

THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER — SEATTLE WASHINGTON
JUNE, 1996 □ VOL. TWO □ NO. 3 □ PRICE: \$1.00 □ SUBSCRIPTION

PRIDE

Pride *prid* *n* 1. An undue sense of one's own superiority, arrogance, conceit. 2. A proper sense of personal dignity and worth. 3. ... of which one is justly proud. 4. The most excellent part of anything: the nation's *pride*. 5. The best time or the flowering of something: the *pride* of summer. 6. A group or company: said of lions. --v.t. *prided*, *priding* To take pride in (oneself) for something: with (on) or (upon) OE *prut* proud -also- Proud. 1. Pro-for. Esse to be.

**Funk and Wagnalls Standard Desk Dictionary, 1984. Harper and Rowe

Isn't it curious that the first definition of pride is "...An undue sense of one's own superiority, arrogance, conceit"? I believe that it speaks directly to America's founding by religious "extremists", in the 17th century. Pride is one of the 7 deadly sins, among which we find such things as lust, envy, gluttony and sloth or laziness.

From an early age, we have all been schooled not to be vain or conceited. "Pride goeth before a fall." "Vanity of vanities, all is vanity." So what exactly does the word "proud" mean. According to Funk and Wagnalls, it most likely comes from the Latin, (Pro)-for (Esse)-to be, or (To Be For Oneself).

That doesn't sound so bad, does it? If a person is to get along in this world they have to be for themselves, i.e. they have to have a positive attitude about themselves, have to believe in themselves, to believe that they deserve good things. Often, the struggle is with the voices which have been placed there by the people in our lives who give us messages like: S/he who is last shall be first. Better not to toot your own horn. Nobody likes a braggart. Well you get the idea.

Is it any wonder that people in general and Transgender, Transvestite, Lesbian, Gay and Bisexual people specifically find it difficult to look at and speak of themselves with pride? Not only is the idea of pride going against whatever

"good book" we grew up with, but we are also by our very natures flawed, by deviant, perverted, a danger to society etc., etc. Randy Shilts once said in one of his books, "We grew up to be the people our parents warned us about!"

So, here we are again in the month of June, celebrating Pride Week. And again we are faced with the same dilemmas: How to resolve the messages of the word and our pasts with the knowledge (how ever small and tenuous it might be) that we don't have to hang our heads in shame. We don't have to be the "family secret" that no one wants to talk about. To buy once again all the negatives which some churches and government agencies put forth in loud, authoritative tones.

It is not only possible but right -to be for- ourselves. So let us get rid of the first definition of Pride and allow ourselves to concentrate on definitions two through five.

"2. A proper sense of personal dignity and worth. 3. That of which one is just proud. 4. The most excellent part of anything: the nation's (pride). 5. The best time or the flowering of something: the (pride) of summer."

Personally, I like definition number six -- with a little alteration, it could read: "A group or company: said of lions -- also said of Gay, Transgender, Lesbian, Transvestite, or bisexual people."

SPOTLIGHT ON PUBLICATIONS



New at Ingersoll Center!!



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Committed Relationships -- 3rd Edition

This book looks at crossdressing from both sides of the relationship, discussing issues that arise for both partners, then suggests positive ways to cope with the behavior.

Available at Ingersoll after meetings or by mail.

At meetings: \$13.00 per copy/tax included

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From the Founder:

By Marsha Botzer, M.A.

On May 10, 11, 12, a conference was held at Wenatchee, Washington. Called "Mapping our Journey", the gathering was "The First Annual Gay, Lesbian, Bisexual, and Transgendered Conference". The purpose of the conference was to bring together progressive groups and their leaders to discuss the future of our social and political efforts together. The event was both historic in its theme and successful in its goal of helping all groups to learn to work with each other and remove barriers of misunderstanding.

I am proud to report that transgender issues played a great part in this conference. National and local Gay, Lesbian, Bisexual groups joined in supporting our needs and respecting our contributions as equals in the greater struggle for justice.

I presented a session called *Transgendered Politics: How do transgender issues dovetail with, and how do they differ from gay, and lesbian issues*. This was attended by leaders of the Human Rights Campaign, and by Lesbian activist and author Urvashi Vaid. The result was a fine discussion of how we in the Transgender World are needed as a vital part of the overall effort to defeat prejudice.

This conference owed so much to so many, but one person in particular deserves special mention: Janice Van Cleave is a great friend of our work and an skilled politician involved in Northwest affairs. Her hard work kept all the people focused on our main theme of unity.

As you know, I am the transgender representative on the Washington Citizens for Fairness/Hands Off Washington/Privacy Fund (WCF/HOW/Privacy Fund) Board of Directors in Washington State. This group is the largest progressive political and civil rights group in the Northwest, and a model for the rest of the country. WCF/HOW/Privacy Fund successfully protected the rights of Washington citizens from the predatory and abusive attacks of the Radical Religious Right, and has led the way in bringing concerns of transgendered people to the awareness of politicians and business leaders. I am glad to tell you that this organization has fully embraced transgender issues. Our place is considered in every decision taken. Thank you for supporting my presence on this Board. I will continue to serve our needs to the best of my ability.

What has opened the hearts of lesbian, gay and bisexual people has been the overwhelming presence of transgendered folks in the work of social and political equality in Washington State -- and I know this is true in other parts of the country as well.

Our people are found hard at work on boards of directors, on phone banks, pa organizing, designing and printing posters and signs everywhere! T individual efforts by transgender people are the real reasons we have our rig "place at the table" in the discussion of liberty and justice for everyone.

Last, it is simply my belief that you will do as you will; that there is nev mandate for you to do more than become the full person you are working to that is enough. But, if you do want other things, such as these political and s causes, then the way is open to you -- do as you will!

Jaye's Journal

By Jaye Jane Albright, Board President

Isn't it amazing how seemingly coincidental events in your life can sometimes mysteri blend together and send you potent messages? I learned this again recently as an d from a friend, attendance at a breakfast and a request for an almost-forgotten Seattle Ordinance combined to make me thankful for the fact that I live in this wonderful city proud of the accomplishments of forefathers and foremothers in our community helped to make it so.

Exactly a month ago, a woman I met last October at the Transgender March Washington, Jessica Xavier concluded an email correspondence we had been having a her part in "It's Time, Maryland's" efforts to add transgender protection to the Mary state anti-discrimination statutes by asking if I would obtain a copy of the Seattle Hu Rights Ordinance which she wanted to use as a model for efforts to get the kin protection we enjoy here in Seattle.

My own life has been so free of any need for human rights protection in the past few y (probably due in part to the fact that we have it!) that I had almost forgotten wh pioneer the city of Seattle is, compared to the rest of the country.

After looking up a copy of the ordinance, I wrote about it to Jessica. The city ordin includes protection for "...individuals or groups of individuals by reason of race, color, sex, marital status, **sexual orientation**, political ideology etc..." **Sexual Orienta** means actual or perceived male or female heterosexuality, bisexuality, homosexua transsexuality, or transvestitism and includes a person's attitudes, preferences, belie's practices pertaining thereto..." And this has been the law in Seattle for over a decade!

"We are still working to extend that to surrounding communities and the state law," (openly gay, Democrat) Representative Ed Murray, when he spoke at the "Islands Washington" fund-raiser breakfast at which 1,000+ people donated funds to organizati efforts leading to the November elections. He promised to again attempt to bring the is before the legislature again in the next term. Ed was an aide to State Senator Anderson, who had been working very actively on our behalf in Olympia until he died AIDS last year. Ed is committed to carrying on Cal's great work.

Governor Mike Lowry was at the HOW breakfast and donated \$500, and Seattle Mayor Norm Rice donated \$501. All six Democratic candidates to replace Lowry as Governor were also there and pledged their support to Washington Citizens for Fairness (HOW).

Merger with the Privacy Fund, a Washington State Political Action Committee, has enabled HOW/WCF to become a potent force for change in the field of human rights. For its part, HOW/WCF has raised \$2,000,000 dollars and has defeated two efforts to legalize discrimination -- two years ago in initiative form and last year at the legislative level. The Privacy Fund/HOW/WCF will need to fight again, since the petitioners are vowing to try their signature drive again (which is probably actually a fund-raiser for fundamentalist politicians, using us as the lightning rod).

Washington is a great state and Seattle is a very safe, tolerant place for GLBT folks to live, due in part to the efforts of many dedicated people starting more than two decades ago.

Important Ingersoll Doings in



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

June 10: Ingersoll Board meeting 7:00 pm - 8:30 pm.

June 11: FTM Support Group 7:30-9:30 PM. First Timers must call Jason at

or David at before attending. Topic for this meeting: Tricks of the Trade -- Binding, padding.

June 16: SUNDAY AFTERNOON AT INGERSOLL PRESENTS: Pride Sunday at Ingersoll: 2:00 pm - 5:00 pm, at Ingersoll. Join us for Food, Fun and Frivolity!! Help us to celebrate YOU!!

June 29: FTM Support Group 3:30-5:30 pm. First Timers must call Jason at

or David at before attending. Topic for this meeting: Rap Session. What's new, questions/answers

June 30: PRIDE SUNDAY. COME SEE THE PARADE ON BROADWAY STARTING AT NOON. THEN COME TO VOLUNTEER PARK AND JOIN US UNTIL 5:00 PM AT THE INGERSOLL BOOTH AT THE PRIDE FESTIVAL AFTER THE PARADE.

**JOIN US FOR
Sunday Afternoon At
Ingersoll
JUNE 16, 1996
FOR
PRIDE SUNDAY
FOOD, FUN, AND
FRIVOLITY
2-5 P.M. AT INGERSOLL
COME JOIN US AS WE
CELEBRATE YOU!!**

PRIDE

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 all you want to be!

FACILITATOR'S FORUM

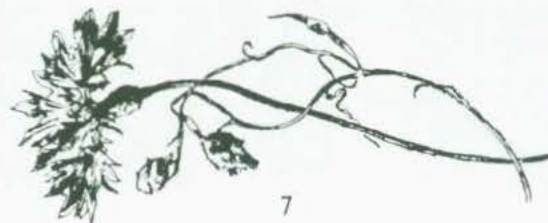
By Suzanne [REDACTED]

By now, you are getting to be familiar with the newer facilitators, and are probably glad to see that Robin is back active as a facilitator. Deuse will be sharing Thursdays with Sara and Lindsay during the latter part of the summer and everyone is happy to see her still active as a facilitator. Karen [REDACTED] continues to draw a crowd to her groups, and our own Board President, Jaye Albright is now trained and ready to do a few groups on her own. Allison and her sense of humor will still be a part of our summer, and it will be an added treat when Phoebe accompanies her leadership of the first two Fridays of every month. When Rochelle is feeling better it will be a special treat to have her back leading a group or two as well. Oh, I didn't forget about you, Jason. (We saw each other at ESPRIT where both he and Janice VanCleave were guest speakers). I know and the guys are doing well with the group and your preparations for the upcoming FTM Conference.

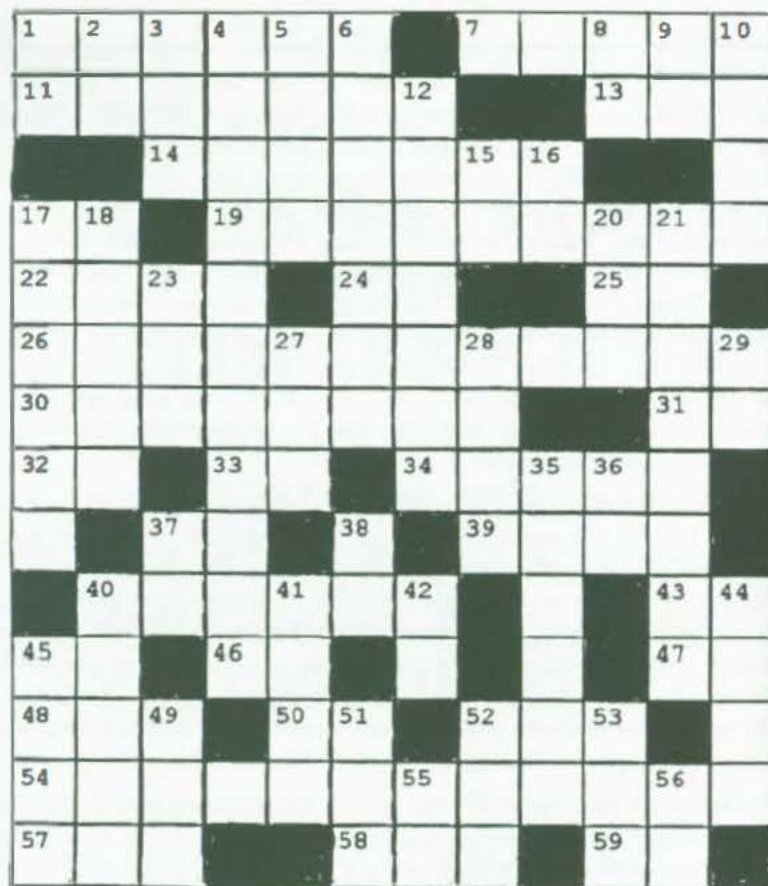
Jaye has planned an IGC picnic with the Emerald City Social Club for August 24, 1996. Details will appear as we close in on that date.. Suzanne kicked off her "Life Skills" seminar series with "Living of a Budget" and the May 19, 1996, Sunday Afternoon at Ingersoll. Thanks to Karen who drove, dragged and encouraged member to this meeting. We had a fair turnout and a good session. I want to encourage all of you to attend these seminars as they are offered -- I am doing them free of charge (well, you can donate a couple of bucks for the use of the room) and they are professionally done with a formal format spiced with humor and a spirit of sharing knowledge with each other.

Attendance is growing within our groups, and your payment of fees has been the financial backbone for IGC. These meetings are the essence of IGC and as our founder, Marsha Botzer so well puts it, "This is what we are all about". So don't let your busy summer schedules prevent you from attending the meetings. I know that there is a lot of personal sacrifice on the part of ALL the facilitators to make sure they plan and attend the meetings themselves, so I want to see their efforts rewarded by your attendance.

And finally, I want to thank all of you facilitators for your efforts. IGC facilitators are breaking ground where few professionals dare to venture, and they are making our organization effective, interesting and very helpful to all of us.



GENDER CROSSWORD



ACROSS

1. Car and antelope
7. The IRS payment which belongs to me
11. facial landmarks (2wds)
13. Another facial landmark
14. Not specific
17. Neuter
19. Reproductive part
22. 'King's' Mountain: _____ real, Quebec
24. Contraceptive I _ _
25. Negative
26. Elegant letters (2wds, Brit)
30. Faithfulness (2wds)
31. G _ hormones
32. Ship's initials

DOWN

1. That is (init)
2. Possessive pronoun
3. Wooden leg
4. Put to sleep
5. Solo
6. No sex organs
8. Lawrence of Arabia (init)
9. 12 Steps
10. See right through
12. Learned
15. Two year degree (init)
16. Doctor of Law: _ _ D (init)
17. Mischievous
18. 'Car' and 'tiny' share this

ACROSS (continued)

33. Baseball player
34. Medicinal plant
37. Third scale name
39. Considered separately
40. Hose end
43. Emergency Room (init)
45. Body odor (init)
46. Except after 'e'
47. _ _ w your boat
48. And so forth
50. Note well (init)
52. Herriot
54. Exotic kitchen containers (2wds)
57. Concorde (init)
58. Drug folks (init)
59. Japanese theatre

DOWN (continued)

20. No room in this
21. In relationship
23. Form of bouncing
27. Permission
28. Harp
29. Holy title (init)
35. The Secret _____
36. R _ _ k
37. Larry, Curly and _____
38. Gore
40. Musical
41. Metal
42. McMahon
44. Articles lined up
49. Feline
51. Not good
52. Road, by means of
53. Perfect, Nadia
55. Exist
56. Toward



"I don't know." She frowned. "Let me talk to Dr. M." She left and came back and had me three prescriptions, and that was that. Friday, March 8, 1996, became my start. What I found out was that hormones to affect blood sugar levels and can be a complication for the diabetic, but if you keep on a stable program and work with a doctor, there is a reason why you can't take hormones.

I've heard of and read of T's who get their hormones on the street. Going through the system has been frustrating for me. But if I had gone that route, starting with a dosage and not having any controls on my diabetes, I might not be alive. When my blood sugar is wacked out I can go from being alert to crashing out to unconsciousness in a matter of minutes. One blackout at the wrong time could be deadly. Looking back on a delay of three weeks is a small price to pay for the promise of a long life.



Benefits of Walking

A regular walking program can:

- Increase energy
- Improve self image
- Relieve tension
- Tone muscles
- Increase stamina
- Reduce risk for heart attack and stroke



©1996, American Heart Association



ONE MORE STEP IN THE JOURNEY

By Randi

When I entered Dr. M's office for the first time on Thursday, February 15, I noticed the sign said it was a diabetes center. I wondered if the patients in the waiting room, most likely there because of diabetes, were aware that their doctor also treated Transsexuals. Did they know that this androgynous person was there to begin the process of a gender change?

Dr. M. told me as she examined me that I wouldn't be able to get my prescription until the 19th, the following Monday, because she had to see the results of my blood tests before she could write it. When I went to the lab where I was scheduled to do a glucose tolerance test as part of my workup they wanted a urine sample. So I took care of that and then was ushered into a little room and placed in a big padded chair.

The young fellow helping me suddenly seemed very sensitive and concerned. He told me they were waiting on my glucose tolerance test until they talked to the doctor because I was "dumping sugar" in my urine. I sat and waited and after a time he came back and said the doctor didn't want me to take the glucose tolerance test.

I almost fell over with dizziness as I got up. I hope, I thought, this isn't going to delay my prescription again. When I got home I collapsed in bed exhausted. As I began to doze off, my phone rang. "This is Dr. M's office," the voice said, "you have diabetes. We want you to come in next Thursday and we will get you started on a program."

When I went in on February 22nd, I met a nurse who got me started on a program to bring my blood sugar down with diet and exercise. The doctor popped in and said, "I'm really sorry about all of this. We shouldn't start you on hormones until we have monitored your diabetes for a time." She frowned and popped back out of the room.

After two weeks of monitoring my blood, I had another appointment. If my program was working I wouldn't need any medication. Eating right, exercising, and losing a little might be enough to keep me stable. If not, I would take a medication which would help my cells utilize the insulin I do have more efficiently. But I would never have to give myself insulin shots.

So, on March 7, 1996, I was sitting at the Diabetes Treatment Center talking with the nurse about my progress. "You are doing very well." She said. "Let's keep up this another month and then re-evaluate you again before we decide if you need medication."

"How much longer," I inquired. "will it be before I can start hormones?"



The Butler Did it!

By Pat Butler, Executive Director

CAN'T

How many times do you have to say "You're not lovable" to a child before s/he finally begins to believe you? 50? 100? 600? 6,000? And if you say "You're ugly" to a child 354 times, will s/he then believe that the person in the mirror is in fact, ugly?

I have often wondered how long it takes to internalize such negative thoughts. I do believe that it may not be the number of times someone is given a negative message so much as it may be when and by whom that message is given. A child is being told about the circumstances around their birth. Inadvertently, the parent may say, "You had such a difficult time being born. When you were finally born your head was all misshapen, you had big scratches on your head and face from the instruments they used to pull you through the birth canal. In fact, YOU WERE THE UGLIEST BABY I HAD EVER SEEN." What do you think the child is going to hear? The part about the difficult birth? Only in so far as it must have been her/his fault. The child will not know about the softness of babies' heads, or the fact that none of us comes into the world glowing with beauty. All the child will hear is the phrase, "YOU WERE THE UGLIEST BABY I HAD EVER SEEN." It will reverberate down the halls of memory for years and years. In this case, perhaps the child only needs to hear this statement once, and it becomes a filter through which all comments about appearance, weight, clothes, posture, hair, etc. are passed throughout life.

Then there's CAN'T. We all live with the "can'ts". They are found in our social, legal and religious laws, custom and mores. But I am not talking about such "can'ts" as you can't (shall not) kill, or you can't (shouldn't) pick your teeth at the table. You can't (don't) blow your nose without a handkerchief. I am talking about those negative messages which tell us such things as "you can't be happy", "You can't get through the process of transition and SRS", "You can't be openly gay and let the world know who you are.", "You can't be a person of color or a woman and earn a living wage.", "You can't live a full and rewarding life that contributes to the common good."

It seems to me that all the "can'ts" listed above are connected to the 679 times we were told that we are bad; or the 592 times we were told that we were unlovable; or the 5,304 times we...well you know what I mean. And it's only when we are able to counteract the thousands of times and thousands of ways that we were/are discounted that we can begin the process of erasing the 'T' from can't.

By the way, just how many times does a person have to hear "You're lovable" before they are able to erase, or at least override the "You're not lovable" message. Try it. Keep track of the number of times it takes and when you succeed, come tell me.



INGERSOLL ON THE INTERNET

e-mail: ingersoll@halcyon.com

Graphics WEBBrowser:

<URL <http://www.halcyon.com/ingersoll/iilhome.html>>

TEXTOnly WEBBrowser:

<URL <http://www.halcyon.com/ingersoll/iilhometext.html>>

EMERALD CITY/INGERSOLL PICNIC PLANNED

Mark your Calendars!!

The Boards of Directors of Ingersoll Center and Emerald City have set Saturday, August 24, 1996, from noon to 5:00 pm for a potluck picnic for our two groups to get together for a day in the sun with a great view.

We have reserved a shelter with a panoramic view of the Smith Tower, The Kingdome and Seattle's waterfront at Jose Rizal Park on Beacon Hill. The park is located near Pacific Medical Center and we have sheltered tables reserved so the picnic will go on, rain or shine!

More information and a map to the park will be posted in the meeting room at Ingersoll, at Emerald City, and in *The Ingersoll Message*, so watch for it! We hope to see you August 24, 1996, from noon to 5:00 pm.

Note: The picnic will take the place of the August 18, Sunday Afternoon at Ingersoll.

"RECLAIMING OUR HISTORY" Seattle's 1996 FTM Conference

Seattle is proud to present the second Female-to-Male Conference of the Americas. Organizers invite all FTM's, their families and friends to join them as they learn about their past, present and dreams for the future. "We welcome all, no matter where they are in their personal journeys, to attend and contribute their own wisdom and insight to our common bond of brotherhood", organizers say.

The conference will be held August 9, 10 and 11 of 1996.

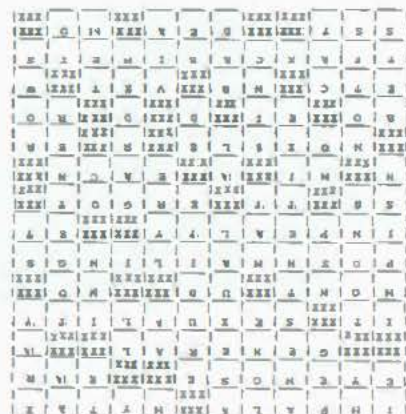
☐ Friday, August 9, 1996 -- Registration begins at 5:00 pm and continues until 7:30 pm. A "Meet and Greet" event will occur followed by an evening of entertainment and social gathering. Fees for the entire 2 1/2 day conference are \$60 per person, \$95 per couple before 5/31/96. After 5/31/96, fees are \$75 per person and \$120 per couple.

☐ Saturday, August 10, 1996 -- Saturday's events consist of various workshops designed to meet the needs and questions of significant others as well as discussions fulfilling the needs of FTM's. Various events and social functions after the workshops will be scheduled for entertainment. For those wishing to attend Saturday's workshops only, the fee is \$40 per person.

☐ Sunday, August 11, 1996 -- Sunday will be reserved for questions and insight into medical practices and procedures. For those wishing to attend Sunday's discussion only, the fee is \$40 per person.

Some work/exchange discounts on registration fees are available for those who wish to volunteer to work before, during or after the conference. 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 letter with information about lodging, a detailed conference schedule, and travel directions to the conference sites.



REGISTRATION

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Special needs: _____

- ☐ Yes! Register me now! \$60 is enclosed. **
- ☐ Yes, I'm interested. Sign me up and I'll pay later.
- ☐ Please send me more information.
- ☐ I need housing information.

Mail to: FTM CC
1202 E Pike #1070
Seattle, WA 98122

I am donating \$_____ for those who may be unable to afford registration.

**Fees: \$60 single, \$95 for couples before 5/31/96. \$75 single, \$120 for couple after 5/31/96 or at the door. \$40 per person for attendance to Saturday's workshops, or Sunday's medical discussions only. Make checks and Money Orders payable to FTM CC.

SURVIVAL, I KNOW, IS TO BEGIN AGAIN.

CALL FOR ASSISTANCE WITH HOUSING

The Organizers of the 1996 FTM Conference for the Americas are looking for housing for incoming Female to Male Transsexuals and transgenders. They will be attending the second FTM conference being held August 9, 10, and 11, 1996.

Many of the attendees are on a limited income, so any help you can give would be greatly appreciated. If you are willing to host one or more visitors, please call David [REDACTED] Housing Committee, at 859-1053.

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

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