



THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON
NOVEMBER, 1996 □ VOL. TWO □ NO. 9 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION

LESSONS FROM GEESE

Geese flying in a V-formation have always been a welcome sign of spring as well as a sign that heralds the coming of winter. Not only is this a marvelous sight, but there are some lessons that we can learn from the flight of the geese, because all that they do has significance.

1. As each goose flaps its wings, it creates an uplift for others behind it. There is 71% more flying range in V-formation than in flying alone.

Lesson: *People who share a common direction and sense of purpose can get there more quickly.*

2. Whenever a goose flies out of formation, it feels drag and tries to get back into formation.

Lesson: *It's harder to do something alone than together.*

3. When the lead goose gets tired, it rotates back into the formation and another goose flies at the head.

Lesson: *Shared leadership and interdependence give us each a chance to lead as well as an opportunity to rest.*

4. The geese flying in the rear of the formation honk to encourage those up front to keep up their speed.

Lesson: *Encouragement is motivating. We need to make sure our "honking" is encouraging -- and not discouraging.*

5. When a goose gets sick or wounded and falls, two geese fall out and stay with it until it revives or dies. Then they catch up or join another flock.

Lesson: *We may all need help from time to time. We should stand by our colleagues in difficult times.*

--Angeles Arrien



STRESSED? FIND A QUIET PLACE

As we head into the holiday season, it's a sure bet that on the top of everyone's "to do" list is the phrase *Stress Out*. Anything we can do to minimize feelings of not enough time, not enough money, not enough choices will prepare us and insulate us from the dreaded "I'll be so glad when the holidays are over" syndrome. To do this, we need to seek and find a quiet place where there are no decorations, gifts, and demands on our time.

The phrase "quiet place" refers not only to a physical place, but to an inner place as well. Just as it is sometimes difficult to find a quiet corner of our busy world, it can be just as difficult to find a quiet corner inside ourselves. Each day of our lives, the constant onslaught of information makes the quest for a even a few moments of silence a major undertaking. We are programmed at an early age to avoid being alone with our "selves". So we are taught to play together, to work together, to be a "team player". It is drummed into us that "No Man (or woman) is an island".

Therein lies a dilemma. Certainly, we need to work cooperatively with others for the good of society. But, each of us is also a "closed system", a small universe unto itself, and it is a small universe which needs love and care, too. I remember a storyline in a well-known television science fiction program where a non-corporeal being takes human form for the first time. The creature's reaction was to be stunned at the separateness, the loneliness it experienced being trapped in a human body. A therapist once said to me: "We are all ultimately alone in the universe. Our task in life is, that once we really understand this fact and are faced with ourselves, we'd damned well better like the one person we are alone with!"

Listed below are some suggestions for accomplishing this not-so-small task: that of finding our "quiet place".

1. Sit or lie back in a physically comfortable place. This may be a chair, a sofa, on the floor with some pillows -- anywhere you can be quiet, and free of contact with anything other than YOU.
2. Start by taking a series of slow, deep breaths. I know that every book on just about any subject related to self starts by telling the reader to breathe deeply. But think about it for a moment. Although we breathe automatically (it's called an "autonomic reflex", which means that we can't stop it unless we plug all the breathing tubes) most of us don't realize that deep breathing is the most relaxing thing we can do to and for our bodies. It replenishes depleted oxygen in every body system.

enabling the entire mechanism to work more efficiently. (Also the carbon dioxide you exhale is great for plants and trees!)

3. As you breathe in, imagine you are drawing in fresh, warm, golden sunlight. As you breathe out, imagine you are exhaling dark, cloudy, stale air. Keep this up until you feel all the tightness in your body start to relax. (Remember to breathe slowly, so you don't hyperventilate!)
4. As you feel yourself relax, gently look inward. No deep soul searching here, just renew your acquaintance with your self.
5. If the outside world starts to intrude with frantic thoughts, gently push them aside and concentrate on breathing and relaxing. After 3 to 5 minutes, begin to move your body. Start with your feet, and by tightening and relaxing the muscles, move upward to the top of your head, all the while breathing in and out slowly and deeply.
6. After you have reached the top of your head, slowly allow yourself to come back to the "real" world. As you re-enter the holiday world, promise yourself that you will come back and visit your quiet place at least once a day.

EMERALD CITY

206-827-9494

PHONES ANSWERED TUESDAYS

7:00 PM 10:00 PM

For Crossdressers. Meetings and social gatherings. Safe, discreet, and confidential. A place to be all you want to be!

ON THE LIGHTER SIDE

NEAR DEATH EXPERIENCE

I had a near-death experience that has changed me forever. The other day, I decided to go horseback riding. At first, everything was going fine. I looked wonderful in my gold sequin-covered skirt and matching blouse, my white leather cowgirl boots with gloves to match, topped off with a beautiful, 4 1/2 gallon cowgirl hat. I was doing just fine until the horse started bouncing out of control. I tried with all my might to hang on, but was thrown off. Just when things could not possibly get any worse, my foot got caught in the stirrup. When this happened, I fell, head first to the ground, losing my hat a hopeless messing up my coiffure. My head continued to bounce harder and harder on the ground as the horse did not stop or even slow down. Just as I was giving up hope and losing consciousness, the K-Mart manager came over and unplugged the horse.

Thank Goodness for heroes!

FACILITATOR'S FORUM

BY KAREN SHAW

Hi. I am Karen Shaw and I have been a facilitator for about eight months. Suzanne has asked each of us to write a guest piece for *The Ingersoll Message*. I would like to discuss how to get the most value out of group.

As a facilitator, I try to be prepared ahead of time for each meeting. This I do by keeping a list of potential topics that I keep adding to. The topics come from issues raised in group and from my current experiences as a transgendered person. I also analyze each meeting to learn what works, what doesn't work and where things can be made better.

The other night we talked about stress as a transgendered person. Well, believe it or not, facilitators can be stressed every time they sit in front of a group. This is because no two groups are the same and as facilitators we never know ahead of time how many people will be there, what the issues will be and especially how the meeting will unfold. My personal philosophy is that less facilitation is more. If I can stimulate a topic where the group takes off, the better the session will usually be. I try to gauge the mood of the group as needs and issues come out during the check in.

But the group can help us facilitators. Speak up and let the group hear your opinion. It is very disheartening if some of the group is not participating. I know I start to wonder what is wrong. Be honest with yourself and with the group. Some of the best comments I have heard were prefaced by "maybe I shouldn't talk about this here". Face up to your denial and share your thoughts. It is rough being transgendered and the best way to learn is to share. Also, the best sharings tend to be those that are the hardest to share.

Other things group members can do is 1) respect others' input and not interrupt, 2) respect others by letting everyone have a chance to speak, instead of a few monopolizing the time, 3) if you do have a tendency to be a bit long-winded, please don't get upset with the facilitator for going on to someone else.

In reality, Ingersoll meetings are your meetings, not the facilitator's. It is up to each person to ensure that they get the most out of the meetings by being there and participating.

With Love, Karen

Warm wishes for
the holidays

BUSY YEAR AHEAD FOR INGERSOLL

Ingersoll has some new projects in the works. For example, we have expanded our FTM services and our written materials resources. Here is a brief summary.

Especially interesting are the new phone hours and the new Wednesday night FTM phone presence. Every Wednesday evening, from 6:00-8:00 pm (Pacific Time), our phone service is dedicated to men's issues. A new therapy group is starting and a new s/o support group is starting. Every several months a meeting is held for the facilitators, and we now have an excellent training program for new facilitators. We are receiving many more requests from professional organizations for comments on gender identity issues. Our three groups continue each and every week, with attendance very good. We have expanded our mission to include becoming a community center for the gender community.

We continue to offer special events every month. We have alerted the community that we are interested in providing a space for the presentation of new ideas about gender and identity. Several new seminars have been suggested and two have been scheduled (one on Gender Theory and one on the use of breast forms). The Friday support group is now at meeting number 1,171, the longest running group of its kind in the world. We have acquired a new computer that gives us tremendously expanded capabilities for publishing, record keeping and Internet work.

We have begun a new series of publications, the Ingersoll Little Gray Books Series. This format will allow us to offer a uniform appearance to our offerings. We will also publish more topics than usually associated with gender centers, for example we are starting with a breast care book. New computer technology allows us to publish excellent documents.

We have recently had opportunities to bring our issues to many of Washington State's elected officials: Senator Patty Murray, Governor Lowry, and leaders in the Lesbian, Gay and Bisexual Communities. We have achieved an excellent working relationship with GLB organizations and are represented on many boards in the Seattle community. Ingersoll was represented at the Hands Off Washington/Pride Foundation dinner, at the Northwest Coalition Against Malicious Harassment Conference in Spokane. We were represented at the Lesbian Resource Center's annual fundraiser.

We hope this year's Ingersoll party and fundraiser (December 7, 1996, at the usual place, the Best Western Executive Inn on lower Queen Ann) will attract many more people from the larger community. Kate Bornstein will again present some of her work, and we will present a special award to an activist from outside the gender community. Last year we honored Jan Bianchi, then President of Hands Off Washington. Join us in our work, or just give us a call sometime.

Let's Party!

You're invited!

Date: DECEMBER 7,

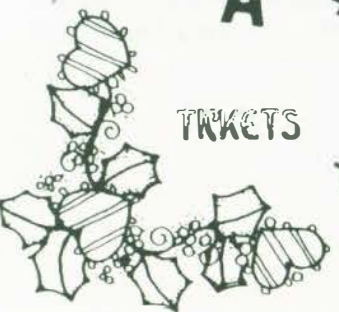
Time: 7:00 - 10:00 PM

Place: BEST WESTERN EXECUTIVE INN

For: INGERSOLL CENTER'S

HOLIDAY

MAGICAL



TKETS 20.00 PRESALE

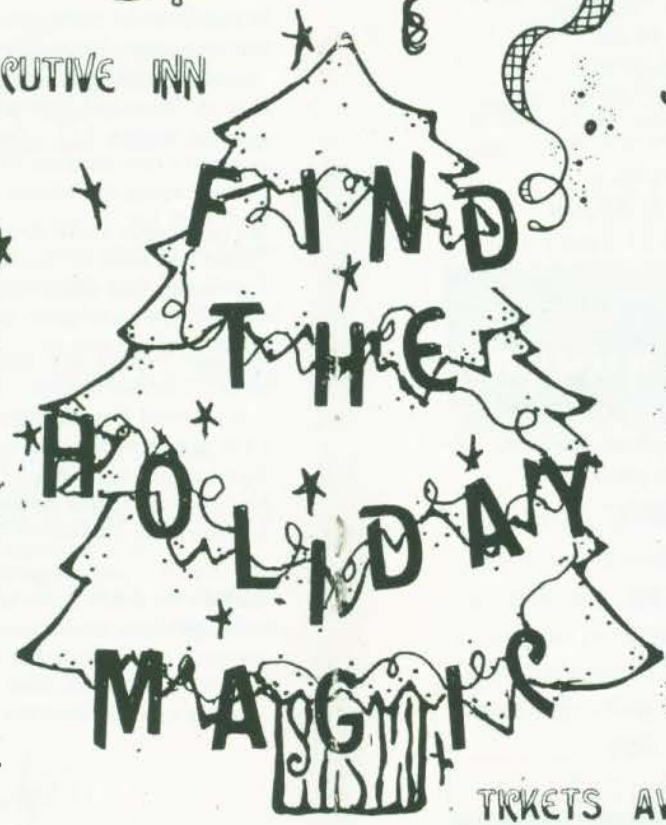
25.00 AT THE DOOR

6



ENTERTAINMENT BY

KATE BORNSTEIN



AWARDS CEREMONY NO-HOST FABULOUS PRIZES
SILENT AUCTION RAFFLE DELICIOUS BUFFET

TKETS AVAILABLE AT THREE LOCATIONS!

- AT INGERSOLL MEETINGS
- AT RED AND BLACK BOOKS
- AT BAILEY ROY BOOKS

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*Important Ingersoll Doings in
a Very busy*
NOVEMBER

All Wednesdays in November: TS Group (Referral Only) 7:30-9:30 PM

All Thursdays in November: Drop In Group (Open) 7-9 PM

All Fridays in November: TV/TS Support Group (Open) 8-10 PM

Phones answered Mondays & Fridays 6-8 pm and Saturdays 10-12 noon

Now on Wednesdays, we feature FTM Phone Night, 6:00 PM to 8:00 PM

November 11: Ingersoll Board meeting 7:00 pm - 8:30 pm.

November 12: FTM Support Group. 7:30-9:30 pm.

Partner's issues - Social, sexual, personal expectations of both

November 16: Demonstration by XANADU; 2:00-5:00 pm.

Anyone interested in breast forms. They also carry bras, and camisoles, specially tailored to meet your needs.

November 16,: FtM Social, 6:00-10:00 pm.

FtM's, Partners of FtM's, MTF's, Partners of MTF's, and people who are T-Friendly.

For more information, call David 859-1053

November 30, Mary Kay Cosmetics Demonstration

2:00-5:00 pm. Presented by Margaret Gail. Ms. Gail has been informed of the fact that Ingersoll is not just a place to sell products.

Participants are under no obligation to purchase products. This is a Demonstration, not a sales pitch.

...And to jump ahead a little:

DECEMBER 7, 1996

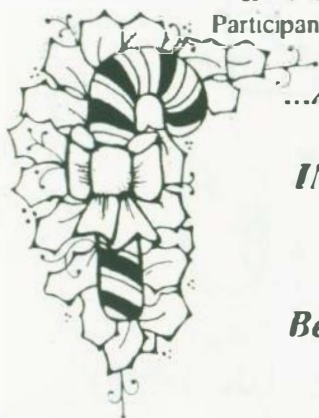
INGERSOLL PRESENTS:

HOLIDAY MAGK

7:00 - 10:00 pm

Best Western Executive Inn

200 Taylor Ave. N.



THE THERAPY GROUP AND SUPPORT GROUP PLANNED

A Therapy group for FtM men which meets all guidelines for care of the Harry Ingersoll in Suite #102.

The first meeting will be Tuesday, November 26, 1996, from 7:00 pm to 8:30 pm at Ingersoll, 1812 E. Madison, Suite 106. The first session of the group will be held on Tuesday, December 17, 1996. All subsequent meetings will be held on the 4th Tuesday of each month (January 25th, February 22nd, etc.). Fee for the group will be \$25.00 per session. For more information call Jude Patton, at 787-5094.

-In conjunction with the new FtM therapy group, a Peer Support Group for Significant Others of FtM men will begin meeting. The first meeting will also be held on November 26, 1996, in Suite 102, down the hall from Ingersoll. The support group will be facilitated by Carolyn Miranda-Patton. Meetings will be held at Ingersoll Center, 1812 E. Madison, Suite 106. December meeting will be held on December 17th, and all subsequent meetings will be held on the fourth Tuesday of each month (January 25th, February 22nd, etc.) Fee for each support will be a \$5.00 donation to Ingersoll Center. For further information, call 787-5094.

**~INTRODUCING~
THE ALL NEW**

**FTM
SUPPORT AND INFO LINE**

for Female to Male Transgendered, Transsexual and Questioning Folks

For referrals, information, support or just to chat, now there's a number you can call. You can talk with someone who's been through the transition process and is living as a man. To get your questions answered or get referrals for your needs regarding the transition process,

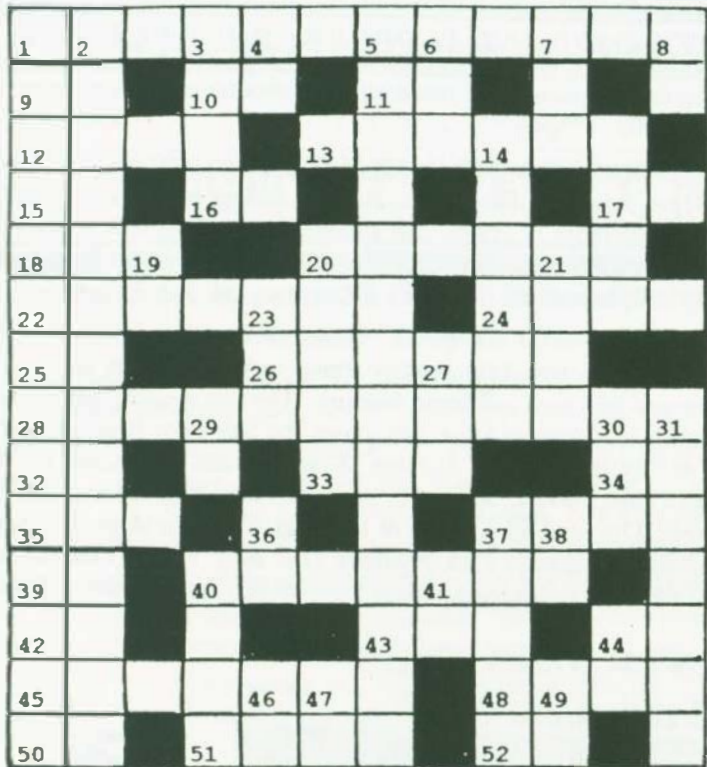
CALL (206) 329-6651

**Wednesday Nights
6-8PM (PST)**

[7-9PM (MST), 8-10PM (CST), 9-11PM (EST)]

Confidentiality strictly respected.





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ACROSS

1. What you might be giving after SRS.
9. A peignoir is a fancy ___ he
10. T __, B __, S __
11. Famous alien
12. Dancing, Painting, Music.
13. A sufficiency
15. Albuquerque's state.
16. Initials which prevent difficulty
17. Oar. Ore. ___
18. What a dad might slip and call his MTF child.
20. Word is contained in both FTM and MTF
22. We can hope for ___ the holidays
24. "A tisket, a ___ et "
25. Poet cummings
26. Do you want yams ___ bery sauce?
28. In the late 19th century, ___ were used as ___ for many diseases



32. U, __, O, I, __
33. Initials for people who are affected by dark, gloomy weather
34. FTM's like to be called this
35. To stare, open-mouthed. G ___
37. Always ___ in the mirror when you put on makeup
39. Bean's first two initials
40. Our forefathers and foremothers
42. Vowels #3 and #1 in that order
43. The "unnamed" rest of the list
44. Greek letter.
45. One who does research ___ st
48. Scottish skirt
50. Gender organization ___ G I S
51. Peccadillos
52. Holy title (abbr)

DOWN

1. ___ typed of gender person
2. The correct ___ dosage will ___ of overpower the unwanted ones.
3. It's in the center of your face.
4. Louisville's state.
5. ___ another way of describing transition.
6. OJ's jurist.
7. s __, br __, k __, M __
8. Green light
14. Spanish: your t __, to kill ___
19. Negative
20. Stockades.
21. Discovered at Schraft's Drugstore.
23. Southern composer. Stephen ___ ter.
27. Lips, fingernails, and toenails.
29. Spanish "I"
30. Homo ___ bia, Trans ___ bia, Hydro ___ bia
31. Eating your thanksgiving meal backwards
36. 3.14.
37. How she gets all the frosting out of the bowl.
38. T __, M __, D __, R __
40. Pumpkin, nounce, apple
41. Abbr. for right
44. Milliliter (abbr)
46. ___ ce, ___ ne, ___ p, ___ b.
47. Nashville's state.
49. Neuter



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Opinions expressed in the *Ingersoll Message* are strictly those of the writer. They do not necessarily reflect those of Ingersoll Gender Center or the Board of Directors

-----DETACH HERE-----

PLEASE ENTER MY SUBSCRIPTION FOR *THE INGERSOLL MESSAGE*. I HAVE ENCLOSED \$15.00 (check or money order) FOR A ONE YEAR SUBSCRIPTION.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____



I WOULD LIKE TO KEEP UP WITH INGERSOLL EVENTS, PLEASE ADD ME TO YOUR MAILING LIST.

PLEASE SEND ME AN INFORMATION PACKET (ENCLOSE \$1.00 p/h AND S.A.S.E. [#10 BUSINESS SIZE])