

THE *INGERSOLL* MESSAGE

INGERSOLL GENDER CENTER — SEATTLE, WASHINGTON
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HAPPY

1ST

BIRTHDAY

Ingersoll Message!



A WHOLE YEAR OF MEMORIES By Pat Butler, Executive Director

It doesn't seem possible that just over a year ago the first issue of *The Ingersoll Message* went to print. It had long been a dream of Ingersoll Center to publish a newsletter each month for members of the T-Community, their families and concerned others. Our hope was to come into the homes or offices of the above mentioned folks and give them articles of interest concerning issues faced by people who are transgendered, transvestite, or transsexual.

Along with articles, we hoped to present other items, such as humor, a crossword puzzle, health tips and even a recipe each month. The aim was to give people facing the sometimes daunting task of dealing with issues around gender identity an opportunity to laugh or to cook; to work a puzzle -- anything to enable them to even for a few moments, to turn away from the many frustrations facing them along the "Gender Road".

Another important goal for *The Ingersoll Message*, was to reach out to members of the Gender Community living in small, isolated areas. These are people who are far away from major cities which have gender resources. All of us have experienced the isolation that being "different" can bring. During the course of the past year, Ingersoll has received many letters which indicate that we have, indeed, been a light in the darkness. One reader wrote, "I can hardly wait for each issue of the newsletter. It is my only contact with people like me. Please keep it coming!" Another writes, "...You must have had people like me in mind when you started publishing *The Ingersoll Message*! I love everything about it, and re-read it many times during the month."

So, here's to another year of *The Ingersoll Message*. Many thanks to all who have supported and encouraged us. Also, many thanks to our 23 subscribers. It has been a year of great growth and learning.

INGERSOLL ON THE THE INTERNET

e-mail: ingersol@halcyon.com

Graphics WEBBrowser:

<URL:<http://www.halcyon.com/ingersol/iihome.html>>

TEXTonly WEBBrowser:

<URL:<http://www.halcyon.com/ingersol/iiihometext.html>>

From the Founder:

By Marsha Botzer, MA

Ingersoll has always placed self-understanding before action. This is not the same as waiting or postponing, and in our many efforts we look to support the business of discovery as it goes on in each of us.

Ideas must come from our emotions, needs and learning. Don't you think this is so? Our participants look around and ask: "How can we offer more help to our friends and more help to ourselves?" From this questioning comes our services. Our groups and the ways they are structured are born of 19 years of trial, 19 years of suggestions for improvement.

The suggestions continue, and we grow like a diverse and beautiful garden. Our therapists are trained and encouraged, and their work improves and excels.

We look to build a service that encourages individuals while it grows from generation to generation of volunteers.

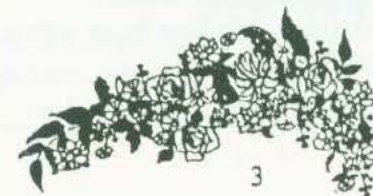
Haven't we learned something about change in all these experiences and years? We have! And there is much more to learn. Our friends and participants bring us new learning all the time, and as long as we listen, we grow.

In the future we will offer special trainings -- a chance to learn more about computers, for example -- and life skills that will help in day to day living. These services come because our individuals offer their abilities and their hearts to this work, this work which is not the possession of only, but of us all.

Go about your business in your own way. If we can help, let us try to do so.

"Intellectual liberty is the air of the sould, the sunshine of the mind, and without it, the world is a prison; the universe is a dungeon.

Robert Green Ingersoll



Join Us In March
for a:

ST. Patrick's

Day Party At

Sunday Afternoon
At Ingersoll

March 17, 1996

2:00-5:00 at Ingersoll.

Join us for Food,

Good Conversation, and

more!

Watch For The Poster

Advertising The Sunday!

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!

The bravest thing that you can do
When you are not brave, is to profess courage and act
ageor'dingly

In A Lighter Vein

Did you ever wonder:

*Why do you need a driver's license to buy liquor when you aren't supposed to drink and drive?

*Why isn't phonetic spelled the way it sounds?

*Why are there interstate highways in Hawaii?

*Why are their floatation devices under plane seats instead of parachutes?

*Why are cigarettes sold in gas stations when smoking is prohibited there?

*Do you need a silencer on your gun if you are going to shoot a mime?

*Have you ever imagined a world with no hypothetical situations?

*How does the guy who drives the snowplow get to work in the morning?

*If 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?

*If a cow laughed, would mile come out of her nose?

*If nothing ever sticks to TEFLON, how do they make TEFLON stick to the pan? If you tied peanutbutter toast to the back of a cat and dropped it from a height, what would happen?

*If you're in a vehicle going the speed of light, what happens when you turn on the headlights?

*Why do they put Braille dots on the keypad of the drive-up ATM?

*Why do we drive on parkways and park on driveways?

*Why is it that when you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo?

*You know that little indestructible black box that is used on planes? Why can't they make the whole plane out of the same substance?

*Why is it that when you're driving and looking for an address, you automatically turn down the volume on the radio?

The Butler Did it!

By Pat Butler, Executive Director

Joining Hands Against Hate -- Nine Mothers from Bellingham

As I was putting together this issue of *The Ingersoll Message*, I saw a saying that I had put in the February, 1996 Message: "If you think you are too small to make a difference, you have never been in bed with a mosquito." It was then that I remembered an article that Marian Beddill, Board Secretary had given to me at one of the Board meetings. It is an excellent example of people who "Make a difference".

A group of nine Bellingham mothers formed a group calling themselves "Monday Friends". Initially, the purpose of the group was to provide themselves with a monthly opportunity to get together and talk, have brunch and not be interrupted by children, pets or spouses.

On Sunday, November 12, 1995, the moms had breakfast at the Old Town Cafe. They were discussing the racial attack that had taken place in a local neighborhood the week before and were feeling frustrated that they had no way to show their strong feelings against that attack. They imagined that lots of other people shared their desire to publicly express outrage.

They remember hearing that the people of Billings, Montana, had once displayed Menorahs in their windows to show their opposition to a violent, anti-semitic act, and we thought about what a great message it would be if an anti-hate symbol appeared in every window in Bellingham.

"What could it be?" One mom asked.

"How about that old symbol of a black and a white hand shaking?"

"Why don't we try to start a campaign?"

"Us? The nine of us?"

"Maybe the Human Rights Task Force would help to get it distributed."

"Does anyone have any extra time or energy to get this going and carry it through?"

A few moms said they did, and decided to make some phone calls.

Later, one mom saw a photo of five variously-shaded hands linked in a circle, and thought it seemed even better than the original handshake symbol. A few of the moms attended a workshop held by the Human Rights

Task Force and presented the idea. A decision was made to start distribution of the logo during showings of the video, "Not In Our Town", which told of the Billings incidents. (The video was originally scheduled in December, 1995, but I saw it just recently in re-runs. ed)

Arbeit Graphics, a local graphics and printing company agreed to turn the idea into a drawing. Words and ideas were bounced around person-to-person until everyone who heard it felt that the concept was clear.

The Joining Hands Against Hate sign has been displayed in windows all over Whatcom County, and churches, schools, community organizations, and businesses have participated in the promotion of the idea that nine moms had over breakfast.

(Below is the sign [much reduced] that they came up with. Anyone interested in obtaining a large, display size copy of the logo printed above see your facilitator or Pat in the office.)



SPOTLIGHT ON PUBLICATIONS

At Ingersoll Center

COMING SOON TO INGERSOLL!!

THE MONTREAL EXPERIENCE

and

THE PORTLAND EXPERIENCE

Companion books to *The Brussels Experience* and *The Trinidad Experience*.
Coming in APRIL, 1996

Important Ingersoll Doings in

M

A

R

C

H

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

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

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

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

March 11: Ingersoll Board meeting 7:00 pm - 8:30 pm.

March 12: 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: Partner's Issues: Social, Sexual, Personal Expectations of Both

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

March 17: St. Patrick's Day Party at Sunday Afternoon At Ingersoll -- 2:00 pm - 5:00 pm. See advertisement in this month's newsletter.

March 30: FTM Support Group 3:30-5:30 PM. First Timers must call Jason at [REDACTED] or David at [REDACTED] before attending. Topic for this meeting: Mastectomies, Phalloplasties/Metoidioplasty.

ALL I NEED TO KNOW ABOUT LIFE I LEARNED FROM STAR TREK

Seek out new life and new civilizations

Non-interference is the Prime Directive

Keep your phasers set on stun

Humans are highly illogical.

There's no such thing as a Vulcan death grip.

Live long and prosper.

Having is not so pleasing a thing as wanting;

it is not logical but it is often true.

Infinite diversity in infinite combinations (IDIC)

Tribbles hate Klingons (and Klingons hate Tribbles)

Enemies are often invisible, like Romulans they can be cloaked.

Don't put all your ranking officers in one shuttlecraft.

When your logic fails, trust a hunch.

Insufficient data does not compute.

If it can't be fixed, just ask Scotty.

Even in our own world, sometimes we are aliens.

When going into the Universe, remember, "Boldly go where no one has gone before".

SPOTLIGHT ON PUBLICATIONS

At Ingersoll Center

**THE EMPLOYER'S GUIDE
TO GENDER TRANSITION**
By Dana Cole

Information for those dealing with an employee involved in gender transition. 35 commonly asked questions answered in a simple, sensitive way. Published by I.F.E.G. Publications, 37 pp.

Available at Ingersoll after meetings or by mail.

At meetings: \$10.00 per copy/tax included

By Mail: \$10.00 plus \$1.75 p/h + (8.2% sales tax if app.)

THE WORDS "GENDER" AND "SEX"

Modern English language custom and usage in many instances now distinguishes clearly between the terms "gender" and "sex".

SEX

refers to biology
male and female
(and each also has neuter and mixed categories)
In matters relating to
biology
hormones
genitalia
and reproduction

Speak of:

male sex
or female sex
as descriptive adjectives

Sex in this sense has been an unchanging element over the aeons of biological time; the egg and the sperm have very rigidly-prescribed characteristics and functions in biology.

We are taught to exhibit the roles customary to the birth sex at the time, but a person of the female sex can certainly appear socially as having a masculine gender (i.e. transgendered/transsexual), and vice versa

Regular use of this linguistic distinction will help to clarify many debates over societal distinctions.

GENDER

refers to societal roles
masculine and feminine
In matters relating to
societal roles
dress
customs and
social behavior

Speak of:

masculine gender
feminine gender
as descriptive adjectives

As an invention of humans, gender has been historically variable in different places and times and is constantly in flux.

Robert Ingersoll:

A Voice in the Wilderness, Then and Now

Reprinted from the April, 1995 issue of the Message.

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 Gender 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 predated John F. Kennedy's exhortation at his inaugural by declaring:

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



Finally, Ingersoll stated in his "Credo":
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.





*"Let us not seek to satisfy our thirst for freedom
by drinking from the cup of bitterness and hatred.*

*We must forever conduct our struggle
on the high plane of dignity and discipline.*

*We must not allow our creative protest
to degenerate into physical violence.*

*Again and again we must rise to the majestic heights
of meeting physical force with soul force.*

*Excerpted from I Have A Dream, Dr. King's keynote
address of the March on Washington, D.C. for Civil
Rights, August 28, 1963.*



HEART HEALTHY RECIPES FROM THE AMERICAN HEART ASSOCIATION

CORNMEAL CHICKEN MUFFINWICHES

This handy sandwich in a muffin can be made in advance and stored in an airtight plastic bag in the freezer for up to two months. Simply pop a frozen muffinwich into a lunch bag in the morning, and it will be thawed by noon.

Preparation time: 10 minutes Cooking time: 15 to 20 minutes

INGREDIENTS

- 8 1/2-ounce package corn muffin mix
- Egg substitute equivalent to 1 egg or two egg whites
- 2 cups (8 oz) coarsely chopped cooked chick (cooked without skin)
- 4 green onion, sliced
- 1/4 teaspoon dried sage
- Vegetable oil spray

INSTRUCTIONS

Preheat oven to 400 degrees F.
Prepare corn muffin mix according to package directions, but use egg substitute or egg whites for the egg and skim milk for the milk. Fold chicken, green onions, and sage into the batter.

Spray 6 muffin cups with vegetable oil or line with paper bake cups. Spoon batter into cups. Bake 15 to 20 minutes or until a toothpick inserted near the center comes out clean. Serves 6, one muffin per serving. Cool. Can be served warm or chilled.

COOK'S TIP

When cooked chicken is called for in a recipe, use leftover grilled or baked chicken breast meat or choose lean, low-sodium cooked chicken breast from your grocery-store delicatessen.

NUTRIENT ANALYSIS

(Per Serving) Calories 205 kcal, Protein 15g, Carbohydrate 27g,
Cholesterol 29g, Sodium 307g, Total fat 4g: Saturated 1g, Polyunsaturated 1g, Monounsaturated 1g.



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])