

PFLAG San Jose/Peninsula Chapter November-December 2022 Newsletter



Important Links

Please visit our website:

[PFLAG San Jose/Peninsula](#)

Please also visit our Facebook page:

<https://www.facebook.com/pflagsanJose/>

2022-2023 Board Members



Marc Fuentes
Rosemary Malvey
Yvonne McGuire
Karen Paese
Windsor Smith
Paul Sonkowsky
Catherine Trejo
Renna Ulvang
Gloria Falcinelli
Sara Larson
Nadia Sánchez

PFLAG Family,

This newsletter begins with a letter from our chapter president, **Rosemary Malvey**, followed by a new feature, Youth Corner, with a piece by **Katherine Adelman**.

Support Group dates and times for November/December can be found on page 4. All meetings are currently virtual on Zoom.

Our **PFLAG National** topic highlights several of PFLAG National's objectives for 2023 as well as the new book "*The Mother of the Movement*."

As we bring 2022 to a close, be sure to check out Page 8 for some **Gender Spectrum's Tips and Tricks for Navigating the Holidays**.

December marks the start of our Annual Membership Drive. Please renew and/or join our chapter for 2023- Thank you!

In solidarity,

Karen Paese
Chapter VP and Newsletter Editor

Support Meetings



Pg.4

PFLAG National Annual Meeting

The Mother of a Movement

Pg.7-8

Recent and Upcoming Activities



Pg.5-6

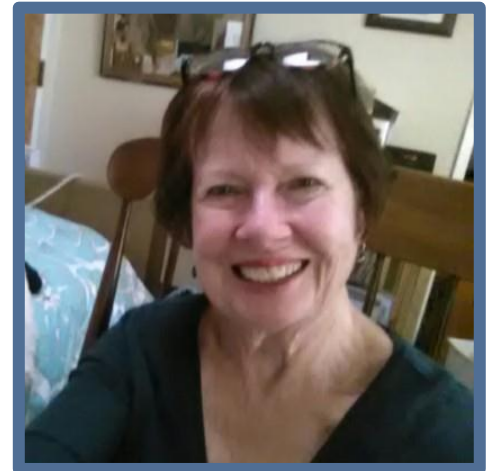
PFLAG San Jose/Peninsula Chapter November-December Newsletter

Letter from the President

Hello PFLAG Friends ... I'm writing to you from a third-floor bedroom in the City of Brotherly Love, my hometown, Philadelphia. This neighborhood in Philly is called Fishtown, because early settlers were fishermen and over time, they controlled the fishing rights to both sides of the nearby Delaware River.

The church where I was baptized and married is right around the corner. My grammar school – first through eighth grades – is directly across the street from the church. One of my brothers lives four blocks away in one direction and one of my sisters lives less than a mile away in another direction. I can walk to their homes for visits. My adult children and other siblings and nieces and nephews live in the tri-state area: PA, NJ & NY.

As I've walked the neighborhoods nearby, I've been pleasantly surprised to see rainbow flags and banners in windows or on flagpoles in front of numerous row homes. This formerly working-class neighborhood filled with the descendants of Irish, Polish and German immigrants was far from gay-friendly when I was growing up. It is wonderful to see welcome changes encouraging equality and LGBTQ acceptance. At this point, Philadelphia is one of the country's most LGBTQ-friendly cities with a long history of pride and has been a seat of progress and activism for the LGBTQ+ community.



<https://www.discoverphl.com/blog/lgbt-in-philadelphia/>

I'm proud of my city. I'm proud of my neighborhood. I'm happy to be "home."
Be well. Be safe. Be LGBTQ+ proud.

Rosemary
PS – Go Phillies!!!



PFLAG San Jose/Peninsula Chapter

November-December Newsletter

Youth Corner (NEW!)

As October and national LGBT history month end, it's important to look back on the history of this month and what it means to the queer community. National Coming Out Day (October 11th) is a platform for our community to be open and show people in our lives what being queer means to us.

Founded in 1988, the spirit of National Coming Out Day centered around the idea of the personal being political. For gay liberation this means that by being outspoken about our queer identities or by living openly as a queer individual, our society will be more able to move towards a place of inclusion and equity. When people are more educated about the identity of their friends and loved ones that are queer, people can let go of their homophobic and transphobic views and at worst it might give them pause to confront their negative views and biases.



Katherine Adelman

For many people, myself included, coming out is a continuous process. My close friends and family know my identity, but every new environment, friend, or acquaintance means coming out yet again.

As a queer person in an apparently heteronormative relationship, national coming out day gives me a platform to come out. It allows me to remind my acquaintances and loved ones that my queer identity is still core to who I am regardless of my current relationship status. Hopefully, it also shows those who are not comfortable or not in a safe position to come out that they have allies and a community they can reach out to.

Our community has come very far but we still have a long way to go for inclusion and normalization. It's important now more than ever, to be outspoken and visible in one's queer identity.

Kat has been joining our API Support groups to provide a very important young adult perspective to the conversation

PFLAG San Jose/Peninsula Chapter November-December 2022 Newsletter

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

We are gradually initiating hybrid meetings. In select meetings you may join us online via Zoom or in person. See the table below for details.

To participate in full video (preferred) or by phone, email 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
November 2 nd December 7 th 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. <i>Zoom only.</i>
November 5 th December 3 rd 10:00 a.m.	Parents of Transgender Youth This meeting is always on the <u>first Saturday</u> of the month <i>Zoom only.</i>
November 14 th December 12 th 7:00 p.m.	General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month <i>Zoom only.</i>
November 9 th December 14 th 7:30 p.m.	General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month <i>Zoom only.</i>
November 15 th December 20 th 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. <i>Zoom only</i>
November 17 th December 15 th 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month <i>Zoom only</i>

PFLAG San Jose/Peninsula Chapter November-December Newsletter

Out & Equal Workplace Summit

The week of October 17th I traveled to Las Vegas for the Out & Equal Workplace Summit- the largest LGBTQ+ conference in the world, with more than 5,000 attendees every year. It brings together executives, Employee Resource Group leaders and members, and Human Resource and Diversity/Equity/Inclusion professionals and experts – all working for LGBTQ+ equality¹.

While I attended as part of my company's LGBTQ+ employee resource group efforts, I was also there as a proud PFLAG mom of two gay sons who will both be entering the workforce within the next 3 years. I care a lot about workplace equity more than ever.

During the conference both Stella Keating and Rebekah Bruesehoff spoke at the Power Lunch and their energy and passion were contagious. You might remember then 16-year-old **Stella Keating** testified in front of the Senate Judiciary Committee in support of the Equality Act in 2021. Now she is a Champion in the GenderCool Project. The GenderCool Project is a youth-led movement bringing positive change to the world. The Champions are helping replace misinformed opinions with positive experiences meeting transgender and non-binary youth who are thriving². **Rebekah Bruesehoff** is also a GenderCool Champion- helping companies like Dell, Indeed, and Intel prepare for an increasingly diverse workforce. While in the Exhibition Hall, I had the honor to meet both of these inspiring young adults – one of the highlights of my week. Their hard work is laying the groundwork for years to come.

I also had a chance to stop by the PFLAG National booth and met Jamie Henkel in person! She was kind enough to give me PFLAG stickers to wear proudly all week at the conference and gifted me a pack of the Pride-branded Oreos made in partnership with PFLAG National.



¹<https://outandequal.org/workplace-summit-2022/>

²<https://gendercool.org/>

**Karen Paese, Rebekah Bruesehoff
Stella Keating**

PFLAG San Jose/Peninsula Chapter November-December Newsletter

Upcoming Events

Join Coast Pride for their first CoastPride Families Gathering at Moss Beach Park on Sunday, November 6th from 10 am - 12 pm!

If you're an LGBTQ+ parent, guardian, or grandparent; or have an LGBTQ+ child or grandchild, join us to meet other coastside LGBTQ+ families. We'll have light refreshments and arts and crafts supplies to share.



General Election, November 8, 2022

- [Official Voter Information Guide](#)

Election Day!

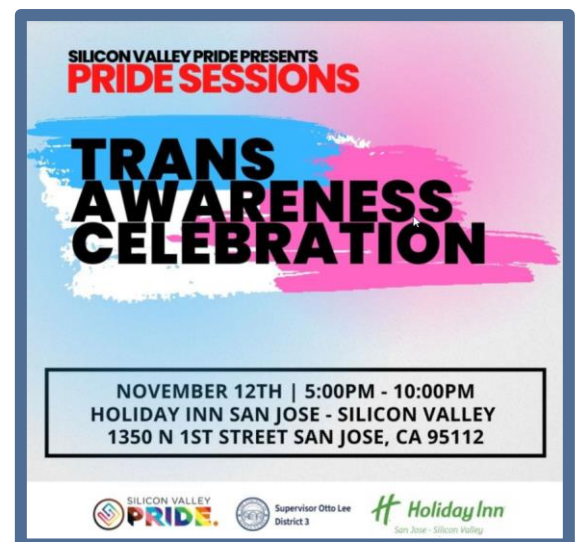
Polls are open 7:00 am - 8:00 pm



On Saturday, November 12th from 5-10pm the Silicon Valley Pride Marketing and Outreach Committee will be hosting for the first time a Trans Awareness Celebration at the Holiday Inn Hotel in Downtown San Jose.

The event will have Trans and Gender Non-Binary performers.

Our PFLAG Chapter intends to have a booth at the event – hope to see you there.



PFLAG San Jose/Peninsula Chapter November-December Newsletter

PFLAG National Annual Meeting and Plans for 2023

The 2022 PFLAG National Annual Meeting was held October 27, 2022; here is a [link to the recording of the meeting](#).

Below are a few of the major milestone moments coming in 2023. They include activities in celebration of PFLAG's 50th anniversary year—including a major rebranding of PFLAG and a new PFLAG National website—as well as our upcoming work in service of our three-year Strategic Priorities:

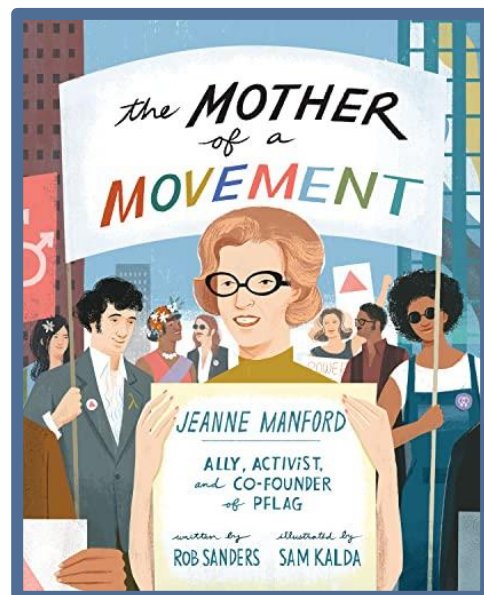
- Creating greater clarity about the roles, responsibilities, and expectations for chapters and the national office through explicit standards, guidelines, and accountability measures;
- Creating explicit and identified pathways for individuals to participate in PFLAG National programs, services, and activities beyond joining a chapter; and
- Focusing on greater intentionality regarding creating more inclusive, diverse, and equitable spaces.

Stay tuned – we will be sure to pass along information in future newsletters !

Check Out “*The Mother of a Movement*”

The Mother of a Movement tells the story of Jeanne Manford, the founder of PFLAG (Parents, Families, and Friends of Lesbians and Gays).

When her son Morty was beaten by New York City officials for handing out pro-gay leaflets, Manford wrote a powerful letter to the New York Post to complain about how Morty was treated. In the letter she came out as the mother of a gay son. The letter was published. Morty invited his mother to march with him in the June 1972 Christopher Street Parade. While marching, she had the idea to form a group to help parents and families of LGBTQ+ people. That was the beginning of PFLAG.



[Link to Amazon](#)

PFLAG San Jose/Peninsula Chapter November-December Newsletter

Gender Spectrum – Tips and Tricks for Navigating the Holidays

Join Gender Spectrum on November 10th at 5 pm PST / 8 pm EST for a special presentation on navigating the holidays for parents/caregivers of gender-expansive youth. They will be covering topics such as: communicating with friends and family, creating a holiday support plan with your child, navigating gift giving, clothing expectations and other often gendered holiday activities!

There will also be time for Q&A so bring your questions! Sign up here: <https://www.tfaforms.com/5005931>



PFLAG San Jose/Peninsula Annual Membership Drive

All current and prospective PFLAG San Jose/Peninsula Chapter Members,

December declares the beginning of our annual membership drive. Current members, keep a lookout for a mailing in December for renewal. [The following link](#) can also be used to renew online.

For those of you who have not yet joined, becoming a members helps support activities of our local chapter and a portion goes to support PFLAG National's efforts as well.

- Family Membership \$40
- Individual Membership \$30
- Student Membership \$15



Thank you!