



HEARTBEAT



Parents, Families and Friends of Lesbians and Gays

PFLAG Olympia, Washington

Issue 86 March-April 2008

Where's PFLAG-Olympia Going?

By Jeff Loyer

PFLAG Board needs YOUR input! We would like to hear from you at our April meeting to help us answer this question. We want to understand how PFLAG can serve YOU better.

We discovered that we send out 310 newsletters, but have only 33 paying members. And we usually see far fewer than 33 people attending our monthly meetings.

Help us find answers these questions:

- Why are only 10% of our newsletter recipients paying members?
- How do we increase attendance at the monthly meetings?
- How can we continue to serve our larger community with so few paying members?

We brainstormed, and came up with some ideas. We could:

- Go to an on-line only version of the newsletter, saving printing and mailing costs. Provide a paper copy only if specifically requested.
- Emphasize that PFLAG Isn't Just For Parents! Revitalize our "PFLAG-Olympia: Not Just for Parents Anymore!" campaign, for instance.
- Make sure our meeting programs draw people to attend.
- Get into the schools!!! We keep hearing about kids whose parents aren't accepting, yet we don't see them coming to our meetings.
- Do more advertising.

PFLAG-Olympia has some unique strengths:

- A base of very competent, dedicated individuals, willing to go to any length to make our kids safe
- Close proximity to the State Government
- Supportive schools and community
- We are a respected voice in the community

We want to bring these strengths to bear to make the Olympia area completely safe for GLBTQ youth, parents, and allies. We think PFLAG-Olympia is especially positioned and chartered to make a difference. We have in the past, and we want to continue. Now, we need to figure out how to make this happen.

If you're reading this, PFLAG-Olympia is YOUR organization. Please join us in charting our future for a fabulous Olympia! See you at the April meeting.

"If I could give you one thought, it would be to lift someone up. Lift a stranger up -- lift her up. I would ask you, mother and father, brother and sister, lovers, mother and daughter, father and son, lift someone. The very idea of lifting someone up will lift you, as well."

- Maya Angelou



▼ SUNDAY, MARCH 9 1:30-3:30 PM

Intersex 101 - Erica Dixon of South Puget Sound Community College will explain what being intersexed means and answer some commonly asked questions.

Note time change: We will meet early so those members who want to can see the Seattle Men's Chorus with guest artist PBS travel commentator Rick Steves at 3 p.m. at St. John's Episcopal Church. Tickets to the concert are free on a first-come, first-serve basis.

▼ SUNDAY, APRIL 13 2-4:30 PM

The future of PFLAG - a group discussion on how to make PFLAG-Olympia more relevant and what we can do to increase membership and involvement.

PFLAG-Olympia Alert

PFLAG-Olympia Alert is an email service of PFLAG-Olympia designed to inform members of upcoming events, programs, and more. Email updates are sent out prior to each of our regular second Sunday meetings and whenever something comes up that we think our members and friends need to know about. You can subscribe to the alert online at <http://lists.pflag-olympia.org/listinfo.cgi/alert-pflag-olympia.org> or by sending an e-mail request to Alert-request@lists.pflag-olympia.org

Learning the Lingo



Gender variant terminology from TransYouth Family Allies*

*formerly known as Trans Youth Family Advocates/TYFA ~ <http://www.imatyfa.org/>

This list, compiled from various sources, is terminology commonly used when discussing gender variance, expression and identity. We embrace some less common terms because we believe that they more accurately describe the experiences of gender variant youth and their families.

Sexual Orientation - A person's romantic, spiritual and emotional attraction to another. Sexual Orientation is often confused with gender identity; however, it is related to who you are attracted to rather than your gender identity. Some common sexual orientations are queer, gay, lesbian, bi-sexual, pan-sexual, and heterosexual.

Gender Identity - A subjective but continuous and persistent sense of ourselves as a man/woman or boy/girl. Gender identity is about who you are not who you like.

Gender Identity Disorder - Gender Identity Disorder is a diagnostic category in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), published by the American Psychiatric Association (APA, 1994). The diagnosis is typically characterized by some of the following:

- A stated desire to be, or insistence that one is, the other sex.
- Cross-dressing or simulating the attire of the opposite sex.
- Strong/persistent preferences for cross-sex roles in make-believe play.
- Intense desire to participate in stereotypical games and pastimes of the other sex.
- These are just some of the ways that a child may express a cross gender identification.

Gender Expression- The ways in which a person socially presents themselves to the world through clothing, hairstyles, toys and other preferences. Most people's gender expression is congruent with society's expectations.

Gender Variant- Those whose gender expression doesn't conform with society's expectations for their birth sex are considered to be gender variant.

Affirm- We use the word "affirm" to acknowledge the gender identity of an individual. It is our position that they are not changing their gender, rather we are changing our perceptions based upon what the individual has expressed to us.

Affirmed Female- (mtf or m2f) An individual who was born anatomically male but identifies as female.

Affirmed Male- (ftm or f2m) An individual who was born anatomically female but identifies as male.

Social Transition- The outward change in appearance and/or presentation that affirmed females and affirmed males may undergo in order to express their gender identity.

Medical Transition- Undergoing medical intervention(s) to alter physical/sexual characteristics of one's body in order to affirm their gender identity.

Tanner Stages- The five stages of puberty represented on the Tanner growth chart. These stages are based on the growth of pubic hair in both sexes, the development of the genitalia in boys, and the development of breasts in girls. This is the criteria that endocrinologists use to determine the appropriate intervals for medical intervention with either puberty inhibitors or hormone treatment.

Puberty Inhibitors, GnRh Inhibitors, Puberty Suppressors, Hormone Suppressors, Puberty Blockers- Medications prescribed by an endocrinologist to delay the onset of puberty. The effects of these medications are reversible. These drugs prevent the devastating unwanted secondary sexual characteristics that occur during adolescence for children whose gender identity conflicts with their birth sex.

Hormone Treatment, HRT (Hormone Replacement Therapy)- The introduction of hormones by an endocrinologist or other health care provider to facilitate development of the desired secondary sexual characteristics associated with the gender identity of the individual. Some of the effects of hormone treatment may not be reversible.

Gender Reconstructive Surgery- (SRS or Sexual Reassignment Surgery) Surgical procedure(s) performed on an individual whose gender identity does not match their assigned birth sex.

 **NEW or RENEWAL MEMBERSHIP**
Please check the membership types you prefer:

Individual \$35
 Household \$50
 Senior/Student/Low Income \$15

New Renewal

Membership \$ _____
 Add this amount as my tax-exempt gift (thank you!) \$ _____
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 newsletter *PFLAGpole* (which is not mailed in an envelope).
 I want to be added to the PFLAG-Olympia email alert/announcement list (include your email address.)

DATE: ____/____/____ PHONE: (____)____-_____
 SIGNED: _____
 PRINT NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 EMAIL ADDRESS: _____

Mail with your check to: 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.

Rainbowvision

By Joan Wirth

In September I visited Rainbowvision, an adult community consisting of 60 condos, 60 rental units, and 26 assisted-living apartments. I had heard that Rainbowvision, completed about 18 months ago, was an attempt to have a continuum of care residence for lesbians and gay men. "Straight" men and women were also included in this model and made up 20 percent of the population. The rest of the people there included about half gay men and half lesbians.

The most important feature for me was the sense of community, and I was pleasantly surprised to see the integration of and the caring shown by the three groups. I had such a good time that I am planning a visit this spring.

As for other factors: Excellent food was served at the on-site restaurant. When you reside there, you get \$375 of credit monthly to use at the restaurant and lounge. The place was beautiful and the staff wonderful. Parts of the free service/

amenities included in your rent are twice monthly cleaning service, van service, concierge, a great gym, jacuzzi, steam room, free breakfasts, entertainment, and on-site classes. I rented a furnished 2 bedroom, 2 bath condo with a full kitchen, washer/dryer, dishwasher, air-conditioning, and patio.

I found the residents to be well-educated folks who had interesting careers. Not everyone was retired. About one-third of the residents still work, either full-time or part-time. The age range was 46-95 years.

You can rent for a month, but not less than a month. That would be a great way to check out whether you like it or not. By the way, there's public transportation right outside of the development so you don't need a car.

Note — Rainbowvision is located in Santa Fe, NM
<http://www.rainbowvisionprop.com/>

Thoughts from a mother

By Shirley Pearson

Life is such an interesting thing. Nothing is quite like you planned and it usually much better than you planned. I have three wonderful children who are now young adults. All are sincere loving individuals. The youngest just happens to be gay. Now some parents might go "How do you live with it." I say, how can I live without her. Some parents say "Gosh this must be embarrassing." I say how proud I am of her. Some parents say "It's OK as long as they don't talk about it." I say lets tell the world. Some parents say "It's an abomination to God." I say "God is Love" and loves her completely. Some parents may need to grieve for the life they had outlined for the child. I say, lets have the best wedding we can have with family and our closest friends. As parents, we celebrate the precious love Brienne and Raelle share. As parents, we ask them to share their dreams with us. As parents, we are proud and blessed with three amazing children, all of whom have given us insight on love. And as parents, we encourage our children to be the

best person they can be — gay or straight, our love for them is the same.

The PFLAG National Blog!
Moving equality forward ...
one post at a time!

<http://www.pflag.org/blog/>

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
4/15/2008**

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

Or email to: newsletter@pflag-olympia.org

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

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.



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 (except in August when we have our annual picnic at a local park.) 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>

What can we do to make it better?

Approximately 50 people came to the February PFLAG meeting for the program "The Not So Straight Truth About Our Schools." The discussion on school issues obviously struck a chord with many in our community. Unfortunately, we seldom get anything like that kind of enthusiastic attendance at our monthly meetings.

Overall, attendance at PFLAG-Olympia has dropped significantly, as has paid membership.

We want to know what we can do to make it better. You can help us by answering the following questions either online at <http://www.pflag-olympia.org> or by mail to P.O. Box 12732, Olympia, WA 98508-2732.

What programs/events have been most interesting?

What programs/events would you like that we haven't had?

Do you prefer group discussions or presentations from guests?

Do you like our meeting format: introductions, support, break for snacks and then the program?

Do you have suggestions for a more workable format?

Do you feel the round of introductions puts you on the spot?

Do you like the breakup for support into glbtq in one group and parents and straight allies in another?

Would you prefer a different type of breakup or none at all?

Is the meeting day and time suitable, and if not, what suggestions do you have for a better schedule?

Whether you are an active member, someone who occasionally attends PFLAG functions or someone who supports our mission but does not take an active roll, we encourage you to respond to this survey, and please feel free to add any comments you would like to make.

Thank you.

Applause Now

Tacoma PFLAG us news about a new Web site put together by someone in Tacoma called "Applause Now: Inspired Responses to Coming Out" at <http://www.applausenow.org/>

What a great idea! Help with celebrating coming out with links for gifts and cards; hints on what to say or do, or what not to say or do; resources and more.

We thank Terry from Tacoma PFLAG for letting us know about this new site, and we encourage readers of this newsletter to let us know about other interesting sites, events, etc. that we might want to share with the community. Send announcements to PO Box 12732; Olympia, WA 98508-2732 or e-mail newsletter@pflag-olympia.org.