

VOL. 1 ISSUE 3 · AUGUST 2021

# THE COMMON THREAD

Official Newsletter of Community House

## Community House Corn Hole Champion: Joshua Morrow



"Words have power. They have the power to teach, the power to wound, the power to shape the way people think, feel, and act towards others." -Oscar Wahl

## UPCOMING EVENTS:

Tuesdays 1 pm  
MUSIC APPRECIATION

Mondays 1 pm  
FOOD BANK

Wednesdays at 1 pm  
RECOVERY GROUP

Thursdays 1 pm  
NEWSLETTER GROUP

1st & 3rd Tuesday  
11 am  
GARDENING GROUP

3rd Friday of the Month  
3:30 pm  
MOVIE NIGHTS



## Real Love

BY GRACE BEVEL

Hold me tighter and bring me  
closer

Our times been well spent  
You say I'm heaven sent  
When your lips meet mine the  
clouds clear

And it'd easier to steer  
This ship with you by my side  
My feelings I don't hide  
This is our story  
Not one filled glory  
The details may be gory  
But our bodies move in perfect  
poetry

Like the motion of the ocean  
The crashing of the waves  
The coming of the tides  
It's high time to realize  
Through real eyes  
Your love saves





## Our Visit To The Aquarium

BY WERNDY NAKASHIMA

On this bright sunny morning 10 of us got in 2 vans and made our way down to the waterfront. All excited to see the new exhibits, 1st. there was the group picture taken then, we moved from exhibit to exhibit. Wondering in awe of how these underwater creatures are found and how would we know they even existed without the aquarium. The 1st really cool thing was watching our escaping octopus, he didn't escape our seeing him. The touch tanks were a blast to touch the under-the-sea tiny creatures.

Then we wandered off to see what came to visit us from Hawaii. The conch shells were the coolest, the colors, and the size. Then we went to see the sea otters and their new baby, how adorable. Everyone split up going in opposite directions, we were to meet and see if we missed anything. There were 2 exhibits left and we went together to view them before we left. How amazing it was to be able to talk about what we saw and how we experienced it together, and as a person, to share how we wished we could be sea life and live under the water, laughing and smiling about what that would really be like.

NO!!! Spoiler alerts here, you have to go see for yourself, the exhibits, and experience it for yourself. It's educational and eye opening, I think you need to be interested in the sea creatures or you will get bored, because they don't make any noise. Ha ha ha... Miranda was a blast to go with, she didn't remember going to visit the aquarium in Florida where she is from. We were just laughing, she couldn't remember, but she loves, the underwater creatures, she said with a grin... We had so much fun in 2 hours it really was a great time.



## Meet Our Staff: Mia Harvey

BY GWEN MARAYNE

“I'm Mia Harvey. I was born in Roanoke, Virginia, a beautifully diverse, small, relatively liberal city surrounded by woods and farms. I grew up poor, I was homeless at one point when I was a teenager. So, I think that's why I really got into this kind of work. I also have a lot of friends who ‘you know’ it's really hard to get out of the bottom, and then make it. I think it inspired me to do this kind of work.”

At 18, Mia decided that the only way to avoid getting in trouble was to join the Army, in order to pay for college and leave her sleepy city. The largest issue was that for 6 years she wasn't able to come out as trans because the military has strict regulations around being LGBTQ+.

It sounds like her childhood was rough into her adulthood, but it appears that she's turned her life around quite a bit, which is great. I'm glad that happened for her.

“When I was 23 years old, I moved to Seattle after coming out as trans because I knew that Roanoke wasn't safe for me anymore. I later found out that Seattle wasn't perfect either though.”

Then Mia exclaimed “I learned coming to Seattle, what it really meant to be trans, and a minority in the world. I didn't realize the housing discrimination, the assaults, and the job discrimination, the pain that I would have to experience. I will say, since I came out seven years ago, even in Seattle, I've experienced discrimination at every level, that's what I'm working to fight for. I've learned more about the fight, and more about how to do it in different ways.”



## Mia Harvey, continued

I could see and hear how much her struggles have made her a stronger person. It also made it seem like she has stuck to her own guns and has thicker, stronger skin because of it.

Mia worked at City Year, part of AmeriCorp for a year, bringing her to Seattle. From there she went to The Evergreen State College for the next 2 years, ferrying between Seattle during the summer and Olympia during the year for college. In her two years at the college, she opened up TESC's first Trans and Queer center, which was intersectional. They did a lot of work with people at the college to find the resources they needed. Mia even played an integral part in Student Government.

Mia also spoke about how she worked at an awesome nonprofit for LGBTQ+ high school students called Pizza Klatch (PK). PK brought pizza and community into high schools throughout Thurston County for students that may not always be accepted by their families and peers. "We had conversations about life and struggles, and it wasn't just for LGBTQ+ youth, but for students that felt awkward, who just didn't feel like they fit into the overall makeup of their community".

"After receiving my Bachelor's degree at TESC I worked in Seattle with kids for a few years, then became a Residential Counselor for 2 years at the Downtown Emergency Service Center where I worked with individuals experiencing homelessness, substance use, and mental health challenges." "I came to this job about a month and a half ago. I'm a Clinical Day Treatment Specialist, and I'm going to be working on groups. We're starting the LGBT group, we already had our first initial group meeting, and that went great, excellent."



## Mia Harvey, continued

The group scheduled for April 1st ended up getting an ice cream at Molly Moon's, according to Mia. There will be more opportunities for clients to participate in a group that suits them. Mia spoke to this writer in the past about doing a poetry group. Other group ideas Mia mentioned during our conversation are a recovery group and a gardening group, bringing about outings. "So I'm really excited about the future."

Finally, we discussed what Mia sees herself doing in her future.

"In next couple years I'm going to go to law school. It's a lot, but I'm really excited for that."

She thinks she might become a lawyer to help low-income people who have difficulty fighting for themselves, especially when not given the opportunity and resources to do so.

"When it comes to racial and LGBT equality and equity... [it's] what I want to bring to my work, and hopefully I can show that as well."

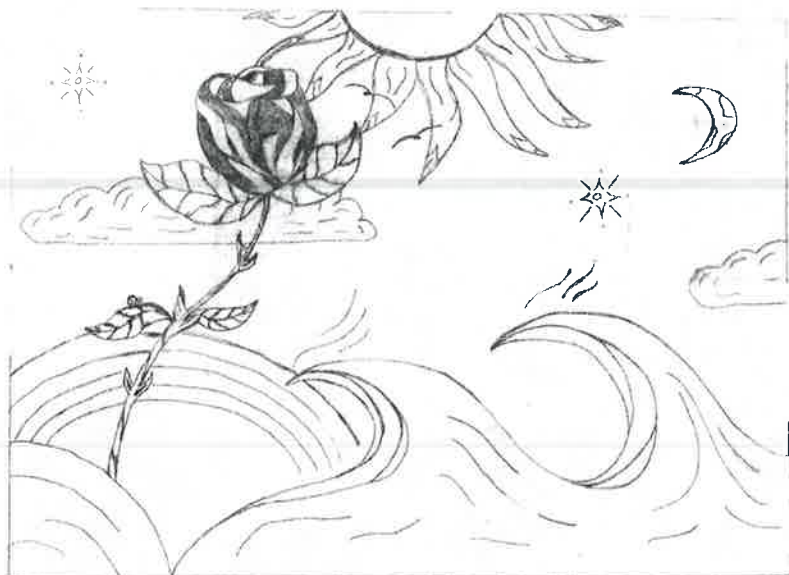
"It's been a great experience...," Mia's said since she started working here. She's been challenged, pushed to new heights, and had had several new experiences. She's excited to bring her imagination and abilities to the groups she is planning to start. Mia's open to new ideas from the community.



# Sitting

BY WENDY NAKASHIMA

We set around the table talking  
with people we know...  
We watch the creativity flow...  
We are aware that one person  
refuses to ask for help  
for fear of not being accepted  
We become aware that one person  
has the feeling of despair  
Why Because cash money is much  
better than welfare...  
When you don't know me it might  
be hard to see  
I am not interested in keeping up  
with the Joneses  
That's just not me...



Drawing by George Miller



Coloring by Robert Kellet

# Summer 2021 Lake Sammamish Picnic

ALL PHOTOS TAKEN BY JONATHAN GORE





# Day Treatment Summers

ALL PHOTOS TAKEN BY JONATHAN GORE





Drawing by Eletha Shackelford



Drawing by William Ehlers



Photos By Gwen Marayne



GARDEN PHOTOS TAKEN BY JONATHAN GORE