

# PFLAG San Jose/Peninsula Chapter

## March-April 2023 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

PFLAG Family,

We hope your families are enjoying a great start to 2023. We kickoff this newsletter with a letter from our president, Rosemary Malvey.

Please read carefully the Support Group Meeting information on page 3. Starting in March the Families of Trans\* Youth Support group will start to meet twice a month, once in person and once via Zoom. Our 2023 Annual Meeting will occur Monday, March 13, 2023 at 7pm.

In response to your survey feedback, I have included more information on our latest activities and upcoming events. Thanks again to all of you who took the time to provide feedback on the newsletter. Much appreciated!

Please check out our latest Podcast with our own Kitty Trejo, moderated by Rosemary Malvey.

We are still in need of more volunteers- if interested, please contact our volunteer coordinator, Sara Larson, at [sarallarson@gmail.com](mailto:sarallarson@gmail.com).

Our treasurer, Windsor Smith, is conducting our 2023 Membership Renewal Drive. Keep an eye out in the mail or [join/renew at this link online](#).

In solidarity,

Karen Paese  
Chapter VP and Newsletter Editor

### Support Meetings



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### Recent Activities



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### Upcoming Activities



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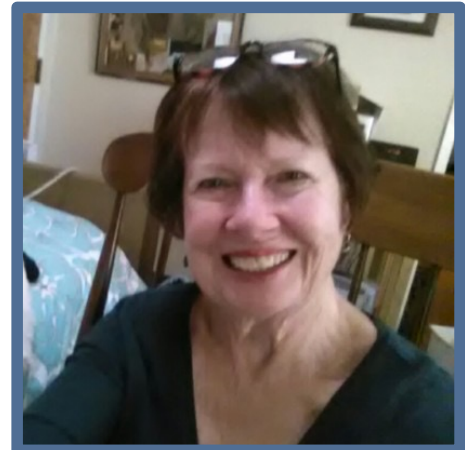
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## Letter from the President

Hello PFLAG friends ... Spring is trying to come to the Bay Area, but it's having a hard time arriving. The cold and the wind and the (welcome) rain are stubbornly sticking around. Lots of us have had periods with no electricity. It's hard to wait for lights and warmth to return to our homes. It's such a relief when they come back.

Waiting for Spring reminds me of waiting for the rights of equality to come into the hearts, minds and actions of every citizen. Our LGBTQ+ children, relatives and friends are members of the human family. We all deserve the same permissions, no exceptions. Why does it seem so hard for some people to get that?



But we can't merely wait. The media right now is pushing against transgender rights in a particularly aggressive way. It is more important than ever that we stay involved and united. PFLAG gives us a rock-solid platform from which to act.

Let's remain united. We are on the side of human rights, it's no less serious than that. We will continue to insist on what is right for all people, everywhere. Together we are strong.

Be well. Be safe. Give each other a hug.

Rosemary



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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](#)

**Note—Windsor, our Treasurer, is kicking off the Annual Membership Renewal process. All existing members should receive a renewal form via the mail.**

**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

**NEW:** The Families of Trans\* Youth Support Group now meets twice a month. On the 1<sup>st</sup> Saturday of the month, they meet in person and the 3<sup>rd</sup> Saturday of the month via Zoom. The in-person meeting will take place in the Community Room on the second floor of the Redwood City Main Library on Middlefield Rd.

**NEW:** Our 2023 Annual Meeting will take place at the start of the Peninsula General Support Group Meeting on Monday, March 13<sup>th</sup>. At that time new board member(s) will be elected to serve the chapter.

The General Support Group meeting for the Peninsula is expected to return to a hybrid meeting format at the San Mateo Pride Center after they re-open, however, we cannot yet confirm their days of operation. For now, that meeting will remain Zoom only.

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
March 1st and April 5th 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. <b>Zoom only.</b>
March 4th and 18th April 1st and 15th 10:00 a.m.	Families of Trans* Youth -This meeting is always on the <u>first and third Saturday</u> of the month. <b>First meeting of the month is in person</b> at the Redwood City Main Library and <b>third Saturday of the month is via Zoom..</b>
March 13th and April 10th 7:00 p.m.	General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month
March 8th and April 12th 7:30 p.m.	General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month <b>Zoom only.</b>
March 21st and April 18th 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. <b>Zoom only</b>
March 16th and April 20th 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month <b>Zoom only</b>

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## Newsletter Survey Feedback

I would like to extend a big thank you to each of you who responded back on the newsletter survey in Q422. I felt it was important we check in with you to ensure the newsletter is meeting your needs at a frequency that makes sense.

There were some clear themes in the feedback:

- The information on recent and upcoming events is key to keeping you updated on chapter engagement in the community and helps you identify ways you can join in
- You rely on the newsletter for key dates for support group meetings and important links
- You are less interested in content regarding PFLAG National activities
- The frequency of every other month feels about right

You also provided additional ideas for how to improve the newsletter in 2023, such as more personal stories on successes and triumphs, which I will work into future editions. If any of you missed the chance to complete the survey and have feedback for me, please reach out directly to [kpaese33@gmail.com](mailto:kpaese33@gmail.com)

Thank  
You 



## Latest Interview Podcast – Our Own Kitty Trejo !

Mountain View, CA - Kitty T. - Retired physician, mother to two, grandmother to nine and living with her wife Marti for the last 30 years, Kitty talks about life-span changes related to sexual orientation and how in the world of couples, love wins out in the end.



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



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## Recent Activities/Events

The PFLAG San Jose/Peninsula Chapter Board is finalizing its 2023 goals and has been busy already these first two months gearing up for a great 2023!

We recently filled two key positions in support of the chapter. **Sara Larson is now our acting Volunteer Coordinator** and **Yvonne McGuire is our new Social Media Coordinator**.

The **New Website Committee** (Rosemary Malvey, Windsor Smith, Nina Oldham, and Paul Sonkowsky) has been working hard to finalize the content of the new website and is getting very close to unveiling a first glimpse to all of you shortly.

In February, the **PFLAG Scholarship Committee members** (Rosemary Malvey, Yvonne McGuire, Gloria Falcinelli, Stephen Crocker and Kermit Cuff) were deeply engaged in reading read the scholarship applications as part of the eQuality Scholarship Collaborative. In May, the recipients will be celebrated.

In February, **the Board has been soliciting new members** as part of our Annual Meeting, calendared for Monday, March 13, 2023.

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## January Volunteer Event - Preparing a Mailing to Affirming Therapists and Houses of Worship

On Saturday, January 21<sup>st</sup>, half a dozen volunteers met at the Redwood City Public Library to stuff envelopes. The goal: provide local psychotherapists and affirming religious congregations with a few of the brochures describing PFLAG San Jose/Peninsula support groups. We stuffed about 450 envelopes and Rosemary Malvey, chapter president, stuffed a few more and then took the whole batch to the Post Office for mailing.

As the parent of a transgender person, I know first-hand how important it is to find a support group. During the planning of the envelope stuffing party, I took on the role of Volunteer Coordinator for the chapter.

We worked from a list of affirming houses of worship for San Mateo County. We are now preparing a list of affirming houses of worship for Santa Clara County.

We need more volunteers, for internet searches, attending tables at events and festivals, speaking to interested groups, networking, filling positions on our board, etc. Please contact me at [sarallarson@gmail.com](mailto:sarallarson@gmail.com) to volunteer.

Sara Larson, Volunteer Coordinator



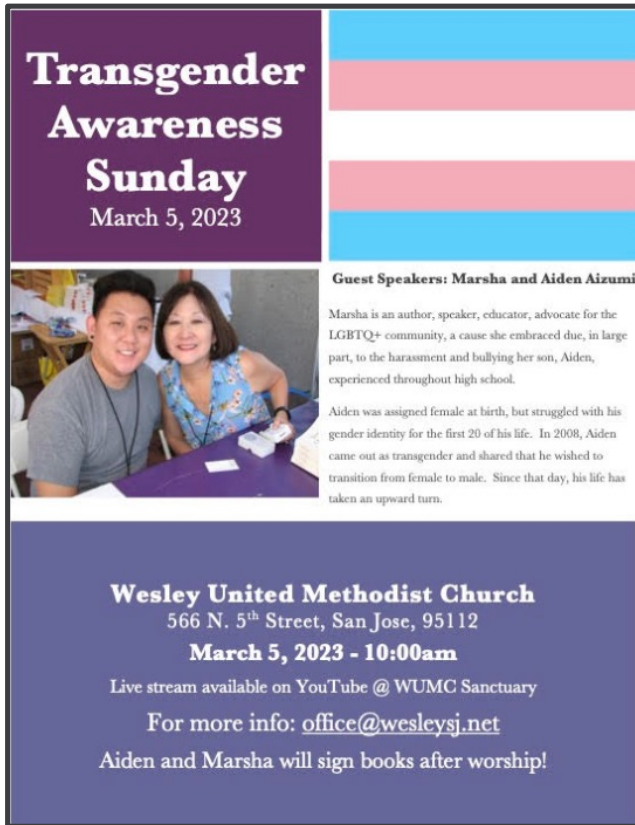
Will Stuart & Sara Larson




Sara Larson, Alissa Cheong,  
Gloria Falcinelli, Rosemary Malvey,  
Karen Paese

# PFLAG San Jose/Peninsula Chapter March-April 2023 Newsletter

## Upcoming Events



**Transgender Awareness Sunday**  
March 5, 2023



**Guest Speakers: Marsha and Aiden Aizumi**

Marsha is an author, speaker, educator, advocate for the LGBTQ+ community, a cause she embraced due, in large part, to the harassment and bullying her son, Aiden, experienced throughout high school.

Aiden was assigned female at birth, but struggled with his gender identity for the first 20 of his life. In 2008, Aiden came out as transgender and shared that he wished to transition from female to male. Since that day, his life has taken an upward turn.

**Wesley United Methodist Church**  
566 N. 5<sup>th</sup> Street, San Jose, 95112  
**March 5, 2023 - 10:00am**  
Live stream available on YouTube @ WUMC Sanctuary  
For more info: [office@wesleysj.net](mailto:office@wesleysj.net)  
Aiden and Marsha will sign books after worship!

### Transgender Awareness Sunday, March 5, 2023

Note in the flyer you can attend in person at the church or live stream the event via YouTube.

[Transgender Awareness Sunday](#)

## Rainbow Chamber of Commerce Connect- March 8, 2023



RAINBOW CHAMBER SILICON VALLEY PRESENTS

# CONNECT 2023

CONNECTING COMMUNITY AND LGBTQ+ BUSINESS IN SILICON VALLEY

**A special event to showcase LGBTQ+ and ally businesses!**

- Showcase your business by tabling.
- Or attend and make connections as an individual.
- We will also have entertainment, speakers, hors d'oeuvres, no host bar and more.

Wednesday, March 8: 6:00 to 8:30 PM  
Holiday Inn San Jose/Silicon Valley

Tix & info: [RainbowChamber.org](http://RainbowChamber.org)

RAINBOW CHAMBER SILICON VALLEY

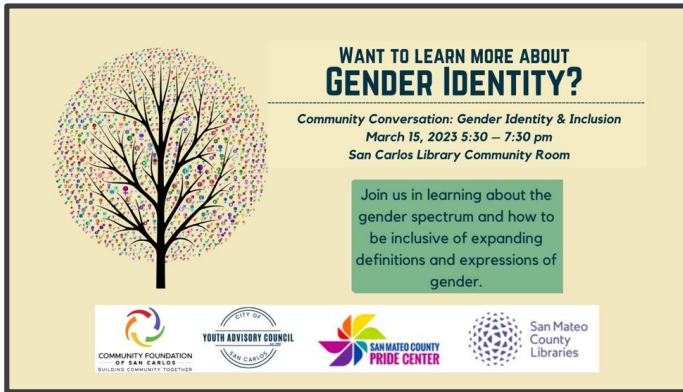


Our Chapter will be present at the Rainbow Chamber of Commerce Connect 2023 event on March 8<sup>th</sup> from 6PM-8:30PM at the Holiday Inn San Jose/Silicon Valley at 1350 N First Street.

For more information on tickets, etc. : [RainbowChamber.org](http://RainbowChamber.org)

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## Upcoming Events



### Gender Identity and Inclusion Community Conversation March 15, 2023

Location: San Carlos Library  
Community Room



### Looking for a Fun Night with your LGBTQ+ Youth? March 18, 2023

San Jose Sharks vs. New  
York Islanders- Pride Night!

SAP Center, 525 West Santa  
Clara Street, San Jose, CA  
95113

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## Upcoming Events



Opening our doors for you soon...  
**SAVE THE DATE for the PRIDE CENTER'S GRAND REOPENING!!!**

**DATE:** FRIDAY, MARCH 24th from 5:30-7:30 PM  
**LOCATION:** 1021 S. El Camino Real San Mateo, CA 94402 (at 11th and El Camino)

The graphic features a white door on the left with the San Mateo County Pride Center logo. To the right is a pink neon 'OPEN' sign. The background is black with white and pink text.

### San Mateo Pride Center Re-Opening, March 24

A Grand reopening party is scheduled to take place on Friday, March 24th from 5:30-7:30 pm onsite at the San Mateo Pride Center.

Please plan to join this evening of community reconnection, celebration and re-introduction.

The San Mateo Pride Center is excited to welcome us home after several years of being virtual! Questions? Please contact [Info@sanmateopride.org](mailto:Info@sanmateopride.org).



### Silicon Valley Trans Day of Visibility April 29, 2023 – 10am – 4pm

**Location:** San Jose City Hall- Rotunda

**A General Reminder** – The Billy DeFrank LGBTQ+ Community Center has a wonderful collection of activities: Gayme Night, to name one.

To access Billy DeFrank discussion groups and activities, go to: [www.defrank.org](http://www.defrank.org)



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## Looking Out A Little Further – Mark Your Calendars

- Santa Cruz Pride Parade and Festival – June 4th
- Silicon Valley Pride Block Party- June 10th
- San Francisco Pride Celebration – LOOKING BACK AND MOVING FORWARD→ June 24-25<sup>th</sup>
- Silicon Valley PRIDE 2023 PARADE AND FESTIVAL - AUGUST 26-27th



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## PFLAG San Jose/Peninsula Annual Membership Drive Continues

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

December marked 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!