



Heart Beat

Parents, Families and Friends of Lesbians and Gays



PFLAG Olympia, Washington

Issue 76 July-August 2006

Looking back at Pride

By Julianne Wasilauski

I was thrilled to participate in the Pride festivities in Olympia this year. It was the deepest level of involvement I've ever had. Oh, sure, I marched in the parade, once, in 2001. But this year I got to chauffeur the lovely and gracious Ms. Auntie Bijou in my Miata, following behind Rep. Sam Hunt atop a *huge* red sixty-something Gay-laxie as we smiled and waved to the parade spectators on both sides of Capitol Way.

I even washed the Miata at 8 of the ayem just to look spiffy.

I was impressed, and very pleased to see how many people turned out for the gathering in Sylvester Park after the parade. It was my plan to hang out there in the park until my 4:15 slot to play guitar and sing as part of the entertainment for the event.

I had a wonderful time.

There was entertainment everywhere, on and off stage; and old friends I hadn't seen for years, to reconnect with. I am the kind of person who can stare into fires, or watch fish in fish tanks, for hours. So I sat, marveling at the diversity, and everchanging hues I saw in the ebb and flow of human beings all around me. Different heights, weights, ages, body statures, skin colors, attitudes, clothing styles. Oh, sure, what I noticed at first was the outer layer. The variety of colors, patterns, prints, and styles of clothing. Like flags. But all of these things melded in a beautiful spectrum. It truly was a rainbow. Small wonder the rainbow has become a symbol for acceptance of, and diversity in all manner of lifestyles, sexual orientations, and gender presentations.

At 4:30 friends started asking me what time I would be going on. I replied, "when it is my turn," while Obrador was tearing down and loading out. Obrador did a wonderful set, and I truly would have loved it if they could have played another hour.

The stage manager and Anna (Schlecht) both realized they hadn't planned for band-teardown time tying up a half hour of performance stage availability. The sound tech and these two venerable personages leaped to the occasion to bring a mic, stand, cord, monitor, and direct-box up onto the gazebo stage in a trice. My mind was still taking in that fact as I sat down to play.

As with most performances, we are our own worst critics, and I won't assail you, dear reader, with my take on that. I'll summarize by saying, in general, that I find that often I've played better, and sung better, in the relaxed atmosphere of my home during practice, than I have for the actual performance.

What I would like to share is what a wonderful experience it was, to look out from the gazebo stage, and see so many people, and such a beautiful rainbow of humanity, in panorama all around me, on a glorious warm, sunny day in June. I'll keep that vision, and that memory, always.



Julianne Wasilauski performing at Capital City Pride 2006



▼ SUNDAY, JULY 9, 2-4:30 PM

Trans panel

We will hear from a panel of transsexual individuals from the Gender Variant Health Project, who will speak on a variety of issues relevant to gender variant persons.

▼ SUNDAY, AUGUST 13, 1-5 PM

Annual potluck picnic

It's time for our annual potluck picnic! Bring food and drinks to share. The board will provide burgers and hot dogs (including veggie burgers). Bring lawn chairs also if you have them.

We hope you will invite friends, relatives and allies from our community of local and regional organizations.

This year we will meet in the Meadows Shelter at Barefoot Park. Note different time: 1-5 p.m.

Directions: From I-5 in Olympia, take Exit 105 (City Center, Port of Olympia). Follow the Port of Olympia signs to Plum Street. Plum becomes East Bay Drive and then Boston Harbor Road. Proceed six miles. Burfoot County Park will be on your left.

<http://www.co.thurston.wa.us/parks/Parks/sites/burfoot.htm>



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)

Health care and other concerns for the trans community

by Richelle Lanning

I had planned to rant and rave over the lack of medical treatment in Washington for the Trans Community. I also realized that there are so many other problems that I have to give my observations on everything.

The T in GLBT seems to be forsaken by some. While there are allies in many places we seem to be the last ones to be considered. I sometimes wonder if we are just a passing thought until someone needs more exposure. We are easier to pick out in crowds while we are in transition, and are better targets. Due to our inability to look normal at first we are often lied to, insulted, threatened, physically attacked, discriminated against, and just plain left out. There are people trying to change things, and I am grateful that I have been acquainted with many good people, but many times when alone I can hear people talking behind my back or some more rudely making comments to their friends in hopes of embarrassing me in public. Lately I hear of others who fear when they will be attacked again. There seems to be no quick fix to this and now there is a move to do a GLBTQ.... Guardian Angel thing. I see escalating violence in our future.

I have come to my own opinion that the medical profession in Washington is far from trans friendly. Why is it so hard to get a doctor to do simple procedures? Why do office personnel treat us like a contagious disease, seem so rude when we try to find a physician to do simple procedures. Doctors are making money to do all sorts of things to "normal" people, what makes us a risk? When we do find one to talk to us they charge an arm and a leg to get a consultation just to turn us down later. That is not ethical if you ask me, and seems to go against the oath they take. I have only found three doctors I trust in this state and none of them can do the work I need. This why everyone takes all their money to other states and countries to get above average medical procedures. I do hope this gets to a LOT of doctors.

I do hope it gets better here. There are so many talented people willing to share what they know and do, but, until the majority of the population pulls their heads out of their four point contacts and drag their minds kicking and screaming into this century it will be a slow uphill climb. I am grateful for groups like PFLAG and GVHP to give us a place to be seen and heard with dignity and safety. I shall keep moving forward and hoping the light at the end of the tunnel is not a train coming my way.

APA Asks the Pentagon to Update Instruction Listing Homosexuality as a Mental Disorder

Arlington, Va. - On June 13, the American Psychiatric Association (APA) sent a letter to the Pentagon requesting that a Department of Defense (DoD) instruction that lists homosexuality as a mental disorder be updated. APA CEO and Medical Director James H. Scully Jr., M.D., wrote:

"Based on scientific and medical evidence the APA declassified homosexuality as a mental disorder in 1973 - a position shared by all other major health and mental health organizations based on their own review of the science. I urge you to remove homosexuality from the 'Physical Disability Evaluation' instruction."

Dr. Scully's letter was addressed to Assistant Secretary of Defense for Health Affairs William Winkenwerder Jr., M.D. The full text of the letter is below:

I am writing on behalf of the American Psychiatric Association's more than 36,000 psychiatric physician members and as a veteran of the United States Navy. The American Psychiatric Association (APA) is a national medical specialty society whose members specialize in the diagnosis, treatment, prevention, and research of mental illnesses including substance use disorders. In

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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 8/15/2006

Mail submissions to:

HeartBeat

P.O. Box 12732

Olympia, WA 98508-2732

Or email to: newsletter@pflag-olympia.org

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.

More images from Pride

*Left: a view of Sylvester Park during Pride day festivities;
right: Betsy Loyer and Paul Pearson carry the new PFLAG banner, Brianne Pearson walks her dog Benson.*



(Continued from page 2)

In addition, the APA publishes the Diagnostic and Statistical Manual of Mental Disorders, the latest version of which is known as the DSM-IV-TR, which is the standard reference book on mental disorders and their diagnosis.

I write to respectfully request that you update Department of Defense Instruction Number 1332.38, which addresses "Physical Disability Evaluation," is dated November 14, 1996, and to my knowledge is still in effect. Enclosure 5 of the instruction, in section E5.1.2.9, refers to "Certain Mental Disorders including: ...Homosexuality." DSM-IV-TR does not include homosexuality as a mental disorder. Based on scientific and medical evidence the APA declassified homosexuality as a mental disorder in 1973 - a position shared by all other major health and mental health organizations based on their own review of the science. I urge you to remove homosexuality from the "Physical Disability Evaluation" instruction.

About the American Psychiatric Association:

The American Psychiatric Association is the nation's leading medical specialty society whose more than 36,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

For background see:

Pentagon Lists Homosexuality As Disorder

by Lolita C. Baldor, Associated Press Writer

http://www.usatoday.com/news/washington/2006-06-20-military-gay_x.htm

Women "coming out" after 30 a peer-facilitated support group

Please join our ongoing, peer-facilitated, and completely confidential drop-in support group for women over the age of 30 (or thereabouts), who are "coming out" or have previously come out as queer, lesbian or bisexual, or who are questioning their orientation.

We also encourage women who are further along in their process of coming out over 30 so we may gain from your experience, strength and wisdom.

We meet the 1st and 3rd Tuesday of every month
from 5:30 pm - 7:00 pm

Unity Church of Olympia

1335 Fern Street SW

(When facing the church there is a small building on the left, walk in and turn left. There will be signs when you get to the church)

For more information, please contact
Carmen 360-870-8585
carmen333@comcast.net

*"Be who you are and say what you feel, cause those who mind
don't matter, and those who matter don't mind."*

~ Dr. Seuss

Clergy in Support of Equality

from Equal Rights Washington

The recent victory of the Senate defeating the Federal Marriage Amendment was due largely in part to the clergy and other people of faith who opposed discrimination from a faith-based perspective. It is critical that the clergy continue to speak out against discrimination, as the amendment may go before the House in July. To read what clergy members are saying about the FMA, check out Rev. Susan Russell's blog, in which she relates her trip to Washington to oppose the Amendment.

http://inchatatime.blogspot.com/2006_06_01_inchatatime_archive.html

Here in Washington, the Religious Coalition for Equality (RCE) was pivotal in passing and preserving the States' anti-discrimination law. The RCE is also a leader in educating the public and legislators about marriage equality.

<http://www.religiouscoalition-wa.org>

"When an individual is protesting society's refusal to acknowledge his dignity as a human being, his very act of protest confers dignity on him."

-Bayard Rustin



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.

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

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

The Stay Close Campaign

- ▼ It is estimated that one in four families includes someone that is gay, lesbian, bisexual, or transgendered.
- ▼ 69% of GLBT youth report experiencing some form of harassment or violence, with 46% reporting verbal harassment, 36% reporting sexual harassment, 12% reporting physical harassment, and 6% reporting physical assault.
- ▼ Gay and lesbian youths are two to three times more likely to commit suicide than other youths.
- ▼ Of 1.3 million homeless children on America's streets, 500,000 are thought to be GLBT kids thrown out by their parents.

A few years ago PFLAG NY decided that these facts could no longer be ignored. So they took the lead in developing an awareness campaign to get the word out about PFLAG by launching the "Stay Close" campaign. This public relations campaign features straight celebrities with their gay relatives. The message is simple: Stay Close to your loved ones because relationships are too precious to lose.

Complete information on the campaign is available on the Web at <http://www.stayclose.org>.

BUY PFLAG-OLYMPIA GEAR



**t-shirts ~ sweat shirts
coffee mugs and more**

**Buy yours now on the web at
http://www.cafeshops.com/pflag_oly**