

THE **INGERSOLL** *MESSAGE*

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON
JUNE, 1997 □ VOL. THREE □ NO. 3 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION



TO BE PROUD!!

FROM THE FOUNDER

By Marsha C. Botzer, MA

The anger I feel at a slight – be it verbal, physical or even imagined – is a raw feeling that cries for action, sometimes for vengeance.

But nowadays I do not do it, that act for which I would be condemned and ultimately shamed. Instead, I listen to my great teachers and hold off. My teachers are the many people who use Ingersoll's support groups. They have taught me how tempting it is to gossip and revenge, but more importantly, how satisfying it is *not* to do it. They have taught me about the complicated nature of our lives – nothing is too simple to be left out of our discussions. I thank you all, all the thousands who have come to Ingersoll over the years.

With so many people at work on gender issues these days, we have the inevitable permutations of awakening selves (we are tempted to divide and conquer ourselves!)

What saves us is discussion. In our groups and in our private talks, we push past the petty things which separate us, on to the greater questions of who we are and how we shall bring these selves into the world. So, we reaffirm the basis of our work. Look around the meeting room and see the small pink and yellow signs above the windows:

All expressions of Gender are welcome and encouraged at Ingersoll Center

These words hang on our walls and lips, reminding us of the work that must be done. With such power around us, how can we ever be so small as to give away our selves to slights or divisions? We will not. We are saved by an honest discussion. *Join Us.*

THE HERO'S JOURNEY TAKES FTM'S TO BOSTON

Members of the FTM Community are busily planning the upcoming 3rd Annual All-FTM Conference of the Americas: THE HERO'S JOURNEY, August 8, 9, 10, 1997 in Boston, Massachusetts.

Join the Boston FTM community for 2 1/2 days of workshops, panels, seminars, presentations, networking, socializing, and partying for all FTM's and their partners and friends.

Provisional panel and workshop topics include: Coming Out, Sexuality, Tricks of the Trade, Parents of FTM's Panel, FTM's as parents panel, Children of FTM's, Partners of FTM's, Queer Sexuality Issues, Young Men's Issues, Finding a Partner, and many others.

Provisional speakers, panelists, and events include: James Green, FTM International; Diane Ellaborn, LICSW; Stuart Chipkin, MD; Paul Costas, MD; Ellie Altman, PFLAG; Henry Rubin PhD; an FTM art exhibit; and the award-winning new FTM documentary film "You Don't Know Dick".

Registration fees, per person (non-refundable after July 15). Registration fee includes all sessions from Friday, August 8 at 6 p.m. to Sunday, August 10 at 2:30 p.m.:

*\$50 if postmarked on or before June 30.

*\$60 if postmarked on or between July 1 and July 31.

*\$75 if postmarked on or after August 1, or at the door.

Snacks and beverages will be provided, but you will need to provide for your own transportation, lodging, and meals.

Some work/exchange discounts on registration fees are available for those who wish to volunteer to work before during, or after the conference. A limited number of partial registration fee scholarships are available to those who would otherwise not be able to attend. We will also try to assist those who can't find or afford lodging; please let us know if you will require this assistance.

When we receive your paid registration, we will send you a confirmation postcard. Additional information and materials will follow later. For more information, call Mike at [REDACTED] or send e-mail to Mykael at IFGE@worldnet.att.net.

Make check or money order (do not send cash) payable to BFTMC and use the registration form below. There will be a \$20 charge for returned checks.

Mail to: BFTMC, P.O. Box 193, Bellingham, MA 02019.

APPLICATION ON FOLLOWING PAGE

REGISTRATION FORM

Today's Date: _____ Arriving: 8/___/97 Departing: 8/___/97

Mailing name(s): _____ Name(s) for Badge(s): _____

Address: _____ City/State/Zip: _____

Phone (optional): _____ E-Mail (if applicable): _____

Do you need assistance with lodging? Yes No Number of beds required _____

Smoking or non? _____ Any allergies? _____

Do you have any special needs? _____

Enclose your registration payment and mail form to: BFTMC, P.O. BOX 193,
Bellingham, MA 02019

INGERSOLL AT PRIDE FESTIVAL FOR THE FOURTH YEAR IN A ROW

For the fourth year in a row, Ingersoll Gender Center will be present at the Pride Festival on Sunday, June 29, 1997, at Volunteer Park. When the Pride March finishes its trek up Broadway, it terminates in Volunteer Park. Then it's time for speeches, fun, souvenirs, good food and drink.

The 1997 Freedom Day committee, organizers of Seattle's annual Lesbian/Gay/Bisexual/Transgender Pride Parade/March and Freedom Rally, are once again gearing up for another successful year.

Last year the Freedom Rally in Volunteer Park entertained close to 100,000 people and this year the committee expect to raise that figure even higher. With such a large and diverse crowd, the possibilities are endless for booths. In the past there have been literature tables, food booths, arts and crafts, clothing manufacturers and carnival-type booths, all participating in this gala event. Last year there were approximately 300 booths and it is hoped that there will be at least as many this year.

Ingersoll is looking for volunteers to staff the booth between the hours of 1:00 and 5:00 pm. So all you T-folk and friends stop by and say 'Hi'. Hope to see you on the 29th of June.

DILBERT'S LAWS OF WORK

If you can't get your work done in the first 24 hours, work nights.
A pat on the back is only a few centimeters from a kick in the butt.
Don't be irreplaceable; if you can't be replaced, you can't be promoted.
It doesn't matter what you do, it only matters what you say you've done and what you're going to do.
After any salary raise, you will have less money at the end of the month than you did before.
The more crap you put up with, the more crap you are going to get.
You can go anywhere you want if you look serious and carry a clipboard.
Eat one live toad the first thing in the morning and nothing worse will happen to you the rest of the day.
When the bosses talk about improving productivity, they are never talking about themselves.
If at first you don't succeed, try again. Then quit. No use being a damned fool about it.
There will always be beer cans (or empty Big Mac boxes) on the floor of your car when the boss asks for a ride home from the office.
Keep your boss's boss off your boss's back.
Everything can be filed under 'miscellaneous'.
Never delay the ending of a meeting or the beginning of a cocktail hour.
To err is human, to forgive is not our policy.
Anyone can do any amount of work provided it isn't the work s/he is supposed to be doing.
Important letters that contain no errors will develop errors in the mail.
If you are good, you will be assigned all the work. If you are really good, you will get out of it.
You are always doing something marginal when the boss drops by your desk.
People who go to conferences are the ones who shouldn't.
If it wasn't for the last minute, nothing would get done.
At work, the authority of a person is inversely proportional to the number of pens (or keys) that person is carrying.
When you don't know what to do, walk fast and look worried.
Following the rules will not get the job done.
Getting the job done is no excuse for not following the rules.
When confronted by a difficult problem, you can solve it more easily by reducing it to the question: "How would the Lone Ranger handle this?"
No matter how much you do, you never do enough.
The last person that quit or was fired will be held responsible for everything that goes wrong.

HEY, GOOD COOKIN'!

Pride Salad

Ingredients:

1 cup of shredded cabbage 1 cup of shredded lettuce
3 stalks diced celery ¼ diced onion (green onion may be
substituted for color and a different taste)
½ cup chopped black olives 1 cup chopped "baby corn" (opt.)
2 packages uncooked Top Ramen-type noodles
½ cup of chopped parsley (opt.)
½ cups of chopped nuts (walnuts or your choice)
A light vinaigrette dressing
(You might try one of the sweet, non-fat dressings put out by S&W)

Preparation:

In a large bowl, combine the cabbage, lettuce, celery, onions, olives, "baby corn", parsley and nuts. Add dressing and allow to marinate for ½ hour. Ten minutes before serving, break up Ramen-type noodles (try to get them as close to individual noodles as possible). Add noodles to salad and allow to marinate.

Presentation:

This is a delightful meal-in-a-bowl for a hot Summer lunch or dinner. Serve with Brown-and-Serve rolls and iced tea with mint or lemon.

Enjoy and be Proud!!

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

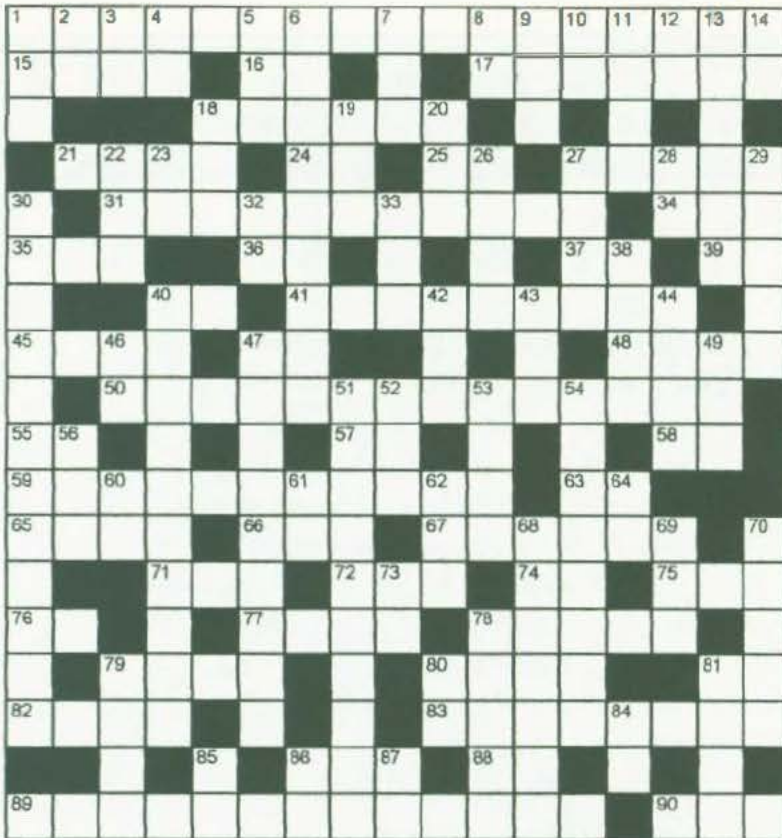
THE BUTLER DID IT!
BY PAT BUTLER, EXECUTIVE DIRECTOR

DEADLY SINS

You look at me and say, "No Way!"
You look at me and say, "You're gay!"
In a voice which lessens me and you.
It hurts us both, but what you do
Is shroud yourself in righteous words
To hide the damage thus incurred.
And you're applauded by those who hold
The same time-tested, worn and old
Clichés about who's good or bad.
But what I find unutterably sad
Is hearing hatred wrapped in love
By you who say that God above
Has given you the right to claim
Ownership of me in 'His Holy Name'.
No one owns me and I declare
Your bogus claims are naught but air
Infused with incense; a mystic cloud
To rip from me these words:
I'm Proud!



PRIDE IN GENDER by PMB



Across

1. Where all GLBT's, their families and friends will be on June 29, 1997.
15. When figuring decimals, this group is first.
16. Post's initials, and great group of folks.
17. Why #1 across takes place.
18. Groups of supportive families and friends.
21. _____ person frequently is the target of cruel comments.
24. Doc T.V. show.
25. Wants to phone home.
27. Out of kilter.
31. Crossing gender lines.
34. Hair, fishing, and volleyball have this in common.
35. City in Germany.
36. Initials for Doc who helps have babies.
37. Marine designation.
39. Egyptian sun god.
40. Fairbanks address.
41. A Gender Center and a famous 'Freethinker'.
45. 'I'm on _____ and needles'.
47. A shortened form of your maternal unit.

48. Suntan _____ are bad for your skin.
50. _____ great thrill in life is cross dressing.
55. Between 'do' and 'mi'.
57. Latin for 'that is' (init.)
58. Fi. K. Se. Ba.
59. General gender term - refers to TS, CD, TV, etc.
63. The sound of pleasure.
65. An angel's nickname.
66. It takes two things, and sperm is one.
67. 'Come to your _____'.
71. Add a 'ton' and you have soup.
72. A spare tire and an illegal substance.
74. Initials for more than eight hours.
75. One of Charlie Brown's exclamations.
76. The sound of pain.
77. Slang term for crossdressing.
78. If you feel good about yourself, you are _____.

79. French fashion magazine.
80. '_____ go Bragh'.
81. Put two of these together and you are crazy.
82. 'That's a bitter _____ to swallow.'
83. Likes both.
86. K. B. L.
88. Spanish word for 'off' or 'from'.
89. TV's.
90. Marra C. _____ also a dorkey.

Down

1. Considered by some to be the lowest form of humor.
2. Nurse's initials.
3. Two letters which sound like naval response.
4. Alcohol withdrawal can cause the _____'s.
5. Initials for boy to girl.
6. Ellen DeGeneres came out _____.
7. Slang term for tobacco product.
8. Initials of California city.
9. An age, a period of time.
10. First two vowels.
11. Basketball _____, Football _____, Baseball _____.
12. Abbr. of football scoring play.
13. 'Tighter's' other half.
14. Auntie's name in 'Wizard of Oz'.
18. School helping organization.
19. MGM motto 'Grab Arts'.
20. Another word for gender.
22. Initials for girl to boy.
23. C. T. F. M. B.
26. A growth, _____ O.
27. In addition to.
28. 'Out's' flip side.
29. Night points of light.
30. Periodic help gathering.
32. Negative.
33. Same as 66 across.
38. Gambling machine.
40. GLBT Pride days started as _____ result of the _____ riots.

42. Adam's mate.
43. Two or more things which go together.
44. An obligation placed against something you own.
46. AA, GA, OA, EA, _____.
47. _____ is one expression of _____.
49. Hallucinatory drug.
51. Some groups _____ in the Pride.
52. Se. Hal. Sho. _____.
53. Producer of sperm.
54. In E.B. White's book, there was a sword _____.
58. Same as 9 down.
60. First two letters of the alphabet.
61. B. L. P.
62. Abbr. for 'Eastern Standard Time'.
64. Pronoun for FTM's.
68. Those who sleep in are _____t early _____.
69. How the TV felt when all of her clothes were stolen.
70. A hockey score, (2wds).
73. D. L. B. F. H.
78. The first word of 1 across.
79. First name of outrageous British pop star John _____n.
80. Initials of writer in 54 down.
81. What the 'G' stands for in GLBT.
84. These make a girl. Change one to 'y' and you have a boy.
85. I am; you are; he, she, or it _____.
86. Latin for man: V. _____.
87. Naval designation for vessels.



FTM CALENDAR

JUNE, 1997

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 **FTM MESSAGE LINE 329- 6651	5	6	7
8	9 IGC BOARD MTG 7:00- 8:30	10	11**FTM MESSAGE LINE 329- 6651	12	13	14 FTM SUMMER SOCIAL T. B. A.
15	16	17	18**FTM MESSAGE LINE 329- 6651	19 SECOND INTERNATIONAL CONGRESS IN WAYNE, PA INFO: DAVID 859-1053	20	21
22 CON- GRESS CONT.	23	24 *FTM THERAPY GROUP * & FTM SO SUPT GROUP*	25**FTM MESSAGE LINE 329- 6651	26	27	28
29 PRIDE MARCH/ FESTI- VAL @ V. PARK	30					

*FTM Therapy Group-Jude Patton
FTM SO group-Carole Miranda-Patton.
**LEAVE A MESSAGE ANY TIME AND
CALLS WILL BE RETURNED ASAP

This is the first of two P.O.V. articles about the possible effects of alcohol on Transgendered People who are taking hormones. Thanks to Two Spirit News from Atlanta Gender Expressions (AGE) for permission to reprint.

P.O.V.*

*POINT OF VIEW

ESTROGEN THERAPY AND ALCOHOL: WRONG MIX?

By Susan Gilbert

(Reprinted from the TWO SPIRIT NEWS, the newsletter of the Atlanta Gender Explorations [AGE] used with permission)

About 25 percent of post-menopausal women in the United States take estrogen replacement therapy because of evidence that it prevents osteoporosis and heart diseases. Even more of these women feel free to have a drink now and then because of research showing that it, too, may protect against heart disease.

But a new study raises a host of questions about the long-term health consequences of drinking even small amounts of alcohol while taking the hormone therapy. The study found that when post-menopausal women on oral estrogen drank the equivalent of just half a glass of wine, their levels of estrogen circulating around in their blood nearly doubled, on average. After a drink comparable to three glasses of wine, estrogen surged more than threefold. One of the most significant questions raised by the new study is what, if any, effect the striking rise in estrogen has on a woman's risk of breast cancer.

Studies show that estrogen therapy protects against heart disease and osteoporosis, but may increase the risk of breast cancer. Some research also shows that moderate alcohol consumption -- one drink for a woman -- may decrease the risk of heart disease and increase the risk of breast cancer, as well. The breast cancer findings are the subjects of medical dispute.

The study is the first one to look at the effects of alcohol on oral estrogen replacement therapy. "I was surprised to see estrogen levels rise so much," said Dr. Elizabeth S. Ginsburg, the lead author of the report and an assistant professor of obstetrics, gynecology and reproductive medicine at Harvard Medical School.

Dr. Howard L. Judd, vice chairman of the department of obstetrics and gynecology at the University of California at Los Angeles School of Medicine, said that some increase in estrogen after a drink, was to be expected based on previous findings that alcoholic men had elevated levels of estrogen. But he said, "I was surprised by the magnitude of the change." The new study, which is being published today in the Journal of the American Medical Association, suggests that "alcohol may increase the beneficial as well as the detrimental effects of estrogen therapy," said Dr. Wulf H. Uktain, director of obstetrics and gynecology at the University Hospitals of Cleveland, and an expert on menopause.

The two-day study compared 12 healthy post-menopausal women taking estrogen replacement therapy with 12 who were not receiving the therapy. The estrogen used was one milligram of Estradiol, the most potent of the many forms of estrogen. At 9 P.M., the women in the estrogen therapy group took Estradiol and at 9 A.M. the next day, half the women in each group drank a cocktail made of pineapple juice and vodka that was equivalent in alcoholic content to three glasses of wine. The other half got a soft drink made from pineapple juice, glucose and water. Blood Estradiol rose significantly above base line levels in the women taking estrogen therapy and drinking alcohol. Estradiol climbed at the same rate as blood alcohol levels, the study found.

Ten minutes after the women started drinking, when they had consumed the alcoholic equivalent of a half glass of wine, their Estradiol levels were almost double, Dr. Ginsburg reported. After 50 minutes, when they have finished their drinks, Estradiol levels had increased more than threefold. In other words, they were 326 percent higher than the levels that are supposed to be reached by estrogen therapy. Estradiol declined at the same rate as the blood alcohol, returning to base line levels within six hours. Virtually identical results were found the next day, when the women originally in the soft drink group were given alcohol and the alcohol group were given soft drinks. On both days, there was no significant rise in Estradiol in women who did not take estrogen therapy or alcohol.

There are many unanswered questions. How and why did alcohol increase Estradiol levels in women who were taking estrogen replacement therapy? Would alcohol have this effect on women taking estrogen therapy in its many other forms, including oral conjugated equine estrogen, or Premarin, the most popular out? In a previous study, Dr. Ginsburg found that

estrogen levels rose in women who drank while using the estrogen skin patch, although the increase was just 40 percent.

Perhaps the most urgent question is whether women should have second thoughts about estrogen therapy in the light of the new study, or at least agree to give up alcohol before going on it. While doctors would not argue with a woman who wanted to abstain from alcohol, Dr. Ginsburg said it was premature to recommend that women do this. "The dilemma I have in my practice is that estrogen replacement decreased heart disease and so does social drinking," she said. "I'd want to see other studies confirm our findings before physicians change their practice."

LAMBERT HOUSE SEEKING VOLUNTEERS

Lambert House is an activities and resource center for gay, lesbian, bisexual, transgender and questioning youth ages 14-22. The center is located at 15th and Denny on Capitol Hill. The goal of Lambert House is to foster an increased sense of self, capability and resilience among sexual minority (GLBT) youth through the development of personal, social and life skills. We approach this mission through educational and informative resources such as tutoring, a youth computer lab, community presentations and discussions, recreational activities such as an artist in residence program and group outings, youth leadership opportunities, a jobs board, community internships, and support groups. In addition, Lambert House offers an unstructured drop-in center, where youth find support from peers and adult volunteers and are able to get information about referrals to local social service programs.

Lambert House is seeking adult volunteers age 25 and up to supervise the drop-in center, teach youth computer skills, participate in and provide transportation to activities, and greet youth and adult visitors to the center. Volunteers receive extensive training. They also need volunteers for office and donation assistance. If you wish to help, please contact Lynne at [REDACTED] for further information and application materials.



P.O.V.*

*POINT OF VIEW

DOES ALCOHOL USE AFFECT FTM'S?

By Carl Tripp

(Reprinted from the TWO SPIRIT NEWS, the newsletter of the Atlanta Gender Explorations [AGE] used with permission)

When I read the article by Susan Gilbert, (ed. note: see Estrogen Therapy and Alcohol: Wrong Mix?, this issue) I only skimmed it as potential article for the newsletter. When I read it a second time, I began to see that there was a possible correlation between women, estrogen therapy, alcohol and us (FTM's). If it is true that doctors are seeing a marked increase in estrogen levels of women drinking doesn't that send a message to us that we should be careful of how much alcohol we consume?

Our purpose for taking testosterone is to negate the effect of estrogen levels on our bodies allowing for the development of male secondary traits. If alcohol consumption causes estrogen levels to rise sharply, it would appear that drinking is counter-productive to our goal of maximizing our body's potential to masculinize.

While studies discussed in (Susan's) article are not fully conclusive, it caused me to reevaluate my drinking habits. It is also important to note that alcohol usage negatively affects an individual's liver. Dr. Sheila Kirk has talked in her lectures and written in her books on the extra stress that testosterone places on the liver because that is where the body breaks it down for excretion after it is done using it. If the liver is damaged from prior alcohol usage (think about cirrhosis of the liver and jaundice), the body has a much harder time processing the testosterone for break down. This may cause elevated liver enzymes. If the elevation cannot be controlled, a physician may decide to have the patient take a lower dose of testosterone, or in the worst cases, hormone therapy may be stopped.

My conclusion on all of this is that keeping your alcohol consumption to a minimum makes only good sense. I do not want to give my natural estrogen production the upper hand, nor do I want to risk the loss of hormone therapy due to liver damage I could have prevented by exercising some self-control.

REFERRAL THERAPISTS

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HOWARD E. LEONARD Ph.D. Lic. #989 (206) 329-5255	JUDE PATTON CMHC, CMFT, PA-C (206) 787-5094
BRYANT VEHR M.A. (206) 623-5244	EASTERN WASHINGTON K.K. (ROBBY) ROBBINS (509) 459-8111

IMPORTANT INGERSOLL DOINGS IN JUNE

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

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

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

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

June 9: Ingersoll Board meeting 7:00 pm - 8:30 pm.

June 10: FTM Support Group. 7:30-9:30 pm.

(See FTM Calendar for specifics)

June 29, 1997 - Lesbian/Gay/Bisexual/Transgender Freedom March and Pride Festival/Rally. The Parade route is north on Broadway, and the Parade starts at noon (or thereabouts). The Festival/Rally starts at the conclusion of the Parade in Volunteer Park, and runs until 5:00 pm (More or less).

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Gender Center or the Board of Directors

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

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CITY _____

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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))