



HeartBeat



PFLAG Olympia, Washington

Issue 128~ Winter 2015-2016

Our Year in Review And Looking Ahead

by Dana McCormick, President
PFLAG-Olympia

Es this year comes to an end I have reflected on our chapter's outreach in supporting our community. It has been a fulfilling year. While we have had some amazing advances within the community such as marriage equality, we must continue to reach out to those who are in need of support, advocacy and education. Many of our LGBTQ family and friends continue to suffer from oppression. I am asking each of you to watch for upcoming events this next year and to volunteer when you're available. Each of us has unique experiences that are valuable when meeting those who are in need of support.

Below are the 2015 events our chapter participated in. At each of these we provided support and resources for those in need. This coming year we will need your help in continuing to do the same and more.

2015 Events and Tabling

Queerance Rack with CYS
Queer I am SPSCC
Farmer's Market Tabling
Timberline High School Tabling
JBLM Pride Event
Capital City Pride
Annual Garage Sale Fundraiser
Red Wind Casino
Military Discussion Group (x2 per

month)
Jakes Fundraiser
Walk Out of the Darkness
Tacoma AIDS Walk
Seattle End of AIDS Walk
North Thurston School District
Resource Event
Evergreen Queer and Trans Reception
Painted Plate Social
River Ridge Pizza Klatch
LGBTQ Holiday Pot Luck
Stonewall Gala

Public Meeting Programs in 2016*

January - Meg Martin, Program Director of Interfaith Works Emergency Overnight Shelter speaks with us about LGBTQ homeless youth.

February - The broader definition of "Trans" within gender non-conformity.

March - Conversation on conflict within the community

April - Open House with LGBTQ organizations and services

May - Redefining family

June - Interfaith panel on issues related to the LGBTQ community

July - Ice Cream Social with discussion (topic TBD)

August - Annual Picnic

September - HIV/AIDS Prevention with PCAF representative Justin Taylor

October - Annual Candidates Forum

November - Behavioral health, suicide, self-harm prevention

December - Annual Holiday Party

* Some programs are subject to change. Sign up for our email Alert list for up to date information—see page 2 for how to sign up.



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

What is happening at upcoming meetings?

Dec. 13 – Our annual Holiday Party. Lot's of snacks and good times, with a fun and silly **White Elephant Gift Exchange**.

Jan. 10 – Meg Martin, Program Director of Interfaith Works Emergency Overnight Shelter speaks with us about LGBTQ homeless youth.

Feb. 14 – The broader definition of "Trans" within gender non-conformity.

See schedule for the rest of the year under the heading "Public Meeting Programs in 2016" to left.



When to expect your Heart Beat

March 2016

June 2016

September 2016

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

Join or donate:

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

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.

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart." ~ Helen Keller

Come to our annual Holiday Party on Sunday, Dec. 13. Bring white elephant gifts — wrapped. Cheap stuff. Re-gifting. Stuff you wouldn't give your mother-in-law. Our members will take turns picking gifts to unwrap. When it's your turn you can either take your chances picking a wrapped gift or you can steal one that's already been opened.

Hilarity guaranteed to ensue.

P.S. You can bring a nice gift too, but please keep it under \$10.

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!

NEW or RENEWAL PFLAG MEMBERSHIP

Please check the membership types you prefer:

- Individual \$35
- Household \$50
- Senior/Student/Low Income \$15
- Supporter \$100
- Educator \$250
- 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 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.**

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PFLAG is a tax-exempt non-profit 501(c)(3) organization not affiliated with any political or religious institution.

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"Homophobia is like racism and anti-Semitism and other forms of bigotry in that it seeks to dehumanize a large group of people, to deny their humanity, their dignity and personhood. This sets the stage for further repression and violence that spread all too easily to victimize the next minority group." ~ Coretta Scott King



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



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

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