

# PFLAG San Jose/Peninsula Chapter March-April 2022 Newsletter



San Jose/Peninsula Chapter

## Important Links

Please visit our website:

[PFLAG San Jose/Peninsula](https://www.pflag.org/sanjose/)

Please also visit our  
Facebook page:

<https://www.facebook.com/pflag/sanjose/>

## 2021 - 2022 Board Members



Marc Fuentes  
Rosemary Malvey  
Yvonne McGuire  
Karen Paese  
Windsor Smith  
Paul Sonkowsky  
Catherine Trejo  
Renna Ulvang

Pg.1

## Highlights

I would like to start this newsletter **celebrating the life of Pete Koopman** and his many contributions to PFLAG. Please see page 4 for additional information.

We plan to initiate **hybrid support group meetings in March** wherever possible based on CDC and local guidelines. Please keep a lookout on both our FB page and emails from PFLAG regarding meeting times for March/April.

This month we are highlighting several opportunities for members of the LGBTQ+ community- please refer to page 4.

Finally, in **April at our chapter Board meeting we will elect new Board members**. We have several seats available. If you have ever contemplated getting more involved and helping steer the direction of our chapter, please let us know at the email below!

Members of the Board of Directors shall be dues paying members in good standing. They shall be expected to attend a monthly support meeting as well as Board meetings. At the discretion of the Board of Directors, members having three absences may be asked to resign.

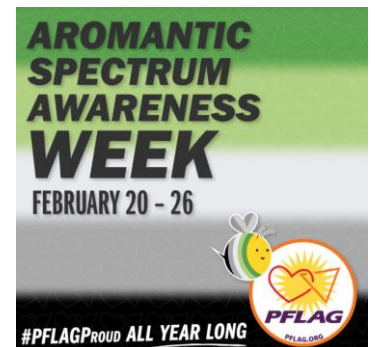
If you have any questions about our meetings or would like to learn about volunteer opportunities, including board membership, to support our chapter, please contact: [info@pflagsanjose.org](mailto:info@pflagsanjose.org) or leave a message at (408) 270-8182. We would love to have more volunteers in 2022!

## Support Meetings



Pg.2

## PFLAG National



Pg.3

## Updates and Opportunities



Pg.4-6

# PFLAG San Jose/Peninsula Chapter

## March-April 2022 Newsletter



San Jose/Peninsula Chapter

### Important Links

You may also contact us by:



info@pflagsanjose



(408) 270-8182



P.O. Box 2718  
Sunnyvale, CA  
94087

To join, renew your membership, or donate by credit card, visit one of the two links below:

[Join/Renew](#)  
[Donate](#)

Or print, fill out, and mail the attached PDF form with your check.

For you AmazonSmile shoppers out there, please be sure to choose [PFLAG San Jose-Peninsula](#) as your charity.



Remember to take advantage of your employer match when donating to PFLAG as well as your employer volunteer time programs!

### Support Meeting Schedule

Our intention is to initiate hybrid support group meetings wherever possible starting in March 2022. You may join us online via Zoom or in person.

To participate in full video (preferred) or by phone, email [info@pflagsanjose.org](mailto:info@pflagsanjose.org) beforehand, or leave a message at (408) 270-8182; we'll respond with the information you'll need to join the meeting. If you share your email address, we'll continue sending that information in subsequent months, so you won't have to request it each time as we vary it to protect your security.

Dates and Times	Meetings
Mar 2 <sup>nd</sup> April 6 <sup>th</sup> 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. <i>Zoom only currently</i>
Mar 5 <sup>th</sup> April 2 <sup>nd</sup> 10:00 a.m.	Parents of Transgender Youth This meeting is always on the <u>first Saturday</u> of the month <i>Zoom only currently.</i>
Mar 14 <sup>th</sup> April 11 <sup>th</sup> 7:00 p.m.	General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month <i>Hybrid; Starting March 14<sup>th</sup>, meetings will take place at the San Mateo Pride Center: 1021 S. El Camino Real, San Mateo</i>
Mar 9 <sup>th</sup> April 13 <sup>th</sup> 7:30 p.m.	General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month. <i>Zoom only currently</i>
Mar 15 <sup>th</sup> April 19 <sup>th</sup> 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. <i>Zoom only currently</i>
March 17 <sup>th</sup> April 21 <sup>st</sup> 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month <i>Zoom only currently</i>

# PFLAG San Jose/Peninsula Chapter March-April 2022 Newsletter

## PFLAG National Aromantic Spectrum Awareness Week was Feb 20-26

Aromantic Spectrum Awareness Week (ASAW) is an annual, international event meant to spread awareness and acceptance of aromantic spectrum identities and the issues faced, as well as making more people aware of its existence while celebrating it. [LINK](#)

Sometimes abbreviated as aro (pronounced ā-row), the term refers to an individual who does not experience romantic attraction. Aromantic people exist on a spectrum of romantic attraction and can use terms such as gray aromantic or grayromantic to describe their place within that spectrum. Aromantic people can experience sexual attraction.

Visit [pflag.org/glossary](http://pflag.org/glossary) to understand these and other terms, and share our glossary with others so we can all better support our LGBTQ+ loved ones.

- **Learn:** Spend some time browsing through the resources available on the [Asexuality Visibility and Education Network \(AVEN\)](#), [Aromantic-spectrum Union for Recognition, Education, and Advocacy \(AUREA\)](#), and [The Ace and Aro Advocacy Project \(TAAAP\)](#) websites to learn more about asexuality and aromanticism.
- **Watch:** Check out this episode of [Something to Talk About Live](#) with Jean-Marie Navetta and Angela Chen, author of [Ace: What Asexuality Reveals About Desire, Society, and the Meaning of Sex](#), focused on the experiences of asexual and aromantic people in the US. And be sure to watch the [What The +?: Understanding and Supporting Expansive LGBTQ+ Identities](#) PFLAG Academy Online, which has one section focused on asexual and aromantic identities.
- **Share:** Use social media to share information and resources about [Aromantic Spectrum Awareness Week](#) and [Ace Week](#) (which typically happens during the last full week of October.)

### What is Aromanticism?

Aromanticism is a romantic orientation, which describes people whose experience of romance is disconnected from normative societal expectations, often due to experiencing little to no romantic attraction, or sometimes feeling repulsed by romance or being uninterested in romantic relationships.

[Learn more about Aromanticism >>](#)



The Aromantic Flag

<http://www.arospecweek.org/?eType=EmailBlastContent&eld=bbe135b7-c68b-4925-ad32-a46adade6c09>

# PFLAG San Jose/Peninsula Chapter

## March-April 2022 Newsletter

### Updates and Opportunities



**In memoriam:** Pete Koopman - Dec. 1931 - Jan 2022

Long-time PFLAG member Pete Koopman passed away on January 10th at the age of 90. He had served the chapter in various capacities since the late 1980s, including as group facilitator, board member, finance committee member, and emcee of PFLAG's scholarship awards. Pete was a welcoming and supporting member of the community and had an impact on many members' lives for over 35 years. He will be sorely missed.

He is survived by his wife, Pat, daughter Barbara and her husband, Robert, daughter Kay and her wife, Melanie, and son Tom. He is also survived by grandchildren, Lilah Koopman-Glass, Grace Cooper, Laura Cooper, Erica Koopman-Glass, Sara Koopman, Marian Cooper, Pearl Cooper, and Derek Koopman.

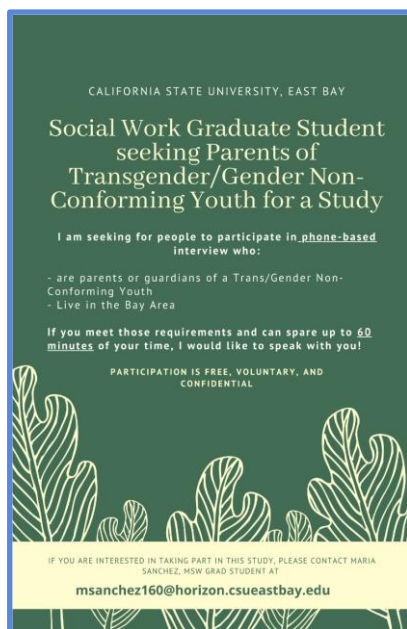
Donations to organizations in Pete's memory can be made to the charity of your choice.



**\*Gender Spectrum is accepting workshop proposals for the 2022 Gender Spectrum Professionals' Symposium**

which will be held online on **July 14th and 15th**. The symposium is primarily attended by **professionals who work with youth and families**. These participants have vastly differing levels of knowledge related to affirming care for transgender and nonbinary youth and their families.

**Submit Your Proposal:**  
<https://www.tfaforms.com/4958298>



**\*You are invited to participate in a phone interview study by a student researcher from California State University, East Bay through the Department of Social Work.** If you decide to participate, you will take part in a phone interview that will ask about the kinds of stressors your family has faced as you raise a Transgender Child.

The phone interview may take 30-60 minutes to complete. The information you provide will be confidential and will be used to better serve parents of Transgender youth. Furthermore, I will emphasize confidentiality in this email. What is said through the interviews will not be shared with others in any way that may be identifiable to you. The phone interview will be asking questions about the kinds of stressors you as a parent have experienced in providing care for your child, recommendations on what needs to improve, and how you felt after completing this interview.

If you have questions about this research, please contact me at [msanchez160@horizon.csueastbay.edu](mailto:msanchez160@horizon.csueastbay.edu)

To participate in this research, please contact the email provided and I will respond in a timely manner to schedule a time for us to meet over the phone.

Best,  
Maria Consuelo Sanchez (She/Her)

# PFLAG San Jose/Peninsula Chapter

## March-April 2022 Newsletter

### Updates and Opportunities

#### Vigil for Jaxon Sales

On Saturday, February 26 from 11am to 1pm, there was a gathering to honor Jaxon Sales, a young gay Asian man. In 2020 he was found dead under suspicious circumstances. [APIENC](#) organized the vigil to support the family and to call for an investigation -- the authorities apparently have refused to investigate and were dismissive in a manner that was homophobic and possibly xenophobic.

A news article about it:

<https://abc7news.com/jaxon-sales-oakland-san-francisco-death-investigation/11544822/>



A petition calling on the police and medical examiner to investigate:

<https://chnng.it/K8mn8WyfFq>

#### \*Research on Non-Binary Gender and Language Learning



**If you are between the ages of 13-18, identify outside of the gender binary, and study French or Spanish in a U.S. high school, you may be eligible to participate in a compensated research project about gender and language learning.**

Click here for more info:

<http://www.tinyurl.com/nbla2022>

Please share to spread the word!

Julia Donnelly Spiegelman

Pronouns: she/her/hers

Associate Lecturer in French and German

Department of Modern Languages, Literatures, and Cultures

PhD Candidate, Department of Applied Linguistics

University of Massachusetts Boston

#### LGBTQ Representation in Winter Olympics

**According to Outsports**, Team LGBTQ entered the 2022 Winter Olympic Games in Beijing with more members than any previous Winter Games.

**Outsports has counted 36 out athletes from 14 different countries** in multiple sports.

**Team LGBTQ would have finished these Winter Olympics ranked 12th in the medal standings**, just ahead of Italy and Japan, using the traditional gold-silver-bronze-total system of medal count.

As far as number of athletes, the Team LGBTQ contingent would be the 25th-largest at these Games, just behind speed-skating powerhouse Netherlands. A 12th-place finish for the 25th-largest contingent is a solid showing.

All told, 14 different out athletes won a total of nine medals at these games, meaning 39% of all out athletes won at least one medal. That's a really good ratio.

Team LGBTQ's final medal count:

Gold: 4

Silver: 2

Bronze: 3



# PFLAG San Jose/Peninsula Chapter

## March-April 2022 Newsletter

### Updates and Opportunities

#### **\*Study: Minority Stress, Relationship Satisfaction, and Psychological Distress in Same-Gender Relationships**

Dear participant,

I am a doctoral candidate in the department of Special Education, Rehabilitation, and Counseling at Auburn University. I would like to invite you to participate in my research study assessing how certain factors affect psychological distress. You may participate if you are at least 18 years old and are currently in a romantic relationship with someone of the same gender as yourself.

Participants are asked to complete the online survey, which is expected to take 5-10 minutes

There are no anticipated risks for taking this survey. Participation in this study is anonymous and voluntary. If you experience psychological or emotional discomfort, you may inform the primary investigator about your concerns. You may skip any question that you do not wish to answer or that makes you feel uncomfortable. You are also free at any time to choose to end your participation. There will be no negative effects if you choose to skip a question or discontinue your participation in the study. If you choose to end your participation early, all data collected will be erased.

Participating in, but not completing, this survey will result in no direct benefits to you, although you may find it interesting to reflect on your identity, romantic relationships, and how they affect your mental health. Your participation in this project may help the researchers develop a better understanding of how identity openness, stigma, and relationship satisfaction affect mental health.

If you complete the survey in its entirety, you will be able to enter your email address in a separate survey link, which will be provided at the end of the survey, to receive a \$5 Amazon gift card (as funding allows) as thanks for completing it.

If you would like to know more information about this study, an information letter can be obtained by clicking on this link or the link provided below. If you decide to participate after reading the letter, you can access the survey by clicking the arrow at the bottom of the page. You may also forward this email to others you believe would be eligible and interested in participating. <https://aub.ie/msmh>

Your help is greatly appreciated. If you have any questions, please contact me at [ezb0052@auburn.edu](mailto:ezb0052@auburn.edu) or my advisor, Dr. Brian McCabe, [atbem0040@auburn.edu](mailto:atbem0040@auburn.edu).

Edward Ballester, M.A., Auburn University

