

THE INGERSOLL MESSAGE

INGERSOLL GENDER CENTER — SEATTLE, WASHINGTON
APRIL, 1995 □ VOL. ONE □ NO. 2 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION

HANDS OFF WASHINGTON KICKS OFF 1995 ANTI-HATE CAMPAIGN

The energy level in the Grand Ballroom of the Westin Hotel in downtown Seattle was electric, as nearly 1,000 people gathered to send the message to hate mongers that Washington is no place for religious bigotry. March 14, 1995, at an early morning breakfast meeting, people from all walks of life, all sexual orientations, all genders and socio-economic levels came together to kick off the second in a series of campaigns against homophobia and hatred. Various organizations purchased tables and for the first time, Ingersoll Center was represented and mentioned by name from the dais as being a supporter of Hands Off Washington.

The ballroom was beautifully decorated in the patriotic colors of red, white and blue. On huge television screens, videos declaring support for Lesbian, Transsexual, Gay, Transgender, Bisexual, and Transvestite people played continuously as people greeted one another and took their places.

During the breakfast, a talented, Seattle-based, multi-cultural singing group entertained with wonderfully inspiring music. After the breakfast, Peg Phillips, star of Northern Exposure spoke about her years of work in Civil Rights. After her stirring speech, Richard Vreeke, associate producer of Northern Exposure presented an affirming, narrated video presentation after which he introduced his partner.

(See Hands Off, p. 2)

Hands Off continued

Next to speak was Colonel Greta Kammermier, who received a standing ovation from the audience. She gave a short, but wonderful speech about what she has been through and urged all of us to keep up the fight against those who would deny anyone their civil and human rights.

Perhaps the most touching and moving speaker was Councilman Ron Sims who was, by his own definition, "The one to get you to open your pockets and check books!" His recounting of his experiences as an election monitor in Africa was both stunning and poignant. He told the audience that in Africa, he saw people who had few or no civil rights, and that such a thing must not happen in America, or in the State of Washington.

At the conclusion of his speech, a group of teenagers passed through the room with collection baskets. During this time, there were many checks written for \$25, \$50, \$100, \$500 and \$1,000, but the highlight was a check presented to Hands Off Washington for \$50,000!

People who attended agreed that they would rather be spending their time and money on other causes, but that as long as the religious extremists are at work, Hands Off Washington had plenty of work to do, and would keep on doing it!

From the Founder:

By Marsha Botzer, MA

I want to take time this month to say how impressed I am by the incredible energy and dedication of the many volunteers who make Ingersoll function as the dynamic and caring organization that it is. Recently, the Board of Directors revised the Ingersoll Mission Statement. Part of the process was for each of the Directors to re-commit to the mission of Ingersoll and each and every one of the Board members was willing to make this commitment.

April is *Hands Off Washington* month at Ingersoll. It is an honor for me to represent the Gender Community on the Board of Directors. I am pleased to be able to tell you that I have received both written and verbal assurance from the other members of the Board that members of the Gender Community will be included in all current deliberations and
(See "Founder" p. 11)

FACILITATOR'S FORUM

By Suzanne Adams

CRITICISM: ONE WAY TO HANDLE IT

The first Wednesday in March proved to be enlightening for many in the TS group. The topic discussed was dealing with criticism -- blatant as well as that subtle comment. The group decided that criticism is a form of taking on power, and if you respond to criticism, you lose power over a situation. When a person reacts to the negative comment, they are giving up their power in a situation, and giving the other person satisfaction that they "Got to you". Also, not reacting to that "all to subtle" comment gives absolutely no credit to that comment.

There is positive and constructive criticism, but that is not what we were wrestling with in this session. We generalized in closing by saying that not showing the effect of negative criticism on yourself you are actually taking power away from the person criticizing. Correct or not in our theory, we sure helped answer some questions a lot of us had about handling criticism in the workplace, in public, and in general.

MAN TO MAN **By Jason Cromwell**

FTM's are alive and well and meeting at Ingersoll! Beginning in the last quarter of 1994, the monthly FTM Support Group went to two meetings per month. Jason and David, co-facilitators of the group and Kory, facilitator in training, decided to try an evening group once a month. The group was so successful that the schedule of two meetings per month has been extended through 1995.

Each meeting has specific topics for discussion. During 1995, upcoming topics include such pertinent items as family issues, alternative conception, children, passing anxiety, body image, sexuality, coming out, tricks of the trade (binding, padding) and many others.

FTM's interested in finding out more about group times and places are asked to call either Jason at [REDACTED] or David at [REDACTED].

INGERSOLL BOARD REVISES INGERSOLL MISSION STATEMENT

At the February meeting of the Ingersoll Board of Directors, a revised mission statement and list of goals and objectives was presented and adopted. It will be posted in the meeting room for all to see. The revised mission and statement are printed below.

MISSION STATEMENT

INGERSOLL GENDER CENTER

revised, February 13, 1995

Ingersoll Gender Center provides referrals to experienced, professional counselors and offers support, education, advocacy, and publications for transsexual, transgender and transvestite people, their families and significant others to help them deal with the issues of daily living, and changes in life style. We also offer support in preparation for surgery when appropriate and referral to post-operative counseling. Ingersoll Gender Center uses the Standards of Care established by the Harry Benjamin International Gender Dysphoria Association as guidelines for its overall policies.

GOALS AND OBJECTIVES

1. Ingersoll Gender Center seeks to advocate for the rights of the individuals it serves, and works with existing service providers to insure adequate access to services and facilities.
2. Ingersoll Gender Center does not subscribe to any one particular theory of the origin of gender identity and/or gender dysphoria, and welcomes individuals with diverse gender identity issues.
3. Ingersoll Gender Center does not discriminate on the basis of race, socio-economic status, creed, national origin, gender, sexual orientation, physical or mental handicap.
4. Because sex/gender change may involve radical surgery, Ingersoll Gender Center believes that an ongoing process including goal formation and evaluation, along with interactive individual and group therapy is essential for a person considering such a change.
5. The goal of the program at Ingersoll Gender Center is to enable individuals to have improved intrapersonal and interpersonal relationships, increased stability in employment and self-confidence in social situations so that the person can more clearly define their sex/gender role.

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This page was purposely left blank...(I know, I know, it isn't really blank)

WHY?

Because we are
working for change
from our readers!

You can submit an article,
a letter, a poem, a cartoon,

It doesn't have to be
original as long as
we can get the
authors
permission

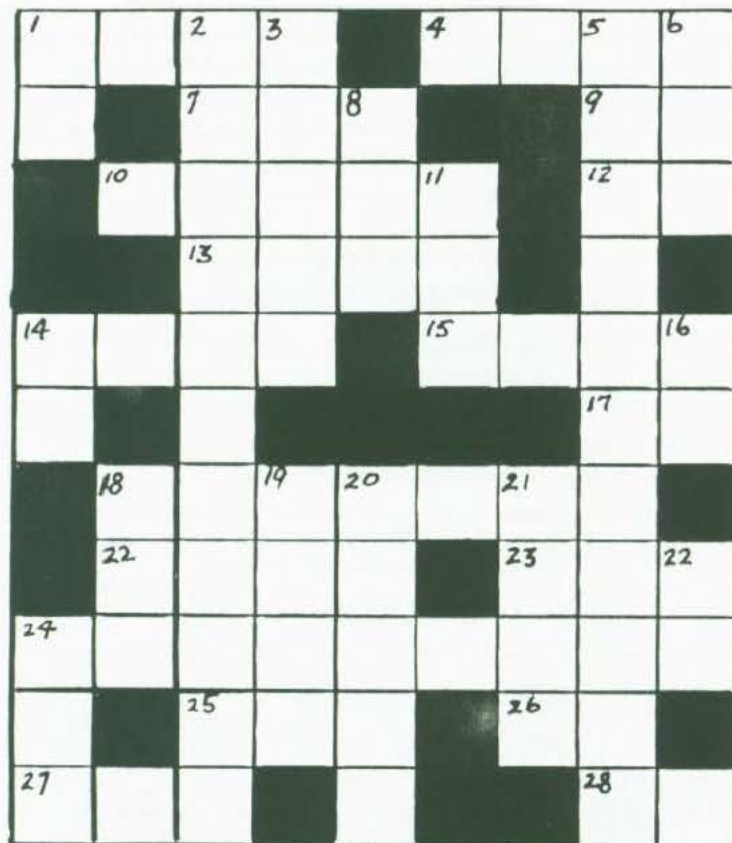
Either mail it to Ingersoll or place it in
the suggestion box in the
meeting room

INGERSOLL MESSAGE EDITORIAL POLICY

1. Articles should be pertinent to the Transsexual, Transvestite, Transgendered, Gay, Lesbian, Bisexual Community in the Washington area.
2. The editors of *The Ingersoll Message* reserve the right to accept any article at their discretion.
3. Articles printed in this newsletter may or may not express the views and opinions of all Ingersoll consumers and the editor.
4. The maximum length for an article is two double-spaced typewritten pages.
5. Announcements of services and events will be accepted and limited to two paragraphs.
6. *The Ingersoll Message* is not responsible for the loss or return of articles.
7. Articles for the newsletter should be submitted by the 5th of the month, one month before publication.
8. Sexually explicit material will not be accepted.

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APRIL GENDER CROSSWORD



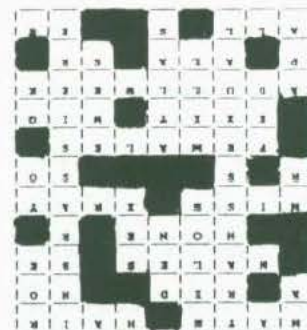
ACROSS

- 1 Tatami
- 4 FTM's want it, MTF's hate it
- 7 Get ___ of unwanted body parts
- 9 Japanese Theatre
- 10 A bunch of he's
- 12 Exist
- 13 Complete lack
- 14 Not a hit
- 15 See right through
- 17 Significant Other - abbr

- 18 MTF's are, FTM's aren't
- 22 Entrance reversed
- 23 Long and curly
- 24 7 days without crossdressing
- 25 ___ mode
- 26 ___ S
- 27 I can have it ___
- 28 Poet Cummings' initials

DOWN

- 1 Not Pa
- 2 Crossing over. Not satisfied with the status quo
- 3 Corn tubes
- 5 Where your boobs go
- 6 Caviar, bait
- 8 Lion and cubscouts have this in common
- 11 The opposite ___
- 14 Not Miss, Ms. or Mrs
- 16 Half a toy
- 17 Elliott Ness and J. Edgar
- 19 Been through this
- 20 Greek world holder
- 21 Lady "sheeps"
- 22 Chesterton's initials
- 24 American Psychiatric Association - Initials



FROM 1992 APRIL 25 1994



*SPRING IS SPRUNG, THE GRASS IS 'RIZ'. I
WONDER WHERE THE FLOWERS IS?*

graffiti seen on a wall

SPOTLIGHT ON PUBLICATIONS

☞ From Ingersoll Publications ☞

Information for the Female to Male Crossdresser and Transsexual

By Lou Sullivan

A comprehensive guide which presents information unavailable elsewhere. It has been called *The handbook* to address the needs of the Female to Male. It includes information regarding crossdressing, passing as a man, male hormones, sex reassignment and dozens of true stories of females who crossed over.

Available at Ingersoll after meetings or by mail.

At meetings: **\$10.00 tax included**

By Mail: **\$9.95 plus .82 tax (if app.) and \$2.00 p/h**

The Cook's Corner

by Lee [REDACTED]

I was raised on southern food: Foods fried and smothered in gravy, surrounded by several starches and followed by luscious desserts. To this day, fried chicken, milk gravy, home made biscuits, hot from the oven, and field peas seasoned with bacon is one of my favorite meals. But instead of eating it once a week, as we did growing up, I now make it once a year when the clan gathers.

Food is more than nourishment. It is delightful tastes, new experiences, comfort when you are sick or blue, a palette of textures and colors to treat the eye and a reservoir that conjures up memories of good times. Cooking is a creative outlet that brings immediate gratification. It is the same the world over, it joins food, friends and conversation. When I left home, I discovered there was a whole universe of food beyond my southern roots. It has been an adventure learning about them. Each culture has its own unique flavors. What at first seems foreign can quickly become a standard.

Anyone can cook great meals. Even if things don't turn out exactly as you planned, most mistakes are still edible. This month's recipe is homemade chicken soup, followed by a variation.

Cook's Corner (continued)

CHICKEN SOUP

BROTH:

- 5 lbs chicken backs and necks or 1 whole stewing chicken
- 1 large onion peeled and studded with 4 whole cloves
- 2 whole peeled carrots
- 1 celery stalk
- 1 bay leaf
- 1 tsp minced garlic or more, to taste (optional)
- coarse ground black pepper to taste
- salt to taste (hint: don't add salt until the soup is done)

Make the broth the day before you want to serve it. Ask the butcher at any grocery store for the packages of backs and necks.

Place the chicken and the other ingredients (except for the salt) in a large pot with a tight lid. Just cover the ingredients with cold water and bring the mixture to a boil. Lower the heat and cover the pot. Simmer the broth for 2 1/2 to 3 hours. Allow to cool, then strain the broth into a clean container. Taste and add salt and adjust other seasonings to taste. Place the container in the refrigerator over night. By morning the fat will have congealed on the surface. Skim the fat with a large spoon and discard it. You now have rich, fat free chicken broth. Serve the broth over cooked noodles or rice.

ITALIAN CHICKEN SOUP

- 18 oz. package cheese tortellini or ravioli cooked according to package directions.
- 3 cups of the chicken broth
- 1 beaten egg
- 1 bunch of fresh spinach, cleaned and stems trimmed or 1 box of frozen spinach
- 1 clove garlic minced (optional)
- grated parmesan or romano cheese

Heat the broth with the garlic. When it begins to boil, reduce the heat to simmer and whisk in the egg. Continue to whisk until egg is in strands. Add the spinach and pasta. Cook just long enough for the spinach to turn bright green. Taste the broth and adjust the seasonings. Ladle into serving bowls and sprinkle with cheese. Serves 4. Serve with crusty bread and salad.

"....If you want Peace,

Work for Justice"

Seen on a bumper sticker

Robert Ingersoll:

A Voice in the Wilderness, Then and Now

Listed below are some quotes by Robert Green Ingersoll, the advocate for the forces of justice and prosecutor of the status quo, who lived in the 19th century. Like Ingersoll Center which bears his name, Ingersoll brought a strong voice and hope to those who suffered the injustices of an intolerant world. Although he died in 1899, at the age of 66, his words have been renewed over and over again in this century, and especially now as we face the hatred and bigotry prevalent in our society. Ingersoll said:

"The moment a prejudice is known to be a prejudice, it disappears. Ignorance is the soil in which prejudice must grow. Touched by a ray of light, it dies."

He also said:

"I have a dream...that the withered hand of want will not always be stretched out for charity; that finally wisdom will sit in the legislatures, justice in the courts, charity will occupy all the pulpits, and that finally the world will be governed by justice and charity and by the splendid light of liberty."

In 1882, Ingersoll, in a speech on Decoration Day preceded John F. Kennedy's exhortation at his inaugural by declaring:

"Mere politicians wish the country to do something for them. True patriots desire to something for their country."

Finally, Ingersoll stated in his "Creed":

Justice is the only worship.

Love is the only priest.

Ignorance is the only slavery.

Happiness is the only good.

The time to be happy is now.

The place to be happy is here.

The way to be happy is to make others so.

Founder continued future legislation. This is a dramatic change in previous attitudes and I applaud Hands Off Washington for their willingness to implement these decisions.

Important Ingersoll Doings in A P R I L

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

All Thursdays in April: Drop-In Group (Open) 7:00-9:00 PM

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

April 10: Meeting of the Ingersoll Board of Directors 7:30-9:00 PM, Ingersoll Center.

April 11: 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

April 18: Full time, Post-Op group meeting, 7:30-9:30 PM.

April 29: FTM Support Group 3:30-5:30 PM. First Timers must call Jason at [REDACTED] or David at [REDACTED] before attending. Topic: Passing Anxiety - Internalized Phobia; Defusing Social Transphobia.

April 30: *Sunday Afternoon at Ingersoll* presents "A RESPONSE TO HATRED", A Fund Raiser for Hands Off Washington, 2:00-5:00 PM at Ingersoll Center.

JOIN US ON SUNDAY
APRIL 30, 1995 FOR
"A RESPONSE TO HATRED"
A FUNDRAISER FOR HANDS OFF
WASHINGTON
2:00-5:00 PM
at Ingersoll Gender Center
1812 E. Madison, Suite 106

INGERSOLL MESSAGE

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NAME _____

ADDRESS _____

CITY _____

STATE _____

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))