

PFLAG San Jose/Peninsula Chapter May-June 2023 Newsletter



PFLAG Family,

Happy Spring everyone ! It is hard to believe it will be June before we know it and that means lots of Pride events in the weeks to come. In this second newsletter of 2023 you will find many upcoming activities for your reference. Get your calendars out! We kickoff this edition with a letter from our President, Rosemary Malvey.

Our Annual Board Meeting took place on March 13, 2023. At that time, we thanked departing Board members Kitty Trejo and Nadia Sanchez for their years of dedication to the chapter. They will both be missed. We also welcomed our newest member to the Board, Katherine Adelman.

In May, Verónica Martinez will facilitate her last Estamos Contigo Support Group Meeting. Check out the article on page 4 for more details on her leadership with the support group and next steps.

Our latest Interview Podcast with Terry MacArthur, Board Member Renna Ulvang's beloved Stepfather, was published in May. See page 4 for a link to the piece.

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

The 2023 Membership Renewal Drive continues. 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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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/>

Recent Activities



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2023-2024 Board Members



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

Upcoming Activities



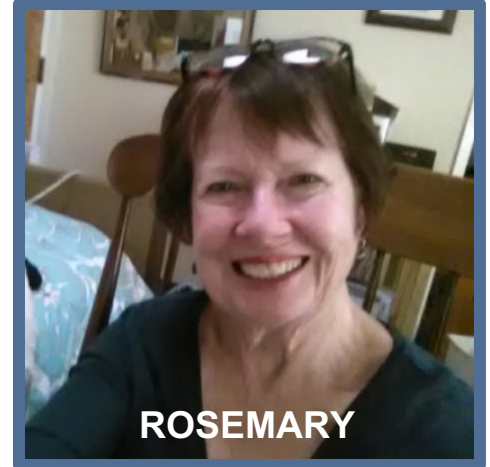
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Letter from the President

Today I'm thinking of Margaret – a fifty-something, trans female who showed up at the PFLAG table during the San Mateo Pride Day event six years ago. By the time Margaret wandered by, most of the booths had shut down and people were leaving the park. The event was over.

Everything about Margaret (haircut, five o'clock shadow, shoes, slacks, shirt) said "male" except for the pale pink skirt, the sheer, frilly over-blouse and the large peach-colored bow clipped to the side of her head. Facial makeup was part of her presentation.



I asked Margaret if she'd ever heard of PFLAG and she said, "No." I explained who we were and what we provided in the way of education, advocacy, and support meetings. Margaret, who lived with her 83-year-old mother and could never as she had today or bring up the subject of transgender at home told me that it was only at five o'clock once per year at the end of Pride Day San Mateo that she dared to wear what she wanted to and be out in public. Margaret exuded sadness and fear. She then asked, "Do you have any meetings in Korean, so my mother could understand?" Unhappily, I had to say no. No, we don't have any such support meetings, nor are there any Korean speakers within our membership. Margaret thanked me politely for the brochures, the information, and my suggestion that SHE attend our support meetings so that PFLAG members could provide support to her. Margaret slowly walked away looking for other tables that weren't yet closed. My heart ached for her.

There are shy, hidden Margarets everywhere on planet earth. Generally speaking, society fears trans people and trans oppression is cranking up more than ever. Our PFLAG chapter started an AAPI support meeting in December 2021. We're waiting for Margaret and / or her mother to show up at that support meeting.

Pass the word, when and where you can.

Happy Pride!

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

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

The General Support Group meeting for the Peninsula returned to a hybrid (in-person and Zoom) meeting format in April at the San Mateo Pride Center.

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.

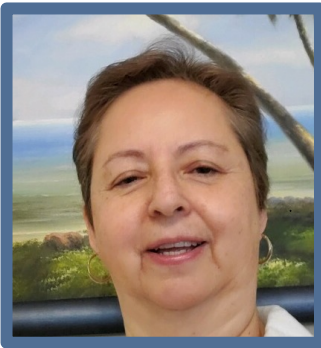
Dates and Times	Meetings
May 3rd and June 7th 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. Zoom only.
May 6th and 20th June 3rd and 17th 10:00 a.m.	Families of Trans* Youth -This meeting is always on the <u>first and third Saturday</u> of the month. First meeting of the month is in person at the Redwood City Main Library and third Saturday of the month is via Zoom.
May 8th and June 12th 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
May 10th and June 14th 7:30 p.m.	General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month Zoom only.
May 16 th and June 20th 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. Zoom only
May 18 th and June 15th 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month Zoom only

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ó Gracias, Verónica !

Verónica Martinez was one of the founding members of PFLAG San Jose/Peninsula Chapter's "Estamos Contigo" support group in 2017. The support group was designed for the Spanish speaking members of the LGBTQ+ community, their families and allies. For 6 years Verónica, the mother of a daughter who identifies as lesbian, facilitated in Spanish the Estamos Contigo Support Group and created a safe space for families to speak freely, ask questions and share the challenges they were having in the context of the Spanish culture. Translated, Estamos Contigo means "We are Here for You."

In addition to the support group work she has done, Veronica has also appeared several times on Celina Rodriguez' radio programs where she explained to the audience the mission of PFLAG, the nuances of coming out into the LGBTQ+ community and the support PFLAG can provide to families. As of June, Verónica will step away from her role as facilitator. We are grateful for the passion and care she brought to her role and will miss her leadership but look forward to her continued involvement in the chapter. Moises Sabio and Karen Paese will assume co-facilitator roles of Estamos Contigo.



Latest Interview Podcast – Terry MacArthur !

From Geneva, Switzerland, meet Terry MacArthur. Terry talks about the many years he was a pastor, choirmaster and liturgy author and yet bound by a "don't ask, don't tell" environment around his true-self identity as a gay man. In his lifetime, for the most part, he has happily seen that type of castigation slip away. Terry has several practical and heartfelt observations and suggestions for today's LGBTQ+ youth.

A special thanks for Rosemary for her dedication to this program.

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



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Supporting Our Support Groups by Renna Ulvang

PFLAG offers both in person and online support groups to a variety of populations. The goal is to provide a safe space to explore feelings and concrete needs to parent, support and understand the LGBTQ+ community. We frequently host parents, relatives and allies of newly outed gay, lesbian, bisexual and trans people, often children and young adults. Very often parents have just been told by their kids that they are gay or transitioning. These parents seek out PFLAG support groups to share this often unsettling and bewildering news and to feel held, accepted and supported by the group as they struggle to adjust to the new reality in their families. Our meetings are also culturally sensitive and are safe spaces for sharing.



RENNA
Practicing Psychotherapist

Occasionally members of the LGBTQ+ community come to share their own journeys. Their sharings help parents and allies to see something of what might be going on inside their own family members. It is especially comforting to see gay and trans young adults who are navigating this complex and wonderful journey, and to see how they have developed resilience and inner strength as they grow into their new identities. It is also helpful when they share difficulties and challenges and what has helped them so that new parents and allies can learn strategies for relating to their kids' feelings and developmental needs.

We have seen, over and over again, people coming to us initially in crisis, attending many meetings, growing in confidence and skillfulness and then leaving when they are feeling able to manage issues on their own.

This article is being written to appeal to our former members to consider re-engaging with our support groups! Former PFLAG support group members - you have the unique opportunity to share your varied experiences, tell your stories and offer the kind of wisdom, empathy and caring that current parents and allies need. When new parents and allies see more experienced parents and allies like yourselves who are further down the road, sharing and overcoming your own struggles, managing difficult extended family members, sorting out spiritual concerns, talking to your kids and partners, resolving your own feelings of loss and changed expectations, you have the opportunity to promote powerful healing and growth in others.

We want to extend an invitation to come for as long as you like to share your invaluable experiences, feelings and ideas with our newcomers. We also encourage you to invite your own LGBTQ+ kids, no matter what age to come and share their experiences too. We want you to share your wisdom and advice to families with newly outing kids. Our PFLAG support groups provide a rich exchange of very personal thoughts and feelings to help provide new families with the support they need to move ahead to be the best parents to their children and to learn new ways to take care of themselves.

Everyone is welcomed back to celebrate and contribute to our caring PFLAG community!

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New Yorker Article on PFLAG's Jeanne Manfred

We would like to bring your attention to an article written by Kathryn Schulz that appeared in the April 10th New Yorker, "How One Mother's Love for Her Gay Son Started a Revolution."

At this link below you can read the article or opt to listen to the story via the Audm app.

<https://www.newyorker.com/magazine/2023/04/17/how-one-mothers-love-for-her-gay-son-started-a-revolution>

As you might have surmised, the mother referenced in the article is none other than PFLAG's Jeanne Manfred. Enjoy.



THE
NEW YORKER

KQED Podcast - How A Movement To Support Gay Children Began with One Mom



KQED brings together Kathryn Schulz (Author above); Avril Swan (Granddaughter of Jeanne Manfred); Lilith Rose (Former Exec Director and current Program Director, SF PFLAG Chapter and Susan Thompson (PFLAG National) in a podcast sure to make you proud of being part of PFLAG.

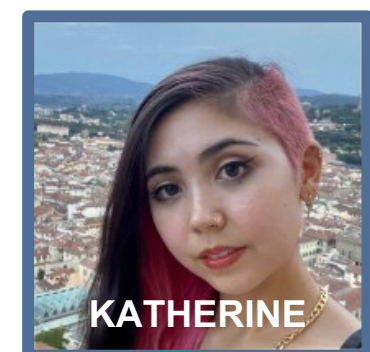
Take a listen:

<https://www.kqed.org/forum/2010101892816/how-a-movement-to-support-gay-children-began-with-one-mom>

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Recent Activities/Events

- **MARCH 8th:** Sara Larson, Gloria Falcinelli, and Windsor Smith staffed a PFLAG table at Rainbow Chamber of Commerce's Connect 2023 event. Connect: 2023 was all about connecting the community and LGBTQ+ and ally businesses in Silicon Valley.
- **MARCH 13:** At the Annual Board Meeting, we thanked departing Board members [Kitty Trejo](#) and [Nadia Sanchez](#) for their years of dedication to the chapter. Kitty and her wife Marti were members of PFLAG since the early 90s. Kitty held a variety of roles in the chapter participating in the Speaker's Bureau, serving as a member of the Scholarship Committee for many years, maintaining the chapter's PFLAG library, attending to the call line, volunteering at PFLAG parade and events, and being an active member of the Board for over 13 years. Nadia was one of the founding members of the Estamos Contigo support group and served on the Board for one year. Nadia also appeared several times on Celina Rodriguez' radio programs on behalf of PFLAG. The Board also voted in its newest member, [Katherine Adelman](#). Welcome Katherine! We retain (2) open seats on the Board.
- **APRIL 5th:** The PFLAG Scholarship Committee members ([Rosemary Malvey](#), [Yvonne McGuire](#), [Gloria Falcinelli](#), [Stephen Crocker](#) and [Kermit Cuff](#)) reviewed tens of applications each in February as part of the eQuality Scholarship Collaborative. On April 5th, they selected (6) recipients of PFLAG Scholarships. All scholarship recipients will be recognized on May 20th at the Awards Ceremony.
- **MARCH 30th:** [B.J. Chin](#) and [Windsor Smith](#) staffed a PFLAG table at the *Maxxie LaWow* preview party on March 30. *Maxxie LaWow: Drag Super-shero* is an animated feature film telling the story of Simon, a shy young barista, who discovers a magic wig that turns him into the super-shero of his dreams.



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Upcoming Events in May 2023



**Join Santa Cruz Pride
on May 6**

**12 - 6:30
Park Rides**

**9pm - 1:00am
Dance and
Drag Cabaret
in the Sunroom**

**BOARDWALK
PRIDE
SANTA CRUZ**

**QUEERLANTIS
Waves of Pride
in Santa Cruz, CA**

[Santa Cruz Pride](#)
[May 6, 2023](#)

Show your PRIDE and celebrate the LGBTQ+ community with giveaways, info booths and free entertainment.

Event Schedule

- 12pm – Park opens
- 12pm-5pm – Informational Booths
- 5pm-6:30pm- ABBA Fab Tribute to ABBA on the Main Stage



**Music Around the World
AND OVER THE MOON**

**2023
MAY 20, 7:30 PM
MAY 21, 3 PM**

**Campbell United Church of Christ
400 W. Campbell Ave., Campbell**

**BUY TICKETS AT
RAINBOWWOMEN.ORG
OR AT THE DOOR**

**LIVESTREAM OPTION
AVAILABLE FOR
MAY 21, 3 PM (PDT)**

[Rainbow Women's Chorus](#)
[May 20 and 21, 2023](#)

Rainbow Women's Chorus will perform "Music Around the World and Over the Moon" on Saturday and Sunday, May 20 and 21, at Campbell United Church of Christ, Campbell, CA.

The Saturday performance will start at 7:30 PM and the Sunday one at 3:00 PM, with live streaming on Sunday for those fans not able to attend in person.

Enjoy favorites from many countries such as Spain, Wales, Korea, Scotland, Africa and many more. For more information, visit www.rainbowwomen.org.

Tickets will go on sale soon.

**Note→ All underlined event titles under images
are hyperlinks to the event details !**

***According to our friends at Coast Pride,
Pescadero may be having a Pride event on May 31, 2023**

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Happy Pride Month ! Bring on June 2023 !



[Filoli Garden Pride](#)
June 3rd and 4th
(We will have a table)



[Santa Cruz Pride Parade and Festival: June 4th](#)



[San Mateo County Fair Pride Day- June 4th](#)



[San Mateo Pride Celebration "Free to Be Me!"](#)
June 10th
(We will have a table)



[Silicon Valley Pride Block Party](#)
June 10th

Note→ All underlined event titles under images are hyperlinks to the event details !

*According to our friends at Coast Pride, Pacifica may be having Pride on June 3, 2023 and Half Moon Bay on June 11, 2023.

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Happy Pride Month ! Bring on June 2023 !



San Jose Earthquakes play Portland Timbers at 7:30pm on Pride Night!

Last year on Pride Night they invited many organizations to participate in a pre-game expo and we hope to be there as well in 2023.

June 17, 2023
(We should have a table)



[San Francisco Pride Celebration –
LOOKING BACK AND MOVING FORWARD](#)
June 24-25th



[Silicon Valley PRIDE 2023
Parade and Festival](#)
August 26-27th
(We will have a table)

Note → All underlined event titles under images
are hyperlinks to the event details !

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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 for renewal. [This 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!

