

**PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them.**



**P.O. Box 617 Buffalo 14207**  
[www.pflagbuffalo.org](http://www.pflagbuffalo.org)  
**Helpline 716.883.0384**

**JANUARY 2026**

**135358**



### **Sharing Meeting Change**

**We will meet virtually during the winter. With our unpredictable weather, it is hard to plan a month at a time. People from near and far can join via Zoom. This way, there is a consistent "site" during our often very harsh winter days.**

**We will return to in-person meetings in the spring at the University Presbyterian Church with a hybrid option.**

The PFLAG Buffalo/Niagara logo is centered. To the left is a black megaphone icon with three curved lines above it representing sound. To the right is a yellow hand holding a rainbow-colored rainbow icon. Below the logo, the words "BUFFALO/NIAGARA" are written in a dark blue, all-caps sans-serif font.

**We will meet virtually via Zoom this month**  
**Sunday, January 18th**  
**1:00-2:00**

**You do not have to have a Zoom account. Please leave a message on our Helpline (716-883-0384) to get the codes. If you have attended virtually, the same codes they will give you access.**

The Buffalo Sabres logo, which features a blue silhouette of a bison head facing left, with two crossed sticks in front of it, all set against a yellow background.

**Buffalo Sabres Pride Night, Tuesday Jan. 6<sup>th</sup>**  
**Sabres v. Vancouver Canucks**  
**Consider attending to show winter Pride!**  
**Look for PFLAG members and friends.**  
**Go Sabres!**



## PFLAG Buffalo/Niagara



### ***PRECIOUS MEMORIES***

***Recently, Brian LaBella, former PFLAG B/N member, wrote this heartwarming Facebook post.***

**My father, Nicholas La Bella, passed away twenty-five years ago today. Hard to believe it's been so long. But I'm not feeling sad as I've been visited lately by the happiest of memories.**

**So many little things. I won't bore y'all with everything that pops in my head and heart.**

**I remember the way my dad used to roll up my socks when I was little and gently roll them back up my feet - sometimes after a little "this little piggy went to market." Then he'd pop on my shoes with a shoehorn. He'd always sing to me when getting me ready for bed. He really did have a lovely voice that I did not inherit! Oh...and he took the job of inspecting Halloween candy very seriously. And I don't think he even took any!**

**I'll fast forward to the time I was in graduate school and decided to come out to him on National Coming Out Day. I was more than a bit nervous - not necessarily for fear of rejection - just awkwardness. The first words out of his mouth were "we love you". That's an indelible memory.**

**Eventually my dad met my then boyfriend and now hubby - Keathy. I so miss the two of them together! EVERY SINGLE TIME my father greeted Keath - he said, "Am I getting shorter or are you getting taller?" and Keath would chortle as if hearing that for the first time. I recall early on my father pulled out old photo albums and showed Keath —→**



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vintage photos of yours truly. And I certainly won't forget the Cheshire cat grin Keath had when my dad handed him the albums.

I had an epiphany of sorts. I'm pretty certain this flood of memories serves as a reminder I was precious to my dad, just as precious as my memories are of him.

**Brian and Keath now live in New Orleans where Brian is still involved with PFLAG.**

***WE HIGHLY RECOMMEND!!! 5.5 Stars!!!***

***I Changed My Mind*** is a series from PFLAG National, creative studio Second Peninsula and award-winning filmmaker Brooke Sebold that shines a light on personal journeys of growth, courage, and change. Each film profiles a unique intersectional experience across race, ethnicity, gender identity, sexual orientation, faith and geography, and all five episodes are now available on the PFLAG National YouTube channel. We encourage you to watch them these short and powerful videos. Please, please follow this link to watch this trailer for newest segments and you will want to watch episode after episode.

[https://www.youtube.com/shorts/Q8\\_owxOl8hM](https://www.youtube.com/shorts/Q8_owxOl8hM)

Or simply visit [www.Youtube.com](https://www.youtube.com) and search for ***I Changed my Mind***.

**DID YOU KNOW?** DONATIONS OF \$15.00 OR HIGHER TO PFLAG BUFFALO/NIAGARA GIVE MEMBERSHIP PRIVILEGES (VOTING FOR MANY KEY ISSUES, ANNUAL BOARD POSITION VOTING RIGHTS, AND A BLING BAG OF MERCHANDISE). A PORTION OF EACH MEMBERSHIP DONATION IS SENT TO PFLAG NATIONAL.



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Being in my school's GSA club is a great experience, one of which I would recommend and have recommended to many people. It's such a fun and accepting environment and it allows so many people who are different from each other to come together and just have a good time. Our GSA allows us to hold events, fundraisers, and field trips bringing everyone in the group together. It's a privilege to be able to do these things as it's not common in other schools or areas to do so. It's overall a positive environment that accepts everyone and treats everyone as equals. Personally, I am very grateful for the club as being a part of the LGBTQ community is not looked at positively by the people and family around me. This club allows me to be my authentic self without the fear of being judged by anyone. Over my 3 years of participating, I have felt nothing but kindness and acceptance from the teachers and students, which is rare to find in other clubs and communities.

Miliana



We recently granted funds to the Gender Sexuality Alliance Club at the Charter School for Applied Technologies. Club members wrote about what this group means to them. Enjoy these two responses shared below.

GSA is a place where I can have the freedom to not be judged. It's a safe place that gives me a break from my responsibilities and burdens. GSA is so fun and lively. It's an environment that promotes growth as well as and all are welcome. It feels like a little community bursting with different people from different walks of life. As a senior I am glad that even in my last year when I think I'm aging out of GSA; I'm not. I'm getting closer to everyone and feel like I truly belong there. It is a safe space where I can have no worries.

Lillyan



Advisors to middle and high School GSA groups can apply for Grants of up to \$500. Information can be found on our website, [www.pflagbuffalo.org](http://www.pflagbuffalo.org) under Scholarships/Grants tab. Spread the word!

