



# SEATTLE COUNSELING SERVICE

*Proudly Serving our LGBT Communities since 1969!*



SCS Newsletter

Spring 2006

## Inside this issue:

ICON III & Drag Contest	2
Donor Thank You's	2
Grant Buys Computers	3
HB 2661 Passes	3
Staff Changes	3

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## Message From the Director . . .



Ann McGettigan

Spring is a time for renewal and growth, for transitions and changes, for creating new relationships and revitalizing older ones. What better time to welcome new members to our Board of Directors? I am pleased to announce that we have three new board members as of January: **Elizabeth Grabow, Jean Rietschel, and Carol Sterling.** While we were sad to say goodbye to resigning board Secretary **Rebecca Wood** as she moves on to other projects, we look forward to the growth we will experience with the energy and talents of our new members.

I am also pleased to report that SCS is expanding our relationship with **Gay City Health Project.** SCS's Project NEON will be teaming up with Gay City to offer a series of open forums on crystal methamphetamine and the gay and bi community. Called "Tina Cafes," these programs will give community members an op-

portunity to come together in a safe atmosphere to explore the impact that crystal meth has on our lives. We are also partnering with Gay City on a series of posters reaching out to gay and bi users of crystal. Look for more information about the forums and posters in the coming months.

I hope the springtime brings revitalization and growth to you, our supporters and friends, and that 2006 will mark an exciting year in your relationship with SCS. Please read on for some upcoming fun events and other good news.

## Join Team SCS—Biking for Mental Health

Seattle Counseling Service invites you to join the newly-forming Team SCS, led by Clinical Director Donnie Goodman, as we ride the Group Health Seattle to Portland Bicycle



Classic, July 15-16. Members of Team SCS will use the ride as a fun way to raise money for the programs at SCS.

The Group Health Seattle to Portland Bicycle Classic, organized by Cascade Bicycle Club, is a 200-mile ride between Seattle and Portland. It is the largest

multi-day bicycle event in the Northwest, with up to 9,000 participants completing the route in one or two days. Fundraising is not required to join the ride. However, through the Cascade Bicycle Club's Pedal Power program, hundreds of riders raise funds for their favorite non-profit organiza-

*Continued on page 3...*



### Amateur Drag Contest: Who will be the Next Seattle Icon?

In conjunction with *ICON III: A celebration of drag, art & life!*, SCS presents an amateur drag contest, American Idol style. The contest, to be held May 12<sup>th</sup> and 19<sup>th</sup> and June 3<sup>rd</sup> at Neighbours night club in Capitol Hill, is open to amateur drag entertainers of any gender, age 18 and up. A panel of "celebrity" judges will critique performances and narrow the contestants down to two finalists.

The two finalists will then perform one number each at *ICON III* on Saturday, June 10<sup>th</sup> (see main story). Audience members will cast votes (for a donation of \$1 each) for their favorite finalist. There is no limit to the amount of votes each audience member may cast. The winner, and newest Seattle Icon, will be determined by a count of votes.

There is no registration fee and contestants may sign up on the first evening at Neighbours. For more information, contact organizer Arnold Martin at SCS.



## ICON III: A Celebration of Drag, Art & Life

Mark your calendars for *ICON III: A celebration of drag, art & life!*, to be presented Saturday, June 10<sup>th</sup>, at Town Hall as a fundraiser for SCS. Now in its third year, *ICON* promises to be a star-studded evening of performances by locally and nationally acclaimed performers such as Seattle headliner- **Arnaldo! Drag Chanteuse**, the **Queen Bees**, and a bevy of past Miss Gay Seattles, like **Nina Maxwell** and **Rosita**, among others.

*ICON* has proven to be a big hit with Seattle and supporters of SCS. This year's event will again feature top-notch performers

and artists, but will also include some fun new elements. Audience members will have the chance to vote on Seattle's newest icon, chosen from the finalists of an amateur drag contest held in the weeks prior to the event (see sidebar). Thanks to the generosity of many community members, a benefit raffle of some terrific items is also being offered.

*ICON* is again organized by SCS staff member **Arnold Martin**, a.k.a. **Aleksa Manila**, who was recently crowned the Empress of Seattle. Aleksa will bring her talents to the stage as the evening's

emcee. "Every year, *ICON* brings excitement, an opportunity to highlight the many talents of our communities," says Martin.

"I take pride in being a small part of its fundraising success for the agency and I look forward to the community involvement and support," he adds.

Tickets for *ICON III* are \$15 general admission or \$35 for VIP seating. All proceeds benefit SCS. Advance tickets are available through board members and by phone or in person at SCS.

## THANK YOU FOR YOUR SUPPORT, DONORS!

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*Donations Received 4th Quarter 2005 (Oct-Dec)*

## Grant Allows Computer Purchase

We are pleased to announce that SCS received a grant of \$15,000 from **The Seattle Foundation** in December. The grant enabled SCS to purchase computer workstations for each clinician's desk. Previously, twenty-five staff and interns shared just five workstations. The new computers will allow SCS to implement more efficient methods for completing paperwork and for communicating, freeing up more time to focus on direct service to clients.

*Thank you, Seattle Foundation!*

## Bike Ride to Raise Funds, Awareness (continued from page 1)

tions while challenging themselves and having fun.

Team SCS is the brainchild of Clinical Director Donnie Goodman. He wanted to give SCS supporters a way to combine raising awareness and funds for SCS with a healthful community event. Goodman has completed long bike rides all over the world, and encourages potential team members to think of the ride as a growing process. "On the morning of the ride, your primary focus will be on the finish line. However you will discover that the ride isn't all hills and pedaling but that it is journey of self exploration and personal rewards."

Team SCS has set a fundraising goal of \$30,000. All money raised will support SCS's affordable

mental health and chemical dependency services to the LGBT communities.

If biking 200 miles is not for you, there are still plenty of ways to support Team SCS. You can make a pledge, join the support crew, buddy up with a rider to help them raise funds, sponsor a fundraising reward, or join the cheering crowds at the start or finish line.

Team SCS is limited to twenty riders, so sign up now to ensure your spot. For more information on joining the team or for sponsorship opportunities, contact Development Associate Julie Borden at SCS.

For more information on the Group Health Seattle to Portland Bicycle Classic, see Cascade's website at [www.cascade.org](http://www.cascade.org).



## Victory in Olympia!

SCS therapist Christine Suter (above, left), partner Susan Fairo and friend Pearl join a rally on the steps of the Capitol in support of HB 2661. The bill, prohibiting discrimination based on sexual orientation or gender expression, passed the WA Legislature and was signed into law by Gov. Chris Gregoire (inset, right) on January 31, 2006, nearly 30 years after being first introduced.



## Staff Comings and Goings



◆ Goodbye and best of luck to therapists **Tammy Sui**, who accepted a position in a counseling center in the San Francisco area, and **Christine Suter**, who is planning a private practice in life coaching after a brief sabbatical. Christine leaves after exactly 8 years, 8 months and 8 days of heartfelt service to SCS clients.

◆ Also, we must say farewell to **Cori Ready**, Special Projects Coordinator, and **Jen Coig**, Billing Coordinator. Cori will spend some

time traveling in Puerto Rico, and Jen has decided to devote more time to her studies at the Art Institute of Seattle. All will be sorely missed.

◆ A warm (but belated) welcome to interns in the chemical dependency program, **Mark Davis** from Seattle Central Community College, and **Dale Tarpinning** from the University of Washington School of Social Work. Mark joined SCS in November and Dale in January.

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SCS SPRING NEWSLETTER 2006

Please help us keep your information current. If you have changed your address or any other information, please give us a call

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