



San Jose ♦ Peninsula Newsletter

January/February 2016

www.pflagsanjose.org

P.O. Box 2718, Sunnyvale, CA 94087

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

A New Year's Resolution

Our San Jose/Peninsula PFLAG Chapter would not exist without many generous gifts of time, energy, creativity and funds — from you, our valued members and friends.

We rely on you for funding our scholarships, newsletter, outreach, libraries, and much more. Your financial support is critical, but your willingness to work on carrying out the PFLAG mission of education, advocacy and support is just as essential. We are deeply grateful to all who volunteer!

If you haven't recently volunteered, here are some great opportunities. Sign up to bring refreshments to a meeting. Help us find speakers and programs that meet your needs and the needs of newcomers. Lend a hand to help with our Scholarship Awards program. Do you have a talent for desktop publishing or database expertise? It's not too early to let us know that you'll help out with San Francisco or San Jose Pride. The Board would love to have new members with new ideas — think about where you can step up to fill a need and have some fun, too.

So send in your dues and put PFLAG on your list of New Year's Resolutions—somewhere near the top! Our life as a PFLAG Chapter and as an agent of positive change for families, friends, and members of the LGBT community depends on you!

We wish you and your loved ones a happy, healthy and fulfilling New Year.

Your PFLAG Board, Finance Committee, and Support Chairpersons



The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.

Mohandas Gandhi

Meeting Calendar

◀ JANUARY/FEBRUARY ▶



- Jan. 11** **San Mateo** Support - **7:00 pm**
- Feb. 8** AAA — San Mateo
1650 S. Delaware, San Mateo
(2nd Monday of the month)

- Jan. 13** **San Jose** Support - 7:30 pm
- Feb. 10** First Congregational Church
1980 Hamilton Ave. (at Leigh)
(2nd Wednesday of the month)

- Feb. 6** **Parents, Family & Friends of Transgender Children** - 10 am
1017 Middlefield Rd., Redwood City
(1st Saturday of the month)

- Jan. 21** **Straight Spouse** Support-7:30 pm
- Feb. 18** Call our Helpline for info.
(3rd Thursday of the month)

- Jan. 21** **Board Meeting** online - 7:30 pm
- Feb. 18** (3rd Thursday of the month)
ALL ARE WELCOME!

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



March Newsletter Deadline:
Friday, February 19



Happy New Year!

ANNOUNCEMENTS

PFLAG Support Meetings

San Mateo, Monday, January 11 — 7:00 pm
San Jose, Wednesday, January 13 — 7:30 pm

San Mateo, Monday, February 8 — 7:00 pm
San Jose, Wednesday, February 10 — 7:30 pm

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, February 6 — 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 meeting in January. 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. 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 for all you do to help us achieve our goals of support, education, and advocacy.

Your Finance Committee ▼

► Mark Your Calendar ◀

Jan. 20-24 — Creating Change Conference

May 9 — PFLAG Scholarship Awards Ceremony

Check Out Our 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.

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 are still 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 ▼

Creating Change Conference 2016 January 20-24

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

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

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



The Scholarship Committee Needs You!

Can you spare a little time for a great cause? Please volunteer to help the Scholarship Committee!

We need help with:

- ♦ **Saturday, January 23, 10 am to 1 pm** — Redwood City Library: Folding forms and stuffing envelopes for the mailing to high schools. Bring your coffee or tea; pastry will be served.
- ♦ **Monday evening, May 9** — San Mateo: 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 or phone our Info/ Helpline to volunteer your time and energy. ▼



World AIDS Day — Report

President Obama and Members of Congress rededicated their commitment to eradicating HIV/AIDS on World AIDS Day, December 1st. The White House Office of National AIDS Policy (ONAP) issued its 33-page plan updating the *National HIV/AIDS Strategy*; Senators reintroduced the *REPEAL HIV Discrimination Act* as the companion bill to the House bill introduced in March 2015; and President Obama issued a World AIDS Day Proclamation.

Read more: www.washingtonblade.com/2015/12/01/obama-lawmakers-rededicate-efforts-world-aids-day/ ▼

Life Insurance Companies See Good Outlook for Survival with HIV

Two companies are for the first time jointly offering life insurance to people living with human immunodeficiency virus (HIV) in recognition that their life expectancies are close to those of uninfected individuals.

Previously, HIV-positive individuals would automatically be denied life insurance. The plans will be offered through a partnership between Prudential Financial Inc. and AEQUALIS, which focuses on serving people with HIV. People who qualify will be offered standard plans that are the same as those offered to any other customer.

The announcement of the insurance plans coincided with World AIDS Day. Read more: www.reuters.com/article/us-health-hiv-insurance-life-idUSKBN0TK5K420151201 ▼

How wonderful it is that nobody
need wait a single moment before
starting to improve the world.

Anne Frank

Transgender Books for Children & Youth

While there are not yet many children's and young adult books featuring transgender characters, here are a few, and some nonfiction titles:

www.valsa.ala.org/thehub/2015/11/20/transgender-day-remembrance-booklist/ ▼

Project Outlet Support Groups — Update

Project Outlet groups now meet in San Mateo and Mountain View:

San Mateo — Junior Gym, 811 South B St., San Mateo 94401:

- **Youth Group** (ages 10-18), 2nd & 4th Thursdays, 6:30-8 pm
- **De Ambiente II** Grupo en Espanol (ages 10-25), 1st & 3rd Tuesdays, 6:30-9 pm

Mountain View — CHAC, 590 W. El Camino Real, Mountain View, 94041:

- **Youth Group** (ages 10-18), every Monday, 6-8 pm
- **Grown Folks** (ages 18-25), 1st & 3rd Tuesdays, 6-8 pm
- **De Ambiente** Grupo en Espanol (ages 10-25), 2nd & 4th Fridays, 6-9 pm
- **Trans* Group** (ages 10-18) 1st & 3rd Wednesdays, 6-7:30 pm

For more information: Email: info@projectoutlet.org · Phone: 650-965-2020 ext. 122 ·

Online: www.projectoutlet.org ▼

3 Great Free PFLAG Publications!

Download your free copies today...

Our Trans Loved Ones

<http://community.pflag.org/document.doc?id=921>

For parents, families, and friends of people who are transgender and gender expansive, this great new publication includes a wealth of information, first-person stories, expert input, and more.

Guide to Being a Trans Ally*

<http://community.pflag.org/document.doc?id=904>

For parents, families, and friends of people who are transgender and gender expansive, this great new publication includes a wealth of information, first-person stories, expert input, and more. This guide will help you learn more about what "transgender" means, become better informed about the challenges many trans people face, and learn specific ways that you can be a strong trans ally!

Guide to Being a Straight Ally*

www.straightforequality.org/document.doc?id=1023

Originally published in 2007, this newly updated edition offers brand-new content on who allies are, the ally journey, navigating conflict for allies, additional personal stories, and much more. ▼

