



# HeartBeat



PFLAG Olympia, Washington

Issue 102~ November-December, 2010

## Vote Now

by Virgil S. Clarkson

*Editor's note: This article was written before the November 2010 election, but some readers may not get it until after the election. However, the imperative to vote and vote with knowledge does not go away when this election is over.*

Each year there are elections of one or another magnitude. This writing is not about the magnitude, or severity of this Election Day. The purpose is to reiterate the necessity of exercising the right and responsibility to vote.

This years vote is the so called "off year" general election. This represents the national election between presidential elections. This election is made up of candidates for national office that wishes to represent us in Washington D.C., and also candidates for local and State offices - a very ambitious ballot.

The results from this ballot will impact this community, State and Nation both immediately, and for years to come. The previous statements were intended to indicate the wide range of issues and positions which should require the total attention of all eligible voters.

Each native born or naturalized citizen has a right to vote, if they have reached the age of 18 years, taken the opportunity to properly register, and have not lost that right; by virtue of being guilty of a felony and losing that right to participate in the voting process. Therefore, I ask all who may read this article, if you are 18 years of age or older, and a legal resident of the State of Washington, please register to Vote. After having met these criteria, take the time to familiarize yourself with all of the pertinent issues and candidates, then; 'Vote!!'

Voting is the desired end, but Voting with knowledge is even better. To cast a ballot simply to cast a ballot and say you have voted is not the desired intention.

Vote, but Vote with Knowledge.

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

Unsolicited articles are welcome and are due by the 15th of even-numbered months. The editors reserve the right to reject or edit material.

**The deadline for the next issue is 12/15/2010**

Mail submissions to:  
**HeartBeat**  
P.O. Box 12732  
Olympia, WA 98508-2732

Or email to: [newsletter@pflag-olympia.org](mailto:newsletter@pflag-olympia.org)



▼ **SUNDAY, NOV. 14, 2-4:30PM**

### Making our schools safe and welcoming for LGBTQ students

Students, teachers, counselors and school board members from area school districts have been invited to join in the discussion on school safety.

▼ **SUNDAY, DEC. 12, 2-4:30PM**

### White Elephant Gift Exchange

Once again we will celebrate the holiday season with a white elephant gift exchange. Bring ugly, crazy, silly gifts to foster on your fellow PFLAG members. If you've not yet attended one of these you have no idea how much fun it is.



### PFLAG— Olympia meeting format

2:00–2:30 p.m.	Introductions
2:30–2:40 p.m.	Announcements
2:40–3:15 p.m.	Support
3:15–3:30 p.m.	Social time/snacks
3:30–4:30 p.m.	Program (see above)

Note: Sometimes we have a longer program time and shorten other parts of the meeting.

**In August** we meet in a local park instead of at the church, and that meeting is from 1:00–4:00p.m.

### The PFLAG Mission

To promote the health and well-being of gay, lesbian, bisexual and transgendered 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.

THE DURABILITY OF PREJUDICE IS NO REASON TO GO SLOW IN PUSHING FOR FULL EQUALITY. SPEAK UP FOR FAIRNESS, AND TRUST THAT THE NATION WILL CATCH UP. ~ DEB PRICE

### 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, go online to:

<http://lists.pflag-olympia.org/listinfo.cgi/alert-pflag-olympia.org>

## About Religion

This is something that is read at meetings at the Detroit PFLAG.

*You may find in your support groups that there are frequent discussions centered around "religion." Please understand that this subject, in no way indicates that PFLAG is a religious organization. It happens that religion has played an important role in many people's lives and has often been the source of some pain in coming to grips with one's own or ones child's sexuality. The subject of religion therefore is one which comes up quite naturally when people are struggling with what their faith says about their sexuality and what they know themselves, through their own experience. PFLAG does not endorse or support any particular religion. We are a secular organization made up of many different (and sometimes no) faiths.*

### **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  |

New     Renewal

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

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

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

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

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

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

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

- I want Olympia's bi-monthly newsletter *HeartBeat* print version only.
- I want Olympia's bi-monthly newsletter *HeartBeat* sent as email only.
- I want Olympia's bi-monthly 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**

Parents, Families and Friends of Lesbians and Gays

**MEETS** at 2PM on the second Sunday of each month at First United Methodist Church, 1224 Legion Way SE, Olympia. It is handicap-accessible.

**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://www.pflag-olympia.org>