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Monmouth Ocean TransGender

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November's meeting is on Saturday Nov 28. Discussion on MOTG's future.

December's meeting is on the THIRD Saturday DECEMBER 19TH!!

Please note the date. We'll be doing a GIFT EXCHANGE. Please bring a gift worth between \$5 - \$10.

Inside this issue:

Stephanie Speaks:

Hello again everybody.

Sorry I missed you last month but I hope to see all of you this month. Please come out and help us decide the future of MOTG. This month will try to take a new forward direction and do what is best for all of us.

Now don't forget to remember our holiday party in December.

Until next month,

Love,

Stephanie

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Vikki's Hot Flashes!

Hi folks, this is Vikki, editor of our MOTG newsletter.

Sorry the newsletter's a bit late this month but I've too busy even to depilate my legs. You don't even want to know how furry my tits have become.

Remember this is a double issue. There will be NO separate December issue.

As part of what I'm doing at work, is asking the LGB groups to add "T" to their title and make resources available for trans folks. They've asked me to collect information to justify that request. Right, like I need to justify our existence. As part of my information I've come up with is some very interesting web links. I'll be moving them to our web site soon. Here's the intro:

Have you ever heard a person referred to by the question, "Is that a boy or a girl?"

Does the answer matter? No.

Does the question itself matter? Yes, very much.

It means that someone isn't acceptable, unless they fit in a particular category.

That category is defined by the questioner's cultural notion of what it takes to be a "boy" or a "girl".

What are boys made of? "Frogs and snails and puppy dog tails."

What are girls made of? "Sugar and spice and everything nice."

But suppose they're not?

Suppose the girl wants to grow up to be a fighter pilot?

Suppose the boy wants to grow up to be a homemaker like mom?

Then what? Are they to be forced to limit their potential by conforming?

"Don't cross your legs like that dear, it's not ladylike."

"We don't want you on our team, you're a sissy."

So in order to be accepted, or to keep from being ridiculed or beaten or killed, many transgendered people have learned that denying themselves is an absolutely necessary survival skill. Lying to others and eventually lying to themselves becomes a way of life.

But this invisibility comes at a terrible price: isolation, self-disgust and self-hatred.

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Vikki

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Outreach News

By Terry McCorkell, MOTG Outreach Directress

October and November have been busy times for outreach. MOTG was able to get the word out about transgender issues on four special occasions: Two college classes at Brookdale community College, a presentation before Gay Activist Alliance in Morris County (GAAMC), and all day at the Gay, Lesbian, Bi-sexual and Transgender Cultural Arts Festival at the PNC Arts Center in Holmdel.

On Oct. 10, we set up our information table at the GLBT Cultural Arts Festival and enjoyed a beautiful day under the big tent. Several thousand people from all over the State attended and we were able to meet and distribute information to many people. Vikki, Kay Marybeth, Sarah, Jessica, Diane and a number of other MOTGers participated. This has become a yearly event for us and a very enjoyable experience in which to be involved.

We rocked the local academic world with two presentations before classes at Brookdale Community College. On Oct. 27 Sarah and I spoke before Prof. Susan Cody's social issues class and on Nov 5, I

joined Jeanette and her friend Cardae of C.A.T.S. to speak at Prof. Ralph D'Onofrio's sexuality class. Students were attentive and interested through both classes. We told our trans-stories and answered lots of good questions. This was our second time at Prof. Cody's and our fifth at Prof. D'Onofrio's. We practically have academic tenure as visiting lectureresses!

I did a solo presentation and was very warmly received at GAAMC in Morristown. Gay Activist Alliance in Morris County is one of the largest GLBT groups anywhere and get several hundred attendees at their weekly meetings. I was able to present to a group of volunteer coordinators. I was part of a very thorough two day training that brought in presenters and experts from many fields of interest. GAAMC has become very trans-inclusive and supportive. As some of you recall, a bunch of us did a panel presentation at one of their regular meetings two years ago and it was a great experience. So it was a pleasure to revisit GAAMC and see some old friends and meet new ones.

That's it for Outreach News. If you are interested in doing any presentations or just going along for support, contact me at an MOTG meeting or call the information line 732-219-9094.



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Weight Control Tips
by Diane [REDACTED]

Any of you that have known me for two or more years know I have lost a lot of weight. A few months back I wrote an article in TGforum (an on-line weekly gender webzine) titled Reaching and Maintaining a Healthy Weight. That article detailed the weight strategy I used to achieve the monumental task of reaching my goal weight and staying at it. I did not think the article had wide enough appeal to appear here, but thought that some of you might benefit from my weight control tips.

In reading these please keep in mind that the real key to any diet is being consistent. That means taking these tips and any other ones you use to heart. By the way I realize that not all of these tips are for everyone, but why not implement the ones that work for you. Perhaps the others you don't use might aid you in developing some new ones of your own. Over the years I have probably found and developed hundreds of tips that work for me. Since I can't list them all, here is a list of some of my best:

Diane's Weight Control Tips

1) Remember that low fat does not always mean low calorie. Two classic examples are some of the fat free

candies and salad dressings. Take a look at the back of some of the packages for an unpleasant surprise. Really examine a product that claims to be low fat before you buy it to avoid making costly mistakes.

2) Discover healthier treats that you actually like. Substitute those as much as possible for the higher calorie or fatty treats. I love frozen yogurt and have not had ice cream in years. You know what? I never miss it.

3) Drink diet soda instead of regular if you can stand it. If not, stick to water. One can of soda has 150 calories compared to zero in diet soda or water. By the way I hated diet soda until I forced myself to drink it for a week (guess that's how long it takes for your taste buds to die).

4) If you are planning a big meal or going out to eat, before hand have a small healthy snack like an apple or a hand full of fat-free pretzels. This will take the edge off your hunger and help you resist overeating.

5) Taking the stairs instead of the elevator, not worrying about getting the closest parking space, using the bathroom on a different floor at work and taking a walk at lunch are just a few examples of how you can increase your daily activity level. By themselves they won't do much, but it all adds up. Notice that none of these activities take any real time.



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6) At my work people are always bringing in cookies or donuts. To combat this situation I came up with the rule that if I wanted one of the goodies I would wait an hour before taking one. Almost always the choice would be made for me as they will have disappeared or I would change my mind by then. This tip works anywhere, even support group meetings!

7) There are plenty of low calorie/low fat products out there; the trick is to find the ones you can live with most of the time. I have grown to appreciate a good garden burger and most of the time will have that or grilled chicken. On occasion though I still treat myself to a real burger, but not too often. Big calorie savings can be found by using the right condiments. Mustard or even ketchup instead of mayo or forgoing the butter on vegetables or bread will net you big time savings.

8) Just because food is free or comes on your plate does not mean you have to eat it all. Every notice how most people pig out at events where the food is provided or at a restaurant? They have a large portion when they would normally have only a regular sized one or have a piece of cake when normally they don't eat dessert. This can really sock it to you in the waist. Take your time; pick what you really want to eat and stop when you are full. Most restaurants do provide doggie bags.

9) Learn to read food labels so you don't just put food into your mouth blindly. I remember a situation where I was presented with my choice of any type of Hagen-Daus ice cream bar for free. I had been really good for a long time and felt I had earned a special treat. Besides I thought, how bad could it be? After selecting my choice I glanced at the back label and then returned the bar. That ice cream bar contained over half of my daily fat allowance and almost a third of the calories I normally eat in a day! Sure it would have been good, but is it worth all that for such a tiny treat?

10) Whenever you can cut corners. For example, how many times do you get a sandwich with a giant roll that is too big for the meat in the sandwich? Rather than just eat the whole roll I always move the meat all into one area and trim the extra roll off. I know this sounds really anal, but it is stuff like this that really adds up over time.

11) Keep only healthy snacks around at home and at work. If you are going to a party where you think there will be no snacks that you can fit into your diet, offer to bring one and then just make it a healthy one you like. By doing these things you should never find yourself in a situation with only "bad" snacks.

12) On occasion treat yourself to something you know is bad for you, but you love. When you do be sure and at least make it worth it. Don't waste your treat on low grade chocolate or some crappie store bought cookies. Have an imported chocolate or a real home baked cookie. It will make the experience much more worth while. Also by doing this on occasion you will "let off steam" and not feel like you are always deprived.

By adhering to my rules for reaching and maintaining a healthy weight, following a sensible diet plan and utilizing these weight control tips along with your own, you will be fitting into that sexy little number before you know it.

Remember that you can never cheat on a diet, you only can cheat on yourself. See you all next month.

Diane

If you enjoyed this article and want to read more, check out my web site at:

<http://members.aol.com/diane1962/diane.html>

Email - [REDACTED]@aol.com

I Will not conform

By Suzanne Michels

I will not, play by your rules
I will not, cower before you
Spend my life in such denial
Tried to please your moral code

I will not, listen to your rants
I will not, follow like a sheep
Spent my life in pursuit
Of your dead American dream

Always tried to make me,
always tried to break me
Took and took what you forced upon me
Till I could take no more
Well look out dude, paybacks are a bitch

I will not, abide by your norms
I will not, pray for your god
Spent my life imprisoned in your hell
Lied to myself and to others

I will not, suck up to the masses
I will not, roll over and play dead
Spent all my time and money
Only to cash out in the bitter end

Always tried to like me,
always tried to hate me
Blissful and dumb is what you want
Spiteful and hurt is what I feel
Well look out honey, this one's a mother

I Will Not Conform

