

PFLAG San Jose/Peninsula Chapter

March 2025 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/>



We have two very special presentations in March on LGBTQ+Rights and Support:

- **LGBTQ+ Know Your Rights**
- **Gender 101: Beyond the Binary**

Check out details on [Page 6](#).

PFLAG Family,

With head-spinning new Executive Orders from the White House daily, it's crucial to support those affected. Let's unite and move forward together.

"In the end, everything will be okay. If it's not okay, it's not yet the end." Fernando Sabino

In solidarity,
Vinhquan
Newsletter Editor

Page 2. Few keys announcements. A message from our National Chapter, Understanding what's going on with "PFLAG vs Trump" and San Jose /Peninsula annual meeting.

Page 3. Details of our usual support group meetings AND a special presentation, "Gender 101".

Page 4. Our chapter's recent activities and collaborative discussion.

Page 5. "*Intentional Advocacy*". How and what we can do to help those we love during this trying times?

Page 6 and 7 Our fun and exciting upcoming events around the Bay.

Page 8. Available National resources from safety to the latest Executive Orders explained.

Page 9. Membership drive. Get out and spread the word about our wonderful community. Strength by the number.



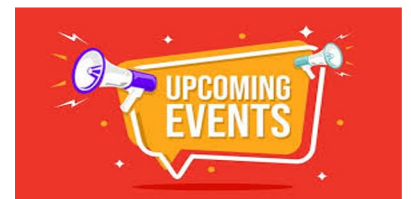
Intentional Advocacy

"Feel the fear and do it anyway" words to remind us to stay intentional of our efforts and commitment to our cause for the next difficult 4 years. Find out what you can do to help on [Page 5](#).

Support Meetings



A few changes, all details on [Page 3](#)



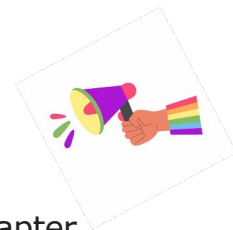
- Basketball game
- Learn how to be an active ally
- "LGBTQ+ Know your right" presentation
- PFLAG San Jose /Peninsula Picnic and much more!

Check it all out on [Page 6 and 7](#).

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Key Announcements



Our Maturing PFLAG Chapter

2025 marks the 40th anniversary year of the founding of our chapter. The chapter survived a mid-life crisis of sorts when having a gay or lesbian family member no longer seemed like a big deal and meeting attendance decreased. We wondered if we were still needed. Families wanting to support transgender and nonbinary loved ones assured us we were indeed still needed. We have also added Asian and Pacific Islander (API) and Estamos Contigo (Spanish speakers) support groups to meet the growing needs of our region. We have evolved along with the national organization, from Parents, Family and Friends of Lesbians and Gays to simply PFLAG San Jose / Peninsula. **Chapter members are being sent via USPS a document to vote to officially update our name with the state. We need to hear back from our members to ratify this decision. If you are a chapter member, please mail us back with your vote! Thanks!**

PFLAG vs Trump



Trump has tried to erase transgender people with the stroke of a pen. Yet they remain in our homes and in our hearts. Trump has threatened funding for those who provide physician recommended medical care to trans teens and 18 year old adults. PFLAG has challenged that threat in a case titled PFLAG v Trump, with the legal power of the ACLU behind it. As of the time this was written, a federal district court's temporary restraining order against enforcement was in effect nationwide. Since these and other anti-trans executive orders were issued, our PFLAG chapter has seen increased attendance at support meetings, increased donations, and more volunteers. **We're Leading With Love.**

Annual Meeting March 6, 2025 @7pm

Every year our chapter holds an Annual meeting as required by our bylaws. **This year the meeting will occur at 7pm at The Billy DeFrank Center in San Jose at 7pm.** At this year's meeting we plan to have the attendees who are chapter members vote on accepting our new bylaws as well as vote on potential new additions to our chapter board. We hope to see you there. Directly following the annual meeting the General Support Group of the South Bay will occur. Here are the links to both versions:

[PFLAG San Jose/Peninsula Bylaws 2011 - CURRENT](#)

[PFLAG San Jose/Peninsula Bylaws 2025 - PROPOSED](#)

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Support Meeting Schedule

To participate in full Zoom video (preferred) or by Zoom 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. You will note below, some support groups are only zoom, some only in person and some are hybrid.

Note: Aisan Pacific Islander Support Group meeting on March 18, 2025, there will be a "Gender 101: Beyond the Binary" presentation.

- Also, please remember we have a One-to-One Support offering: 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.

Dates and Times	Meeting Locations
Mar 5, Apr. 2 7:30 - 9:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is typically the <u>first Wednesday</u> of the month. Zoom only
Mar 1, 15, Apr.5, 19 10am - 12 noon	Families of Trangender/Nonbinary family members -Always on <u>1st and 3rd Saturday</u> of the month. First meeting of the month is in person at the Redwood City Main library. Third Saturday of the month meeting is via Zoom. For the in-person meetings the 1st Saturdays of the month; March meeting is in the 1st floor small conference room and April meeting is in the big community room.
Mar. 10, Apr. 14 7:00 p.m.	General Support, Peninsula This meeting is always on the <u>second Monday</u> of the month, is hybrid and will occur at the San Mateo County Pride Center
Mar. 6, Apr. 3 7:30 p.m.	General Support, South Bay meets in-person at the Billy DeFrank Center the first Thursday of the month
Mar 18, Apr. 22 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the <u>third Tuesday</u> of the month. Zoom only
Mar 20, Apr. 17 7:00 p.m.	Board Meetings – <u>Third Thursday</u> of the month Zoom only
Mar 18 7:00 p.m.	Asian Pacific Islander Support Group meeting A "Gender 101: Beyond the Binary" presentation. Zoom only. More details on page 6.

Contact us:

Email: info@pflagsanjose.org

Phone: 408-270-8182

Mail: PFLAG San Jose
P.O. Box 2718
Sunnyvale, Ca 94087



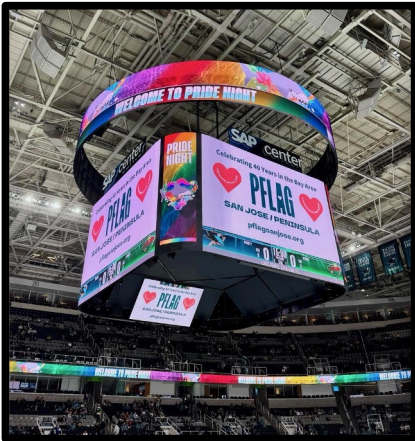
Memberships and donations..

Please visit [Join/Renew/Donate](#) to join or donate to PFLAG. Credit cards accepted.

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

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PFLAG San Jose/Peninsula Recent Activities



On January 11, 2025 several members of our chapter attended the San Jose Sharks' Pride Night. The chapter provided the PFLAG announcement highlighting our services and the 40th anniversary of our chapter. They also tabled the event and provided resources to the fans. The team was encouraged to see youth signing up their parents for the newsletter !

PFLAG San Jose/Peninsula Chapter Collaborative Discussions

Santa Clara County Office of Education (SCCOE) is committed to creating safe and inclusive school environments for all youth, free from harassment, intimidation, bullying, and discrimination based on gender identity and sexual orientation. Several chapter board members met recently with several SCCOE members to start a dialogue to see how we can work together.. Several immediate ideas are being pursued:

- PFLAG San Jose/Peninsula will present at upcoming SCCOE Gay Straight Alliance (GSA) Advisor' Meetings
- PFLAG San Jose/Peninsula is providing input on a new resource document SCCOE is developing



Several Helpful Links:

[LGBTQ+ Supports and Resources](#)

[Parent Engagement](#)

[LGBTQ+ District and School Policy Guide](#)

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Intentional Advocacy

This year has often been overwhelming with almost daily attacks on us and our loved ones. Many people, especially parents of transgender children, feel caught in a contradiction. We must stand up and be loud for our loved one's future, but we may also feel the need to protect them, especially children, by staying "off the radar."

Personally, for weeks this year, I felt paralyzed as plans I was working on no longer fit in the current climate. But when I reached out to our regional director, he said something that helped me find perspective and look to a new direction: "we must be intentional."

When we are intentional, we have in mind our goals and thoughtfully choose actions in line with those goals. For me, this has reoriented me away from what I feel can't do to making choices about what I will do.

We must not hide, we must not quit. We must continue to speak up. We can do this by choosing our actions intentionally because, at this moment, everything matters so much more.

We hope you will reach out and join our advocacy group. You will receive emails highlighting actions that you can take, many from home and occasionally in person. You choose what feels right for you to do.

To join the group, please email advocacy@pflagsanjose.org.



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Upcoming Events

March 4: County of Santa Clara Office of LGBTQ Affairs invites you to **LGBTQ+ Know Your Rights** event!

Presented by Ming Wong, Esq. (he/him), Director of Community Justice and Access from National Center for Lesbian Rights (NCLR), this session will cover critical updates on legal protections for LGBTQ+ individuals and families in California.

You'll also learn about actionable steps to safeguard your legal rights and ensure you're informed and empowered. This free event is your opportunity to get the latest info on LGBTQ+ legal protections, ask questions, and leave with valuable tools in navigating LGBTQ+ rights.

Date: Tuesday, March 4th
Time: 11:30 AM - 1:00 PM
Location: Isaac Newton Auditorium,
[70 W. Hedding St. San Jose](#)

RSVP today to join in-person or virtual: tinyurl.com/LGBTQ-Rights20



March 5: Santa Cruz Warriors Pride Game.

March 18: **"Gender 101: Beyond the Binary"** presentation. *It will be on Zoom, at 7:00pm PST. This is when our Asian & Pacific Islander support group normally meets, but we're opening it up broadly to our chapter as a whole and others who might be interested.*

Understanding and supporting our gender-diverse community is more important than ever. This workshop will help equip us with knowledge and tools to make a positive difference. Two very passionate advocates and educators will present. They will guide us through the essentials of inclusive language, correct terminology, and simple, actionable changes we can make to foster environments where everyone is valued, seen, and supported.

This is an opportunity to expand our understanding and learn how to be an active ally. Whether you're new to these topics or looking to deepen your allyship, this session will offer valuable insights.

The presentation will last about an hour and there will be time for Q&A.

If you would like to attend, please send an email to info@pflagsanjose.org, and mention the "3/18 Gender 101 presentation". We will provide you with the Zoom link closer to the date of this special session.



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Upcoming Events

March 26 Advocacy Day in Sacramento with Equality California. It will be from 9:00-5:00pm. Registration deadline is 2/28/2025. Contact advocacy@pflagsanjoase.org for more information.

March 29 Trans Day of Visibility: LGBTQ+ Advocacy Day is a critical opportunity for community leaders, activists, and allies from across the state to come together to raise awareness about the growing threats facing the LGBTQ+ community — especially transgender youth and their families — and build collective power to advance change. This event will be held at the Billy DeFrank Center in San Jose.



May 18 - Save The date for PFLAG San Jose/Peninsula Picnic. Please join us for a day of fun and sun.



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PFLAG National Resources

Safety

- [“Safety Tips for PFLAG Chapters: Protecting Our Communities from Direct and Indirect Threats of Violence Recording & Training Toolkit”](#)
- [Guidelines for Handling Doxing & Trolling Online](#)
- [Crisis and Support Hotlines](#)
- [ACLU Passports and Gender Markers Intake](#)
- [The Transgender Law Center and Repro Legal Defense Fund](#)
- [A4TE Trans Survival Guide](#)
- [Delete Me](#)

Community

- [PFLAG Connects: Communities](#)
- [The PFLAG National Online Community](#)

Facts

- [Executive Order Explainers and Resources](#)
- [ACLU Anti-LGBTQ+ Legislation Tracker](#)

Advocacy

- [PFLAG National Advocacy Tools: Join the fight!](#)



Remember: Our LGBTQ+ community is strong. Many of us who are adults lived through dark times that the administration now wants to revisit. We not only survived it, but we have proven ourselves to be resilient, successfully passing laws and policies and finding communities of support to overcome.

We've been here before, and try as they might, we're not going to let them take us back.

In community,

The Team at PFLAG National

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PFLAG San Jose/Peninsula



Welcome to PFLAG San Jose/Peninsula

We Are Here for You



PFLAG supports, educates, and advocates for LGBTQ+ people and their parents, families, friends, and allies.

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 shortly.

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

Do you qualify to make tax-free donations, without itemizing deductions?

If you are over 70 ½ and have an IRA the answer may be yes! A Qualified Charitable Distribution (QCD) transfers money from your traditional IRA to a non-profit, without going into your income. It does not matter whether you currently have to take RMDs, as long as you are over age 70 ½ at the time of the donation. But if you do have to take an RMD, your donation counts toward that amount. Check with your institution to see whether they'll send the money directly to the charity for you, or send you a check payable to the charity for you to send on.

We would be very grateful if you considered a separate donation to the scholarship fund.

Also, if you are making larger donation, please send a check to help avoid the credit card transaction fees, of almost 5%.

Thank you!