

THE TRANSGENDERIST - JAN/FEB 1993

A Publication of Transgenderists Independence Club, Albany, NY

PRESIDENT'S COLUMN - Winnie [REDACTED]

Happy New Year! Now that the holidays are over, I hope things can get back to normal. It always seems that December is the busiest month of the year for me, which is why this newsletter is a little late. After skipping two weeks, I hope all members will be anxious to come out to our Thursday meetings again. Don't forget that we have a *Music Party* planned for January 14. Tina will bring some of her instruments and play for us. If you play a portable instrument, please do come and join her. And if you are not a musician, come and listen.

Our Dinner Party on December 19 was a small party of four, at a table in the main dining room. Again, we can blame the competing activities of the Season. I expect interest will return for our next party, set for Saturday, January 16 at 8 pm, again at the Northway Inn. All coming should get word to Joan H., who makes our reservations, by Thursday, January 14. Please sign the sheet posted in the Club Room, or tell us by mail or phone. But if you forget or decide to come at the last minute, join us anyway; they can always make room for one more. However, I will *not* promise to open the Club Room for changing that evening, unless specifically requested.

Dues Reminder! If you still owe dues at this time, please send them in with the membership renewal form on the last page of the last TGIC News. If your renewal date is later in the year, save the form until then, or use it to update your address, etc. And I hate to keep saying this, but the Club still needs more enthusiastic active participation in leadership. A major objective of my publishing Newsletters on a regular schedule is to allow advance planning for more interesting social activities. But few have offered to do much, and I don't have the time.

Contents

PRESIDENT'S COLUMN - Winnie [REDACTED]	1
COMING OUT CAPERS: PART III - Laurie B.	1
USING A LOOFAH - Paul K.	4
THE ALBANY GENDER PROJECT Jennifer [REDACTED]	5
TRIP TO MONTREAL - Tiffane [REDACTED]	6
MILITARY LAW PROJECT - Jennifer [REDACTED]	7
NEW ATTITUDES - Paul K.	8
ANNOUNCEMENTS	10
CALENDAR	10

COMING OUT CAPERS: PART III - Laurie B.

One of the more interesting by-products of a more open TV life-style is a clarity of thought, especially when considering past interests and ideas. And especially so when examining the previous practice of "woman watching" and reading girlie magazines.

In my previous typically male lifestyle, a main fetish was watching and admiring the legs and feet of women, and how women moved their lower limbs. Women pose and twist their legs when talking, and often play with their shoes (and go through ballet-like movements with their feet) while seated or standing. A favorite part of girlie book reading was studying the legs of the models and wishing it was me, which applied to girl watching, too, I'm afraid.

Although I occasionally half admitted why women's leg and foot motion attracted me while I was looking, it now is very clear. It's because a woman's leg and foot body language conveys a freedom to express human physical sensitivity that is somewhat denied to men in our society. Let me explain, if I may.

Ever watch men sit in their business suits, ties, belts, and heavy wing tip leather shoes? Real stiff, real still, real straight. Women express emotion in their sitting, in their talking, in their movements, through

all their limbs. Emotion or feeling, especially in younger women, seem to flow freely - happiness brings on lots of body language.

Watching women and being a product of the constant "sit straight", "stand still", "don't move your feet" society, *I was jealous of ladies*. And if you look even further, women's clothes are made to allow for greater physical movement, expression, and feeling which supports the body language. This seems to explain some of the special status of women, in that they have the freedom and the clothes that might make a man admire feminine things, aside from the various other drives.

Going a bit further, the body language of ladies bears a lot of similarity to the basic emotions and feelings of children. When a child talks to an adult, they'll often twist in place, and hold a leg out at an odd angle, or swivel a foot in a shoe. Grown-up women do this, too. Could it be that women retain more of the body language of childhood into their maturity, and thus retain more of that special sensitivity, lightness and expression (ever try to slide a foot around in a wingtip, or lift the heel out of the laced shoe?). Body language is drummed out of men, with clothes that further reduce body motions of a child-like or feminine adult type.

What does all this mean to us?

When dressing as a straight male, the language of the body can be assisted by carefully choosing looser clothes, and

silkier, more flowing garments. And shoes that are less restrictive, and more conducive to decent blood circulation. The popular women's style of white socks and loafers exactly fills the bill during informal times, allowing for air circulation, good blood flow and foot wiggling. Men's socks often cut into my calves awfully, doing all sorts of bad things to the body.

Looser clothes yield other benefits as well, with regard to casual wearing of more feminine garments. Long, loose pants allow for nylons to be worn with loafers or women's style shoes, without calling too much attention (and it looks sharp). Baggy or roomy shirts and turtlenecks can easily accommodate bras, without an excess of telltale strap showing, as opposed to the need for an undershirt when wearing tighter shirts. And loose pants do not give off that panty line. To my mind, tight, form hugging clothes are but a small part of a ladies' wardrobe.

For crossdressers, the same general sort of advice would apply, though there might be less need to cover over the wearing of certain garments and nylons. Ever since reading an article on how pantyhose helps foster certain problems in women, due to a reduced air flow and heat build-up in sensitive areas, my love of garter belts and stockings has been more than a fetish, or a bit of nostalgia, ("bad girls" in the movies *always* wore garter belts and stockings). From personal experience, gartered stockings can be worn under pants with no sign of the elastic, given loose enough pant legs.

TGIC OFFICERS & DIRECTORS

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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

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 Member	\$40/yr
Couples	\$45/yr
Key Club / large closet	\$40/mo
Key Club / small closet	\$30/mo
Key Club / attic storage	\$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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Why Women Wear Nylons

Apart from the sexual attractiveness and nice appearance of nylons, silk stockings and lacy ankle socks, I believe that there is an aspect related to body language. If I may take the liberty of theorizing awhile, the result of my studies may further explain why nice leggings and socks make one feel feminine and sensitive.

The foot is a very sensitive part of the body, possibly equalling or exceeding the hand in nerve endings, depending on the person being tested. This sensitivity may be due to a number of causes, including:

A. The foot must quickly identify foreign objects such as small rocks, thorns, needles, etc., in shoes before they puncture or irritate the skin.

B. Feet are often used to explore unknown terrain, such as when climbing up, down or across hills and walls, or when walking in the dark, getting a feel for what's out there.

C. If one believes in evolution, man's ancestors lived in trees, and used their feet like hands, requiring a fine touch. Thus, our foot sensitivity is, or may be, a carry-over from earlier models that required the extra nerve endings, just as other features such as more body hair and beards are probably carry-overs.

Wearing nylons permits the foot to come more closely in contact with the bottom, sides and front texture of the shoe, providing stimulation over and above the feel of the nylons, which in itself may be considerable. When a woman removes her feet from her shoes, and runs them over the top of the shoe, the floor, or desk and chair legs, it appears to provide stimulation or communication of surroundings to the foot and body. One may have noticed how women take pleasure in walking in their stockinged feet in an office, or in going barefoot. I myself often find my toes playing with the tiny seam at the tip of the nylons, or running toes and feet over objects, as if trying to explore what's out there.

THE TIFFANY CLUB OF NEW ENGLAND,
INC

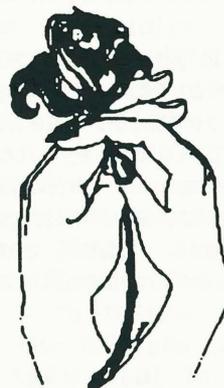
presents

THE 11TH ANNUAL TIFFANY 'S FIRST EVENT

Wednesday, January 27, 1993
thru
Monday, February 1, 1993

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THE TIFFANY CLUB of NEW ENGLAND, Inc

P.O. Box 2283

Woburn, MA 01888 - 0483

(Tue, 7 p.m. - 10 p.m. EST) (508) 358-2305

If what I've theorized is true, and wearing nylons and lace provides more sensitivity to the body, then this furnishes a bit more support for crossdressing by males: feminine garments promote overall body sensitivity, and don't necessarily just pander to male sexual fantasies and desires. Of interest

here is the fact that male skin is generally rougher than the female, which might, at first glance, suggest that sheer, silky garments go to waste on male bodies, especially those not softened by estrogen. To this, one might counter that feminine feelings in males suggest a greater sensitivity, which fits right in with garter belts and nylon stockings, or silk panties, or whatever.

Conclusion

The examinations in this article appear to support the general theory that crossdressing by males satisfies more than a mental need, and fits in with body language needs and feelings of the overall body. Thus, crossdressing represents a holistic approach to dealing with gender identity issues, in that it addresses many personal needs.

While one might not be able to wear that special dress every working moment if one has to work outside the home, there are socially acceptable ways to dress that can satisfy the needs brought on by the so-called feminine feelings in men, when one must adjust. Thus, one does not have to suffer, or be in conflict, when dressing straight.

By study of just what makes us feel feminine, and how and why certain clothing, shoes and body care routines fit right in, we can make life work for us, instead of being at the mercy of society.

Post Script.

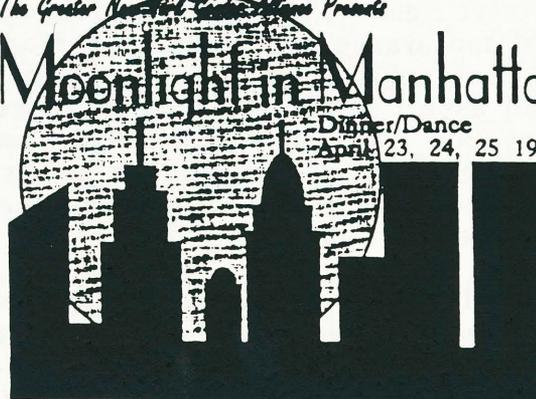
It is interesting to note that during the European Age of Foppery, a well dressed, sensitive gentleman was expected to wear high heels, jewelry, powder, fine clothes, silk stockings and a wig. How society has changed!

In contrast, when I mentioned to my secretary that I used facial moisturizers, she stared back and replied that most men won't, they're too feminine. Denial of the most basic skin needs in the name of gender.

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USING A LOOFAH - Paul K.

WARNING! If you plan to remove body hair, whether by shaving, depilatory (chemicals like Neeet or Nair) or epilation (physical removal of the hair, like waxing or Epilady), be sure that you buy a loofah beforehand and use it regularly. It is very possible for body hair, especially curly body hair, as on the chest or pubic area, to become ingrown: the hair grows, but does not penetrate the skin, creating painful red welts.

A loofah, which is a naturally processed gourd, is used to scrub the skin and keep the hair follicles open to minimize ingrown hairs. While scrubbing with a loofah may be uncomfortable, ingrown hairs are much more painful, and may even become infected. If you do get any welts, you can use a sterilized sharp instrument to open them and allow the hair to grow out naturally.

Loofahs are quite inexpensive and can be found at any drug store, or even at value stores like Kathryn Oliver's. Make sure that you allow them to dry after use, or they may be subject to mildew. Enjoy the sensations that come from a smooth body, but an ounce of prevention can keep the sensations pleasant.

THE ALBANY GENDER PROJECT

Jennifer [REDACTED]

I would like to take a moment to introduce you to the *ALBANY GENDER PROJECT*. The Albany Gender Project recognizes that misunderstanding about transgenderism abounds, fueled in part by sensationalized media coverage, and that very little of a factual sense is known. Further, very little of a cohesive, holistic support system exists to serve the involved community and to educate the public at large about what is apparently a subject having a biological rather than psychological nature.

The Albany Gender Project is a grassroots effort to provide accurate, updated services and information for the transgendered community; educate professionals working with our community; provide support and a legislative focus in New York; and coordinate common efforts with other groups and organizations with similar goals. Still in the formative stages, the Albany Gender Project was started by endorsement of the New York Gender Coalition in August of 1991.

Under the direction of Jennifer [REDACTED] the Albany Gender Project offers the professional and community: information packets, referrals, seminars, workshops, and consultations. To the transgendered client,

their families and significant others, in addition, we offer: peer counseling, support, lifestyle adjustment assistance, and advocacy. Currently, the Albany Gender Project publishes the following informational brochures:

Albany Gender Project: Preliminary Report & Proposal
Gender Dysphoria - Finding Help (Handout Pamphlet - Lots of 100)
BBS's (Computer Bulletin Boards) Serving the Gender Community
Finding Employment During Transition
Guide to Reassignment Surgery in the 90'S
Information for the Female to Male Transsexual
Starting Your Own Gender Support Group
Resources for Professionals on Transvestism and Transsexualism

Other projects have included the issuance of three Gender Community Action Alerts involving: New York State Hearings on Sexual Harassment - June 1992, New York State Opportunity for Public Comment on Protection and Advocacy for Mentally Ill Individuals (PAMII) - August 1992, and recently, New York City Name Change Policy Alert - November 1992. If you would like to be added to our Gender Community Action Network and receive future Action Alerts, please write to the address below.

The Albany Gender Project fully supports and endorses the Standards of Care of the Harry S. Benjamin International Gender Dysphoria Association, Inc. Although unincorporated at this time (November 1992), we hope to be forming a Board of Directors and a Board of Advisors in the near future. The Albany Gender Project relies on donations to defray the costs of operation. All funds are used to further the goals of this organization. There are no paid employees or retainers. If you are interested in participating or would like further information, please contact:

Albany Gender Project
188 Lancaster Street
Albany, N.Y. 12210
Phone: (518) 432-7092 (Messages)
Fax: (518) 463-6446

TRIP TO MONTREAL - Tiffane [REDACTED]

Hello! I thought I would tell about my lovely trip to see Dr. Menard in Canada.

Upon arriving in Canada, I was met by DeeDee and her sister-in-law Florence. They run a house for transexuals who are going to see Dr. Menard. Let me tell you, if you're going to see Dr. Menard, DeeDee's is the place to stay. From the moment I arrived, I did nothing but relax. Some of you know that I drink a lot of coffee, and anytime I wanted one, they got it. Sometimes I didn't have to ask. They are great at keeping you happy, laughing and well fed. Flo does all the household things, even your laundry. DeeDee takes care of all the medical needs, and you *will* need help. These two people are great. They were able to tell I was having a problem that I wasn't being public about, and they came to my room to comfort me. DeeDee called Dr. Menard, the problem was taken care of, and I was told never to try to hide a problem.

Now on to the fun stuff, and that began when I was checking into the hospital on Sunday evening. The hospital is a very lovely place, very clean and up to date. This may sound a little one-sided, since I work in the medical field and I know how to work with the nurses, but the nurses were the best: even when we couldn't understand each other, we worked it out and they always smiled. The man of the hour, Dr. Menard is polite, caring, down to earth and good-looking, too. He is always ready to answer any question or help you if he can.

On to the main cut. I arrived on Thursday and was seen by Dr. Menard on Friday for a final check-up and to answer any last questions. On Sunday evening I checked into the hospital. The nurse gave me the once-over, checking vitals and other things. About 10 pm, I was given a snack and a sleeping pill. Monday morning (for those of you who get the window seat - I did) I had my last smoke, went for the walk to the pre-operating room, and hopped up onto a gurney bed. They gave me a shot, hooked up the I.V. needles and left me in a somewhat

dark room - alone, which was not good. The things that went through my mind... but, I was soon off to sleep.

I don't remember much about the rest of Monday, but I do remember seeing Florence and my mother. Yes, my parents came to Canada. I felt like I was reborn, having my mom there. Tuesday is pretty much a sleeping day and the I.V.'s were taken out. Wednesday was the up-day and I was up and out the door having a smoke. I felt really good, I don't remember having a lot of pain, just a little uncomfortable from the stitches and packing.

Friday was getting-out day - Dr. Menard removed one set of stitches and the inside packing. Dee and Florence came to get me and we had a lovely welcome-home dinner. Saturday, Flo and I went for a walk - bad move - it wiped me out. Sunday was my day of hormonal problems. I hid in my room and cried, and I didn't know why. When Dee came in, she told me the "Hormonal Crash" got me. She called Dr. Menard and he put me back on my medication. Normally, he has you wait two weeks. He told me I went through the "Mid-Life Change" - not fun.

Monday, I returned to the hospital to give birth. Well... that is what Dr. Menard told me I was feeling, as he moved the stent from inside me (take your lower lip and pull it over your head...). It was painful coming out, but not afterwards. As we were leaving the room, I asked Dr. Menard for a hug and I got a very nice one. That afternoon, I got to start dilation. It wasn't easy but Dee talked me through it. Wednesday was my fly-home day.

Everyone up in Canada was great, I can't say enough good things about Canada. When I returned, I spent a week with my friends Paula and Linda, their three children, and a young lady named Kellie who took good care of me. The other good things were the flowers, cards, and phone calls I got from friends and my family of God.

Love and Huggs - Tiffane.

MILITARY LAW PROJECT - Jennifer [REDACTED]

In a recent interview with Sharon Ann Stuart, Chair of the Transgendered Military Law Project, Stuart explained that the Military Law Project is an outgrowth of the First International Conference on Transgender Law and Employment Policy which was held earlier this year in Houston, following the organizational efforts of Phyllis Frye, an attorney and member of the transgendered community.

Stuart explained that the goals of the Military Law Project are:

1.) To assemble primary and secondary military law resources which affect our community,

2.) to assess the state of military law and regulations, as well as related federal laws and regulations, and evaluate the impact of that law upon legal and constitutional rights,

3.) to draft model laws, regulations and policy standards with respect to TMP to be implemented by the Department of Defense and all service branches,

4.) to develop and implement strategies to effect progressive change and reform of military law, regulations, and policies, and

5.) to assemble a resource file of case histories of TMP who have served in all

branches of the armed forces, including active duty, reserves, National Guard, and retired personnel.

Stuart further explained that this project is necessary due to the vast discrepancy in actions taken in relation to transgendered persons in the various branches and levels of the military. Transgendered persons involved with current, pending or prior legal action with the military are being asked to fill out a questionnaire which is available from:

The Military Law Project Fund
PO Box 930
Cooperstown, NY 13326
1-800-824-7122

Voluntary contributions of \$15.00 or more are also being sought to fund this work. Sharon Ann Stuart is a member of TGIC.

"Pulling together to gather information which enables us to understand where we are, is the first step any group needs to take to effect change. Because of the opportunity this project affords to do some good, we fully endorse and support the Military Law Project." - Jennifer [REDACTED] Albany Gender Project Coordinator.

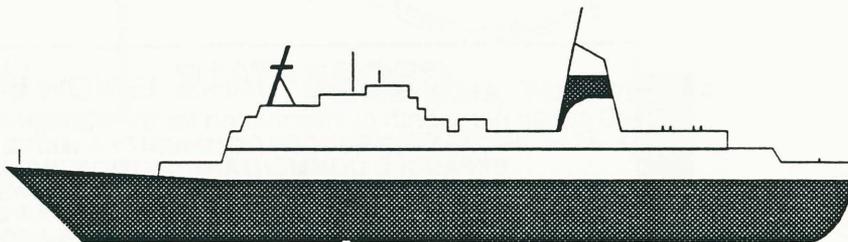
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NEW ATTITUDES - Paul K.

"I need a new attitude!" (Patti LaBelle)

When we meet someone, we may first notice their appearance. But the next thing we notice is their attitude. Attitude is far more important than appearance. In fact, appearance is only one expression of attitude.

We can watch people who are open, or vivacious, or coquettish, or bright, or reserved, or tough, or mellow, or a thousand other things. As people, we have learned to observe behavior, both verbal and nonverbal, to get a sense of what another person is like. We decide whether we want to approach them, and if so how we should do it. Our behavior towards other people is keyed toward how we judge their attitude.

While we all can read the signs of attitude, most of us can't easily fake the signs of attitude, and we show outside what we are feeling inside.

When putting on a new look, it's still tough for many of us to put on a new attitude. Others may expect us to be our same old self, we may feel apprehensive about our outfit, or just plain scared. We may need to express our masculinity to balance our outfit, or we may want to be honest. We may not even think about our attitude, and how much it affects the way people see us.

Our attitude is the thing that governs how we approach life and the many situations we come across in life. It is a blend of many things, such as genetic

patterns, and the lessons we have learned from watching and reacting to others. Most of us have not consciously formed an attitude, just allowing it to grow.

Imagine watching a good looking woman walk from her car. She is well dressed, confident, has good posture, is focused but not driven, smiling but not gregarious. We may notice these things before we notice that her dress is designed to take the focus off the fact that she is a few pounds overweight, and that her skin isn't perfect. When we think about spending time with someone, we want to spend time with that person's attitude, not simply their appearance.

In dressing, we should experiment with attitudes in the same way we experiment with heel heights and hair colors. We need to be able to try on different attitudes and behaviors and find the ones that we are comfortable with. We may even choose different attitudes at different times.

The only way to experiment with attitudes is to try them on, letting go of the solid attitudes that we wear as men everyday. We have learned to respond to the world with our male attitude, developing standard responses that seem to work well. Those attitudes may not work well when you are dressed as a woman. Trying on new attitudes not only helps you to experience new sensations, but may give you new attitudes and behaviors you can integrate into your everyday life.

CROSS-TALK IS NOW IN MAGAZINE FORMAT!

40 pages per month of information for the transgendered community, including:
INCREASED GENDER COMMUNITY & MAINSTREAM NEWS COVERAGE
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*A fun weekend for cross-dressers,
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or call: (512) 545-3668
(Wednesdays, 7:00pm-9:30pm CT)

In "passing", a new attitude is the most important component. Whether you work inward, developing an attitude and dressing and acting to meet it, or from the outside, dressing the part, and then creating the attitude, it is the attitude that defines how others see us. We cannot control each of

the thousand little clues we give to others that tell them who we are, so we must control the beliefs, and let the actions come as an extension of those beliefs.

Even in dealing with others about our dressing, people sense your comfort level with your actions and respond accordingly. A producer for *America's Funniest People* said: "You can tell the sickos right away. When people are having fun, that comes through the camera, and they are fun to watch. But people who are a bit touched come through that way and make audiences uncomfortable." Shop clerks, beauticians and others respond the same way to requests. If the client is uncomfortable, it makes them uncomfortable.

No matter why you dress, the most important fashion accessory is your attitude. It completely governs how other people will see you, much more than your weight, height, makeup, or hair. Try on new attitudes and see how much they can do for you!



Philadelphia, Pennsylvania
March 14th - 21st, 1993

Sponsor: I.F.G.E.

THE INTERNATIONAL FOUNDATION
FOR GENDER EDUCATION
P.O. Box 367, Wayland, MA 01778
(617) 894-8340

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.

The Bargain Shop,
1 Reed St. (off South St.), Pittsfield, MA
01201. (413) 499-0927. Nora Martin.
Vintage Clothing & Jewelry.

CANADIAN CDC - NEW ADDRESS
The Canadian CrossDressers Club and The
Canadian CrossDresser Magazine have
moved. Address all mail to:
Canadian CDC
161 Gerrard Street East
Toronto, Ontario
Canada M5A 2E4

TS SUPPORT GROUP
The Albany Gender Project is organizing a
TS Support Group, planning to hold meetings
each month. If you are interested, contact
Jennifer [REDACTED] coordinator: (518) 432-7092.

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

"PETTICOAT JUNCTION"

What's new in the transgender world??
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H.T.G.A., PO BOX 30413 SAN ANGELO TX 76903-0413

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.

JANUARY 1993

- Jan. 7 Thursday Meeting, 7:30 pm
- Jan. 12 *Seminar On Gender Dysphoria And
Transgenderism*
(see TGIC News, Dec. 92, p. 7)
- Jan. 14 Thursday Meeting, 7:30 pm
Music Party
- Jan. 16 Saturday, 8 pm
Dinner Party, Northway Inn
- Jan. 21 Thursday Meeting, 7:30 pm
(Feb. News deadline)
- Jan. 28 Thursday Meeting, 7:30 pm

FEBRUARY 1993

- Feb. 4 Thursday Meeting, 7:30 pm
- Feb. 11 Thursday Meeting, 7:30 pm
- Feb. 18 Thursday Meeting, 7:30 pm
(Mar. News deadline)
- Feb. 20 Saturday, 8 pm
Dinner Party, Northway Inn
- Feb. 25 Thursday Meeting, 7:30 pm

MAJOR COMING EVENTS

- Jan. 27- *Tiffany Club First Event*
- Feb. 1 *Crowne Plaza, Natick, MA*
- Feb. 26-28 *Texas "T" Party, San Antonio*
- Mar. 14-21 *IFGE Convention, Philadelphia*
- Apr. 23-25 *Moonlight in Manhattan*
- Apr 29-5/2 *Poconos Fantasy Festival*
- May 20-23 *Paradise in the Poconos*
- May 20-24 *Dignity Cruise to Bahamas*
- June 1-7 *Tiffany Club Spring Fling,
Provincetown, MA*
- June 9-13 *Be All You Want To Be,
Chicago, IL*
- July 9-10 *Spouses / Partners
International Conference for
Education, Dallas, TX*

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