# TRANSGENDERIST



- \* SPIRIT AND THE FLESH REVIEWED
- \* FIRST TIME STORY MELODIE
- \* IS IT CHOICE?
- \* WHAT A PROFESSIONAL HAS LEARNED
- \* FAMILIES AND UNDERSTANDING

MARCH / APRIL 1992

TGIC - ALBANY, NY

FROM THE EDITOR



YES, we're late, two months late as a matter of fact. No, I have noone else to blame. You will notice that many parts of this magazine are prepared using differing formats. When we began to go to press several months ago, I thought we had an arrangement to use a brand new computer and desk top publishing system for our layout work. Unfortunately, the deal fell through shortly after beginning the

layouts. Consequently, some parts were done on the new system, but then the final parts had to be finished on our trusty OLD machine. This, and the demoralizing aspects of this setback were part of the delay. The other was perhaps more relevant and that was my own lack of interest.

For a long time, I had dreamed of publishing an informative, valued worthwhile publication for the gender community with broad ranging appeal. Before beginning transition, I started Jennifer's Journal which grew into the Gender Journal, both critical successes, but, unfortunately subsidized by my own wealth and sweat. (yes I know, women don't sweat, they glow). When my income disappeared, they folded. TGIC gave me the opportunity to continue in this vein with the TGIC NEWS, which recently evolved into THE TRANSGENDERIST. I'm proud of what we have done with the TRANSGENDERIST, but I can no longer do it on my own. Don't get me wrong, I'd really like nothing more than to be a Merissa S. Lynn and make my living from editing gender publications and participating in the associated activities. Nothing has given me more pleasure ... and less income.

For over a year, I've asked for help doing this publication; yes, you've responded wonderfully with articles, but without a staff to depend on for planing, business matters, layout, and printing, its been disapointingly hit or miss. Soon, I will be starting a new job my first real job as a woman (actually, I may have two to chose from one which is in my old field and pays much more than I made as a man). In either case, I will no longer have the time, nor do I find now that I have the energy to continue as editor of THE TRANSGENDERIST. I wish I didn't have to say that, but I do. At this time, I'm burned out. Following this issue, I'll be beginning a sabatical. Winnie has agreed to take over the TRANSGENDERIST from now on. Please, help her. I will be submitting works from time to time, but, I need time away from the gender community and TGIC to redirect. If I can help individuals, or provide information, I'll be glad to but otherwise you probably won't be seeing me around the club much from now on. One final thought, the club needs new leaders, please, get involved.

# IN THIS EDITION

Its been a long time. Many of you have written in with excellent pieces which if not used in this edition will be used in future efforts. Although this is the Spring edition, we are coming hard and fast into summer. Unfortunately we didn't get to press soon enough to make Winnie's article on the Pocono's outings of much value, but we've left it in for future reference. With summer comes the summer doldrums so what better time for a pep talk from Julie and Sharon? See Pitch In! and Participation and Acceptance on page 4. Laurie B. turns her literary talents loose on The Spirit and The Flesh in our book review, and Melodie shares her Big Breakthrough. Dr. Leo Wollman shares his thoughts with us on what he has learned from 3000 transsexuals, and Roger Peo shares thoughts of some of his clients. We thank Pittsburgh Rapsody for Wendy Miller's Column on gaining family support and understanding, and The Colorado Gender Identity Center Newsletter for our cover illustration. Add other features and I'm sure you will enjoy this issue of THE TRANSGENDERIST.

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### RATES:

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# FOLICY:

THE TRANSGENDERIST is an outreach tool published bimonthly through combined effort of Transgenderist's Independence Club (TGIC), PO Box 13604, Albany, NY 12212, and other New York State support groups for Transvestites and Transsexuals. As such THE TRANSGENDERIST will publish informational, educational and fictional pieces relating to the subject of gender dysphoria. Sexually explicit or pornographic pieces will not be published. Contributions of both art work and literary efforts (prose, poetry, research, essays and opinions) are solicited. No part of this publication may be reproduced without prior permission from the publisher. Permission is routinely granted to non-profit support groups for reprints upon notification of intent to print. The opinions expressed in THE TRANSGENDERIST do not necessarily represent those of TGIC, or the editors.

# JGDC NEWS

**TGIC NEWS is THE** TRANSGENDERIST'S local insert for TGIC ALBANY

# **PRESIDENT'S COLUMN: Winnie**

# Hello, Ladies

While our Thursday night Rap Meetings at the club house have been well attended in recent weeks, I am sorry to say that one these events (the time is now!). Some may plans for a weekend event have not want a room-mate, or the companionship of materialized, largely because not enough another member of our club. So, please drop a members are willing or able to do the work of note to the club PO Box or call the club on a organization required. This may be because Thursday evening (8-11), let us know which many of our currently active people are new to one you plan to attend, and we will try to get a the club and have not experienced the group together. camaraderie and joy that interaction with a large number of like-minded crossdressers fo a period of several days can bring. I recognize that few of us can afford the cost, time and travel to a major event like the IFG Convention or Fantasia Fair, but there are smaller but equally enjoyable "get-away affairs held annually in both Spring and Fall i the Poconos, within easy driving distance.

For the two Spring events thi year, the dates and addresses to contact are:

"Pocono Fantasy Festival" April 30 - May 3 Fem Fashions 9 West 31st St., Suite 7R New York, NY 10001 212-629-5750

"Paradise in the Poconos" May 14 - 17 Creative Design Services PO Box 1263 King of Prussia, PA 19406 215-640-9449

I attended a couple of similar affairs a number of years ago, and can recommend them highly, especially for newcomers. The location is a typical "resort" in the Poconos, consisting of a main lodge, restaurant, bar, patio, pool, etc., with moteltype or cabin accommodations and some

recreational area. Prices range between about \$225-\$325 per person. Meals are included, and parties are scheduled in the evening. Vendors are available during the day, but there is much free time for relaxing and chatting with others. The setting allows for longer, more personal one-on-one discussions, or in small groups; no one need feel left out. In other words, this is a great opportunity to make new friends, or to renew old friendships.

To those in the club who are getting bored, suffering from the Winter Blahs, or want to get out and develop their personalities, I encourage you to sign up for

ANDROGYNY UNLIMITED	- Counseline - Boucation
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# LETTERS TO TGIC

Dear Jennifer,

Thank you for your pamphlet on how to start a support group. I had written to a number of people / places for ideas about how to go about starting. Many times I heard back that someone, somewhere had written a pamphlet, but no one could remember who did it.

Even though the process is well under way, the information and ideas are useful.

Thanks again, and I'll keep in touch.

Roberta

### Dear Roberta,

Renaissance Education Association in Philadelphia also publishes a similar paper, you may find additional ideas and thoughts that are of help in that one also. Renaissance's address is Box 552, King of Prussia, PA 19406. I'm glad the paper was of some use to you.

# Love Jennifer

Ed Note: As we noted in our last newsletter, Roberta is attempting to put a western Massachusetts group together. She can be reached at PO Box 149, Hadley, MA. 01035. \* \* \* \*

Dear Ladies

We are in the process of organizing a support association for CD's, TV's & TS's and associated people in Alberta (Canada). The existing group is more a social club. We are presently forming a non-profit association to deal with the improvement of the trans-sexual gender. We would appreciate and information or help you can provide that would make crossdressers more at ease physically & mentally and help those associated with them.

# Thank You - Love Kathy

Dear Kathy,

I have to apologize, your envelope was discarded before we noted your address, and your materials had no reference for contact. We enclose this here so you may see it and have it do some good. KATHY CAN BE REACHED

> Best of luck, Jennifer. \* \* \* \*

Dear Jennifer,

AT

Today received a copy of THE TRANSGENDERIST. Congratulations on making a "transition" to a new improved dimension in gender newsletters. I think the concept is well thought out and, I am sure, reflects your personal energy and commitment. I hope THE TRANSGENDERIST becomes "all it can be".

However, I was a little dismayed and surprised to receive the copy addressed directly to me, last name and all, at my home address. I sometime ago notified TGIC that I would prefer to receive newsletters, correspondence, etc. at my PO Box and addressed simply to Rachel C. ... Please change my official TGIC mailing address to (address deleted) ... Otherwise I hope all is well with you ... don't be a stranger.

Rachel C.

Dear Rachel,

Recently TGIC has had a spate of mail returned from apparently valid PO Boxes, marked "Box Closed" as was your earlier mailing. I took it on myself to forward the newsletter directly to you, for which I apologized to you in person, our records have been corrected, and hopefully you will get your mail without further hassels.

Love Jennifer \* \* \* \*

Dear Jennifer,

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I'm impressed with the new TRANSGENDERIST. Its really very good and informative. You have written some facinating articles. I'd love to sit down and talk with you some day.

I'm writing to ask you a favor - it you would publish this letter and business card of Josie Speckert in your

next publication. I sometimes work together with Josie in regards to her clients and my customers. If you have any questions, feel free to give her a call. Let me know what it will cost to publish that and please bill me for it. Also, thanks for running ads for me ... if you run any more, please just use the "Petticoat Lane" Business card.

Take Care, Lovingly, Betty

Dear Betty,

I have talked with Josie, and highly recommend her. You are fortunate to have someone like her to work with in your area. Her information is reproduced elsewhere in this newsletter.

Love Jennifer

# NOTES FROM ALL OVER

PITTSFIELD: Josefina A. Speckert, M.Ed. announces the formation of a facilitated support group for transgendered people. A one hour initial intake interview is required, and there is a \$60 fee for the 12 week one hour per week session. Dr. Speckert has worked as a Psychologist for the State of Mass for the past 8 years, and offers compassionate, informed, understanding services. To register or find out more information, contact Dr. Speckert at 413-499-5858.

WAYLAND: IFGE is trying to develop a "Health Care Professional Referral List" Sheila Kirk is trying to identify Internists, Endocrinologists, Surgeons, and Mental Health Professionals who have an interest in and expertise with transgendered individuals. If you have professionals with whom you are working, who fit this discription, please forward their names and addresses to Sheila c/o IFGE, PO Box 367, Wayland, MA 01778.

WOODBRIDGE VA .: The brochure says "If only I could find the answers to my fantasies at reasonable prices ... Claiming to be that answer, is Fashion Fantasy, with catalogs for lingerie and dresses, Large sized lingerie, Leather, Shoes to 14EE, and Hosiery. For information contact them at 12423 Hedges Run Drive, Suite 200, Woodbridge, VA. 22192.

COLONIE NY: Created Equal Nail Salon, 1314 Central Avenue is looking to cater to crossdressers with nail services, makeup assistance, and large size lingerie. Liz, the owner is also looking for a "maid", and is planning house parties, any takers? Next to Stellum Computers. Phone 453-8318.

ALBANY NY: Lifestyle books at the corner of Central and Henry Johnson (formerly Northern Blvd.) at Video Central is offering an expansive line of books on crossdressing and transsexualism. Tapestry is also

ALBANY NY: In the last TRANSGENDERIST. we gave a listing of Gay bars in the Capitol area, well, things change. The Playhouse - 519 Central Avenue, longtime hang out for the gay crowd in our area has gone straight. Be warned.

# REGULAR MEETINGS OTHER THAN TGIC

CD NETWORK: Rochester, NY 716-251-2132 General Meeting - 2nd Friday

EON: Syracuse, PO Box 6293, Camillus, NY 13031

General Meetings - 1st Saturday - Parish 3rd Saturday House

TGN: New Paltz, NY PO Box 177, Tillson, NY 12486-0177 ST. ANDREWS General Meeting - 1st Friday - Church 7P 3rd Friday - Church 7P

TIFFANY: Wayland. MA 508-358-5478 Rap Group - Licry Tuesday - House 6P Open Day - Every Saturday - House 4P Wives Support - 1st Friday - House

XX CLUB: Bartford, CN (TS only) General Meeting - 2nd Saturday - Church 4th Saturday - Church

THE GATHERING: NY City (TS only) General Meeting - 2" Sunday

CONNECTICUT OUTREACH SOCIETY: Devon, CT Socials - 1st Saturday - House Parties

LIFE: Hempstead, NY (Long Island) Socials - 1st Friday - 3rd Saturday Wives Support Group - 2nd Tuesday

# **PITCH IN!** by Julie M.

# Greetings and salutations!

Having recently assumed the position of Madam Vice President, I thought That you to see happen around this place. This is a support base for many members and a social for others. Regardless of how you use the club regard to participation, somewhat lacking.

articles for the newsletters.

Remember when you were just coming to accept the fact that you were either TV or TS? You were feeling alone, scared and no place to find out what was going on? Well, things have not changed for the new members. the week. But I didn't have the time or the If you have learned to handle or cope with a expertise to apply make-up and I didn't enjoy situation, then you can help the new people by wearing wigs, two usually important facets of telling your stories, so that they have some thing to work with. As we gain new members, we must remember that they may have a lot to learn about dressing, make-up, movement and social skills. Since this is a support group and most of this support comes from you, we need to draw upon the more experienced people to anxieties and dress the way that would make teach or just be a friend.

That's all for now, and I hope to see you at the club for the Rap group or socials.

> **PARTICIPATION AND** ACCEPTANCE by Sharon M.

This article is written in response to a letter written back in the Nov/Dec '90 issue of the TGIC NEWS. The letter dealt with the writer's reluctance to participate in club meetings because she felt she would be unable

to pass. To quote from her letter: "For the standard variety of reasons, I cannot pass, never will and at this point, I am unwilling to go to the extraordinary lengths needed for me to be respectable even at a club meeting." Jennifer W. wrote a good reply to the letter at the time it was published, but I felt that at this time I could add some insight from my own experiences that might encourage others to come to the meetings or socials who have been discouraged for similar reasons.

First, at any given meeting about half should get to know me and what I would like the participants come dressed up and about half can't .. Many participants will dress at some meetings and not at others. Of those who dress, some can pass, some can't. For a long and its facilities, it is member supported. time I was one of those who did not dress up Financially we seem to be doing OK, but in although I sometimes wanted to. In my case it was not concern as to whether I could pass or We need your help in several areas, if not, because I had learned that those that could you cannot work as an officer, then write not pass were still accepted as they were. However, I was reluctant to dress up because I was afraid I would not be accepted if I dressed up but did not even make the effort to pass. I just wanted to throw on a blouse and maybe a skirt and to dress as I can't during the rest of passing.

After about a year I concluded that if I couldn't dress up at the club meetings the way I wanted to (as opposed to the way I wrongly thought others would want me to dress) then where could I? So I decided to fight my me feel good.

I come to the meetings dressed straight. I then go into the bathroom and throw on a blouse and maybe a skirt (but sometimes I keep on my men's jeans) and maybe some women's socks. But I wear no makeup, no wig, and, because I am a sloppy shaver, my stubble shows. But I am accepted just as much as when I came to the meetings straight and I enjoy them a bit more because I now feel OK dressing as I want.

In conclusion, don't let feelings that you won't be accepted at meetings if you either come straight or you dress but you cannot pass or, like me, you dress but don't even try to pass, stop you from coming. Because you will be accepted.

BOOKEREVDEW By Laurie B.

# THE SPIRIT AND THE FLESH: SEXUAL DIVERSITY IN AMERICAN INDIAN CULTURE - Walter Williams 1988

This rather lively, readable and welldocumented book (691 footnotes) deals with the berdache (feminine male) tradition among many of the Native American tribes from South America to Alaska. Along the way, the author also addresses masculine females in Native American folklore, same-sex sex in buccaneer, cowboy, sailor and hobo societies (all-male societies) as they relate to the existence of Indian homosexuality, and the reasons why Indian and European cultures took such a differing view towards cross-dressing feminine males (and same-sex sex).

Instead of being a rather dry study of previous works on the subject of Native American sexuality, the author has emphasized a need for first hand interviews with Native American elders and younger members as a way of correcting previous misconceptions, or validating earlier findings. By meshing his interview findings with historical writings and previous anthropology work, the author presents a picture of the berdache traditions that is multi-dimensional and provides an interesting view of the "half man, half woman" Indian.

The berdache in Native American tradition (and not every tribe or nation held feminine males in high esteem) was held to be a gift from the Creator, a being that mixed the powers of the male and female and stood in special favor with the Spirits (to attack or kill a berdache was thought to result in death or ill times). Healing powers, the ability to see the future, ceremonial importance and mediation were the special talents of the berdache. Once they passed a test at puberty or slightly before, a berdache took on the clothes, speech, work and activities of women (the berdache was often the tallest and hardiest person in the tribe, which is supported by the pictures that follow the text).

Needless to say, the European explorers and missionaries held the berdache to be a condemn able abomination, and the term berdache is derived from a French word for unnatural sex (the author also points out that many of the words used in European type societies relate to homosexual behavior, such as naval "mates", cowboy "partners" and the "bougie man", among others).

For an anthropology study, this book was quite the exception and was difficult to put down once started. My copy cost \$12, and was purchased at The Boulevard Bookstore (Central Avenue) in Albany, which now carries a shelf of books devoted to cross-dressing and gender studies.

Ed. Note: This book is also available by direct order from IFGE, (address listed elsewhere in this publication).

(413) 499-5858

# JOSEFINA A. SPECKERT M.ED PSYCHOTHERAPIST

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# THE BIRTH OF JENNIFER by Jennifer

It had been the longest period of time in my adult life during which I had managed not to dress as a woman, but it had only been nine months. Eight months earlier my first son by my second marriage had been born, and a month before his birth, I made myself - and him - a promise. It was a promise which I had been unable to keep on so many earlier occassions. An empty promise then made to wives or a mother who, upon my discovery had no compassion, understanding or loving support - who demanded that I was sick and should seek therapy. To them, therapy meant "get yourself cured!", and in many ways I wished I could have done just that. It was a promise made from necessity, but empty of a true desire on my part. This time it was different. I was 35 now, successful and for the first time in my life a child was to be born who I really and truly wanted. Giving him the father that he needed and deserved gave me a determination I'd never had - it was time to get myself together and stop this nonsense, this damnable crossdressing. For the fifth time, everything was thrown out - only the pictures (my lifeline) were saved. This time, things would be different. I could lick it. I had to ... this time.

When Tommy was born, he was everything I ever dreamed of that a child should be, and I loved him dearly. Often at night, I would wander into his room while he sleeped, and just watch over him - in awe. One winter night, as enormous snowflakes drifted down outside his window, I sat in the quietude that only such a night can create, wishing that I could be his blanket. Wanting to get closer to hold him and protect him

# JULIE DENISON

COUNSELOR AND ATTORNEY AT LAW

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from life's evils, but somehow it left me empty to know that all I'd ever really be able to do was to watch over him, to guide him and try to be there for him.

By that spring, I had discovered a service through my computer called a CB simulator where people from all over the world could talk with others about a thousand subjects. Soon I discovered a channel where a number of the "women" used names like Diane (tv) or Rachael (ts) this definitely got my attention, and I soon learned that these people were men who considered themselves transvestites or transsexuals. Only half believing this to be true - after all I'd NEVER met a person like that - I was soon directed to a different part of the service called GenderLine. Gender Line was a part of the Human Sexualities Forum, a section I knew existed but saw no good reason to visit. After all, I was fully functional sexually, but not overly fascinated by the subject. In GenderLine, for the first time in my life I found factual information about transsexualism and transvestism, and was astounded to learn that most of the others that enjoyed this past time were ... just like me! Learning for the first time in my life that I indeed wasn't sick - just different - gave me a new level of self worth. It also gave me an outlet to discuss my feelings for my son - a son who's proud papa had taken to the lumber yard to buy materials (but really to just show him off) when he was only a week old! In a discussion which came to be called "The Nesting Instinct" I learned how many crossdressing fathers tried to show their appreciation for their families by "feathering the nest" or making their home a nicer place to live. An action undertaken in part from fear of discovery of their more "feminine" nature if they should show their true emotion in a more direct or motherly manner. I also learned that many were having a harder time of this expression than I.

My frustration over this lack of feminine expression and my newly discovered "safe" outlet were causing old problems to return. As every time

C

before my abstanence had caused stress to build. I had no outlet for the feminine feelings I needed to express. My fantasy life was growing more active, more demanding, more compulsive. Like a smoker trying to quit, I told myslef to hang on, but hanging on made life hell. I grew more irritable and defensive as the days grew on. I told myself that soon I would reach the point where the needs would start to deminish, I could beat it, but the needs grew more intense. Inside, I began to understand that this wasn't like other compulsions, that the needs never went away. I began asking what it was that I was fighting so bitterly, and why? The answer, tough to accept, however took several more years to understand. I was fighting myself - an inner need to express overwhelmingly feminine feelings which I had forced myself to reject - which I had hidden from all my life. I was fighting that, which to me was more fearful than anything imaginable, a fear that I would lay bear my soul and be rejected for the peculiarity of that soul - the fear that I was, am transsexual.

August, 1986, on a weekly business trip to Troy, NY, I made the momentous decision. I'd open a PO box where "we" could recieve mail - descretely, with little or no risk of discovery. What name should she be called? "Jennifer", a soft - loving name, a name which had for years been the most popular female name. It was beyond reproach, common and unquestioned. I liked Jennifer O'Neil - the actress. I had a niece named "Jennifer". The name felt right, it gave me a sense of self. The last name was some what more difficult. I just couldn't risk the humiliation of using my given family name and someone finding out. It wasn't like the few times before when I used my wife's name - after all that could always be explained as some sort of mistake. No, this was different, a distinct female personality invented to cover my inadequacies of self acceptance. Grabbing the Troy phone book I closed my eyes, threw open the book at random and pointed. When I looked at the name chosen ... "Minetovokowsawalski" or some

other equally undecipherable, incomprehensible and nearly unpronounceable name jumped out at me. A second try found ... " ". "Jennifer It had a vague ring of familiarity about it, which I mistook as comfort - the name felt "right" to me. Jennifer was born and soon, paranoia aside, I began sharing life - and my new PO Box - with a beautiful young woman who I both knew in the most intimate manner, yet knew not at all.

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MS. DALLAS DENNY, M.A. P O Box 33724 Decatur, GA 30033 (404) 939-0244 (Evenings)

I am becoming increasingly alarmed by my boyfriend's bizarre interest in cross-dressing. He has been living with me and my family for the last two months. The first time I noticed this behavior was when he put on my hot pink G-string bikini (both parts) and asked me If I would have sex that way. I just shook my head and ran out of the room. I was so upset and shocked that I isolated myself from him for the rest of the day. The second time was worse. I walked in on him unexpectedly in my mother's room, and he was dressed in her chiffon-andlace nightie, with a stack of porno magazines surrounding him. I just shut the door and walked away-and he didn't try to follow me to explain himself. In fact, we've never spoken about it. Does his dressing up mean he's homosexual? What's going on here, and what can I do to stop it?

As a general rule, it doesn't pay to will not change his urges if they are a punish people for doing what they can't profound part of him: it will only make help doing. I'm not saying this to make you feel bad or in any way responsible for own framework. But if he is quite content your boyfriend's behavior; it's just that, by isolating yourself from him and not talking about what you witnessed, you showed disapproval and anger-but not understanding. And understanding is what your boyfriend requires ... because his sexual behavior is a part of him, and he is not doing it to anger you or make you worry. Many men find women's clothes, especially silky underwear, to try out on him. Still, if you find his very sexy against their skin-we do too. don't we? Half the reason we wear slinky lingerie is because it makes us feel sexy. Some men feel the same way and so like to dress as women, head to toe. They are to think about looking for a different called transvestites and are not necessarily homosexual. On the contrary, many transvestites have happy and fulfilling relationships with women who understand their desires and even help satisfy them. Others dress up only when they are

alone, and never tell their partners. What's really going on here? You'll never know unless you break your silence. You must talk to your boyfriend calmly and let him tell you just how deeply he desires to feel women's clothes next to his skin, and whether it is part of a greater desire to be a woman or merely an expression of transvestism. Once you know what his real sexual urges are, you have various choices you can face together. If he is unhappy or confused in his sexuality, he might want to enter professional therapy. But remember, therapy

12:00 pm to 5:00 pm him happy and able to function within his with his sexual preferences, it's up to you to see if you can include them in your sex life together, not all the time perhaps, but as part of your sexual repertoire. Why not fool around with him in the hot pink

bikini? As long as that isn't the only way

do? Perhaps, in exchange, you could

come up with a little fantasy of your own

sexual behavior repellent, tedious, or

demeaning, it is not your fault-no more

than liking to wear women's underwear is

his fault. You might, however, need

P

partner.

he wants to make love, what harm will it

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# **THE BIG BREAKTHROUGH** Melodie

Dedicated with love to all those "wanna-bes" out there

Having had a pleasant evening at home use it. with a friend at Christmas, I decided to extend the experience. Instead of removing my nail try it if ... tips as I usually do, I left them on until Thursday and worked to perfect them.

I decided "Today is the day!" I got or bullshit). dressed but not overdressed. (I was wearing crinkle dress, my blonde wig, etc. I felt I package and screw the yahoos. looked good and I wouldn't let my negative side "dissuade me".

I headed for Amsterdam, outside my worth living). immediate area and had a lovely afternoon at the mall in downtown Amsterdam. I bought others to know it too. some nail tips at the CVS, a book at the book store, and a slip (it helps to know your sizes). I can affect your life that much any more. browsed in a plus-size shop and a couple of other stores. No one gave me a single strange nerd) to light your cigarette and hold the door. look and I felt I had "Passed". I also had a have a matinee during the week.

still light and about 4 P.M. and I wanted to slip the "high" you get is very fulfilling. into my house after dark because of neighbors), I decided to go for a real test. I stopped at a straight local bar in Rotterdam Junction, on the south side of the Mohawk. I ordered two drinks, I told a joke in my best feminine voice, giggled and joined in the fun with three or four locals. About ten minutes before I was going to leave, and older gentleman, a regular, came in and sat next to me. He was about retirement age and he started to look at me. at first indirectly and then "full-face". I looked him in the eye, thinking "Oh-oh! Here it comes." His next words brought a sigh of inner relief. "I'm sorry for looking at you, but I think I know you from somewhere." Since I didn't know anybody named Les, I said, "I don't think so." and left it at that. It was sufficient. He thought he was in error and changed his attitude. I left after finishing my drink. Again, I "passed", at least to the extent that no one hassled me (including the very macho owner who came in

half-way through). The barmaid was female, by the way.

I left with a wonderful feeling of "Hey, that's all there is to it." But, as you've heard before, attitude is everything. I had at least one cover story ready, quote: I had a little bit of a cancer, and it really did a job on my hair. That's why I wear this wig. But I didn't need to

It was a great experience. I urge you to

1. You're pretty sure of yourself.

You can override problems (leave 2

3. You have a good sense of yourself my fake fur with fur collar and my raspberry and you know you're a valuable person in any

4. You want to put yourself at risk for the sake of fun. (Life without risk is hardly

5 You're truly beautiful and you want

6. You're retired, like me, and nobody

You just want somebody (even a

All frivolity aside, it was a true Coke in the center of the mall and a little old "coming out" and the rewards far outweighed lady smiled and wished I had sat at her table. I the risks. Of course you can't be sure you was going to go to the movies but they didn't won't be hassled or humiliated, but if you prepare properly and assume a real "drop dead" On the way back to Schenectady (it was attitude, the chances for success are good and



"I assure you, madam, that we do not use animals in our cosmetic research."

9





This Conference is for attorneys and other legal professionals; for employment, personnel, and other human resources professionals; and for members of the transgender community, all of whom have an interest in the current status of and in strategies for progressive changes in either the law and/or employment policy as they pertain to the transgendered community.

> Wednesday, August 26, 1992 through

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University of Houston

# THE CONFERENCE ORGANIZER --TRANSGENDERED, AND A SUCCESSFUL

### ATTORNEY

Phyllis Randolph Frye, as a child and young adult, was very successful as a male --- Eagle Scout, corps commander in high school ROTC, winner of several scholarships, holder of two engineering degrees from Texas A&M, licensed professional engineer in three states, and a husband and father. Even so, she was never truly a "man"

Following her transition from being a man to being a woman, she and her second spouse faced and eventually overcame many challenges, including loss of visitation of her child, ostracism from their families, near total loss of engineering employment, severe underemployment for over ten years, daily lear of arrest, hostility from neighbors, recurring vandalism and obscene phone calls, hostility from people professing religion, and multiple bouts with depression.

Overcoming these challenges, they have remained married for over eighteen years, she is loved by her child (now an adult), the family ostracism is much reduced, and the neighbors are friendly. She returned to school on her G.I. Bill and earned an MBA degree and a law degree from the University of Houston. She was instrumental in the repeal of the law making crossdressing illegal in Houston. They remain secure and true in their religious convictions. Their outlook for the future is optimistic. She has had a successful law practice as a sole practitioner since 1986

Phyllis Randolph Frye is the Vice President of the sponsoring G C T.C. She serves as the Organizational Vice President of the League of Women Voters of Houston and has been on the boards of several other organizations, both business and professional. She is very well known in the Houston area legal community, is often published in Docket Call, and is well respecied for her work

She is completely out-of-the-closet and has been so for over 15 years. She organized this conference because,

> There are many people out there in both the legal and employment professions who are not transgendered but who want to help. There are transgendered people out there who are still scared of the laws and for their jobs. It is the right time.

Phyllis may be contacted at 5707 Firenza Street Houston, Texas 77035-5515 713/723-8368 (leave message)



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Or feel you are "really the opposite

sex?"

The GENDER IDENTITY PROJECT is sponsored by Project Connect, a program of the Lesbian and Gay Community Services Center, New York, NY. Project Connect is funded by the New York State Division of Alcoholism and Alcohol Abuse.

> Agencies to contact for more information:

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not alone.

# DO WE HAVE A CHOICE? by Jennifer

In October of 1988, Carole (who at the time considered herself TV) was struggling to begin dealing with her gender conflicts. In a discussion on CompuServe's GenderLine she wrote:

"I have a question maybe you could shed some light on. Recently, both my therapist and my wife have told me that I am choosing to be a woman or at least choosing that I am a TS. They say it is a "choice" I must make. Why then do I feel I have no choice in the matter and that I never had one? I try to be objective and say I could choose not to be, but it feels like lying to me. I never felt like I had a choice in the matter and still don't. The only choice I see at all, is whether or not I want to go on living a lie and being unhappy and unfulfilled in my life or being honest with myself and pursuing (for once in my life) my own true feelings and desires and potentially becoming happy and at peace with myself. Can you really call a choice between a life of contentment and one of despair a choice?"

In reply, another well known transsexual, Michelle S. wrote:

"You are what you are. Choices come into play when you decide what you are going to do about it. In that light you have a choice to make. I would think that your desire is to be female and not to be ts right?"

# I replied:

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"The choice is, whether to proceed or to continue, in some fashion, your present existence (You are the only one who can say what needs to be done), and what is acceptable to you. From your point of view there is no choice, so no doubt there IS no choice, you have to follow your road to its resolution. Apparently, where you are now, that resolution seems to be SRS...but perspectives can change. It is your choice as to when and whether to proceed, and you will ask yourself many times this question: 'Did you make the right choice or not?'

Are we making the right choice? Is it in fact a choice at all? For many transsexuals and transvestites, the question of choice comes back to haunt us again and again from friends, family, those we care about, even casual acquaintances, but probably no-one more so than our own consciences. I made a choice, a choice for life, only after exhausting the other options - options which demanded that I try to fit in. Two broken marriages and five fatherless children attest to how well that worked. Many other transgendered people have been forced to make similar "choices". Shortly after the above question was posed, Carole went on to become a woman. She is one of the few people I've met in the gender community who I felt was really making the right "choice". She took her change in stride and at last report was very successful and happy with the results.

Do we have a choice? Everyone has to answer that for themselves.

# WHAT I'VE LEARNED FROM 3,000 TRANSSEXUALS by Dr. Leo Wollman

(The following article was forwarded to us by one of Dr. Wollman's patients who received it from his office. Although It obviously appeared in print, we were unable to locate the source which was not credited on the copy we received)

In 1975, an obstetrician named Leo Wollman suffered a silent heart attack. Then, just about all his fellow obstetricians had burned out from their long hours of work - dying before their time.

Two years later, at the age of 63, Wollman decided to guit obstetrics, devote himself full time to psychiatry and focus on his long-standing interest: the care and counseling of transsexuals as they prepared for surgery. This was initially sparked by Dr. Wollman's election to the Board of Directors of the International Society of Scientific Study of Sex and his subsequent friendship with Dr. Harry Benjamin. Dr. Benjamin is known as the founder of the field of counseling transsexuals and was Christine Jorgenson's doctor. He has treated more transsexuals than anyone else in the world. CONTR'ICD ?



# DR Wollman - CONT.

Over the last 28 years, I've treated more than 3000 transsexuals celebrities like Christine Jorgenson, and Renee Richards and anonymous computer programmers, millionaires and welfare cases, blacks and whites and Asians, a 15 year old girl and a 66 year old man.

I've learned quite a bit from these people. To begin with, I've learned who they are - and who they aren't.

The true transsexual is quite rare. There are probably no more than 50,000 of them in the U.S. today. They are people with true gender role confusion. They are uncertain about whether they are male or female, and uncomfortable with their physical sex organs. They feel at odds with both their social role and their identity, or self-perception. These sensations are present quite early in life.

(Example: A teenager might say "I can see my penis, but I don't feel like a boy")

While 90 percent of my transsexual patients have been males, I believe the actual ratio in the population is closer to 50-50.

(Factors: Fewer female transsexuals "come out of the closet", because of greater social, familial and economic pressures. And the female-tomale operation is considerably more expensive than male-to-female surgery)

In either case, the procedure is long and costly. A male MTF transsexual must undergo at least two years of hormone treatment (pills and/or injections - \$10,000\*)

... and six months\*\* of therapy by either a psychiatrist, psychologist or therapeutic social worker (minimum \$1000)

... and electrolysis to remove facial and body hair costs \$5000\*

... and the surgeon will charge about \$6000\*\*\*

... and hospital costs can run up to \$4000. Total at least \$26,000.

The FTM case involves similar costs for hormone treatment and therapy, but surgery is far more extensive. It requires a series of four separate procedures, spaced out over one year or longer... one operation to remove the breasts... a second to remove the uterus... and two procedures to construct a prosthetic penis. The surgery alone will run \$35,000, and hospitalization ... another \$20,000. Total cost at least \$66,000.

Transsexuals often act as transvestites, people who enjoy dressing up in the opposite gender's clothing. In fact, there is a pre-operative period (of at least two years) during which a transsexual male must dress, act and work as a female to ease the persons transition prior to surgery.

At the same time, however, many transvestites are NOT transsexuals. They are, rather, men in dresses who thoroughly enjoy being men in dresses.

While pre-operative transsexuals may engage in bisexual behavior, I have rarely found them to be committed homosexuals, a much larger and quite distinct group. (to state one obvious difference, homosexual men want their male organs) It is far more common to find transsexuals engaged in heterosexual activity - often within a marriage - to try to convince themselves they are "normal".

Common practice: A transsexual male will prefer sex with the female on top, while fantasizing that he is the woman and the woman is a man.

The generally held theory among professionals (except for a few holdouts) is that transsexuals are created by hormonal and intra-uterine events, and not by some psychiatric problem.

Most likely scenario: A male fetus is exposed to an excess of female hormones while in the womb (or viceversa) which we think is caused by a hormonal change in the mother. This change is not enough to cause a miscarriage, but enough to alter his/her gender development and sexual behavior. (A few doses of fertility drugs could not produce such an abnormality. It would require a chronic exposure throughout the pregnancy).

This theory is borne out by interviews with adult transsexuals, who recall their gender confusion as early as the age of three, the dawn of memory. As young boys, they typically disliked all violent games and other conventional male activity.

As a result, it is clear to me that psychotherapy alone cannot "cure" a transsexual. The compulsion to change genders is incredibly strong. It can overcome the pull of marriage, fatherhood, or a hitch in the Marine Corps.

As a psychiatrist I have no illusions of changing a transsexual. I help people sort out their feelings, and try to prepare them for their new life to come. In nine of 10 cases, I eventually refer them to surgeons. (In a small minority of cases, I believe a person is not emotionally equipped to handle the change.)

And what else have I learned?

> The need for tolerance. Transsexuals are not queers or freaks. They are people with feelings. As a group I have found them to be sensitive and highly intelligent. Aside from their gender confusion, they are no more likely to engage in aberrant behavior than the general population. There is simply no reason to shunt them aside.

> Gender isn't everything. Some transsexuals enter surgery with the fear (or hope) that a gender change will alter their personalities in the process. But it doesn't. If a male transsexuals is a slob before the operation, she'll be just as messy as a woman. The same dynamic applies to adventurers, good samaritans, and schizophrenics. (Moral: People are far more than their genitals).

Dr. Leo Wollman is a Brooklyn psychiatrist and endocrinologist who exclusively treats transsexuals.

\* Although this figure may have been accurate for New York City when this article was written, a more typical program locally runs \$50 to \$120 per month for hormones plus quarterly visits to the endocrinologist with blood tests or about \$200 per visit for a total of about \$4200. Presently, most electrolygists locally charge about \$60 per hour - the typical male beard may require over 300 hours to clear or \$18000+. This easily could be the MTF's largest expense. \*\* Most programs require a minimum of one year therapy with a primary counselor, plus six months with a second therapist to provide a second opinion depending on the qualifications of the therapist expect to pay from \$30 to \$150 per hour session with an average being in the \$75 range. In reality, locally the \$1000 figure given by Dr. Wollman is probably reasonable unless other problems are presenting.

\*\*\* Currently \$6000 for the surgeon is on the low end. Due to varying techniques and restrictions on malpractice, the TS willing to go abroad may be able to pay as little as \$3500 or as much as \$40,000 in some US Clinics. Most Surgeons currently charge \$10,000 to 12,000 for the MTF. Hospital charges again are on the low end and can run as high as \$20,000. In view of these changes, although under the right circumstances a program may still be completed for about \$25,000, a more typical cost for the MTF is more likely \$35 - 40,000. Figures given above for the FTM are still largely accurate.

A high-school principal called up the mother of a teenage boy and asked her to come to his office to discuss son." a serious matter. "We can't seem to control your son." the principal explained. "Today he came to school wearing a low-cut dress and lacy panty hose." "Well. don't blame it on me!" the boy's mother snapped. "If I've told him once, I've told him a thousand times not to wear his father's clothes!"



"It was horrible...these two big men broke in, knocked me out...and I woke up like this..."



with the <u>DSMIII-R</u> and medical practice), the SRS point of reference provides the *new woman* or the *new man* with a definable life embarkation point.

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# ACCEPT ME by Larry S.

I am I Do not change me condem me nor put me down Accept me for what I am No...you need not agree with me But accept me For I am total in being I have my faults I have my quilts But that is who I am Perfect I will never be Allow me to be uninhibited Do not pressure me into feeling what I do not feel Accept me when I am flying high As I have accepted you when you are flying high Do not put me down ... nor make me feel unhappy about me IamI and I like being what I am Me.

# ROGER'S NOTEBOOK (#50)

# by Roger E. Peo, Ph.D.

This is my 50th column. As I look back over the topics I have written about in the past five years the most important were those that dealt with relationships. This month's column is based on a conversation one of my faithful readers had with his wife about his cross-dressing. To the best of his ability he recorded her exact words in his personal journal. He has graciously allowed me to use some of her words as the basis for this column.

The remarkable thing about this woman's feelings is that they are the same as those reported to me nearly 10 years ago when I did my study of wives of cross-dressers. Her emotions are a composite of what I have heard many other women say and express far better than I could what many women feel about their partner's cross-dressing.

"Had I known of your deep-down desire to be a woman before our marriage, I would not have married you. I am a very feminine person who is thankful she is a woman and takes delight in her feminine sexuality. Sexually I desire a man who rejoices in his masculinity, who loves me because I complete his masculine aspirations and not because he has a need to take over my femininity which belongs to me and not to him. You should know that I fantasize and dream about such a relationship.

"I must tell you that I feel deprived of such a relationship which is something I desire intensely. When we make love I must close my eyes and imagine my lover to be such a one as that because when I look at you I know you are wishing you could become me, that you are stealing my womanhood.

"I too love to wear beautiful feminine underclothes but I will never again do so when you are around because I have the feeling that it is my clothes you are desiring and not me. You have stolen these things from me and I can now only enjoy them when I am apart from you.

"I know that you can not help yourself. God knows you did not choose to be the way you are. Mostly you are tender toward me, considerate and loyal. You are hard-working, intelligent, thoughtful and have many admirable qualities. But because of your unfortunate unhappiness with your masculinity you are not the man I want. You think you are feminine and Indeed there is a feminine side to you as there is to every human being but you are a very masculine person in your day-to-day living in spite of your wish to be a woman."

The sad part of this story is that both of these people have spent a lifetime with this obstacle blocking and frustrating their daily lives. Our sexuality is such an intimate part of ourselves that when its expression is inhibited there is a possibility for anguish and frustration.

If you have something you would like me to write about or have a rebuttal, write me at P.O. Box 4887; Poughkeepsie, NY 12602 or call (914) 462-7455. All communications are confidential. [May 10, 1990]

[This column may be reprinted in any nonprofit organization's newsletter so long as my name and address appear in the reprinted version. All others must obtain written approval from me.]

# GAINING SUPPORT AND UNDERSTANDING WITH OUR FAMILIES by Wendy

(Reprinted from the Feb/Mar 1992 RHAPSODY newsletter of Transpitt in Pittsburgh.)

One of my close transsexual friends called me in tears today and told me her father was demanding that she stop all her hormone therapy and submit to counseling and evaluation by a psychologist he would choose. Furthermore, in the event she did prove to be a transsexual he then would expect her to get out of his life. How strong a father's feelings of shame and embarrassment must be for him to deal with his child with such ruthless insensitivity. I wonder if he would make the same demands on a child with something like epilepsy? But this is typical of what happens to transgendered persons when they finally reveal their feelings to their family or friends.

It has been my experience, as well as the experience of many of my transgendered friends, that our closest family demands an empirical explanation of why we are gender conflicted and how we became this way. They demand a "medical" answer from us, something that they can somehow make fit into their perception of themselves and the world around them. They want something they can give their friends to explain this embarrassment that has befallen them. This demand for an answer is not unlike what most of us have struggled with all of our lives. However the transgendered person who is finally trying to communicate their feelings to their family, probably has come to the realization that why they are the way they are is irrelevant to them and they only want to be accepted in the transgendered behavior they feel comfortable and happy with. After a life time of frustration trying to fit into the packaging they were born with, and finally realizing how they have to deal with their gender conflict, they are further frustrated by a family demanding something no one can possibly give.



This explanation of transgendered behavior is to try to help family and friends of the transgendered person to understand what has happened to this person to make them behave in such a seemingly bizarre way. To help family and friends understand that this person's behavior and feelings are not something that can be changed and that rejection and exile are not what they want or deserve. The most important reason though is to make them aware of the support available to them and that their feeling, fears and embarrassment are not unique. This is the best explanation I can make based on the most current research and theories available at this time. It is not measured with a blood test, nor will it provide a means to measure the extent of a persons transgendered feelings. It is however what current understanding of the medical and psychological community indicate to be true of transgendered persons, and it is presented here only to help the family or friends of such a person to understand them.

It is currently believed that much of who we are is predetermined at birth. These parts of each of us can not be changed. They are the essence of who we are and how we feel about ourselves. Much study has been given to how we arrive at our sexual preferences and parallels can be drawn with our feelings

of gender identification. Current medical research is just beginning to provide tangible evidence, with certain brain studies, that homosexual men have a smaller hypothalamus than heterosexual men. It is further believed that genetic keys exist which at some point in each of our prenatal developments unlocked the chemistry that tells each of us who and what we are. The important one here being male or female. Other things such as sexual preference, creativity, aptitudes, common sense, all our likes and dislikes may also be the result of some random chemical choice of which we had no control. The time may come when parents can create children exactly as they wish. This would be when all the genetic keys are found and understood. For now it's mostly a matter of chance though, or perhaps the choice of God, and all we can do is hope for the best.

For most of us this genetic chemistry sets off a chain of events that makes everything line up with our physical selves. A child having a penis, feels that it is male, and is only sexually attracted to persons with a vagina. Or a child having a vagina, feels it is female and is only sexually attracted to persons with a penis. In the transgendered person this chain of events creates an unexplained result. A child having a penis, feels that it is female, or a child having a vagina feels that it is male. There do seem to be degrees of how intent these transgendered feelings are and these children often spend their lives trying to change their conflicting feelings in order to fit the feelings of the majority.

Rarely do these attempts produce satisfactory results. Most gender conflicted people discover that they find comfort from this conflict through crossdressing in a partial or complete fashion. There people are transvestites and can be classified by how completely and how often they cross dress. A small percentage of gender conflicted people are at the extreme end of this discomfort spectrum. This is the transsexual who displays transvestite behavior but can only achieve eventual gender comfort and happiness through hormone therapy and living full time in the gender roll

in which they feel they belong. Usually this leads to sex reassignment surgery for these few. The procedure brings their body in line with what their mind is telling it. In both the transvestite and transsexual it seems that the mind is highly resistant to changing its perception of gender. Therefore, it must be understood then that the gender conflicted person can no more change their feeling of gender than the non musical person could be expected to write a symphony. Conversely, asking the gender conflicted person to live with their conflicting body is like asking Beethoven to life without music.

This person in your life probably does not expect you to welcome this behavior or change, but they probably do hope for some level of acceptance and understanding. What they do not deserve is rejection, denial and exile. You, of course, never wanted a transvestite or transsexual in your family or life but nonetheless are facing the problem of having one. Again I think the analogy of the epileptic person is a good one. Such a person might be considered a problem and an embarrassment. Should they be rejected and hidden away for simply not being like everyone else? Of course not. You both may need to look at and understand each other's feelings, fears and expectations. You both may need to talk with each other and explain exactly how you feel. You both may need to listen to each other and hear exactly what the other has to say. This is a two way street. Neither party has the right to expect any change of feelings or behavior on the part of the other. Listening is probably going to be the only way to keep a valued relationship intact. We want you to realize that your situation is not unique and that you are not alone just as we have discovered that we are not unique or alone either.



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INFORMATIONAL BROCHURES: The following informational brochures are now available from The Albany Gender Project, 188 Lancaster Street, Albany, NY 12210.

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### RECTINGENDED READING:

- TV/TS Tapestry (magazine 4 times \$40.00 per year) IPGE PO Box 367, Wayland, MA. 01778.
- TRANSVESTITES AND TRANSSEXUALS: TOWARD & THEORY OF CROSSGENDERED BEHAVIOUR 1988 by Dr. Richard Doctor. from IFGE \$29.95.
- THE TRANSVESTITE AND HIS WIFE Dr. Virginia Prince through IFGE. MY HUSBAND WEARS MY CLOTHES Dr. Peggy
- J. Rudd. Available through IFGE.
- THE TRAANSSERUAL PHENOMENON Dr. Harry Benjamin available at some university libraries.
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Public Education	Media Appearances
Research	Planning
Political	Peer Support
Newsletter	Club Leadership
Fund Raiser	Shopping Guide
Big Sister	Public Relations
Other	

as many as you have interest in)

Although I would like to participate actively in our club, my present situation does not allow for such activity (Its OK we understand)

All information you give us is held in strictest confidence, no publishing or distribution of our members information or release of information is authorized. Information is for club use only.

# MEMBERSHIP:

- Newsletter Only (six issues) \$2500 - Active Member (voting)
- 35.00 40.00 - Couples Membership
- Key Club (storage, and private use of facilities) (\$35.00 / mo) \$420.00 / year

