



# HeartBeat



PFLAG Olympia, Washington

Issue 132~ Winter 2016-17

## Board Members Moving On by Dana McCormick

I am sad to announce that Hilary Robbins, Kathryn Coffman, and Jason McCormick each will be stepping down off our Board of Directors at the beginning of the year. We will miss them and want to ensure they know we are thankful to have worked with each of them and thanked them for their time and efforts. We will greatly miss them all.

### Kathryn

Kathryn Coffman has been attending PFLAG since 2011 when was 16 years old, a student at Avanti High School and a member of the school's Pizza Klatch group. PFLAG Olympia invited Pizza Klatch kids to a program on bullying in schools, and she was invited to speak about her experiences. She immediately fell in love with what PFLAG stood for and emailed Alec Clayton requesting to get involved. She joined the board right after and never left. Kathryn served as a regular board member for a few years, then took over as Secretary. Social media management has always been a part of her duties.

Kathryn graduated this past June from the Evergreen State College with a Bachelor of the Arts emphasizing in business management, marketing, and psychology. In December of 2015, Kathryn launched her own digital marketing business, Fashionably Frank Marketing, specializing in helping small businesses and nonprofits with their websites and blogs, social media and email marketing efforts. Also, Kathryn runs a lifestyle blog, Fashionably Frank at [www.fashionablyfrank.com](http://www.fashionablyfrank.com). You can learn and share Kathryn's marketing services at [www.fashionablyfrankmarketing.com](http://www.fashionablyfrankmarketing.com).

### Jason

For those of you that do not know me, I have been with PFLAG for a short five years now and have severed on the board for two of those years. This January marks the end of my board term. I do this with a heavy heart, I have enjoyed my time working with the board and feel that we, with all of your help, have done some amazing things in our community. As some of you know, back in October I retired from the Army after a 20-year career and have now entered the civilian workforce. WOW, what a change! I have traded in my combat boots and uniform for loafers and a tie. My transition to the civilian workforce also means I went from "being in charge" to reporting to a boss every day. Hence the reason I am stepping off the board. I need to dedicate some time to building a solid foundation in my new organization and climb that corporate ladder for a little while. Though I will no longer be on the board, I will still be at United Methodist the second Sunday of the month, and you will still see me out at PFLAG events.

For anyone who would like to get more involved with PFLAG and supporting the community, joining the board is a great way to give back. Over the past eight years, we have made great strides toward equality for the LGBT community, though we are not there yet we are closer than before. We have challenging times ahead and much work to be accomplished for PFLAG to promote the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through Support to cope with an adverse society, Education to enlighten

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PFLAG-Olympia meetings are held the 2nd Sunday of each month, 2-4:30 p.m. at First United Methodist Church, 1224 Legion Way SE, Olympia. The first hour includes a welcome, introductions, and our program, followed by snacks and support circles.

## What is happening at upcoming meetings?

**December 11** – Annual Holiday Party. We'll have a white elephant gift exchange and lots of snacks and good cheer.

**January 8** – Resource Fair. Representatives from various local organizations will be join us for informational tabling.

**February 12** – Open for member suggestions, please send to [president@pflag-olympia.org](mailto:president@pflag-olympia.org).

**March 12** – Guest speaker Dr. Renee Webb, a former government minister from Bermuda, to discuss color, gender and privilege.

**April 9** – Open for member suggestions, please send to Guest.

**May 14** – Redefining Family.

**Also coming up:** ice cream social in July, annual picnic in August, candidate's forum in October. We hope you will join us for these meetings and other PFLAG-Olympia events.

**Our Mission** – PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through:

- Support** to cope with an adverse society,
- Education** to enlighten an ill-informed public, and
- Advocacy** to end discrimination and to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.



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**Hilary**

Hilary was twenty years old when she attended her first PFLAG meeting in 2004. She was looking for a place to learn more about the community and also meet like-minded and supportive people. After attending her first meeting, she knew she had found the right place. Hilary regularly attended meetings until February 2012, when she decided to take a more active role and officially joined the Board of Directors. She has served as the Vice-President since January 2014. In addition to her time on the board, she also spent two years with Pizza Klatch. Hilary attends South Puget Sound Community College where she is working on obtaining her Associate of Arts degree.

From Hilary: "I enjoyed my time on the board of PFLAG-Olympia, and am honored and humbled to be a part of it. Sadly, I feel it's time to step down and explore new opportunities. Volunteering is very important to me, and I would like to contribute to other organizations that I'm passionate about. Even though I will no longer be on the board after this month, I'll still be a part of PFLAG, attending meets when possible and, hopefully, tabling at some events".

**HeartBeat** is a free publication of the PFLAG chapter in Olympia, Washington, now published quarterly. The editors are Alec & Gabi Clayton.

Have you paid dues or donated to PFLAG-Olympia lately? Contact our treasurer, Larry Kronquist at [treasurer@pflag-olympia.org](mailto:treasurer@pflag-olympia.org) and he can check dues status. Donations are welcome!

Join or donate:  
<http://www.pflag-olympia.org/membership.html>



**Subscribe to the PFLAG-Olympia Alert List!**

The PFLAG-Olympia Alert is a one-way announcement email listserv designed to inform our members and friends of upcoming events.

To subscribe, send your request to be added to [newsletter@pflag-olympia.org](mailto:newsletter@pflag-olympia.org) or subscribe online with the form at <http://pflag-olympia.org/newsletter.html>



**NEW or RENEWAL PFLAG MEMBERSHIP**

Please check the membership types you prefer:

- |   |  |
|---|--|
| <input type="checkbox"/> Individual \$35                | <input type="checkbox"/> Supporter \$100 |
| <input type="checkbox"/> Household \$50                 | <input type="checkbox"/> Educator \$250  |
| <input type="checkbox"/> Senior/Student/Low Income \$15 | <input type="checkbox"/> Advocate \$500  |
| <br>  |  |
| <input type="checkbox"/> New                            | <input type="checkbox"/> Renewal         |

Membership \$ \_\_\_\_\_

Add this amount as my tax-exempt gift \$ \_\_\_\_\_

**TOTAL MEMBERSHIP AND GIFT \$ \_\_\_\_\_**

DATE: \_\_\_\_\_ PHONE: \_\_\_\_\_

Signed: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

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- I want Olympia's quarterly newsletter *HeartBeat* **print version only.**
- I want Olympia's quarterly newsletter *HeartBeat* **sent as email only.**
- I want Olympia's quarterly newsletter *HeartBeat* **both print and email.**
- I want to be added to the PFLAG-Olympia **email alert list.**

**PFLAG Olympia, P O Box 12732; Olympia, WA 98508-2732**  
 PFLAG is a tax-exempt non-profit 501(c)(3) organization not affiliated with any political or religious institution.



**PFLAG**  
 Olympia, Washington

**MEETS** at 2PM on the second Sunday of each month at First United Methodist Church, 1224 Legion Way SE, Olympia. It is handicap-accessible. In August we meet at 1pm for a potluck picnic in a local park.

**DIRECTIONS:** From Sylvester Park on Capitol Way and Legion Way, go 12 blocks east on Legion Way to Boundary Street. Turn left around the church. Park in the lot at 5th Avenue and Boundary and enter through the glass doors.

**Mailing address:**  
 PO Box 12732; Olympia, WA 98508-2732

**For more information:**  
 email: [info@pflag-olympia.org](mailto:info@pflag-olympia.org)

**Or go to our website:**  
<http://pflag-olympia.org>