



# THE **INGERSOLL** **MESSAGE**

**INGERSOLL GENDER CENTER — SEATTLE, WASHINGTON**  
JANUARY, 1996 □ VOL. ONE □ NO. 11 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION

## ***SOME THOUGHTS FOR 1996***

*By Marsha C. Botzer, Founder of Ingersoll Gender Center*

What would you consider as an adequate proof of a biological basis for transsexualism -- or for transgender identity? This question is one of many we must contend with if the discoveries of medical research are to be of any use to individuals and their therapists.

At the Benjamin Association meeting in Germany last September, several papers supporting a biological origin of transsexualism were presented and discussed. You may know of the work going on here in the United States, much of it being done by transsexual and transgendered people themselves, work that also supports a biological origin for these issues. The problems we have argued about for years are almost here -- in fact, they may actually be here already. What will we do with this knowledge?

If you could be told tomorrow that your deepest sense of gender is in fact a thing based in your biology, then what? Would you visit a group meeting tomorrow night and tell everyone your news? *And* if you did, what do you think they would say? Would everyone sigh with relief for you? Would someone suggest you had "graduated" into the group of *real* transsexuals? Would another member of the group feel anger or envy at your report, knowing they had not been found to have the same biology? Surely they felt in all ways just as you do. Would your information mean everything or nothing? Would the road to surgery be closed or cleared for you? Would that road be made harder? What if research *cannot* find any clear biological basis for transsexual or transgender issues? Would a physical "cure" be offered by some division of the medical community? Would you be protected or troubled by new law written to reflect the biological discoveries? Would group members nod and move on to the usual business of the meeting,

knowing the biological facts do not change the social and physical facts ahead? Would the new knowledge mean only another bit of the process of understanding had been added to your experience? Would your information mean *something*, but not *Everything* or *Nothing*?

The skilled researchers will find answers; we must make human and personal sense of those answers. What do you think of the biological discoveries will mean for our lives?



### INGERSOLL ON THE THE INTERNET

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## Important Ingersoll Doings in J A N U A R Y

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

*Thursdays in January: Drop-In Group (Open) 7-9 PM*

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

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

*January 8: Ingersoll Board meeting 7:00 pm - 8:30 pm.*

*January 9: FTM Support Group 7:30-9:30 PM First Timers must call Jason at [REDACTED] or David at [REDACTED] before attending. Topic for this meeting: Family Issues, Future In-Laws, Alternative Conception, Children*

*December 19: Full time, Post-Op group meeting; 7:30-9:30 PM.*

*January 21: Sunday Afternoon At Ingersoll - 2:00 pm - 5:00 pm. See advertisement in this month's newsletter.*

### *By Jaye Jane Albright, Board President*

December's magnificent "Elegance" holiday party was a tremendous event for Ingersoll. The numerous volunteers and organizers who worked so tirelessly to make it happen can be very proud of what was created. Pat and Marsha wrote extensively about that in last month's "Message," so - other than adding my cheers to theirs all I can add is: It was wonderful to see so many elements and facets of our community drawn together -- and everyone looking so splendid in holiday finery. *You ALL Looked Muhrvelous, Darlings!*

But, there was also another, less public, but just as significant growth event in the life of our community that made me feel very proud to be working with this professional, caring, supportive, diverse community of individuals who are drawn together by the multi-faceted work and fun that happens at Ingersoll Gender Center.

The unplanned, spontaneous positive developments in my life are even more delightful than the ones, like the holiday event, that are carefully orchestrated. Thus, on the second Saturday in December, a very unexpected but extremely bright spot happened in my already-busy month.

It started with a few of our facilitators expressing personal and individual concerns about recent developments in the ongoing life of some of our weekly support group sessions. One of them asked me if their questions had to wait until the next regularly-scheduled Facilitators' meeting, which was slated for January 6.

These folks felt they needed advice from a therapeutic professional on several basic points, and so I said, "why do we have to wait? Let's call a few folks and see if anyone would be willing to get together to talk about these specific issues as well as any other which have come up since our last facilitators' meeting in July."

Soon, a phone tree was organized and great things happened. A room full of our facilitators, several therapists, a majority of our Board of Directors and even some 'interested outside parties' like former IGC Executive Director Robin Ellis (what a GREAT surprise!) spent several hours in very productive discussion on what it will take to achieve a goal that we all share - improving the quality of our support group facilitator training, thus also hopefully making the groups even more positive, encouraging experiences for everyone who attends.

To aid in this effort, the "ad hoc facilitators' committee" agreed that the current policy of meeting four times a year isn't frequent enough. We agreed to get together to focus on specific problems in the support groups 6 times a year, meeting on the second Saturday of every even-numbered month. What a heart-



warming commitment from a room-full of already very busy people who came from as far away as Tumwater and Bellingham to meet to aid one another in serving our IGC clientele better!

Psychotherapist Bryant Vehrs volunteered to serve as a training adviser to the IGC facilitators and even offered his time to help individuals with any specific questions which might arise concerning mental health concerns or referrals in the groups.

Suzanne Adams, who is a professional in Human Relations, also stepped forward, offering to act as a volunteer coordinator and liaison between Bryant and the facilitators when needed.

Many THANK YOU's to all of these people for generously sharing their time, experience and knowledge to help make the good work which all of us do even better in 1996.

Here's to a constructive, helpful, educational 1996 at IGC, filled with: ~greater respect and understanding of our selves ; ~more cooperation between all organizations that are working to serve us, kindling a constant spirit of community; ~help with life skills, ~knowledge of gender/sex challenges; ~and consideration for diversity and alternative life choices.



#### PRESIDENTIAL TRIVIA ANSWERS

- |  |  |
|--|--|
| 1. Leslie King. When his mother divorced and remarried, his step-father adopted him and changed his name to Gerald Ford. | 9. Dwight D. Eisenhower.   |
| 2. None.   | 10. He didn't have one.  |
| 3. James Buchanan.   | 11. Gerald Ford.   |
| 4. Franklin D. Roosevelt   | 12. <b>Martin Van Buren, William Henry Harrison.</b>   |
| 5. George Washington.  | 13. 5. Gerald Ford, Jimmy Carter, Ronald Reagan, George Bush and Bill Clinton, because they aren't dead yet. |
| 6. Thomas Jefferson  |  |
| 7. John F. Kennedy and William Howard Taft.  |  |
| 8. Woodrow Wilson.   |  |

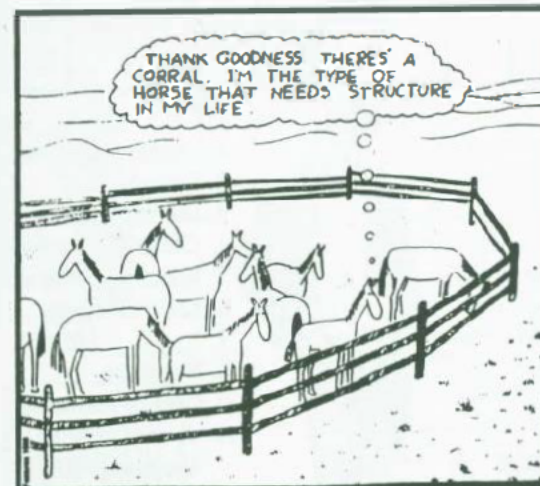
## IN PURSUIT OF TRIVIA

by Pat Butler, RTN\*

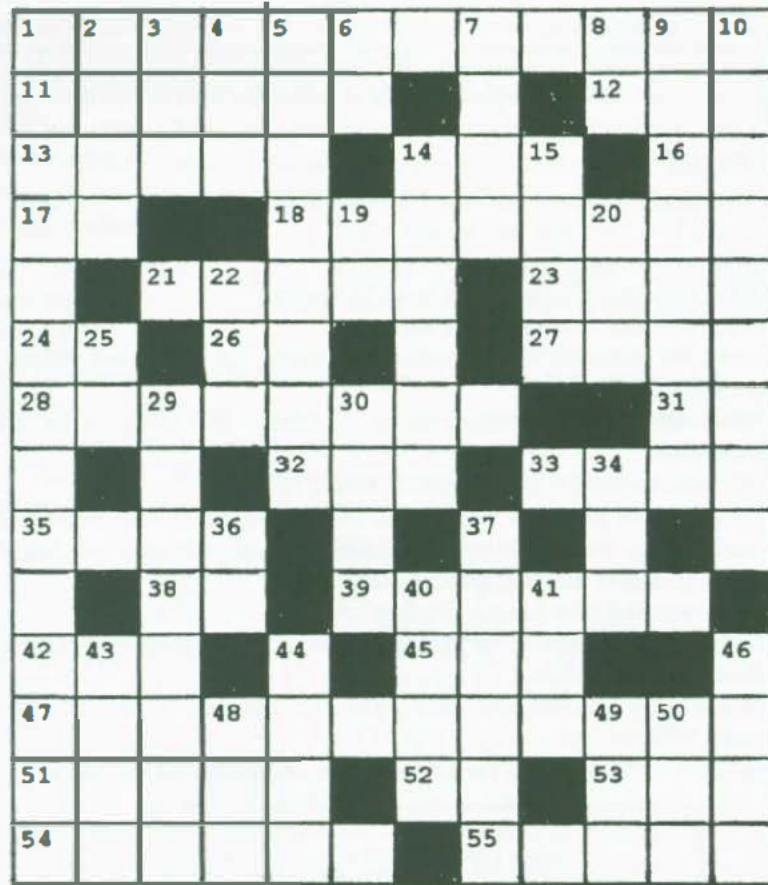
(\*Resident Trivia Nut)

*This month, we are starting a new column in The Ingersoll Message. I have been a collector of trivia ever since I can remember. Since February's issue will be dedicated to Valentine's Day, this month we will honor America's Presidents with a trivia quiz about Presidents past and present.*

1. What King became President of the United States?
2. Which U.S. President was an only child?
3. Who was the only bachelor president?
4. What president originated the word "Chisler"?
5. What president wore a size 13 shoe?
6. Name the president who introduced macaroni, ice cream and waffles to the United States.
7. Name the only two presidents to be buried in Arlington National Cemetery.
8. Who was the only U.S. President to hold a PhD?
9. Which future president was able to enter West Point only because the candidate in front of him flunked his physical, therefore moving the future president into line for admission?
10. What was Abraham Lincoln's middle name?
11. Name the only man to be both president and vice-president yet never elected to either office.
12. In 1841, the 8th, 9th, and 10th presidents served in office in the same year. Who were they?
13. How many Presidents of the United States are *not* buried in America?



## Gender Crossword



### ACROSS

1. Most Crossdressers.
11. Speaks
12. Snide laugh: \_\_\_\_ cker.
13. Speeds up
14. Cat, Dog, Canary.
16. Elliot.
17. Degree and MTF title.
18. Pass on.
21. Got on.
23. Leaf through.
24. Japanese theatre.

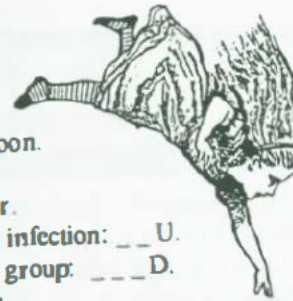


### DOWN

1. Doctor prescribed.
2. Periods.
3. Belongs to "tic" and "toe".
4. Compl \_\_\_\_ transition.
5. Mens' and Womens'.
6. Latin for "bone".
7. "\_\_\_\_ Steven".
8. Not them.
9. Creates antibodies.
10. A wise person \_\_\_\_ the inner self.

### ACROSS

26. Jovian moon.
27. Spotted.
28. Feminizer.
31. Venereal infection: \_\_\_\_ U.
32. Mothers' group: \_\_\_\_ D.
33. Real Life \_\_\_\_
35. Wound.
38. Not affirmative.
39. Skimmed over.
42. Regret
45. Indian instrument: \_\_\_\_ AR
47. Approach the \_\_\_\_ with \_\_\_\_
51. Parents either join \_\_\_\_, \_\_\_\_ they do not.
52. Irish FTM father would be called this.
53. Scots' hero: \_\_\_\_ Roy.
54. A ways away.
55. Trims for CD's undies.

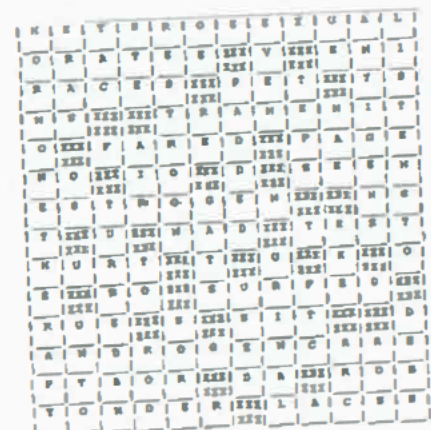


### DOWN

14. Bra's and Crotches can be
15. Abbr for "teaspoons".
19. Concerning.
20. Woman's name.
22. Lighter than \_\_\_\_
25. Ordinary scamman (init)
29. The androgens \_\_\_\_ FTM's face hairy.
30. Slangy, 1930's term for guns.
34. Barely make.
36. Too. Two, \_\_\_\_
37. Place to empty the bladder.
40. Previously owned
41. Federal Trade Commission (init)
43. "Do \_\_\_\_ others..."
44. Feelings after surgery.
46. Woman's nickname.
48. Steiger, Stewart, Serling.
49. Shaped like a bow.
50. Fish eggs.



### SOLUTION





## FACILITATOR'S FORUM

By Suzanne [REDACTED]

It's the first of the year, and time to get new things started. The facilitators met in December with Bryant Vehrs and we all decided to meet every two months and discuss problems, techniques and new ideas involving all of the groups. The first of these meetings is in February, and should prove to be an educational experience for all of the facilitators. Everyone will begin to benefit from these meetings, as some of the most commonly discussed problems will be brought to professional attention.

The beginning of a new year also brings anticipation for many attendees who will be going through SRS this year. It's a year of birth for many of us, and another year along the "road" for others. One thing that I believe is important to keep in mind is that the road to gender fulfillment is different for each individual. For some, the goal is not SRS, for others the road is longer, for still others there are forks and "U" turns in the road. All of these roads converge at some points, notably at group meetings. Remember that your road is right for you, but what is right for you, may not be appropriate for others. This forces us to have compassion and tolerance and not to judge others by our own individual standards.

All of us are being judged by society, and there are many misunderstandings out there. One thing we can do for ourselves, however, is not to put added pressure and discrimination upon others within our gender community by putting them down or discriminating against them because they are on a different path to their gender fulfillment. Let's keep compassion and understanding as ideals for 1996.

*Happiness is not having what you want.... but wanting what you have.*

unknown



**Join Us In January  
for:**

***"The Holidays are  
Over, and I Don't  
Know What to Do  
With Myself...."***

**The First Sunday Afternoon  
At Ingesoll of 1996**

**January 21,  
1996**

**2:00-5:00 at Ingersoll.  
Join us for Food, Prizes,  
Good Conversation, and  
more!**



## The Cook's Corner

### MASHED POTATO PIE

~~Here's a fun twist on the Shepherd's Pie. It's great for those cold winter evenings when you need something to warm your insides. Served with a tossed salad and warmed french bread it is also a wonderfully inexpensive party meal.~~

#### Ingredients

\*1/2 to 1 lb. lean hamburger (you may substitute chicken, pork, or any other meat you prefer or have on hand -- great use for leftovers)

1/2 onion, diced

2 or 3 stalks of celery, diced

1 can each of: Green Beans, Whole Kernel Corn, Peas and Carrots.

(Frozen or fresh vegetables work just as well.)

1 small can, tomato paste.

Your choice of spices (I have found that oregano, salt and pepper are great!)

2 1/2 cups of instant mashed potatoes.

Paprika

#### Instructions

In a large frying pan, sautee onions and celery in a small amount of oil, until onions are translucent. Add \*meat and brown. Add vegetables (drain canned vegies) and spices. Add can of tomato paste and add as much water as needed to blend. (Don't add too much water. You want this to be thick, like a pie.) Follow directions for making instant mashed potatoes. When they have cooled slightly, spread them on the top of the meat and vegetable mixture. Sprinkle liberally with Paprika and pop into a 350 degree oven until topping is light brown (15-20 minutes). Serve with a large spoon so that diners can just scoop out a portion

\*Variations ~This dish can be made meatless. You may want to add additional vegetables. When I make a meatless dish, I brown broccoli flowerettes just as I would hamburger. It makes a wonderful texture. ~Try grating some cheese on the top before you put it in the oven. ~



# EMERALD CITY

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For Crossdressers. Providing safe and comfortable social and educational activities, including monthly meetings and social gatherings. Safe, discreet, and confidential. A place to be all you want to be!

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and

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**Coming in APRIL, 1996**



**INGERSOLL MESSAGE**

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Editorial and article contributions are welcomed.

Editor: Pat Butler

Contributors: Marsha Botzer,

Suzanne [REDACTED] Jaye Albright

*Ingersoll Gender Center Board of Directors:*

Jaye Albright, President Sandra Johnson PhD, Treasurer

Marian Beddill, Secretary

Marsha Botzer, MA

Suzanne [REDACTED] MA

Patrick Butler

Bryant Vehrs, MA

Jason Cromwell, PhD c

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