## THE TRANSGENDERIST - JUL/AUG 1993

#### A Publication of Transgenderist's Independence Club, Albany, NY

### PRESIDENT'S COLUMN - Winnie



This issue of *The Transgenderist* nearly wipes out our backlog of original material for our newsletters. So, all of you creative writers out there, get busy! How about some fiction? - see Paul's guidelines in the Or, "What I did in May/June issue. Provincetown", "How I told my wife", "My first shopping trip while dressed", "How it all began when I was 5 years old" stories. Serious opinion articles on the gender phenomenon and the direction of the gender movement would be appreciated. Sheesh!. I might even have to start writing some of this stuff myself! Submissions in ASCII on 5¼" DOS disk are preferred, but a hand-written or typed pages are acceptable.

While we had enough people signed up for our Dinner Party on June 19, we had to cancel it again. When Joan called to make reservations, she found that the Northway Inn had closed their dining room to give their kitchen staff a vacation before the busy Summer season. We are planning to resume our Dinner Parties in the Fall, scheduling them on the second Saturday of each month to avoid conflict with the Tri-Ess Chapter LCL which meets in Schenectady on the third Saturday. So. mark September 11 on your calendar, and let's get a large turnout to kick off the Fall season.

**Dues Reminder!** If you see **\*LAST**\* printed on your mailing label, this means that your membership has expired and you will receive no further newsletters unless you pay your dues before the next mailing.

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#### CLEOPATRA - Paul K.

### Call me Cleopatra: I'm deQueen of denial!

There was a letter to the editor in Styles Of The Times (NY Times, May 2, 1993) that commented on an article written about Angie Xtravaganza and the fate of many of the drag performers in Paris is Burning. The writer notes that transvestism is an emotional disease that can lead to aberrant behavior, and berates the Times for decrying the decline in moral values in other areas, but printing an article that is accepting of this behavior.

While I may understand that cross-dressing comes from deeper roots, and does not always cause aberrant behavior, we have all seen cases where crossdressing does lead to aberrant and self destructive behavior.

As cross-dressers, most of us learned a long time ago to live a healthy fantasy life. If our needs couldn't be fulfilled in public, we could at least fill our needs in dreams, seeing a stylized world where we would be free to express ourselves, be accepted and appreciated, even loved by people who knew our darkest secrets.

This fantasy world becomes an interesting mix of sex, sensuality, acceptance and understanding. Which is more important, the 8" heels and 24" waist we have in fantasy, the fact that someone else takes responsibility for our actions and dresses us up, or the fact that people accept us?

All of these factors come in to play, a mix of fetish, freedom and acceptance.

It is only as we expose our fantasy life to the real world do we start to break out the relative importance of those aspects of our desires. For example, to many of us who have spent years dressing, the divine fetishistic sensuality seems less active. We no longer see the mere act of wearing pantyhose as a hot turn-on. Some of us even have a twinge of regret that the reality of underwear is nowhere near as fulfilling as the dream.

Many crossdressers are still closeted, with no real-world input whatsoever. They cannot tell their family, doctors, or anyone. The gap between their fantasy world and the world of reality becomes wide.

This divided personality, torn into two worlds, can have serious effects. Like an addict who pursues pleasure at the cost of other important things like dignity, family, connections, career and more, some crossdressers enter into aberrant and self-destructive behaviors as they see the collision of their inner world and the "real" world.

Crossdressing is often defined as an obsessive-compulsive behavior. This simply means that we are compelled, with no logical reason to pursue it. I have never heard a satisfactory logical reason for why we must crossdress, merely the powerful statement that I feel very bad if I don't. Cross dressing brings us pleasure, not doing it brings us pain. Our challenge is how to manage the balance between pursuing the pleasure and attending to the everyday duties of life.

This balance is the same issue for all people with obsessive-compulsive behaviors, including alcoholism, overeating, bulimia, shopping, gambling, and so on. The actions bring both pleasure and shame, and as we pursue the pleasures the shame eats away at us and helps make us self destructive.

Many of us have a well grounded life, and never worry about the issue. Some of us have tried to learn from recovery programs about how to overcome shame by being honest and accepting in our everyday life, working to process our feelings, understand them, expose them to reality. Others of us are not so lucky. The cloud of denial hangs around us, and we believe what we need to believe, redefining our reality to meet the situation, hiding our problems under a cloak of "pleasurable" activities. We become isolated, alone. We lose touch with reality, and our actions further alienate those around us.

It becomes so painful that we reach out for help - and push away all of those who would try to help us. We have learned to dissimulate so well that the thought of removing our shroud of lies, of taking away the few weapons we have, even though we know they most often blow up in our face, becomes intolerable.

We end up abandoning our reality, caught between the fantasy of being a macho male and of being a sexy female and unable to work to see who we are underneath these two abstractions.

We know we need help, but to ask, to accept it would be a violation of our most basic defense mechanisms, the ones we think help us stay stable in the crazy battle between our fantasies. To abandon strategies that took years to build, to look our real self in the face, to admit to all of the denials, all of the lies, all of the hurts, all of the twisted realities is not easy.

I am enamored of a quote from May Sarton: "We have to dare to be ourselves, however frightening or strange that self may prove to be."

What a challenge to just be yourself. Not the idealized man that you think others expect of you or the idealized woman that lives in your fantasies, but yourself. Most of us don't feel good about ourselves. We feel shame that we are different, damaged, odd, wrong.

Nothing that you can ever create can be better than you are as a person. Your simulated selves, the ones in conflict can only be shadows, parts of you, not nearly as full and effective as your true and total self. But still we fight. We fight to retain our simulated selves, our learned behaviors, and we betray our own spirit, the unique person we are. That spirit may be a bit strange, not like all the other boys on the team, or a bit frightening, full of power and energy, but it is who we are, and denying that can lead us into very destructive and compulsive behavior.

If you are not working to integrate the parts of yourself, then you are working to disintegrate yourself, and this can lead to serious danger. Learning to accept the dualities and conflicts in our soul, learning to balance <u>all</u> our needs and desires is crucial for happiness.

It is accepted that recovery is a never-ending process, a continuous learning and balancing to create a well harmonized individual. But as recovery progresses, one day at a time, with a trust in a higher power, we feel more and more connected, more and more centered. We can find peace inside of ourselves.

When we are at war with ourselves, we are at war with the world. We must find peace, avoiding aberrant and dangerous behavior, or we shall destroy ourselves and the things we love.

For more reading, get the book or tape Catching Fire: Men in Recovery by Merle Fossum, published by Hazelden. Mr. Fossum leads us through the issues that people raised as male have to deal with in the recovery process. For dealing with shame, socialization and spirituality, Catching Fire is an excellent starting place.





### ARMOR PLATED HEELS: - Sherry C.

Any crossdresser who works knows the hassle of maintaining two wardrobes. After wearing heels down to nothing, I started looking for ways to make cheap shoes last like custom made. I'm talking Soho, city steps, man-made in China.

Go to a hardware store, to the plumbing section. Look for 3/4 inch pipe Preferably steel - 80/c each. caps. It helps to trace an outline of the heel tip on a scrap of paper. Make sure the interior is threaded and you find matching pairs; they vary slightly in size.

Next, look for a tube of gutter seal the adhesive section. Aluminum in pigmented that reads: "Adheres tenaciously to any clean, dry surface. Contains methyl ethyl ketone".

Clean the inside of the caps with detergent and dry them over a stove burner. Lightly sand the heel tips and clean them squeaky clean. Simply fill the caps halfway with gutter-seal and attach them. Set the shoes out of the way and forget them for



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at least a week. Gutter seal dries slowly but ends up tough, waterproof and flexible. And I do mean tough.

While the heels dry, find some Canadian pennies. Don't use American pennies, that would be illegal. Clean the pennies until they shine, ten pennies per shoe. Gutter-seal one penny to the heel cap. Glue the other nine to strategic points on the ball and toe of the sole like bowling Set the shoes on a piece of paper pins. and forget about them for a week. For best results, sand the soles lightly and clean them with alcohol.

If it's done right, the shoes will never touch the pavement. I'm sure most girls would appreciate \$10 heels that last. When the pennies wear thin, simply glue new ones right over them. They give great traction on ice and make an interesting sound.

I'm 5' 8", 150 lbs., but when I'm wearing plated shoes I sound petite. When I first started going out in public, I always felt that I sounded like Godzilla coming.



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### LETTER TO EDITOR - Denise 6/5/92

### Dear TGIC Officers, Members and Sisters,

I am submitting this note to you to say Thank You for a few subtle actions on your part which have had a profound effect on me and my life. I am not an official member of your group yet, but am now sincerely considering applying. I responded to your ad in Metroland several months ago, spoke to a responsive member and was placed on your mailing list. I have since received two copies of The Transgenderist, and they have made all the difference in awakening me to feelings I had long felt were forbidden or at least not understandable by other people. The openness you have shown and your voluntary efforts to maintaining your community are admirable. I can honestly say that, although we have never met, I am proud of you.

I am a 27 year old person (physiologically male) and a transvestite. I am married to a woman with a psychology degree and some training in human sexuality, so I am extremely fortunate to tell you that I have discussed this facet of myself with her and she has accepted it. This will be a long letter and I would only make it longer if I went into the fifteen-year journey that led me to call your club, and so I will avoid any more details. Suffice it to say that we both agree that TGIC is probably something for me. She is hesitant to be involved at the moment. I, on the other hand, am exhilarated.

To get back to the point, your newsletter (and the existence of your organization) have crystallized what in the past was a murky issue. I would like to coin a term for my past self as a "900-TV", trying to discuss myself with people on porno phone lines who really didn't know anything about anything, let alone transgenderism. I never felt any fulfillment from those people, only more isolation and loneliness. Likewise was my disappointment as a young transvestite for something resembling wishing a wardrobe. I am sure you are familiar with the distressful feeling of not being able to buy a proper pair of heels because Michael Salem's Boutique wants \$200 a pair! (As advertised in the back of Penthouse or Hustler, about the only shopping place for the discreet crossdresser.) Heartache is the best word to describe my feelings at that stage.

In retrospect I feel exploited to some extent by these shysters. I also feel that I put myself in danger by not being more open about myself and taking a proper route to satisfying my feminine needs. I can't even estimate the number of pairs of pantyhose I would steal from my mother, aunts, girlfriends, and even laundry lines of the neighbors. All criminal acts, technically, but I couldn't help myself. How else was I to satisfy myself?

Most of what I've been telling you was from a much younger person. The last year has been good to me in establishing my purchasing power and overcoming what to many would be the embarrassment of buying women's clothes. I shop at what would be considered "conservative" stores, like Sears. Nonetheless, although getting an occasional smirk from the lingerie cashier, most of the ladies there don't bat an eye at a man buying a blouse or even a skirt. I overcame my shyness buying gifts for my wife, but no man should have any hang-ups about picking things out for themselves. My boldness has transformed into snottiness to floorpeople. "I'm just looking, thank you!"

Coincident with this new-found self-confidence was the arrival of your newsletter and all I will say is WOW! It was an old issue, but it made an impact on me which probably nothing else in this world has matched. Then a couple of days ago I got the latest edition with the hot pink cover and a sad good-bye from Jennifer Wells. I knew at that point that I wanted to join up with you all. In fact so much has been running through my head about it in the last two days that I haven't been able to concentrate at work. Your effects have been earth shattering for me. I had considered calling for a long time, but somehow I was convinced that you were masking a club for personal gay TV contacts. a belief that was fueled by my experience

as a "900 TV". Don't get me wrong, I'm not homophobic, and I'm all for people having fun, so I have no problem with people who are just doing what their instincts tell them to. On reading *The Transgenderist* however, it was easy to see that you were more than that.

On the flip-side, it is obvious from your newsletter that the club is having some problems which need attention. Not being a member I am completely unqualified to offer solutions. I think I have some good ideas though, and would hope that membership would allow me a vehicle by which to express my opinions. Furthermore, I understand the discretion that the members require, but I wonder what would come out of rap sessions focused on issues dear to our hearts - AIDS? Homo- or bisexual promiscuity in these dangerous times? Legal issues? I guess I will have to come to a meeting to get a feeling for the atmosphere before pushing these subjects.

One way I that I know I could help is concerning Ms. Wells statement on the inside cover of the Mar/Apr 1992 Transgenderist concerning her problems with going to copy. have a good amount of publishing I experience as the assistant production manager and later sports editor of my alma mater's weekly paper. I am currently a grad student at a local technically-oriented school and when it comes to desktop publishing, I assure you, we have it all! Furthermore, it would give me the most gratifying feeling to talk to new transvestites to counsel them against the mistakes I made when I was at their stage.

Finally, I thank you again for the effect you've had on me. As I sit in front of this computer in a tight blue dress, my feet crammed into a pair of pumps, and clip-on earrings biting into my earlobes, I smile. For the first time in my life, I will simply go get undressed, without a trip to the bedroom first, and go back to my regular routine. My smile will stay with me through the day. I have everything to smile for you have shown me that I am not a pervert.

Sincerely, Denise

#### LETTER TO EDITOR - Joan 9/23/91

### Dear Winnie,

In a previous newsletter you had a request for cartoons and life histories. This biography is mine; I hope it will be of some value to you. Joan is John's *alter ego*.

When I was nine years old I was sick in bed with the scarlet fever. I had been down with chicken pox and the mumps for several weeks. My father was beating my mother up because I couldn't go to work on the trucks. I couldn't do anything about it because I was forced to stay in my bedroom because of the infections I had. So I finally sneaked into my mother's bedroom and put one of her nurse's uniforms on. It completely relaxed me. That was 1939.

Ever since, whenever the stress gets too high I change clothes. I made sure my wife knew about it before we got married. She had always been very supportive of Joan. In fact she bought Joan her first good quality manufactured wig. She has always helped Joan with her makeup, her clothing selection, you name it! For years she used to attend the meetings down at Wilma Thorsden's with all of us. I didn't directly expose Joan to the children because I didn't want to confuse them. However, I am sure they were aware of the crossdressing, and today our oldest child is very receptive of The other two haven't seen her Joan! directly.

One of the first things Joan got me to do was chase back the history of alcoholism in the family. It could be traced back to 1540 AD. The next thing she got me to do was learn how to do abortions. I did my first one when I was nine years old in the school boy's locker room. I did my last one in service just before I got married. I haven't done any since. When it was time to stop drinking she was the only one who could convince me to stop, rather than slow down.

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She has kept me from fooling around on my wife ever since we got married. Whenever I have to be on the road for extended periods of time, she is along with me. Being a lady, there is no fooling around. She has supper, does a little shopping, goes to a movie, does a little sight seeing, whatever. But she is always a perfect lady.

She has done some interesting things. For example, she found out who was stripping cars under the East Side Drive in Manhattan when the New York City Police could not. Of course, she carried a .357 Magnum and a few hand grenades. But she was the one who caught the Mafia at it. She also got the drug scene in South Albany cleaned up in 1989 while I was in alcohol recovery. She has also gotten several other females off alcohol and drugs since I quit drinking. It has been fun!

Very truly yours, Joan

# The TV-TS Tapestry

the journal for persons interested in crossdressing & transsexualism

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International Foundation for Gender Education WHAT DO CROSSDRESSERS WANT? - Paul

# "Ach! Crossdressers! Vot do dey vant?" (with apologies to Sigmund Freud)

What do crossdressers want? Crossdressing is such an individual thing, all of us coming from different places, all spending time alone, that it would seem impossible to define anything that all crossdressers, TV or TS, male or female, gay or straight, or anything else, want. While there are many things each of us uniquely desires, there are some desires we share.

### Crossdressers want:

-<u>Acceptance</u>. They need to do something that isn't societally acceptable, and because of that have spent many years trying to deny their needs. They need to feel that the needs they have are OK, that they will be accepted no matter what they need to do, as long as it doesn't harm anyone else.

-<u>Affirmation</u>. Because they have this deep secret, they feel that there is something wrong with them. They know that they are a good person, but a voice inside tells them that they are somehow less than normal. Crossdressers need to feel the affirmation that they are good and lovable people. They need to have others reinforce what they know but sometimes don't feel, that they are good and lovable.

-<u>Approval</u>. When you do something, it's nice to have others approve of it. Comments like "You look great!" or "You do that well!" are fabulous to hear. We all love positive feedback, and we, in our closeted existence, often don't get to hear the good approving comments of others.

-<u>Affection</u>. It's great to be liked, and we need the affection of others to keep going. The affection that others give you, even when they know the deepest darkest secrets of your soul is very special. That kind of unconditional affection makes us feel whole and happy. -<u>Fun</u>. People have fun when their daily cares drop away, and we focus on a pleasurable activity. These activities include, but are not limited to, eating, dancing, talking, dressing, or even sex. Crossdressers want to see their dressing as a fun activity, as far away from their everyday cares, focused and enjoyable. Dressing up and partying should be fun, and things are always more fun when we can share them.

While we all may have other needs, ranging from expressing our true gender to making political statements, if we can get acceptance of our need to dress, affirmation of ourselves as a lovable person, approval of our actions, the affection of others who know that we crossdress, and get a little fun, most of us will be happy people.



# THE TRANSFORMATION PROJECT - Cynthia

The Gender Identity Center of Colorado is sponsoring production of an important documentary photography exhibit and book about transsexuals, and is asking for your The Transformation Project will support. replace damaging mythology surrounding transsexuals with real-life stories. Both the book and exhibit will document the lives of transsexuals through photographs from early childhood through the present, and also provide biographical text. Through this non-threatening format people will learn about transsexuals and their life-long struggles, and thus develop empathy.

The project is national in scope and will take two years to complete. It is coordinated by *Barbara* an accomplished photographer and caring friend of our community.

It will be an uphill battle to get funding through traditional sources. While GIC is pursuing grants, and recently received one from the Chinook Fund, they are also asking agencies and professionals committed to the transsexual community to be as generous with tax-deductible as possible a contribution. Donations of any amount will be greatly appreciated. Those of \$100 or more will be acknowledged in the book and exhibit, which will be displayed nationally. The projected budget is \$34,275.

THE PROJECT IS ASKING FOR YOUR FINANCIAL SUPPORT. Fill out and return the form below.



266 Delaware Avenue, Delmar, New York 12054

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### ANNOUNCEMENTS

**POLICY:** Short announcements and advertisements from Club Members are published free for two consecutive months (once each in TGIC News and The Transgenderist), unless cancelled by the originator or a specific request to continue is made.

# MILITARY LAW QUESTIONNAIRE

A number of our members have already completed and returned their forms - thank you all! If you have ever served in the armed forces, please participate in this study, even if you did not cross dress while in service. See the article in *TGIC News* - *Apr/May.* Copies of the questionnaire are available in the *Club Room* or will be *mailed upon request* to TGIC.

### IMAGE CONSULTING SERVICES

A friend of the gender community and frequent contributor to *Tapestry* has recently moved back to New York City. *Mary Lynne* (formerly JoLynne) offers image consulting, counseling and guided visualizations to help people become more aware of their inner female energy. The message on her voice mail box gives a synopsis of her services & costs.

Call or write to:



New York, NY 10025

THERAPY GROUP FOR M-F TRANSSEXUALS A new group to assist transgendered men in developing a healthy, proud, affirming identity as a M to F transsexual, facilitated by *Moonhawk River Stone*, will begin meeting at the offices of: CHOICES COUNSELING ASSOCIATES

266 Delaware Ave., Delmar, NY 12054 FIRST SESSION: Wednesday, August 11, 8-9:30 pm

NEXT SESSIONS: 2nd & 4th Wednesday of each month, 8-9:30 pm

Sliding scale fee \$25-\$40 per session will be charged. Flyers with more information are available in the Club Room, or write to TGIC.

HBIGDA STANDARDS OF CARE SURVEY Since 1979, the <u>Standards of Care</u> of the *Harry Benjamin International Gender Dysphoria Association, Inc.* (HBIGDA) have served as minimal guidelines for the hormonal and surgical sex reassignment of persons with gender dysphoria. They are the only such standards in existence, and are widely accepted by professionals around the world.

American Educational Gender Information Service (AEGIS) is conducting a survey of the Standards of Care in order to provide HBIGDA with feedback from transgendered persons, and plan to present initial results at the HBIGDA conference in October, 1993. Questionnaires are available in the Club Room, or by writing to TGIC. A11 transgendered persons are urged to participate and respond to AEGIS by September 15.

ANONYMOUS HIV ANTIBODY TESTING Your regional HIV Counseling and Testing Program provides free HIV counseling and antibody testing, support and referral. <u>No</u> <u>names will be asked.</u> (NYS Health Department) *Albany Area:* (518) 486-1595 or 1-800-962-5065.

Dear Cynthia: I would like to support The Transformation Project.

	<ul> <li>Enclosed is my tax-deductible contribution of\$125,\$75,\$50,\$25,\$15,Other. (Make checks out to GIC-Transformation Project.)</li> <li>Please place me on the project mailing list.</li> <li>I am interested in locating a gallery or space to display the exhibit in my city.</li> </ul>		
Name:	Organization:		
Address.	City/State/Zip:	Phone()	

Send this form and all correspondence to Barbara Millman, GIC, 3715 West 32nd Avenue, Denver, CO 80211.

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#### CALENDAR

Regular Meetings are held every Thursday at the TGIC Club Room on Central Avenue in Albany, 7:30 -10:30 pm. Some come earlier and stay later, but it is wise call if you are not a Keyholder or if it is your first visit. Come dressed either way, meet and talk with friends. Many continue to socialize at one of the Central Ave. night spots after the meetings.

### JULY 1993

July 1 Thursday Meeting, 7:30 pm July 8 Thursday Meeting, 7:30 pm July 15 Thursday Meeting, 7:30 pm July 22 Thursday Meeting, 7:30 pm July 29 Thursday Meeting, 7:30 pm

### AUGUST 1993

Aug 5 Thursday Meeting, 7:30 pm Aug 12 Thursday Meeting, 7:30 pm Aug 19 Thursday Meeting, 7:30 pm Aug 26 Thursday Meeting, 7:30 pm

#### MAJOR COMING EVENTS

Contact TGIC for more information. Some registration brochures are available in the Club Room

July 9-11 S.P.I.C.E Spouses / Partners
International Conference for
Education, Dallas, TX
Aug 26-29 Second International
Conference on Transgender Law
and Employment Policy,
Houston, TX
Sep 16-19 Paradise in the Poconos
9/29-10/3 Southern Comfort, Atlanta, GA
Oct 15-25 Fantasia Fair, Provincetown
Oct 28-31 Fall Harvest Weekend,
Kansas City, MO
Nov 10-14 Tri-Ess Holiday En Femme -
Hollywood Extravaganza,
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Director	Ed H.
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#### TGIC PUBLICATIONS

Transgenderists Independence Club (TGIC), PO Box 13604, Albany, NY 12212-3604, Phone (518) 436-4513, is a nonprofit, educational, social support group for persons wishing to explore beyond the conventional boundaries of gender, including crossdressers, transexuals and their friends.

The Transgenderist

#### The Transgenderist

Bimonthly (Jan, Mar, May, Jul, Sep, Nov) to Members, Subscribers, prospective new members, friends, professionals, and exchange publications. Devoted to TGIC self-help and outreach to others, with original articles by Club members and local news of significant interest outside of our membership. Club business and other matters are limited to updates.

TGIC News

Bimonthly (Feb, Apr, Jun, Aug, Oct, Dec) to Members, Subscribers and prospective new members. Devoted to TGIC business and inreach from others, containing Club business matters, local news of little interest outside of our membership, selected reprints and other outside items such as clippings and cartoons. TGIC MEMBERSHIP DUES

General Men	mber		\$40/yr
Couples Key Club /	large		\$45/yr \$40/mo
Key Club / Key Club /	small attic	closet storage	\$30/mo \$15/mo

All the above categories include a one-year subscription to both TGIC News and The Transgenderist, mailed First Class.

#### Subscriptions:

The Transgenderist, 6 issues: \$25 TGIC News, 6 issues: \$25 Single copies of either: \$5 each

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