

PFLAG San Jose/Peninsula Chapter January – February 2024



Important Links

Please visit our website:

[PFLAG San Jose/Peninsula](https://www.pflag.org/san-jose-peninsula)

Please also visit our Facebook page:

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

2023-2024 Board Members



Marc Fuentes
Rosemary Malvey
Yvonne McGuire
Karen Paese
Windsor Smith
Paul Sonkowsky
Renna Ulvang
Gloria Falcinelli
Sara Larson
Katherine Adelman

PFLAG Family,

The Board is wrapping up 2024 goal setting for the chapter as 2023 winds to a close.

Thank you to those of you who attended **Ben Greene's discussion at the General Support Group meeting** on November 13th. We received positive feedback on the event – if you missed it and would like to have Ben speak at an upcoming support group meeting you attend, please reach out.

A quick reminder that the deadline to apply for the **eQuality Collaborative Scholarships is January 31, 2024**. Please get the word out – details on the program are available on page 7.

2024 is a big election year – both for the country and for our chapter. We still have a lot of work to do at the national level to ensure our LGBTQ+ loved ones are accepted and their rights protected. Our PFLAG San Jose/Peninsula Chapter board elections will occur in March/April and we want to plant the seed to attract both additional board members as well as officers. Please see page 3.

Finally, it has been a year since our newsletter survey. I have increased the focus this year to include more information on chapter community activity in-between newsletters and to give line of sight to future events for you to join with us all year long. **Are there any new ideas you would like to share for the 2024 newsletters?**

Happy New Year and lookout for the membership renewal letter in January!



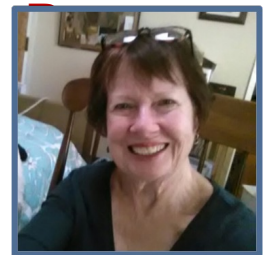
In solidarity,
Karen Paese, Chapter VP and Newsletter Editor

Support Meetings



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Rosemary Looking Ahead to 2024



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Board Elections in Q1 2024



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Letter from the President

Dear PFLAG Friends,

A happy and healthy 2024 to all!

Is it just me, or did 2023 whip by in a blur? And 2024 is predicted to be a year of big happenings. May most of those happenings be beneficial for us and for our families.

Who do you love? Who is precious to you? Which faces are you happy to gaze upon? My three adult children live on the East coast, and I was able to spend time with them in October. My in-person time with them filled me with joy. I miss them since returning to my West coast home.



I try to remember that we are all someone's child. We are all precious to someone.

My 2024 wish for all of us is to practice loving each other with a special dose of love / grace for the hard-to-love. They walk among us (or live with us) too. We all need love. Let's share it with each other the best we can.

PFLAG, forward march!

Best regards,

Rosemary M.



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Thoughts from the Vice President

Hello everyone,

I have a few items I would like to share with you for consideration as we end 2023 and head into 2024. As vice president one of my roles is to help facilitate the board elections each year. This generally happens in March or April. Our board can consist of up to 12 members and typically we target having a minimum of 8-10. We strive for the board to be diverse – consisting of both parents and members of the LGBTQ+ community. We also strive to have representation of members with different experiences (e.g. parents of gay, trans and non-binary youth, as well as children of parents in the LGBTQ+ community, etc.)



This election year will be special as our president and I will step down after 4 years in our roles and we expect several of our current board members may choose to roll off as their terms conclude. I am including this here to let you know there will be change and to seek your support in identifying both members for the board and members for these officer roles. Rosemary and I are both parents of gay children. Ideally, as the greatest growth in our chapter has been in supporting families with Trans Youth, we would love to have our chapter's new leaders represent this sector of our support.

Board member candidates need to be members of the chapter, agree to attend the board meetings, and attend at least one support group monthly.

Personally, I still plan to pursue staying on the board, co-facilitating our Spanish-speakers Estamos Contigo support group, participating in PFLAG National's "PFLAG en Español" meetings, and developing the content for our bi-monthly newsletter to all of you. Please reach out to me directly kpaese33@gmail.com if you are interested in joining the board and/or assuming an officer role yourself or if you can recommend to us individuals we can speak to as we prepare for these elections early next year.

All the best for 2024,
Karen

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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](#)

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

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Support Meeting Schedule

To participate in full Zoom video (preferred) or by Zoom phone, email support@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.

You will note below, some support groups are only zoom, some only in person and some are hybrid.

- Are there any cases where you strongly prefer to have an in-person experience and we do not currently offer it?
- Also, please remember we have a One on One Support offering, details on page 5.

| Dates and Times | Meetings |
|---|---|
| January 3 rd and February 7 th 7:30 p.m. | Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. Zoom only for January and in person at facilitator's home in February |
| Jan 6 th and Feb 3 rd Jan 20 th and February 17 th | Families of Trans Youth -This meeting is always on the <u>first and third Saturday</u> of the month. First meeting of the month is in person at the Redwood City Main Library and third Saturday of the month is via Zoom. Please note the Jan mtg will be in the 2nd floor community room and the Feb mtg in the small conference room on the 1st floor. |
| Jan 14 th and Feb 11 th 7:00 p.m. | General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month and is now hybrid (in-person and Zoom) ; feel free to join us at the San Mateo Pride Center |
| Jan 10 th and Feb 14 th 7:30 p.m. | General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month Zoom only. |
| Jan 16 th and Feb 20 th 7:00 p.m. | Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. Zoom only |
| Jan 18 th and Feb 15 th 7:00 p.m. | Board Meetings – <u>Third Thursday</u> of the month Zoom only |

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One on One Support



Are you unsure about joining a group? Meeting times don't fit your schedule? Or do you prefer a more private setting?

One or two of our members can talk with you about any questions or concerns you might have regarding an LGBTQ family member or friend. We'll arrange a time and place convenient for you, or a phone call if you prefer. Just send an email to info@pflagsanjose.org or leave a message at (408) 270-8182, and ask about "one-to-one support". Let us know if you have a preferred language other than English.

Two New Interview Podcasts Dropped in December!



The two interviewees in December's interviews were Eileen Hamper from Campbell, CA and our own Marc Fuentes, long time volunteer and current officer on the PFLAG San Jose/Peninsula Board. Both are on our Facebook page and Buzzsprout (link below). Next interviews will be published in Q124.

As a reminder here is a link to the overall podcast series <https://pflagsanjose.buzzsprout.com>

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Recent and Upcoming PFLAG San Jose/Peninsula Activity in the Community

November and December were quieter months for chapter activities in the community and that usually continues into January and February. While there were no tabling events to provide information on PFLAG, Karen attended one day of Somos Familia's "Encuentro de Familias y Diversidad" 2-day program in Oakland, CA over the weekend of 12/2-12/3/23.

Somos Familia was founded by two moms from the East Bay (San Francisco Bay Area) with Latino gay and bisexual sons in 2007 to reach out to other families. The weekend program held both general sessions for all participants and more focused conversations in smaller workshops. The focus on intergenerational experience and exchange that the program fostered throughout the day was wonderful. They also incorporated Mexican and Cuban dance/music elements which further brought together the community. Here is the link to their website:
<https://www.somosfiliabay.org/>.

It was a great opportunity to see how another well-established organization is supporting the Latinx members of our LGBTQ+ community and I hope to establish stronger links to their work in the future that could help us grow and evolve our Estamos Contigo support group. It is important we work together to help the community. After the workshop, I visited their website and located a beautiful short documentary where three Latina immigrant mothers talk about the coming out stories of their children and their unconditional love and support for them. [Here is the link](#) (there are English subtitles available).



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REMINDER: eQuality Collaborative Scholarship Opportunity
Applications are [Due January 31, 2024](#)



The eQuality Scholarship Collaborative awards scholarships to honor and encourage California students for their service to the lesbian/gay/bisexual/transgender community.

Our PFLAG SAN Jose/Peninsula Chapter participates in this Collaborative and in 2023 granted seven scholarships.

Eligibility:

- In general, eligible students fall into one of these categories: Resident of northern or central California who completed or expects to complete high school or equivalent between 1 Jul 2019 and 30 Jun 2024;
- Resident of northern or central California who completed or expects to complete community college between 1 Jul 2019 and 30 Jun 2024;
- LGBT+ graduates of Oakland Unified School District high schools;
- Students pursuing a medical degree at an accredited medical school in California

For complete eligibility requirements, see the [Apply](#) page.

For more general information on the program, see [LINK](#). Information about the 2024 PFLAG Scholarship Program will be forthcoming.

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PFLAG San Jose/Peninsula

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

Please keep an eye out for the mailing of the annual membership renewal drive expected to be distributed in January 2024.

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

Thank you!

