  
Massachusetts  
Global A nonprofit  
affiliate