



San Jose ♦ Peninsula Newsletter

November/December 2015

www.pflagsanjose.org

P.O. Box 2718, Sunnyvale, CA 94087

♥ NEED HELP? ♥ Call the Help/Info Line: (408) 270-8182 ♥

Moving Equality Forward

Stanford Children's Health has begun to offer medical and other services to transgender children and adolescents, with a plan to open a more comprehensive multidisciplinary clinic within the next year. The multidisciplinary clinic would bring all of the subspecialties transgender children and adolescents need to access – pediatric endocrinology, adolescent medicine, psychiatry, psychology, social work, OBGYN and urology – under one roof.

Stanford began offering hormonal treatments to transgender children and adolescents for the first time about six months ago, filling a void in the Peninsula. Families who previously approached Stanford for care typically were referred to the UCSF center. Teenagers with persistent gender dysphoria experience a high rate of psychiatric comorbidities, including depression, suicidal ideation and attempted suicide.

More information: www.paloaltoonline.com/news/2015/10/08/stanford-childrens-health-begins-to-offer-transgender-care



A new report from the U.S. government calls for an end to so-called “reparative therapy.” Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth, released on October 15th by the Substance Abuse and Mental Health Services Administration (SAMHSA) comes less than a year after the Obama administration endorsed efforts to ban the practice, which aims to change a person's sexual orientation, gender identity or gender expression. The report makes it clear that conversion therapy is not appropriate, and explores alternative ways to discuss sexual orientation, gender identity, and gender expression with young people. Read the full report:

<http://store.samhsa.gov/shin/content//SMA15-4928/SMA15-4928.pdf>



Governor Brown had a busy fall, signing two bills important to PFLAGers into law. On October 8th, he signed a landmark bill that protects transgender people who work for companies doing business with state agencies. The bill (SB 703), which was authored by openly gay Senator Mark Leno and co-sponsored by the National Center for Lesbian Rights (NCLR), Equality California, and the Transgender Law Center, prohibits state agencies from entering into a contract worth \$100,000 or more with any company that does not offer equal benefits to employees regardless of their gender identity.

On October 12th, he signed into law SB 731, a first-of-its-kind law explicitly requiring caregivers and state agents to take a young person's gender identity into consideration when placing foster children into supportive facilities. SB 731 goes into effect on January 1st, 2016.



Meeting Calendar

◀ NOVEMBER/DECEMBER ▶



- Nov. 9** San Mateo Support - **7:00 pm**
- Dec. 14** AAA — San Mateo
1650 S. Delaware, San Mateo
(2nd Monday of the month)
- Nov. 11** San Jose Support - 7:30 pm
- Dec. 9** First Congregational Church
1980 Hamilton Ave. (at Leigh)
(2nd Wednesday of the month)
- Nov. 14** Parents, Family & Friends of Transgender Children - 10 am
1017 Middlefield Rd., Redwood City
- Nov. 19** Straight Spouse Support-7:30 pm
- Dec. 17** Call our Helpline for info.
(3rd Thursday of the month)
- Dec.10** Board Meeting online - 7:30 pm
(No November Board meeting)
ALL ARE WELCOME!

GILROY and other locations:
Call the Helpline
for support and information:
(408) 270-8182



**January Newsletter Deadline:
Saturday, December 26**

Happy Holidays!



Best Wishes for the New Year!

ANNOUNCEMENTS

PFLAG Support Meetings

San Mateo, Monday, November 9 — 7:00 pm
San Jose, Wednesday, November 11 — 7:30 pm
San Jose, Wednesday, December 9 — 7:30 pm
San Mateo, Monday, December 14 — 7:00 pm

In December we will enjoy the company of old friends and new at holiday parties. Please bring snacks or a beverage to share. We will collect cash donations for the DeFrank Center HIV Testing Program in San Jose; or for AIDS Community Research Consortium in Redwood City. Or bring canned food for Second Harvest Food Bank.

Please note the new time for the San Mateo meetings!
Small group support is offered at all meetings.



**Support Group for Parents, Families
& Friends of Transgender Children**
Saturday, November 14 — 10:00 am

All parents, families, friends and allies of transgender persons are welcome — please join us! We meet in the Redwood City Library Community Room, 1017 Middlefield Road, between Jefferson and Main. There will be no meetings in December 2015 and January 2016. Monthly meetings resume on the first Saturday of every month beginning on February 6, 2016.

For more information, email: Trans@pflagsanjose.org ▼

NOTE: Redwood City requires this disclaimer on publicity for events held on city premises: *The meeting space is provided as a community service by the City of Redwood City. The City neither sponsors nor endorses this event nor the presenting individual or organizations.*

PFLAG Membership — Time to Renew!

Membership renewal is now underway! Many thanks to those who have already renewed. Our annual membership renewal period is October 1—January 31. Dues received after October 1 will be applied to next year, but your membership begins as soon as received. Paying your dues on time is a great help, and you can join or renew by mail, or online at: www.pflagsanjose.org.

Donations at the Benefactor, Angel, or Diva level, or to our Scholarship Fund, are deeply appreciated. Many employers offer matching programs that could double your contribution. If you ask your employer to make a matching gift, you will need to give them our EIN (Employer ID Number): 95-3750694. See *The Gift of Giving* brochure on our website for more information.

On behalf of our chapter, we thank you for your commitment to the mission of PFLAG and all you do to help us achieve our goals of support, education, and advocacy.

Your Finance Committee ▼

We Have a New PFLAG Facebook Page!

PFLAG San Jose/Peninsula has set up a new organization page at www.facebook.com/pflagsanjose, and it's better suited to our chapter's needs than the old page, so we're shifting our focus there.

We post our meetings and other events on our new page. Be sure to visit the new page and "Like" it, and, if you want to stay in touch, select "Get Notifications" and/or "Follow." We are no longer posting on the old page.

In addition to presenting all of our chapter's relevant information — mission, phone number, email, etc. — in a more readable and accessible format, the new page allows us to make a clean break from the open, unmoderated configuration of the old group page in favor of one that gives us more control over the posts that appear under our "PFLAG San Jose/Peninsula" name. All posts on the new page will be either written by or vetted by a chapter leader. You'll still be able to comment on posts at the new page without prior approval. If you have an announcement of interest to PFLAG San Jose/Peninsula members, please send a request by private message to the new page (see "Message" near the bottom right of the cover photo).

Meanwhile, to avoid confusion, we changed the name of the old page to "PFLAG SJP Forum." In a few months we'll reassess this "Forum" page and decide if we want to keep it, or merge it with the new page, or close it. ▼



**Join the San Jose/Peninsula
PFLAG Speaker's Bureau!**

By sharing our own personal experiences face-to-face, we aim to educate others about the issues that face lesbian, gay, bisexual and transgender people and their family members. Through the power of personal experience, we can deconstruct the stereotypes, misinformation and negative attitudes so prevalent in our society, and create a more compassionate, understanding, and unified world.

For more information about the PFLAG Speakers Bureau, please contact our Speakers Bureau Coordinator, Brian Chin at speakersbureau@pflagsanjose.org ▼



► Mark Your Calendar ◀

Nov. 20 — Transgender Day of Remembrance
Nov. 21 — Youth Empowerment Summit
Dec. 1 — World AIDS Day
Jan. 20-24 — Creating Change Conference

The Scholarship Committee Needs You!

Can you spare a little time for a great cause? Please volunteer to be a member of the San Jose/Peninsula PFLAG 2016 Scholarship Committee!

We need help with:

- ♦ End of January, Redwood City - Folding forms and stuffing envelopes for the mailing to high schools
- ♦ April - May, Palo Alto area - Someone to partner with PFLAG member Gloria in creating gift bags for the scholarship winners.
- ♦ May 9, 2016, San Mateo - People to help set up and clean up at the awards ceremony.

Anyone who has ever been part of the scholarship program has been richly rewarded with feelings of awe and gratitude for our gifted local young people. Contact Rosemary at: volunteer@pflagsanjose.org to get involved. ▼

PFLAG at YES - Youth Empowerment Summit November 21

Our San Jose/Peninsula PFLAG Chapter will have a table at this event for Northern CA LGBTQ youth.

The 11th Annual Youth Empowerment Summit (YES) will be held Saturday, November 21st, 9 AM-8:30 PM, at John O'Connell High School, 2355 Folsom Street, San Francisco, CA 94110.

YES is a FREE annual conference for lesbian, gay, bisexual, transgender, queer and ally youth activists who are dedicated to racial, economic, and educational justice for trans* and queer youth. YES is youth-planned and youth-led, and includes workshops, a drag show, a resource fair, and free HIV testing. Breakfast, lunch, and dinner provided. More information at: www.gsanetwork.org/yes

Many thanks to Windsor, Marti, and Kitty for staffing the PFLAG table, and to Amy for making the connections and arrangements with YES! ▼

**A thousand words will not leave
so deep an impression as one deed.**
Henrik Ibsen

Creating Change Conference 2016 January 20-24

Registration for Creating Change 2016 is open! We convene in the great city of Chicago at the Hilton Chicago. Limited Income/Student, Presenter, Age Waiver and standard registrations are all available now.

FREE registration for ages 18 and under, or 65 and older! Don't miss out! Register here:

www.creatingchange.org/registration/register-for-conference/ ▼



Transgender Day of Remembrance November 20

The annual Transgender Day of Remembrance (TDOR) is a day on which groups around the world hold vigils to remember those who have been brutally murdered simply because of their gender identity. The event is held in November to honor Rita Hester, whose murder on November 28th, 1998, inspired the *Remembering Our Dead* web project www.gender.org/remember and a San Francisco candlelight vigil in early 1999. For more information about TDOR and local events, visit: www.transgenderdor.org/ ▼



World AIDS Day December 1

World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and to commemorate people who have died. World AIDS Day, first held in 1988, was the first ever global health day.

Globally, an estimated 34 million people have HIV. More than 35 million people have died from the virus, making it one of the most destructive pandemics in history.

Today, many scientific advances have been made in HIV treatment, there are laws to protect people living with HIV, and we understand so much more about the condition. But despite this, people do not know the facts about how to protect themselves and others from HIV. Stigma and discrimination remain a reality for many people living with HIV.

Learn the facts here: www.worldaidsday.org/about-hiv.php ▼

'Ze' or 'They'? Using Gender-Neutral Pronouns

With LGBTQ folks fighting for more social and legal recognition, the restrictive options of "he" and "she" don't cut it anymore. The singular "they" is one gender-neutral option, but some people just can't get used to how grammatically wrong it sounds. There have been hundreds of other proposed options. Only a few have become common.

Here are two interesting articles with charts and definitions to help demystify this issue:

www.citylab.com/navigator/2015/09/ze-or-they-a-guide-to-using-gender-neutral-pronouns/407167/

<https://genderneutralpronoun.wordpress.com/>

Rule number 1: Don't make assumptions based on appearance. Above all, take someone's preferred gender identity seriously. Of course, people are complicated, and a pronoun is not the only thing that defines them. But as *Washington Post* columnist Steve Petrow said, "Language is about respect." ▼

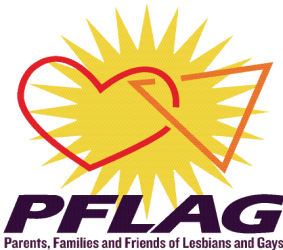
The PFLAG Newsletter

Published seven times yearly by San Jose/Peninsula PFLAG · P.O. Box 2718, Sunnyvale, CA 94087 · Phone: (408) 270-8182 · www.pflagsanjose.org

San Jose/Peninsula PFLAG is a tax-exempt, volunteer, community-based nonprofit organization. The San Jose/Peninsula Chapter is a member of PFLAG National, headquartered in Washington, D.C.

Your contribution is tax-deductible to the full extent provided by law.

**Would you like to volunteer?
Call the information lines.
We need your help – Call today!**



MEETINGS ♥ 2015

San Mateo Meetings are 7:00—9:00 PM
on the 2nd Monday of each month

San Jose Meetings are 7:30—9:30 PM
on the 2nd Wednesday of each month



Small group support is offered at all meetings.

Light refreshments are served at all meetings.

▼ PFLAG'S MISSION

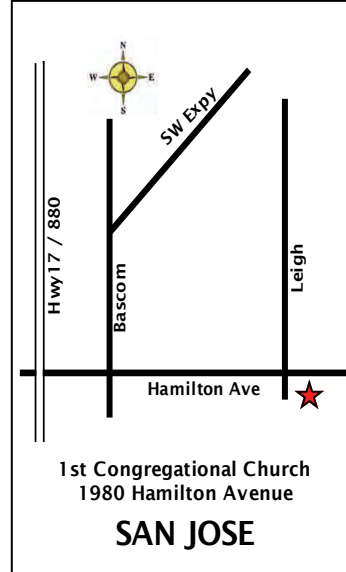
We provide love and support for all family members and friends. We work to create an environment of understanding so that our gay, lesbian, bisexual, and transgender loved ones can live with dignity and respect. These are our goals:

SUPPORT • EDUCATION • ADVOCACY

WHAT IS PFLAG?

PFLAG is a national support, education and advocacy organization for gay, lesbian, bisexual and transgender (GLBT) people, their families, friends and allies. With 200,000 members and supporters, and local affiliates in more than 500 communities across the U.S. and abroad, PFLAG is the largest grassroots-based family organization of its kind. PFLAG is a non-profit organization and is not affiliated with any religious or political institutions.

Your financial support makes PFLAG's work possible. As a chapter member you can also become engaged in the vital work of providing support, education and advocacy in your community. Even if you're not sure that you need PFLAG, remember that **PFLAG NEEDS YOU!**



MEMBERSHIP IN SAN JOSE / PENINSULA PFLAG ~ 2016

Send in this coupon to join, renew, or change your address!

- New** **Date** _____
 Renew
 Change Address **I want to volunteer!**

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Make checks payable and mail to: PFLAG • PO Box 2718, Sunnyvale, CA 94087. Your donations & membership are tax deductible.