



HeartBeat



PFLAG Olympia, Washington

Issue 123~ Fall 2014

Love, loss and celebration of life

by Courtney Schrieve

The first time I met Board member **Steve Mast** I remember noticing his heart. He and his family were there to support his son, Gavin, whom you could tell he loved and worried about a lot. As is the PFLAG way, we sat in a circle as the meeting started. I remember the tears, the hugs and compassion — and I saw myself in Steve because I had been there too.



Fast forward a couple years. Steve was going through some tough times personally, but kept diligently coming to PFLAG — helping pass the famous hot pink PFLAG stickers out at Pride with a special “toilet paper” roll dispenser he had created for faster service at the parade; serving up fancy treats like cucumber water and chilled dips at the PFLAG meetings when others (like me) brought a bag of chips or crackers; and finally — despite his busy work travel schedule — joining the PFLAG board in June with a fire-like passion to help more kids like his son and their families.

That's why I was devastated when I learned of his death via a Facebook post from his son late last month. This guy had so much love yet to give others and so much energy for the cause. In slow motion in a library parking lot I called each board member to share the tragic news. It just seemed surreal.

Ironically, the one who pulled us together was his son, Gavin. He asked us to share positive memories of his Dad — and there were plenty!

“Fellow Hoosier. Fellow Veteran. Fellow PFLAG parent.”

“He rose to the occasion to be a powerful and enthusiastic advocate for the LGBTQ community.”

“He used to work as a hearing conservationist...was looking forward to having more conversations about that. He was a really smart guy.”

“He had a heart of gold.”

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Sept. 6: Pizza Klatch hosts Annual Gala to support LGBTQ Youth

“A Slice of the Good Life!” Annual Gala and Silent Auction for Pizza Klatch? This star-studded event will feature Vicci Martinez (local “The Voice” star) and The Righteous Mothers. Pizza Klatch offers weekly lunchtime support groups for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning, Intersex and Asexual Youth (LGBTQQIA) and their allies in Thurston County. Visit www.pizzaklatch.org/gayla for tickets or call 360-339-7574 to get involved.

UPCOMING MEETINGS: Bring a friend!

PFLAG-Olympia meetings are held the 2nd Sunday of each month, 2-4 p.m. at the United Methodist Church, 1224 Legion Way SE, Olympia. Usually, the first hour includes a welcome, introductions, support circles, and snacks. The second hour is our program. We are also willing to chat or meet outside PFLAG for one-to-one support.

FALL PROGRAMS:

September 14: Want to learn more about Diversity and Inclusion at DSHS? Don't miss speaker Marianne Ozmun-Wells, MMPA, BFA, the Diversity Policy Manager of this office which supports all of DSHS in improving cultural competence, diversity, and inclusion, in hiring, contracting, and services. Get ready for some lively discussion and fun exercises to help break down the “pillars of heteronormativity.”

October 12: Want to know who is running for office in November, what they stand for and what their issues are? Then don't miss our very well-attended candidates' forum where you can get up close and personal with local candidates and find out where they stand on LGBTQ issues too.

November 9: Suicide and depression are not uncommon in the LGBTQ community. Come help us learn more with a panel of experts on what to look for, how to help, suicide prevention and local resources to assist those suffering -- and those who love them.

*Note programs are subject to change. Check our website or FACEBOOK for updates!

Our Mission — PFLAG promotes 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.

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.

“Tell me who you love, and I'll tell you who you are.” ~ Creole proverb

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"He was so proud to be a PFLAG Dad."

Rest in peace dear friend. We will miss your smile, your bursting pride for your sons and passion for equality and respect for all.

Note: We will hold a short memorial in Steve's honor at the September meeting.

WE NEED MEMBERS! PFLAG-Olympia services are free, but every donation counts. In order to keep providing the advocacy, support and education services our community has come to expect and need, we need to maintain and increase our membership. Memberships range from \$15-\$50 but any amount is appreciated. Contact our treasurer, Larry Kronquist, treasurer@pflag-olympia.org and he can check your dues status. You can now also donate by credit card on our website!

Go Paperless!

If you would like to help save us postage and paper, please email newsletter@pflag-olympia.org and ask to be put on our **email-only** Newsletter and Alert list. Thanks!

 **LIKE US ON FACEBOOK!**
<http://www.facebook.com/PFLAG.Olympia>

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

Unsolicited articles are welcome. The editors reserve the right to reject or edit material.

The deadline for the next issue is Nov. 15

Mail submissions to:

HeartBeat
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Olympia, WA 98508-2732

Or email to: newsletter@pflag-olympia.org



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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>

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: _____
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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. 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

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