

PFLAG San Jose/Peninsula Chapter September-October 2023 Newsletter



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,

We hope you are all enjoying the last days of summer and are gearing up for a great fall.

Our chapter continued to be active in July and August supporting events all over the Bay area including East Palo Alto's first ever pride event, San Jose's Obon Festival, and most recently at Silicon Valley Pride on August 25th and 26th . Details of all our events are included within the newsletter. This summer presented us with a record number of opportunities to support the LGBTQ+ community. **We would not have been able to do so without the stellar support of Windsor Smith and Sara Larson.** On page 5 you can learn more about the critical roles they play in our chapter's success. Next time you volunteer with us, please take a moment to thank them yourselves.

Please take note on page 4 of our recently added support offering "**Talk Over Coffee.**" This is intended to be a more personalized support offering for those of you who may not yet be comfortable speaking up/asking questions in a support group meeting.

Remember **September is Suicide Prevention Month.** San Mateo Country Pride Center reminds us that "While there have been monumental strides towards acceptance for the LGBTQ+ community, there is still a noticeable amount of our community members who have attempted or thought of taking their lives." Be present for our community.

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

In solidarity,
Karen Paese
Chapter VP and Newsletter Editor

Support Meetings



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Recent Activities



Pg. 7-8

Upcoming Activities



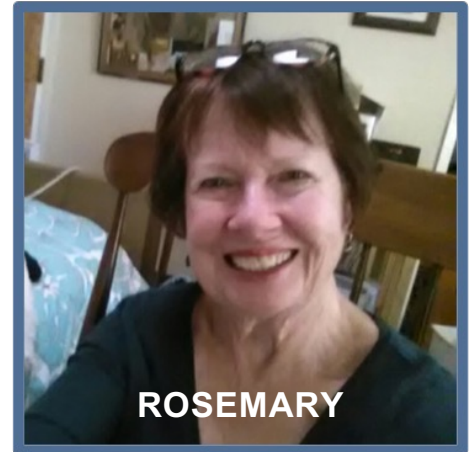
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Letter from the President

Dear PFLAG Family ... Eighteen years ago when my then thirty-something daughter came out to me as a lesbian, I was startled but I wasn't knocked off my pins. Her younger brother had come out as a gay man seven years prior, and I had seven years of PFLAG under my belt by that time. Seven years of education, advocacy and service. Enough time to know that it wasn't an unusual occurrence to have more than one queer person in a family, something that I deemed impossible when I first joined PFLAG in 1998. Silly me.

From the day of that phone call from my daughter in New Jersey until now, I've been the proud parent of two gay kids and their straight elder brother. What a beautiful family I have! How grateful I am! How proud I am of my middle-aged kids. How lucky I was to find my way to PFLAG where I got everything I needed to transform my fears, worries and misunderstandings to pride, knowledge and appreciation.



You too are fortunate to have found your way to this wonderful organization. We can all muster up feelings of gratitude to Jeanne Manford, our foundress. Jeanne understood that the power of parents was essential in providing protection not only to our own kids but to all LGBTQ+ people. I enjoy thinking about myself as a mother-substitute for those within the LGBTQ+ communities whose mothers (parents) are NOT (yet) accepting of their offspring exactly as they are.

Join me in recommitting yourself to the programs of PFLAG. Volunteer, make an additional donation, talk about our organization to other family members and friends, like us on Facebook. Even after 50 years, PFLAG still needs your allegiance and support.

Happy Fall. My best to you and your families.

Rosemary M.



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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!

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.

Dates and Times	Meetings
Sep 6 th & Oct 4 th 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. Zoom only .
Sep 2 nd & Oct 7 th Sep 16 th & Oct 21 st	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 .
Sep 11 th & Oct 9 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
Sep 13 th & Oct 11 th 7:30 p.m.	General Support, South Bay This meeting is always on the <u>second Wednesday</u> of the month Zoom only .
Sep 19 th & Oct 17 th 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. Zoom only
Sep 21 st & Oct 19 th 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month Zoom only

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“Talk Over Coffee” Support

A new one-to-one support feature is available for those who want a personal response to LGBTQ+ questions and concerns.

If you can't make it to one of our support meetings, we can arrange for one or two of our members to meet with you for coffee. We'll talk with you about any questions or concerns you have about an LGBTQ family member or friend. Send an email to info@pflagsanjose.org or leave a message at (409) 270-8182, and we'll set up a time and place convenient for you.



PFLAG San Jose/Peninsula’s New Website Was Refreshed with PFLAG National’s New Branding in August 2023



<https://pflagsanjose.org/>

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PFLAG San Jose Recognizes Windsor Smith and Sara Larson



A Round of Applause – for our chapter Treasurer Windsor Smith and Volunteer Coordinator Sara Larson. We had tables/appearances at 15+ 2023 Pride events – more events than any prior Pride season. Windsor was the person who made those appearances possible by handing all the sign-up details, schlepping supplies, and equipment to each location, and setting up and breaking down our spaces. Sara solicited and arranged all volunteers – no easy job.

Thank you, thank you Windsor and Sara. 2023 Pride was a huge success!



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SOGIE (Sexual Orientation Gender Identity and Expression) Information from San Mateo Country Pride Center



The poster features a rainbow flag background. In the top left is the San Mateo County Pride Center logo, and in the top right is the Outlet logo (a program of Adolescent Counseling Services). The main title is 'SOGIE: The ABC's of LGBTQ+' in large, bold, black letters. Below it, the subtitle reads 'For Latinx and Spanish-speaking LGBTQ+ Allies and Advocates'. A yellow box contains the following text: 'Updated Terminology & Definitions', 'Educational Videos', 'Helpful Tips', 'Community Resources and more!'. At the bottom, it says 'For more information, visit: <https://sanmateopride.org/sogie-abcs/>'.



The poster features a rainbow flag background. In the top left is the San Mateo County Pride Center logo, and in the top right is the Outlet logo (a program of Adolescent Counseling Services). The main title is 'SOGIE: Los ABC's de LGBTQ+' in large, bold, black letters. Below it, the subtitle reads 'Para aliados y defensores latinos y LGBTQ+ de habla hispana'. A yellow box contains the following text: 'Terminología y definiciones actualizadas', 'Videos educativos', 'Consejos útiles', 'Recursos de la comunidad y más!'. At the bottom, it says 'Para más información visite: <https://sanmateopride.org/sogie-abcs/>'.

The latest addition to their resource library, their new **SOGIE: The ABC's of LGBTQ+** was created for Latinx and Spanish-speaking LGBTQ+ Allies and beyond to support inclusive conversations about gender identity/expression and sexual orientation for all.

This resource was created through the collective partnership between the San Mateo County Pride Center and Adolescent Counseling Services: Outlet. Available for download and printing, this resource is available in both English and Spanish.

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Chapter Volunteers Out and About in July

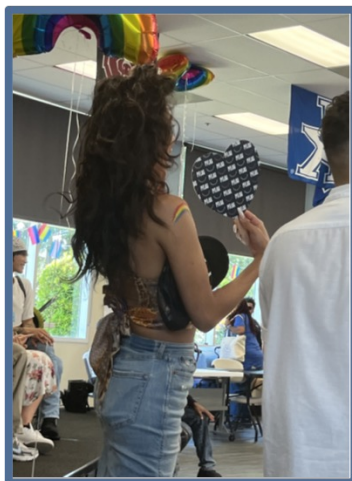


San Jose Obon Festival July 8th

The event took place in Japantown in San Jose. Annually the festival draws nearly 1,000 dancers in front of San Jose Buddhist Church Betsuin to perform traditional Buddhist chants and dances.

PFLAG tabled with the Billy DeFrank Center and Minna No Mura.

Thank you to Paul Sonkowsky, BJ Chin, Kat Adelman, and Karen Paese



We are very grateful to have participated in **East Palo Alto's first Pride event on July 23, 2023**. It was a total success which great participation from the local community. Notice in the far-left picture our PFLAG fans were put to good use by all – it was a hot day! We look forward to supporting again next year! Thank you to Windsor Smith, Karen Paese, and Moises Sabio for supporting this event.

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August Events



Silicon Valley PRIDE 2023 Parade and Festival August 26–27th

Our PFLAG San Jose/Peninsula chapter marched Sunday and had a table at the event Saturday and Sunday.



Thank you to Windsor Smith and Yvonne McGuire who supported the Saturday evening events and Windsor, Paul Sonkowsky, Brenda Peterson, BJ Chin, Markus De Shon, Sara Larson, Donna Presson, her daughters Maddie and Jamie Borkenhagen, Nadia Sanchez and her family, and Vladimir Boskovic-Serrudo and Alejandro Serrudo-Boskovic who marched the parade and/or supported the tabling on Sunday at Silicon Valley Pride.



Our PFLAG San Jose/Peninsula chapter also supported three **Take Pride in our Health Stories Events** across the Bay Area in July and August – Special thanks to Windsor Smith, Alissa Cheong, Rora & Chris Carvalho, and Christine Riniolo.



Rosemary attended a departmental meeting with **Sacred Heart Community Service in San Jose on 8/9/23** and gave a brief presentation on PFLAG.

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Celebrate Bisexual Awareness Week



The Bisexual Awareness Week, also known as #BiWeek, is an annual celebration held from September 16–23.

From to PFLAG National. “According to bi+ educator and advocate Robyn Ochs, the term refers to a person who acknowledges in themselves the potential to be attracted – romantically, emotionally and/or sexually – to people of more than one gender, not necessarily at the same time, in the same way, or to the same degree. The ‘bi’ in bisexual can refer to attraction to genders similar to and different from one’s own. People who identify as bisexual need not have had equal sexual or romantic experience – or equal levels of attraction – with people across genders, nor any experience at all; attraction and self-identification determines orientation.”

Additional PFLAG National Resources

[Something to Talk About Live – July 2, 2020](#)

[Something to Talk About Live – March 4, 2021](#)

[Something to Talk About Live – September 15, 2022](#)

[3 Steps to Being a Better Ally to People Who Are Bi+](#)

[PFLAG National Glossary of Terms](#)

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Upcoming Events



[Oakland Pride Festival: Oakland Pride & Pridefest Oakland](#)
[September 9-10, 2023](#)



[Thursday, October 26, 2023 | 6:00 PM - 9:00 PM](#)
[Oshman Family JCC | 3921 Fabian Way, Palo Alto, CA](#)

Join Outlet, a program of Adolescent Counseling Services, for Out to Eat 2023, the Peninsula's favorite party celebrating LGBTQIA+ youth! Out to Eat 2023 is an annual fundraiser that benefits Outlet, a program of Adolescent Counseling Services. Funds raised at Out to Eat allow the Outlet Program to provide free support groups, leadership development, and consultation to Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Agender + (LGBTQIA+) youth ages 10-25 in Santa Clara and San Mateo Counties.

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PFLAG San Jose/Peninsula

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

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. [This link](#) takes you to a location where you can renew online.

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

Thank you!

