



# Heart Beat

Parents, Families and Friends of Lesbians and Gays



PFLAG Olympia, Washington

Issue 67 Jan.-Feb. 2005

## Why we come together

By Alec Clayton

These stories are repeated often during the introductions at our meetings, but they deserve repeating.

My wife and I did not attend PFLAG meetings when our son came out because we thought PFLAG was just for parents who were having a hard time accepting that their children were gay. We did not need people to hold our hands and tell us everything was going to be all right, although we applauded PFLAG's offer of that kind of support for those who need it. Eventually we did attend a meeting, and we discovered that support can mean more than guidance through the hard times. It can be the empowerment of spending time with people who have gone through similar experiences and who share similar concerns. Since then, going to meetings every month has become the hub of our social life.

Another member didn't come at first because she thought PFLAG was just for parents, not for lesbians like her. She discovered that PFLAG offers a way to network with like-minded people.

A teenage girl who suffered from panic attacks and had just come out came seeking friends, and seeking validation. Now all of these people and many others are part of a large and loving extended family. They came seeking different things and stayed

because they found what they needed and much more in PFLAG.

We all have different reasons for attending. Some come to learn, others come for emotional support or to meet new friends (or reconnect with old friends). Others come in order to make a difference. When they come, and if PFLAG meets their needs, whatever they may be, then they come again. Then, for most, there comes a time when their needs have been met and they no longer need PFLAG, and then they begin to drift away.

So this is a plea for those who have drifted away. We'd love for you to come back. We miss you. We're glad that you no longer need the support you once sought. But we'd like to remind you that new people who are coming for the first or second time may be coming for the same reasons you came for in the beginning, and they may need you. They may need your love and your support, or just to see your friendly face.

When people talk to me about how PFLAG has made a difference in their lives, it is usually not the programs they talk about. More often than not it is some remark someone made, some seemingly inconsequential remark that made all the difference in the world at the time.



▼ **SUNDAY, 9, 2-4:30 PM**

### Legislative issues

We will talk about the important pieces of legislation that may come up for a vote this year and how the GLBTQ and allies community can take action and influence our state law makers to pass legislation that supports equal rights for all Washington citizens. We have asked several of the state and national organizations to join us for this informative program and we hope for a big turnout.

▼ **SUNDAY, FEB. 13, 2-4:30 PM**

### Hate crimes and law enforcement

We will invite representatives of law enforcement to talk about how we can more effectively work with the police to prevent hate crimes in the community.



### 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)

Optimism is a strategy for making a better future. Because unless you believe that the future can be better you are unlikely to step up and take responsibility for making it so. If you assume there is no hope, you guarantee there will be no hope. If you assume there is an instinct for freedom, there are opportunities to change things, there's a chance you may contribute to making a better world. The choice is yours.

~ Noam Chomsky

### 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.



# **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.

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

Mailing address:  
**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**

Email: [info@pflag-olympia.org](mailto:info@pflag-olympia.org)  
Website: <http://www.pflag-olympia.org>

## **Welcome new board members**

At our November meeting we elected new board members Gib and Beth Rossing, and Angie Ostrowski, along with Gabi Clayton, who has previously served on the board. We heartily welcome Beth, Gib and Angie, and welcome back Gabi.

Elected to a second term were: Alec Clayton, president; David Walddon, vice president; Bekah Cardwell, treasurer; and Evelyn Hinken, greeter. Other board members are: Virgil Clarkson, Casey Kilduf, Jeff Loyer, Barb Klein, Brianne Pearson and Julianne Wasilsuasky.

*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 10th of even-numbered months. The editors reserve the right to reject or edit material.

The deadline for the next issue is 2/10/2005

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

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

### **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.

## **BUY PFLAG-OLYMPIA GEAR**

with the "Been Out Lately" graphic from our 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 at**

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