



# Heart Beat

Parents, Families and Friends of Lesbians and Gays



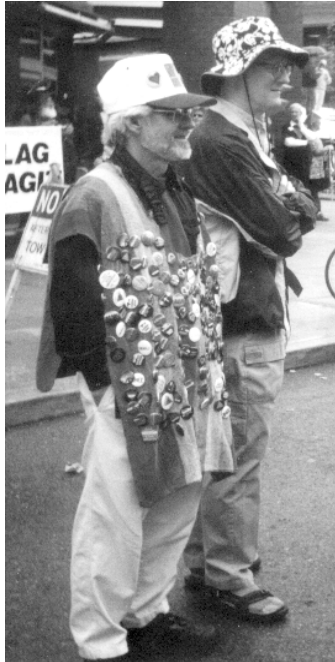
PFLAG Olympia, Washington

Issue 54

Nov.-Dec. 2002

## Looking Back...& Forward

By Mike Walsh



Alec Clayton and Mike Walsh at Seattle Pride., June 2001

but "do-able" commitment. If I had thought then about December 2002, I would have thought "eternity", and not so do-able.

Anticipating the passage of time is a forever perspective. Looking back on the passage of time, I get the feeling of "how could it go by so fast?"

The four years have passed quickly. I am grateful that the backbone of PFLAG Olympia has gotten immensely stronger. So many of you are carrying major responsibilities. We have undertaken some creative ventures: The "Have you been out lately" billboards, marching in Pride Parades (for the first exhilarating, scary time), lobbying school boards, speaking to district superintendents.

I also think we plowed new ground with many of the Sunday programs: Financial Planning for gay & lesbian partners, Adoption for same sex couples, and the annual holiday Light and Gratitude experience.

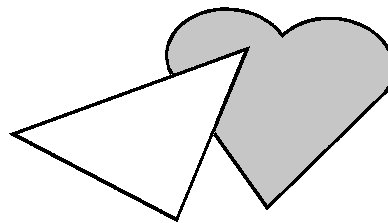
Four years has rushed by and I am winding down my final few weeks as president of PFLAG Olympia. In 1998 when Amory Peck and Paul Beeman recruited me (that is a mild euphemism for strong-arm coercion), a two-year term sounded like a long

Although 2006 sounds like forever away, it is only four years off. It too will go by rapidly. If you are wondering how to plug into PFLAG, consider what is it you like to do, what is it you do with ease.

I like organizing. Most stories have a beginning, a middle, and an end... preferably in that order. I like figuring out what comes first, second, etc. If other people are similar to me, they don't take seriously their talent, assuming everybody else is equally skilled at whatever it is they do so easily. Ain't necessarily so! The talents we have are unique. So what's the point?

Time passes very quickly. If you want to connect, to contribute, to move humanity in the right direction, think about what you like to do, what you do without conscious effort. What ever that is, you're probably damn good at it without even realizing it. So figure out what it is, and do it. If PFLAG is the arena in which you decide to contribute, the GLBT community of Olympia will be all the better off in 2006.

Thanks for a wonderful four years.



## Plug-a-book

There's nothing like a good book, and we have a great selection in the PFLAG library. If you check one out and you love it and you want to share that wonderful experience with others, please submit a short book review to the newsletter. (See review of "Love, Ellen" on this page)



▽ SUNDAY, NOV. 10, 2-4:30 PM

### Super Support & Elections

After electing new board members and officers we will break out into the usual support group, and then come back together for "Super Support" after snacks.

▽ SUNDAY, DEC. 8, 2-4:30 PM

### Points of Light

This powerful and moving celebration was begun two years ago and has since become a holiday season tradition. A table is filled with candles; one-by-one, as they are moved to do so, members get up, light and candle and express to the group to whom or what they bring their point of light.

### book review: **Love, Ellen** reviewed by Jeff Loyer

"Love, Ellen", by Betty DeGeneres is a warm narrative of what Betty has gone through since Ellen came out —first to her mom, then to the rest of the world. It tells of the struggles she's had with her own acceptance, how she's become an advocate for Gay rights, and what she's done as an advocate.

It's easy to read, heartwarming, and gives some humorous insight into Ellen's life and struggles. A nice bedtime read.

"Love, Ellen" and many other fine books and videos are available in the PFLAG-Olympia lending library.

# New Policies from PFLAG National

At the national conference held in Columbus, Ohio, the national board adopted new policies affirming our inclusion of transgender and intersex people.

The following is a statement from the board regarding the inclusion of intersex people:

At least one in 2000 children is born with notably atypical sexual anatomy, i.e., an Intersex condition. In our culture, sexual variation which blurs the line between male and female is stigmatized. The presence of a genital anomaly often elicits feelings of guilt and shame.

PFLAG supports efforts to end the secrecy and the medically unnecessary genital surgery experienced by some Intersex persons. PFLAG welcomes the efforts of medical organizations, support groups, and others, working toward this end. PFLAG urges the entire medical community to establish and adopt a patient-centered treatment protocol under which patients are treated with the utmost sensitivity. Full and accurate information should be disclosed to parents of newborn Intersex children, and appropriate referrals,

including to support groups of adult Intersex people, should be provided.

PFLAG encourages its members to be sensitive to the needs of Intersex persons and their families as they address societal issues and biases which contribute to their shame, guilt, and isolation.

PFLAG welcomes Intersex persons and their families as fully participating members.

The PFLAG national Board also approved a public policy statement that PFLAG cannot support legislation that does not explicitly include all who are included in our mission statement, gay, lesbian, bisexual and transgender people.

This means, as an example, that if a local government wants to institute a non-discrimination ordinance that specifically protects gays and lesbians, but does not protect transgender people, it would go against PFLAG policy to support such an ordinance. It also means that we can not as an organization support national hate crime and non-discrimination laws that, similarly, include sexual orientation but not gender or gender identity.

## Transgender and intersex resources on the Web

**Bodies Like Ours** - helping to eliminate shame, secrecy, and isolation for people born with genital anomalies. Peer support, education and resources for people born with atypical genitalia. Information about medical, psychological and legal research, a message board, an email newsletter, resources and more.

<http://www.bodieslikeours.org/>

**Intersex Society of North America** is devoted to systemic change to end shame, secrecy and unwanted genital surgeries for people born with anomaly of the reproductive system. They are working to end the idea that intersexuality is shameful or freakish. In the U.S. alone, five children are subjected to harmful, medically unnecessary sexual surgeries every day.

<http://isna.org/>

**Parents Celebrating our Unique Children** - Support for parents, children, and individuals with intersex conditions.

<http://www.intersexsupport.org/>

**Sex: Unknown** - this film, broadcast on PBS's Nova on 10/30/01, investigates the complicated world of gender identity. There is a transcript of the show here, personal stories, resources and more.

<http://www.pbs.org/wgbh/nova/gender/>

**Gender Education and Advocacy (GEA)** - support and advocacy on behalf of transsexual and transgendered persons in their journeys toward health of body and mind and in their pursuit of personal freedom, including the freedom to alter their bodies and change their gender roles. "We are committed to the civil rights, health and well-being of all members of our diverse community. Accordingly, we dedicate ourselves to providing an array of information services, educational materials, advocacy training and technical assistance of the highest quality." The GEA Files - Distributed Gender Education includes a selection of materials (pdf format) on gender issues including:

▼ Hot Seat Questions About Transgendered People

- ▼ Ethical Guidelines for Gender Education
- ▼ Gender Variance: A Primer
- ▼ The Washington Transgender Needs Assessment Survey
- ▼ Basic Tips for Healthcare and Social Service Providers Working With Transgendered People
- ▼ Media Coverage of Transgendered and Transsexual People
- ▼ Ideal Characteristics of Gender Education
- ▼ Anti-Trans Murder: Over One A Month
- ▼ Trans Murder Statistics, 1970 to 2002

Also, news, information on the "Remembering Our Dead" project (also linked below with more information), resources and more.

<http://www.gender.org/>

**Mom, I Need To Be a Girl** - written by the mom of a transsexual child who transitioned including surgery while still in high school. Includes advice to trans youth and their parents, questions to ask in choosing a counselor, an endocrinologist, and more. This book is

*(Continued on page 3)*

## Volunteer Recognition Reception

6 p.m. -8 p.m. Friday, November 15, 2002

The Women's Club  
1002 Washington Street SE  
Downtown Olympia

The Rainbow Center is a virtual center for GLBT people in Thurston County. There is no building, but there is a community. And there is the opportunity to build an even stronger community.

The Rainbow Center is inviting us to gather on Friday, November 15 to enjoy lush refreshments, entertainment and to applaud the hard work of local volunteers who make this a great place to live. Featured groups working to support gay, lesbian, transgender and allied communities include UCAN, Stonewall Youth, PFLAG, Black Hill Pride, Capitol City Pride and others.

This event will be wholly sponsored as a part of a Pride Foundation grant. PFLAG participants and board members, along with friends, partners, and spouses are invited. Mike Walsh will honor our PFLAG volunteers. It will be a great evening. Protect the date. We will send a sign-up sheet around at the November meeting.

## Transgender and intersex resources

*(Continued from page 2)*

available free at the web site (pdf format) <http://www.transproud.com/pdf/beagirl.pdf> or for \$10 from Just Evelyn, 3707 Fifth Ave., San Diego, CA 92103.

### The National Transgender Advocacy Coalition (NTAC)

works proactively to reform societal attitudes and the law to achieve equal rights for the transgendered and other gender diverse individuals. NTAC works for the advancement of understanding and the attainment of full civil rights for all transgendered, intersexed and gender variant people in every aspect of society and actively opposes discriminatory acts by all means legally available.

<http://www.ntac.org/>

There are more resources on transgender and intersex on Gabi's 'gender ~ gender identity & expression' and 'body' pages linked from: [http://www.youth-guard.org/gabi/gc\\_resources.html](http://www.youth-guard.org/gabi/gc_resources.html)

## PFLAG-Olympia Alert

Announcements of all chapter events sent you. To subscribe, email [newsletter@pflag-olympia.org](mailto:newsletter@pflag-olympia.org). With "Subscribe Alert" in the subject line or in the message. Sorry, we do not mail out alerts — this is available only through email.



MEETS at 2PM on the second Sunday of each month in The Gathering Place parlor of First United Methodist Church, 1224 Legion Way SE, at Boundary Street, 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 side lot at 5th Avenue and Boundary, and enter upper front door. Meeting place is across the lobby.

*Letters, articles and requests for literature are welcome.*

*Mailing address:*

PFLAG Olympia; PO Box 12732; Olympia, WA 98508-2732

*For information or to discuss personal matters with an understanding parent and experienced PFLAG member, CALL the PFLAG Olympia*

**HELPLINE: (360) 866-0511**

*E-mail:*

[info@pflag-olympia.org/](mailto:info@pflag-olympia.org)

*Website:*

<http://pflag-olympia.org/>

## Buy PFLAG-Olympia Gear

printed with the "Been Out Lately" graphic from the billboard campaign

t-shirts  
sweat shirts  
coffee mugs  
mouse pads



BBQ aprons tile coasters  
canvas tote bags boxer shorts

Buy yours now on the web

[http://www.cafeshops.com/pflag\\_oly](http://www.cafeshops.com/pflag_oly)

# Why don't we have great attendance every meeting?

Jeff Loyer

Attendance at our October PFLAG meeting was sensational. It was great to see so many folks. It raises a question, though: "Why don't we have great attendance every meeting?" Many folks who came Sunday said that they hadn't been for a while. I think many people come to PFLAG at a time of crisis, attend very regularly and get great help. After they've sorted out their issues, their attendance drops. Perhaps for noble reasons - they want to leave room for more needy people?

I want to encourage all to keep attending, regularly. I believe it's very helpful for people dealing with GLBT issues to see a LARGE group of supportive folks, coming from similar places. I'd like GLBT folks to feel that they're not just part of some itchy-bitsy minority (not that itchy-bitsy minorities are bad); many share the same issues. Study after study says this is true, but it's hard to convince ourselves or others unless we actually see the people

behind the statistics. As our attendance grows, we also wield more political clout. It's often said that about 10% of the general population is GLBT. Add parents, friends, and family to that 10% and we're talking a significant portion of the general population. PFLAG is a great vehicle to help represent the concerns of that portion. Think of times when we invite a political representative to speak. Imagine the difference in his/her impression, depending on how many people attend that week.

This growth won't come without its own challenges. We've got to provide great programs that encourage attendance. More importantly, though, we've got to continue to be a "personal" experience - not some cold political happening. At the board meeting, we've voiced both these concerns (and others) and are addressing them.

Please consider re-committing yourself

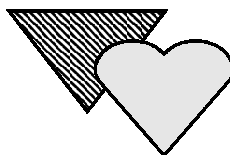
to regular attendance at PFLAG. Even if you feel like you don't need us, we need you. Also think about programs you'd like to see (for instance, what has been most successful in the past), and tell a board member. Finally, let a PFLAG board member know if there's anything that can be done to make your PFLAG experience better. Current statistics say that the majority of Americans approve of equal rights for GLBT folks; the size of PFLAG should reflect that.

## 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.

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



## NEW or RENEWAL MEMBERSHIP

Please check the membership types you prefer:

- |   |  |
|---|--|
| <input type="checkbox"/> Individual \$25                | <input type="checkbox"/> Supporter \$100 |
| <input type="checkbox"/> Household \$40                 | <input type="checkbox"/> Educator \$250  |
| <input type="checkbox"/> Senior/Student/Low Income \$15 | <input type="checkbox"/> Advocate \$500  |

New  Renewal

Active (attend when I can) or  Supporting (seldom attend)

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

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

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

I want Olympia's bi-monthly newsletter *HeartBeat* (which is mailed in an envelope with no identified return address).

I want the national quarterly *PFLAGpole* newspaper (which is not mailed in an envelope).

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

Signed \_\_\_\_\_

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

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

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

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.

**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 12/15/2002**

Mail submissions to:

**HeartBeat**  
P.O. Box 12732  
Olympia, WA 98508-2732

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