

THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER — SEATTLE, WASHINGTON
MARCH, 1996 □ VOL. TWO □ NO. 1 □ PRICE \$1.00/EA □ \$15.00/YR SUBSCRIPTION



 **HAPPY** 
4TH
BIRTHDAY

Ingersoll Message!

COMING TO INGERSOLL, PART II

by Jan D.

I remember the drive downtown to my first meeting. Even though it was the middle of winter and the darkness provided a protective cloak, I was still afraid to venture out of the house as Jan. This, of course, created another fear. Would I walk into a meeting where everyone was dressed to the 'nines'? Would I end up being the odd 'man' out once again? I parked my car outside the building and deliberated my next move. It wasn't too late. I could fire up the engine and head back home. Nobody would be the wiser. But I realized that there was nothing to head back to. After 45 years, it was time to go forward, not backward. Just then I spotted someone walking up the ramp to the front door. Even in the darkness I could see that this person was not wearing a dress. Maybe I wouldn't be the only one wearing pants. For some reason, that was all I needed to get moving. There were two women talking together just outside the door and they greeted me warmly as I entered. Maybe this wouldn't be so bad, I thought. I entered the small meeting room, quickly found an empty chair and sat down. I made an elaborate show of taking off my jacket and settling in, all the while taking quick peeks at the other people around me. I don't know what I had expected, but what I saw was a group of normal-looking people...not a talk show contender in the bunch. As we waited for the meeting to start, I felt myself begin to relax. The room was decorated in warm, inviting tones. There was the smell of fresh coffee brewing. These things conspired to bring my emotions under control.

The meeting began and we were asked to introduce ourselves. I said my name was Jan and I realized that this was the first time I had ever made this pronouncement to a group of people. After the introductions, we went around the room again and each person told a little bit about what their week had been like. I was a little uncomfortable, so when it was my turn I mumbled a few sentences about how glad I was to be there and that seemed to suffice since nobody pumped me for any more information. As I listened to each person share, I heard bits and pieces of the same struggles I was facing: job problems; family concerns; money challenges. Some

stories were sad and others were happy and uplifting. In general, these were the same type of topics that would be discussed in any group that brought together a cross-section of individuals. As their stories unfolded I began to look at this group in a different way. These people became real to me and I knew for the first time, deep inside, that I was not alone.

Life is not meant to be a solitary journey. It's true that we are all unique, but there is a commonality that binds us to each other. Shared experiences forge the chain and sharing of these experiences with others strengthens the links. No one has to face the challenges of life all by themselves. By reaching out to others we can shatter the barrier that separates us from the rest of the world. And, in the end, we will find that the spectre of aloneness is an illusion that evaporates in the light of togetherness.

Sorry, Lily.

AT THE END OF THE RAINBOW.....

A bit of St. Patrick's Day Trivia

Why did the Irish believe there was gold at the end of rainbows? The truth is, they didn't. It was all a big misunderstanding.

Rainbows are formed when light hits droplets of rain. Each droplet acts like a prism, splitting the light into different colors, each of which is bent at a slightly different angle. That's what forms a rainbow. Because the light source, the sun, is a circle and because light travels in a straight line, the rainbow is a circle as well.

In order for the sun's rays to refract so we can see them, the sun has to be within 42 degrees of the horizon, either rising or setting. That's relatively low, which means we can never see the full circle of a rainbow, just the top of the arc.

As far back as the 17th century, the Irish understood this. And they were fond of saying that one was as likely to find a pot of gold as to find the end of a rainbow. The expression somehow changed and became part of their fairy mythology.

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"



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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!

MARCH FTM CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 FTM PHONE MSG LINE	5	6	7
8	9 IGC BOARD MTG 7-8:30	10 FTM SUP GRP 7:30- 9:30	11 FTM PHONE MSG LINE	12	13	14
15	16	17	18 FTM PHONE MSG LINE	19	20	21
22	23	24	25 FTM PHONE MSG LINE	26	27	28 FTM SUPT. GRP 11:00 12:30
29	30	31 *FTM THERAPY GROUP FTM/SO SUPPT GRP 7:00- 8:30				

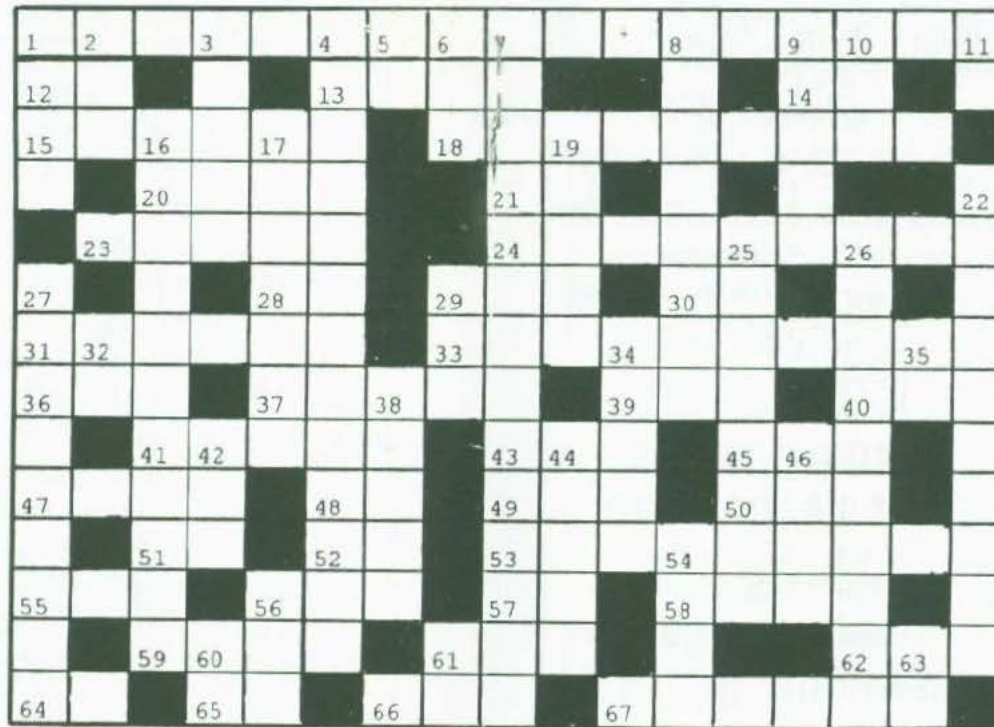
FTM Therapy Group-Jude PattonFTM
SO group-Carole [REDACTED]

ACROSS

1. 'Erin Go Braugh' is _____ greeting.
12. St. Louis mailing address.
13. What the MGM lion does.
14. Honolulu mailing address.
15. The mother of the Gods
18. What is usually done before shaving.
20. UK public school.
21. Japanese theatre.
23. What 'trans' means
24. Irish greenery.
28. Women's names; __ a, M __ is.
29. WWII entertainers.
30. Jupiter's moon.
31. T-folk are _____ too.
33. Hibernian elf or gnome.
36. Something that is pierced.
37. April 15th _____ day.
39. It moored on Mt. Ararat.
40. What to do if your bra's empty.
41. Ingersoll Center is where one T _____ another.
43. Inside the city.
45. Originally used for violin strings.
47. Two short prepositions.
48. Two vowels which sound like a naval acknowledgement.
49. Hawaiian feast; __ L __ u.
50. H __ __ n, E __ __ C __ __.
51. Omaha mailing address.
52. Poet, Elliot; also gender person.
53. Some folks say that when talking about breasts, '_____ definitely NOT better'
55. MTF pronoun.
56. Vegetable which was princess tester.
57. Opposite compass points.
58. 'Evens' other half.
59. What one does in a chair.
61. One way to meet people is to place _____ in the local media.
62. Sound you might make when you are poked in the stomach.
64. Charleston mailing address.
65. Irish name for 'father'.
66. Also.
67. Denver, Cheyenne, and Reno mailing addresses, in that order.



SAINT PATRICK'S DAY PUZZLE



DOWN

1. Two French friends.
2. Naval distress signal.
3. Anger, Rage, and _____ o
4. Crossdressers.
5. Italian river.
6. East Indian shrub.
7. When it comes to having courage, _____!
8. Smoother.
9. Add an 'h' and you have a Civil War battle site.
10. Loud noises.
11. Two of these makes a toy.
16. If an MTF wants to see changes in her body, she must take _____ faithfully.
17. Woman's name.
19. To jump.
22. A poetic way to say 'like we did many years ago': '_____ yore.'
25. If you're lucky, at the end of the rainbow, you won't find a _____, you'll find a pot of _____.
26. Not many psychology books have complete _____ T-issues.
27. A _____ a category of animals.
29. Add an 'h' and you have a 'hippy' dance.
32. P __, T __, S __.
35. The Good Old __ S __.
38. _____ set of initials which refer to a gender person.
42. Gasol _____ gives a car _____ rev.
44. Destroys.
46. Deceived I D _____.
54. Dorothy's little dog.
56. Liaison between schol and parents.
60. Freudian word.
61. Old cinema process: Todd ____.
63. L __ e, Ab __ e, Sh __ e, Gil __ e.



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

speaks 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

speaks 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, 1993 issue of the "Herald")

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:

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

HEY GOOD COOKIN'!

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 com 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.

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 ho 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 milk 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 calle 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?

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INGERSOLL ON THE THE INTERNET
e-mail: ingersoll@ingersollcenter.org
Internet: www.ingersollcenter.org

INGERSOLL MESSAGE

Contents Copyright 1998

Published monthly by
Ingersoll Gender Center
1812 East Madison
Suite 106
Seattle, WA 98122
(206) 329-6651

Mail Subscriptions available: \$15.00- (includes 3.00 p/h per year)
Individual copies, \$1.00

Editorial and article contributions are welcomed.
Editor: Pat Butler

Contributors: Marsha Botzer,
Suzanne [REDACTED] Jaye Albright

Ingersoll Gender Center Board of Directors:

Bryant Vehrs, President Denise [REDACTED] Treasurer

Denise [REDACTED] Secretary

Marsha Botzer, MA

Suzanne [REDACTED] MA

Karen [REDACTED]

David Schreier

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