

# PFLAG San Jose/Peninsula Chapter November-December 2023 Newsletter



PFLAG Family,

We have arrived at fall, and I hope everyone has enjoyed by now their fill of Pumpkin Spice (fill in the blank).

October 11<sup>th</sup> marked National Coming Out Day. If you have any friends/family who recently learned of a loved one coming out and need support, please refer them to our support group meetings or alternatively our Talk Over Coffee program if they would like a more personal conversation. We are here to help !

Sadly, we still see that people who are transgender and nonbinary (and their affirming families) are under attack – in state legislatures, in the media, and in schools. I would like to draw your attention to a PFLAG Academy's offering on November 15<sup>th</sup> – "Supporting our Trans and Nonbinary Loved Ones, What Would You Do?" – please see page 5 for more information on timing and how to participate.

In addition, Ben Greene, international public speaker, inclusion advocate, and a champion for transgender youth, will join our General Support Group meeting on November 13<sup>th</sup>. See page 3 for details.

Scholarship Season is upon us already for 2024. Please see pages 7 and 8 for information on two different opportunities. One deadline is November 11, 2023, and the second is January 31, 2024.

This is our last newsletter for 2023. We wish you all a happy and peaceful winter holiday season.

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/>

## 2023-2024 Board Members



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

## Recent Activities



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## Upcoming Activities



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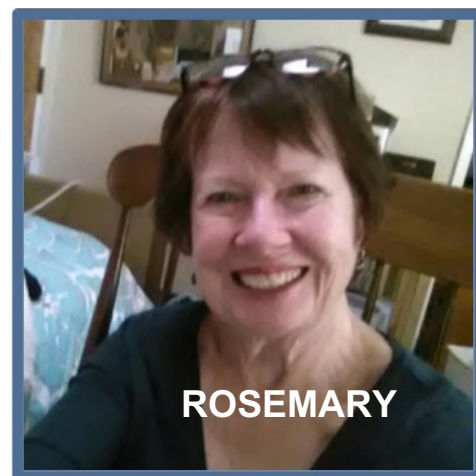
## Letter from the President

Dear PFLAG Friends,

We recently had a trans tragedy hit close to home. A few weeks ago our PFLAG chapter Information line had a message from the relative of a local 13-year-old trans female who had taken her life, leaving her family and friends bereft and confused. The family member who called us was looking for resources and support for herself and the family.

The next day, when I spoke with the caller, she told me the child had loving and supportive family all around her - that she couldn't have had more family support. But there had been bullying and torment at the child's school. Seemingly, too much for the child to withstand.

I provided support by phone and as many resources as I could find from our own website and with the help of another Board member. I wished the woman well and have been thinking about her, her family, and the deceased child ever since.



It's real. It happens. Sometimes distress and anguish is too much for a soul, especially a young soul, to withstand. Sometimes death seems like the only relief. Sometimes a person does feel that alone.

PFLAG is an organization known for caring and helping. The woman who called our information line KNEW it was a place to get help. We were able to provide her with other places to get help and assistance. I hope her family was able to make use of some of the resources.

We do good work. We do important work. We want to do the kind of work that reaches the suffering LGBTQ person BEFORE they find themselves in a place of despair. Let's keep at it.

Best,



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 [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.

Ben Greene will join the Monday, November 13th General Support Group Meeting. Ben is a full-time public speaker, an inclusion advocate, a champion for transgender youth and he was a speaker at PFLAG National's recent October Convention in Washington, DC.

In Ben's [own words](#)\*, "I am transgender. I was isolated, anxious, and depressed. Now, I'm an international speaker living out my passion for educating others with kindness and empathy to empower active allies of the transgender community." Please join us in welcoming Ben.

Dates and Times	Meetings
Nov 1 <sup>st</sup> & Dec 6 <sup>th</sup> 7:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is the <u>first Wednesday</u> of the month. <b>Zoom only</b> .
Nov 4 <sup>th</sup> & Dec 2 <sup>nd</sup> Nov 18 <sup>th</sup> & Dec 16 <sup>th</sup>	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> .
Nov 13 <sup>th</sup> & Dec 11 <sup>th</sup> 7:00 p.m.	General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month <b>and is now hybrid (in-person and Zoom)</b> ; <b>feel free to join us at the San Mateo Pride Center</b>
Nov 8 <sup>th</sup> & Dec 13 <sup>th</sup> 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> .
Nov 21 <sup>st</sup> & Dec 19 <sup>th</sup> 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. <b>Zoom only</b>
Nov 16 <sup>th</sup> & Dec 21 <sup>st</sup> 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month <b>Zoom only</b>

\* <https://www.bgtranstalks.com>

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## Talk Over Coffee

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 meet with you to talk about any questions or concerns you might have about an LGBTQ+ family member or friend. We'll arrange a time and place convenient for you. Just send an email to [info@pflagsanjose.org](mailto:info@pflagsanjose.org) or leave a message at (408) 270-8182 and ask about "Talk Over Coffee."



## Keep an Eye out for Two New Interview Podcasts Expected to Drop Soon !



The two interviewees in September'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. These interviews are in production for editing and are expected to publish very shortly on both our Facebook page and Buzzsprout (link below). These will be the last interviews of 2023. Enjoy!

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

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## Recent PFLAG San Jose/Peninsula Volunteer Support



October 14, 2023

Thank you, Windsor Smith and Fernando Muñoz, for tabling at this event.



October 28, 2023

Thank you to Windsor Smith, Peter Fournier and Randy Friedman for volunteering to support this community event.




October 21, 2023

Thank you, Windsor Smith and Karen Paese, for supporting this Silicon Valley Pride Coming Out Event in San Jose.



# PFLAG San Jose/Peninsula Chapter November-December 2023 Newsletter

## Upcoming Events





**United Against Hate:**  
GOVERNMENT AND COMMUNITY  
PARTNERING TO COMBAT HATE CRIME

Thursday, November 2, 2023  
9:00 a.m. - Arrivals & Socializing  
9:15-11:00 a.m. - Roundtable Discussion  
11:00-12:00 p.m. - Small Group Discussions

Dr. Martin Luther King, Jr. Library, Room 225  
150 E. San Fernando St., San Jose, CA 95112  
Parking at Fourth Street Garage, 44 S. 4th Street

A roundtable discussion hosted by  
The United States Attorney's Office  
for the Northern District of California  
and The Asian American Foundation (TAAF)



This meeting is a forum for South Bay community leaders and federal prosecutors to discuss how hate crime and civil rights violations are affecting local communities and how federal law enforcement can help to address these problems. All are welcome.

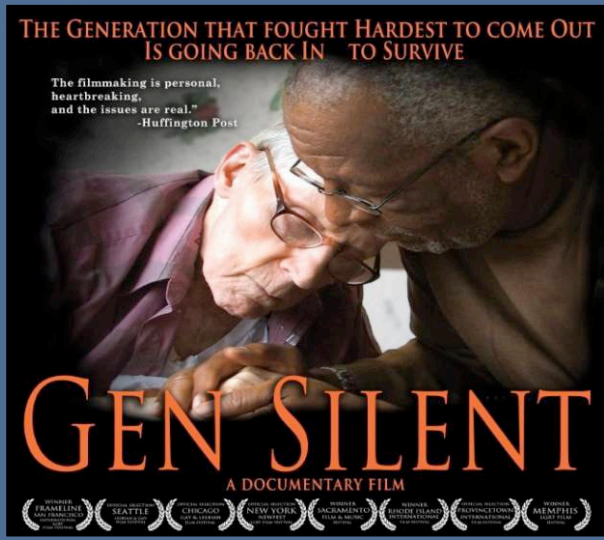
RSVP to [Elise.Etter@usdoj.gov](mailto:Elise.Etter@usdoj.gov) by October 30, 2023.

### Coming up Soon! → November 3, 2023

This meeting is a forum for South Bay community leaders and federal prosecutors to discuss how hate crime and civil rights violations are affecting local communities and how federal law enforcement can help to address these problems. All are welcome.

THE GENERATION THAT FOUGHT HARDEST TO COME OUT  
IS GOING BACK IN TO SURVIVE

The filmmaking is personal,  
heartbreaking,  
and the issues are real."  
-Huffington Post



**GEN SILENT**  
A DOCUMENTARY FILM

SCREENED AT: BRANLENI, SEATTLE, CHICAGO, NEW YORK, SACRAMENTO, LISIEN ISLAND, PRINCETON, MEMPHIS

### “Gen Silent” Film Screening and Discussion

“Gen Silent” is a 70-minute, moving film that was released by Clowder Group in 2011. The film zooms in on the challenges that the LGBTQ community faces as they age, particularly when it comes to health care and supportive services. The discussion following the film screening will be led by non-profit Avenidas Rainbow Collective and focus on changes since the film was released and what leaders are saying the future looks like. Guest speaker, former Santa Clara County Supervisor Ken Yeager and author of “RUN” – a book encouraging members of the LGBTQ community to run for public office – will also join the discussion. *This virtual event is free and open to the public. AARP membership is not required to participate.*

#### “Gen Silent” Film Screening and Discussion

Wednesday, November 15 from Noon - 1:45 p.m. PT

Zoom | Link Provided Upon Registration



To register, visit [events.aarp.org/GenSilent111523](https://events.aarp.org/GenSilent111523) or scan the QR code above.

November 15, 2023

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# INVITATION

November 15, 2023

**Supporting Our Trans &  
Nonbinary Loved Ones:  
What Would You Do?**

**Wednesday, November 15**

**8:30 PM ET / 5:30 PM PT**

**Presented by: Jamie Henkel  
(she/her) and Mackenzie  
Harte (they/them)**

People who are transgender and nonbinary (and their affirming families) are under attack – in state legislatures, in the media, and in schools. There has never been a greater need to have educated and engaged allies fighting for equality. In this session, updated for 2023, we'll review what advocates need to know to fight for their trans and nonbinary loved one. Then we'll put what we've learned to work, navigating real-world scenarios. (From PFLAG National)

[Register here!](#)

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## 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/Peninsular 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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**Silicon Valley Pride Scholarships  
Applications Due November 11, 2023**



 **SILICON VALLEY PRIDE.**

**The 2023 Silicon Valley Pride  
Thaddeus Orlando Campbell  
Scholarship is now OPEN!**

We are giving away various awards  
total of \$30,000

[SVPRIDE.COM / SCHOLARSHIP](https://svpride.com/scholarship)

For more information: [LINK](#)

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## Asexual Awareness

### **Ace Week**

Ace Week (short for asexual) is an annual week of awareness and celebration. This year's 2023 Ace Week took place October 22 – 28.

### **What is asexuality?**

Sometimes abbreviated as ace, the term refers to an individual who does not experience sexual attraction. Each asexual person experiences relationships, attraction, and arousal differently. Asexuality is distinct from chosen behavior such as celibacy or sexual abstinence; asexuality is a sexual orientation that does not necessarily define sexual behaviors. Asexual people exist on a spectrum of sexual attraction and can use terms such as gray asexual or gray ace to describe themselves. ([From PFLAG National](#))

For more information, one resource is The Asexual Visibility and Education Network (AVEN). [Link](#).



The flag has four colors: black, gray, white and purple. Black represents asexuality. Gray represents demisexuality and gray-asexuality. White represents allies and partners. Purple represents community. Those colors were chosen as the same ones that are part of AVEN's logo. ([From Insti](#))

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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 December.**

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

Thank you!

