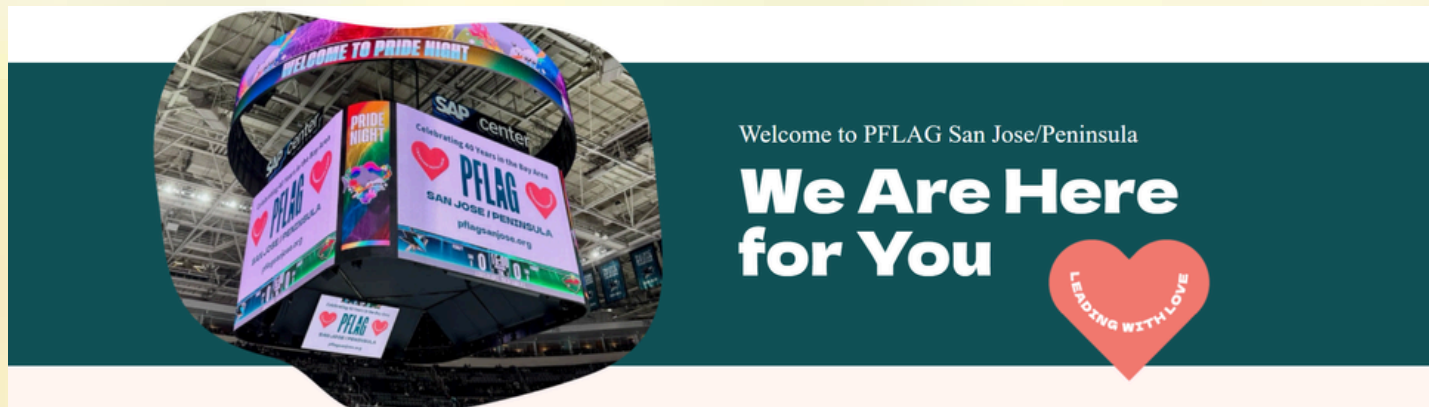


PFLAG San Jose/Peninsula Chapter

Oct/Nov 2025 Newsletter



Golden Leaves. Cozy Nights. Pumpkin Spice. Halloween Thrills & Holiday Chills—Fall Has Arrived.

Hello everyone,

Leaves are turning colors, air cooler, days shorter, some of you are no doubt enjoying your PSL (Pumpkin Spice Latte) and looking forward to holiday cheer. Fall reminds us of change and it's natural and inevitable. However, this fall brings a different kind of change: the political climate. Across our great nation and beyond, LGBTQ+ communities are facing renewed attacks; from anti-trans legislation and book bans to the rollback of healthcare rights and open hostility in public discourse. What was once assumed progress is now precarious again. The rhetoric is louder, the policies crueler, and the consequences more immediate. It's a much scarier time for our community, but this fall, let every cup of coffee, tea or PSL remind you that you deserve warmth, safety, freedom and you're not alone. We are here for you.

Sara is here to catch us up on everything that happened and will happen with PFLAG in her message on p2.

PFLAG is here for our community but really needs your support right now. Gloria Eldredge our Scholarship chair, launched the Scholarship Fundraising Drive this month. Details on page 3 on how you can support this great cause. Charity relies on the kindness and support of our community. Your support is critical during these times.

"You may have to fight a battle more than once to win it." Margaret Thatcher.

Hang in there, better times ahead. Remember to vote this November. Your vote absolutely counts!

Be safe,

Newsletter Editor

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President's Message

What a crazy time this has been.

Since the last newsletter came out July 23, what has happened? I am not going to repeat news reports to you. Instead, I will tell you some of what our chapter has been doing.

PFLAG San Jose/Peninsula attended Gilroy Pride and Silicon Valley Pride. We attended a Santa Clara County community meeting. We held our support group meetings. Members attended a school board meeting in San Mateo County to support transgender students.

We had a picnic! We had our 40th Anniversary Chapter Picnic. It was so fun. We also used the opportunity to have our annual meeting, to vote in a new board member, Rhiannon. Welcome to the board, Rhiannon! We are changing our fiscal year to match the fiscal year of PFLAG National. That is why we had an extra annual meeting in September. The earlier Annual Meeting was in March.

I look for the helpers, as Mr. Rogers used to say. I try to help. I sign letters, I attend meetings, I march in parades. I wear my pronoun pin, or I wear my rainbow bracelet.

This fall, I will attend the PFLAG National Convention, and the Santa Clara County LGBTQ+ Summit in Morgan Hill. I look forward to telling you about them in the next newsletter.

Understand what your fears are, attend support meetings, and take action.

Remember to vote!

sara

Support LGBTQ+ Student Leaders! Announcing the PFLAG San Jose/Peninsula Scholarship Fundraising Drive



Greetings PFLAG Newsletter Subscribers!

Each year, the San Jose/Peninsula chapter of PFLAG honors exceptional high school seniors from San Mateo and Santa Clara counties who have demonstrated leadership in advocating for LGBTQ+ rights in their schools and communities. These young people are courageous, passionate, and determined to create a better world—and we're proud to support their journeys through higher education.

Our chapter awards scholarships in the amount of \$6,000 to graduating seniors who exemplify what it means to lead with love and purpose. The San Jose/Peninsula Chapter of PFLAG has awarded nearly \$500,000 in scholarships since 1993.

This year, we have an ambitious goal: to fund five scholarships, totaling \$30,000, to be awarded to 2026 graduates.

That's where you come in. Your gift, no matter the amount, helps us reach this goal. Whether you're able to give \$25, \$50, \$500, or more, every donation helps fund these scholarships and affirms the value of LGBTQ+ youth and their allies.



Special Giving Opportunities:

- Fully fund a scholarship with a gift of \$6,000 and we will name it in your honor—or in honor or memory of someone you wish to celebrate.
- Team up with a friend or loved one to each give \$3,000, and the scholarship will be named after both donors.
- All donation amounts are welcome and appreciated—it truly takes a community to make this possible.
- Your donation is fully tax-deductible, and 100% of funds go directly to scholarships.

Donate Today! Use the [QR Code: \(Please choose "Scholarship Fund Donation"\)](#),
Online or By US Mail: Visit our Donation Website: <https://pflagsanjose.org/donate/>

Have questions about this program? Contact us at: scholarships@pflagsanjose.org

Thank you for believing in our young leaders and for helping us uplift the next generation of LGBTQ+ advocates. Together, we can ensure they feel seen, supported, and celebrated.

With deep gratitude,
Sara Larson, PFLAG San Jose / Peninsula Chapter President
Gloria F Eldredge, 2026 Scholarship Program Chair





A big shout out to all our members who wrote and showed up to the San Mateo Union High School District school board meeting on September 10th! The district's slight hesitation updating anti discrimination policy for LGBTQ+ students attracted attention from anti-trans activists who showed up to their meeting in August spreading misinformation and hate including some national figures who appeared virtually. We coordinated with other local orgs and teachers to write and show up at the next meeting and love louder! There were many moving statements and the trustees moved ahead with their vote, complying with state laws and education codes.

On October 10 one of our local members showed up with other allies to make public comments at the CIF (California Interscholastic Federation) meeting in Los Angeles to encourage their committee to comply with state laws and support inclusion of transgender kids in school sports. We were proud to be part of an amazing group delivering personal stories about how inclusion benefits everyone.

Get out and love louder at No Kings on October 18! There will be many events all over the country. Make a sign or just stand in solidarity, it's a good time to show up!

Want to be informed and get involved when there is a local call to action?
Email advocacy@pflagsanjose.org.

Jessica





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Year End Tax Tips for Charitable Giving.

What's new for 2025? What's new for 2026?

For the 2025 tax year there is no deduction for charitable contributions if you take the standard deduction. If you itemize you can deduct all of your charitable contributions, subject to the usual requirements. More people may itemize now that the SALT (state and local tax) limit has increased from 10k to 40k.

Starting with the 2026 tax year, charitable contributions of money are deductible for those taking the standard deduction. Single filers will be able to deduct up to \$1,000 and joint returns will be allowed up to \$2,000. (You might remember that they did this during COVID, but at a lower amount.) For those itemizing deductions, there will be a new threshold of charitable giving you must meet, before you can start deducting your contributions. Essentially, donations up to one-half of one percent of your AGI (adjusted gross income) will not be deductible. Multiply your AGI by .005 to see how much you won't be able to deduct next year if you itemize. Example: the first \$500 for an AGI of 100k.

Consult your tax adviser and don't let the tax tail wag your charitable donation dog.

Nina



Support Meeting Schedules

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.

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
11/5, 12/3 7:30 - 9:30 p.m.	Estamos Contigo (PFLAG en Español). This meeting is typically the first Wednesday of the month. Zoom only.
10/18, 11/1, 11/15, 12/6, 12/20 10am - 12 noon	Families of Transgender/Nonbinary family members is always on 1st and 3rd Saturday 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.
11/10, 12/8 7:00 p.m.	General Support, Peninsula. This meeting is always on the second Monday of the month. It is Zoom only.
11/6, 12/4 7:30 p.m.	General Support, South Bay meets in-person at the Billy DeFrank Center the first Thursday of the month
10/21, 11/18, 12/16 7:00 p.m.	Asian/Pacific Islander (API). This meeting is the third Tuesday of the month. Zoom only.
11/20, 12/18 7:00 p.m.	Board Meetings – Third Thursday of the month. Zoom only.

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Come join us for some fun!

- **Coffee/Tea/Yarn:** Let's hang out while we knit and crochet. Or just talk. This is an opportunity for fellowship, community. Please RSVP so Sara knows how many are coming.

Where: Cupertino Nirvana Soul

Date: November 8th at

Time: 10:30 a.m.

RSVP: Sara at president@pflagsanjose.org



- **San Jose Barracuda Pride Night:** PFLAG will have a table at the area, come check us out.

Where: Tech CU Arena, San Jose

Date: Oct. 24th, 2025

Time: Game start 7:00pm





Welcome to PFLAG San Jose/Peninsula

**We Are Here
for You**



Important PFLAG Contact information and Links

There are many ways to reach us for support or join our cause.

Email: info@pflagsanjose.org

Phone: 408-270-8182

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

www.pflagsanjose.org

<https://www.facebook.com/pflagsanjose>

PFLAG San Jose/Peninsula Chapter membership rates:

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

If you are over 70 ½ and have an IRA, you are qualify to make tax-free donations! 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!