

TWENTY XX

The Official Newsletter of the XX Club



The holiday's are almost upon us. A time for gathering of friends and family to renew old friendships and make new ones. A time for love and sharing. ...A time for eating way too much food!

It's also time for

The Annual XX Club

Christmas Party!

Date: December 9th.

Time: 2:00 - 8:00 p.m.

Place: Christ Church Cathedral - Parish House

This is the event that everyone looks forward to. It promises to be a "most excellent" time. So come and join us, bring a friend and bring your appetite. We also ask that everyone bring some type of food dish to share if you can.

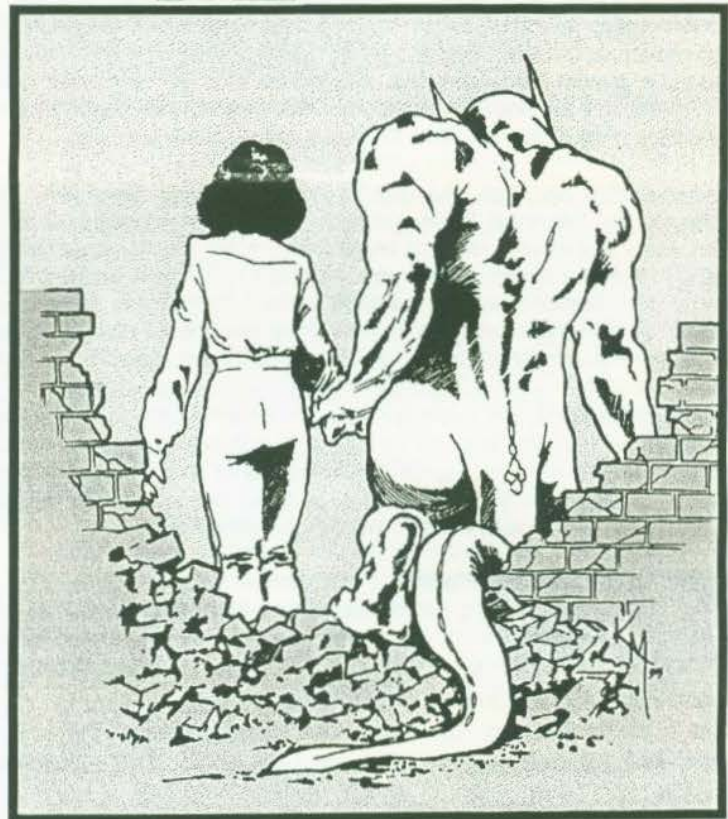
Either a main dish, a dessert, snack or beverage (non-alcoholic, of course).

So mark your calendar and we hope to see you there.

In other announcements, we have two new club officers. Filling in the long vacant position of treasurer is Michelle H., and taking over as club secretary is Jaye M. Join me in welcoming them to the XX club staff.

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MONSTERS & MAGIC

Between us and the people we'd like to be there stands a wall. This wall is comprised of fears, self doubt, and people who tell us that things are impossible.

The man's way of dealing with this barrier is through force of personality. Effectively men head-butt the wall until it falls over. Unfortunately this does their head in. It also messes up their hair.

You and I are women, and we have other options available. The woman's way of knocking the wall over (without messing up an expensive hairdo) is to get her friends to come over and have a "wall destruction" party. If that doesn't work, she sits and waits for the wind to blow the wall

(MONSTERS Continued on page 5)



The XX Club, Inc.
The Transsexual Support Group of the
Gender Identity Clinic of New England, Inc.

The Twenty Club, Inc.
P.O.Box 387
Hartford, CT 06141-0387
(203) 646-8651

Nature: The XX Club is the transsexual support group of the Gender Identity Clinic of New England, inc. Our purpose is to provide knowledgeable information and ongoing peer support to transsexual persons through the many stages of their transition as well as information about the Gender Identity Clinic of New England, Inc. Friends and relatives are encouraged to attend in the hope of gaining a greater understanding and acceptance of their loved one's gender dysphoria. The XX Club, Inc. is non-profit and non-sexual. We are not a religious organization and have no affiliation with any religious denomination. We hold no prejudice against any other group of people.

Services: The XX Club, Inc. publishes a bi-monthly newsletter, **Twenty**, serving persons with gender dysphoria and helping professionals. We meet twice a month as indicated on page 10 of this publication. Meetings are structured to provide support, information and open, accepting understanding. On Occasion we have professional speakers on educational and medical subjects of interest to gender dysphoric persons. Additionally, we have social get-togethers, club parties, outreach to New England and New York gender organizations, and a speakers bureau. Smoking is not allowed during our meeting. Local ordinances restrict smoking to outside the building. During the course of the meeting we enjoy a half hour break during which people are encouraged to get to know one another and to help themselves to food and beverages. Please feel free to bring food and/or beverages to share with our group.

Security: We are a peer support group, not a dating service or an instant source of new best friends. Persons interested in attending meetings are welcome to come so long as they have a personal interest in gender dysphoria, understand the supportive nature of our group, and are willing to respect the anonymity of all persons attending. At no time may another persons name, address, telephone number, or any personal information be given out without the full permission of that individual. Cameras, recording devices and members of the media are not allowed at our meetings.

Membership Dues and Meeting Fees: Annual membership dues for The XX Club, Inc. are \$20 (US) per year. Dues include a one year (6 Issues) subscription to this newsletter. Members and visitors are encouraged to contribute \$1.00 per person at each meeting to help defray our expenses. Dues and meeting fees are applied to facility costs, newsletter production and distribution costs, and refreshment costs for XX Club and GICNE meetings. While these contributions allow us to remain self-sustaining, no-one will be turned away due to inability to contribute.

The Newsletter

"**Twenty**" is published bi-monthly as a service of The XX Club, Inc. All original material may be reproduced with proper credit to the author and to "Twenty, The Official Newsletter of The XX Club, Inc." The opinions and views expressed in articles are not necessarily those of The XX Club, Inc., its newsletter, or the Gender Identity Clinic of New England, Inc. Newsletter articles referring to specific programs, services and/or products do not necessarily constitute an endorsement by The XX Club, Inc. or The Gender Identity Clinic of New England, Inc. Articles involving medical aspects of gender dysphoria are not intended to be medical advice and readers are cautioned not to make any changes in treatment based upon such information without consulting a physician.

Newsletter submissions may be mailed to The XX Club at our address shown above, or submitted at a club meeting. Whenever possible, please submit contributions on an MS-DOS, 3.5" computer disk using any word processor or ASCII format. This newsletters staff reserves the right to print only submissions of relevance to the transsexual community. Due to various constraints, submissions may not be printed immediately. The newsletter cannot be responsible for returning submitted materials.

When submitting contributions, clearly state what personal information you want/don't want included with your article. Contributors personal information will remain confidential. Be sure to credit any sources appropriately. Photographs must be accompanied by a signed release from all individuals shown.

The staff appreciates all contributions. All materials submitted will be considered for publication.

Change of Address: Please send changes to the address shown above. Include both the new and the old addresses and zip codes.

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Random Thoughts

By Jennifer Wells

REUNIONS

or

"The Times, they are a changin' "

"Jennifer, you know, you've accomplished something that I desperately wanted to do many years ago, but couldn't.", the slightly built blond woman with the bubbly personality was saying, as I regained my seat. It was August 1994. Kent, Ohio. My fraternity reunion. That's right, my fraternity reunion and only my second semi-formal dinner as a woman. I had attended Kent State University during the years, months and days just prior to the now famous riots; and lived in Kent for four years after that. For me this was more than a reunion, it was more of a confirmation.

What's that?", I asked, blushing from false modesty and thriving on the warm and positive feelings in which I was bathing at the moment. I was in a room full of people, many of whom were known to me less than 30 hours, and the rest I hadn't seen in more than twenty years.

"Several years ago, when I was at Penn State," she continued, "I tried to pledge TKE, but, being a woman they wouldn't consider me. There wasn't a little sister organization at that school either, so I was completely left out, but you've done it! I wish I had your strength." At first the way she said this made me think that she had forgotten, that I was transsexual, and was thinking of me only as a woman. I knew better, but it felt good to know that she and, from what I could tell, most of the other

women there accepted me as a sister.

A semi-evil smirk crawled across my face, and shaking my head I heard myself saying, "You just went about it the wrong way Hon!".

On October 25, 1994 the St. Petersburg (Florida) Times ran an article by staff writer Marc Albright, a fraternity brother, who did an excellent job describing the reunion. The time frame of our attendance had been circa 1970 and the location Kent State University. The following is excerpted from that article:

"The reunion offered some insights into the weird odyssey Kent State students endured after the violence. But lurking beyond the tales of how a bunch of long-haired, baby boomers turned into lawyers, government bureaucrats and business executives, there were some New Age surprises.

The chapter's resident Barry Goldwater conservative is now a left leaning public school teacher in Orlando. Seven of the 140 people on the chapter's rolls have died. AIDS claimed three, more than any other disease. And one brother is now a sister - a 6 foot, 200-pound transsexual who pitched a mean afternoon softball game."

Ah, yes, the softball game. It was the alumni against the active chapter. Being mid-summer, the alumni outnumbered the actives 3-1. Seeing that the wives and girlfriends and other women had been left to root on the sidelines, and seeing this as unfair, I urged the organizers to give the women a chance to play as well. Given our chance to play, I was asked to catch (I dropped out of little league after one game as catcher when I was younger - it seems I was afraid of the "ball and bat" then, and still am now). Later, I was asked to pitch... something which I was also rather hesitant to do, after all my position had always been right field - nice and quiet. I was also a good hitter. So I pitched. As the first batter stepped to the plate, I was advised that he was a switch hitter. According to Albright's article:

"No problem," chirped Jennifer Wells, a divorced father of five. "I know all about switch-hitters."

I don't remember who won. That wasn't important. What was important was the camaraderie and acceptance for all there, by most everyone there. In spite of this, I was especially surprised by my acceptance among the women present who's company, I have to admit, I found more interesting, than that of my old colleagues. I found myself going shopping with one wife, chatting about diets and supplements with a clinical dietitian, about families with others, hormones and/or transsexualism with still others. But some tales merit

(RANDOM Continued on page 4)

Chrysalis Quarterly

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CQ
P.O. Box 33724
Decatur, GA 30033-0724

(RANDOM Continued from page 3)

telling. Following the game we were treated to a fantastic picnic. Getting a plate, I took a seat with a group of wives whom I hadn't previously met. The woman next to me introduced herself as the wife of a member who I hadn't known and in casual conversation asked, "and who's wife are you?"

I was surprised that by this time the second day she didn't know my story. The atmosphere had been very open and positive all day, so I replied, "I'm sorry, I'm not anyone's wife". Noticing her confused look I continued, "I'm a member of the fraternity", at which she looked even more confused, perhaps even betrayed by her husband who hadn't told her that there had been women members in this fraternity (there weren't). Quickly noticing her rising confusion, I continued, "I used to be one of the brothers!"

Suddenly it clicked, as she gasped, "OH!", and said nothing more. She made like she was going to mingle shortly thereafter and changed seats. I never did learn if she was more embarrassed for her error, upset that she didn't pick up on me before saying something, or disapproving. But this was probably the only even slightly negative incident of the whole trip.

Later that evening, my brothers made good on some twenty year old promises to serenade one couple who were "pinned" and installed as an active alumni one person who missed the opportunity when the riots closed the school twenty-four years earlier. I sat talking with the sister of the reunion organizer. We had a really enjoyable time, and I almost cried when she said, "You know Jennifer, I've been talking with a lot of the wives and other women here. Almost every one envies you for your courage, and as a group, they feel you present yourself as a role model of a very (emotionally) strong woman." I was speechless. Later still, one of the current active members who I had never had the chance to meet, wished me a good journey home saying, "we'll miss you, you really opened some people's minds!"

But there was another side, a personal side to this reunion that had nothing to do with fraternity - a reunion of soul. I had lived, learned and worked in this town for five years, married for the first time near here, parented three wonderful children in the nearby hospital and tried to build a family. We owned both a mobile home and a house. I found my first jobs outside my family here. I had been asked to become involved in local politics here. I had met my first real life failures here. My ex became the second person to learn about me here. I had ventured out as a woman for the first time in this town, only to be scared so badly that I didn't venture out again for fourteen years. And, while here, I began to question if something wasn't wrong, not with me, but with how I, as well as others, perceived transgendered people of which I thought I was the only one.

When my marriage failed, a huge piece of me died, and I blocked out much of this part of my life. On the day I arrived for the reunion, I took a long slow drive around these streets and this campus once so familiar, now so forgotten, and I found something I had lost. This woman was returning almost twenty years later to the day of her first big defeats. And she was returning triumphant over that which twenty years earlier had sought to defeat her. For almost two hours, I drove. Tears streamed shamelessly down my face as I realized that this day I had found a lost spark of life. That I could again become alive, and once again have a future.

I had come to this reunion as an out transsexual who is proud of who she is. Hoping to open some eyes, answer some questions and provide a positive alternative to what many people think. I feel I did this and more. I had tried to keep a sense of humor which many appreciated; and although I did nothing to confront or upset people, I know some were uncomfortable, and I was surprised by the fact that, those who I thought would be the most open minded were often the most bothered.

It was enjoyable to see how gracefully or not the old gang had aged and changed. But for me personally it gave me the chance to heal some old wounds and pick up a piece of my life which seemed strangely lost. It felt really wonderful. It was a truly beautiful weekend with a fantastic and special group of (more than) friends.

The semi-formal dinner Saturday night saw the scroll of members read. Each frater rose in turn to introduce themselves and briefly recite some anecdote about their past or present fraternity involvement or life. As my scroll number was called, I stood and proudly announced, "My name is Jennifer Wells, Iota Pi 113. I'm the first, only, and hopefully not the last, female member of Tau Kappa Epsilon Fraternity". Suddenly, the room exploded with cheers and a standing ovation as almost every woman present and many of my fraternity brothers congratulated me in their own way.

As Albright later summed it up:

"There was clearly a renewed bond here, a form of unconditional love that survived 24 years. People who couldn't stand each other two decades ago were close pals. Even Jennifer Wells found unanimous acceptance of her right to change genders."

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Relationship, Stress and Women's Issues

Lois Spivack, Ph.D.

Psychotherapist and Sex Therapist

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(MONSTERS Continued from page 1)

over.

This normally works, but there are times when the wall hides a magical monster. It jumps over the wall, rampages in our lives, destroys our confidence and seeks to make us like it. When that happens we need to arm ourselves, make ourselves invisible, creep up on the monster and use magic to subdue it.

The weapons we have as women are those of compassion, understanding and politeness. We need to reach out to the monsters around us, and find out where they're coming from. We must find out what motivates them, what they want, and find out where their lair is. We must know when to stay out of the way, or when to engage. This is the secret of the use of weapons.

Now armed, we need to make ourselves invisible. We do this by physically fulfilling all the expectations of our gender role. Make up, hair, skirts, shoes. So equipped we look like any other woman. When that happens we disappear to the monster, although our friends can still see us. This is the secret of invisibility.

The way to creep up on a monster while invisible is to move with natural confidence, and to walk into his lair as if you do it everyday. When I want confidence, I wear nice underwear. This is a magic trick every woman knows. It is a secret only women understand.

All you need to do then is use magic to subdue the monster. The way you do this is to go in front of him, and say "here I am, this is me". While he's dealing with the shock of someone appearing from nowhere, you can tell him how much he means to you. You say, "I'm just like you, and I need something from you". This is the secret of subduing enemies.

Then you can ride on the monsters back, or walk holding his hand and together you can jump over the wall. Or get him to knock it over.

And live happily ever after.

Karen B.

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GICNE

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| <input type="checkbox"/> Standards of Care of the Harry Benjamin International Gender Dysphoria Association, Inc. (HBI-GDA) | \$ 1.00 |
| <input type="checkbox"/> The Harry Benjamin Sex Orientation Scale (S.O.S.) - modified. | \$ 1.00 |
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Mail to: The XX Club, Inc., P.O.Box 387, Hartford, CT, 06141-0387

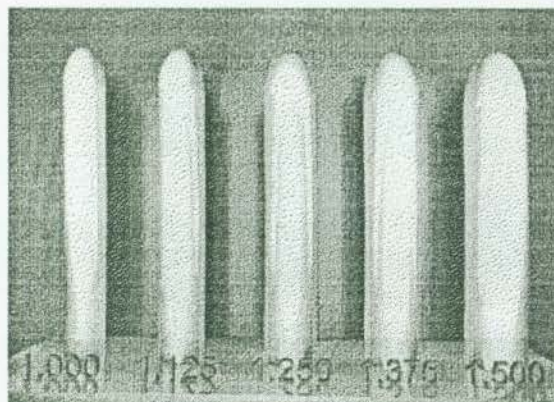
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A Connection

A Short Story by Kayleen

Reach out and push the little buttons.
 The little buttons are connected to some things inside.
 From there they are, in turn, connected to things outside.
 Outside, the things are connected to everything else.
 Everything else is connected to me.
 I am connected to you.
 As such, we are all the same.
 Your pain is mine and mine is yours.
 My happiness is yours and yours is mine.

As women we have a connection that men can only wish for.

Our connection, our togetherness is our triumph over the hurt and desperation and loneliness that has embroiled and embattled our lives.

Our connection is the gift of giving support and the welcome relief of accepting support when needed. It is the gift of a shoulder to cry upon and the loving hug of an understanding friend. It is the comedy of life, offered to make us laugh and giggle every time we get together.

My connection was made through the XX Club and the newsletter TWENTY. Without the energy and the efforts of the people behind these project and the other participating members, I would not even be.

So SISTER, make a connection.



Thanks

How can I express my thanks to you.
 What in the world could I possibly do.
 To express what I feel in my heart.
 How do I begin, where do I start.

You were there when my journey had first begun.
 You taught me to walk when I wanted to run.
 When I fell you were there with a helping hand.
 And when I would say I can't, you tenderly told me I can.

I will never forget your caring ways.
 Or the comfort I found in the words you would say.
 So if you should ever need a friend just look up and you will see.
 That I will be there for you just as you were always there for me.

KA

Anger or Acceptance: The Choice is yours

by Lynn Hartwell

Anger - certainly one of the most difficult emotions to manage, can destroy family, social, business and spiritual relationships.

But anger can become a positive force in a person's life.

Anger can be used to constructively right an injustice. A good example is MADD. Candy Lightner pushed all the way to the California state Supreme Court! She could have become depressed, developed ulcers, or just buried herself in her work, but to deal with grief and injustice she focused in on social action.

While not everyone can achieve such far reaching results, the energies we expend on anger can be used to create worthwhile changes in our personal life and relationships - even bring about social change.

Anger by definition is a feeling of extreme displeasure, hostility, indignation, or exasperation toward someone, something or a situation - the opposite of acceptance.

People who are unhappy with their position in life have a tendency to be angry. Often anger is the result of not accepting things which cannot be changed.

Three leading reasons for anger - injustice, hurt and frustration - are common among all gender conflicted individuals. When used negatively, this anger is directed at people, rather than injustice. We become angry with others for our hurts. We blame others for our own problems. While it is undeniable that our society sadly lacks an understanding and acceptance of the gender conflicted - negative expression of our anger never will engender their acceptance.

Some people convey anger utilizing varying degrees of rage, while other people are angry very quietly.

Passive anger, "the silent treatment" - withholding cooperation or acceptance - for example can be more destructive than more aggressive acts such as verbal and

physical (non-violent outbursts. For instance, if someone is "never good enough" or if whatever the other person is doing "is not good enough" - that's being quietly critical.

When anger is suppressed it can cause ulcers, heart disease, hypertension, head aches, back pain, and even in some cases cancer. Depression, guilt and fatigue commonly result from unresolved anger.

The root cause of most anger, in a word, is personal "expectations". Many of us expect way too much of ourselves, too much of other people, and too much of life in general! We say, "Why can't I be more perfect?" or, "Why am I so ugly?" or, "Why aren't other people doing exactly what I want them to do!" or in my case I can add, "Why does my family now reject me because I revealed to them my greatest source of anguish - the fact that I am gender conflicted? Am I not the same person they claimed to always love, before I shared my "secret" with them?"

Life is not always going to go smoothly. Be real! Because of my gender identity conflict I have been angry a lot! I have been quietly angry and sulked. I have been loudly angry and screamed at my vocal limit! All because I expected way too much of myself - family financial provider, conflict mediator, marvelous cook, super mom #2, exceptional photographer/producer, the consummate perfectionist... But I got to the point where I had to stop and say, "I just can't do and be everything I want!" I realized, the need to accept my personal limitations in terms of time and energy, as well as my physical shortcomings, and then set priorities. I am learning to accept society as they are and to realize that I can only enlighten one person at a time that their concept of me, as a gender conflicted person, is unjustified.

Victims of gender identity disorders, like the victims of physical, psychological, or sexual abuse, who have held in their anger, often need an opportunity to vent their emotions. This can be effectively accomplished within the controlled environment of a competent psychotherapist where it is safe to express anger and explore alternatives.

Most of all, give yourself time to think. We can't solve our problems when we're angry. Before we can initiate positive change in our life, we have to accept who we are, and we must accept others for who they are. Acceptance allows us to focus our energies on those areas of ourselves and life situations that we really can do something about. I personally believe that anything that happens to me is part of God's plan. Faith helps here because it fits with all of who I am. But the most important point is - if we can accept ourselves - if we can accept and attempt to truly understand others - then and only then, can we redirect our anger into the energy we need to bring about positive personal and mutually beneficial social reform. Only then can we serve as understanding and compassionate examples of the fine people we really are.

Wynelle Riley Snow, M.D.

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Resources

The following organizations are known to the editors to provide valuable support to the gender community. This does not constitute an official endorsement by Twenty, The XX Club or the GICNE. However, you are encouraged to investigate any and all resources and judge their value to yourself. Updates and additions are welcome.

Regional Resources

The Connecticut self-Help Mutual Support Network

389 Whitney Ave., New Haven, CT 06511
(203) 789-7645

Non-profit CT state organization that has knowledge of over 400 support groups of all types.

Connecticut Outreach Society

P.O.Box 163, Farmington, CT 06034

Meetings: 2nd Saturday and 4th Wednesday of each month in West Hartford, CT
TS & TV Support and social group.

Crossroads of Buffalo

2316 Delaware Ave.
Suite 102, Buffalo, NY 14216
TS & TV Support Group.

Renaissance Education Association

P.O.Box 552, King of Prussia, PA 19406
(215) 630-1437
TV & TS Support Group and newsletter

TGIC - Transgenderists' Independence Club

P.O.Box 13604, Albany, NY 12212-3604
(518) 436-4513 (Thursday 7-9pm)
TV & TS Support and social group.

The XX Club, Inc. - "That's Us!"

P.O.Box 387, Hartford, CT 06141-0387
TS Support group and newsletter

National Resources

GICNE - Gender Identity Clinic of New England

68 Adelaid Rd., Manchester, CT 06040
(203) 646-8651

Provides coordinated services for help with attaining SRS through adherence to the Benjamin Standards of Care.

Aegis - Chrysalis Quarterly

P.O.Box 33724, Decatur, GA 30033
(404) 939-0244 (evenings and weekends).
Publisher of a TS Newsletter.

HBIGDA

The Harry Benjamin International Gender Dysphoria Association, Inc.
The International associations of gender professionals. Establishes the standards of care.

IFGE - International Foundation for Gender Education

TV/TS Tapestry Journal.
P.O.Box 367, Wayland, MA 01778
(617) 899-2212 and (617) 894-8340 (weekdays 2-10pm).
Provides communications medium, outreach device and networking facility for entire TV/TS community. Publishes TV/TS Tapestry.

J2CP Information Service

P.O.Box 184, San Juan Capistrano, CT 93693
TS Information and referrals.

Ingersoll Center

1812 East Madison
Suite 106 Seattle, WA 98122-2843
Support for TS and TV. Provides coordinated services for help with attaining SRS through adherence to the Benjamin Standards of Care.

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P.O.Box 22742, Ft. Lauderdale, FL 33335-2742
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Who

The XX Club

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Advisor: The Rev. Canon Clinton R. Jones
President: Jamie Hartwell
Vice Presidents: Jennifer Winters
 Sue MacDonald
Treasurer: Michelle Hendricks
Secretary: Jaye Müller
Newsletter Editor: Kathryn MacKay
Community Liaison: Standing Committee

The Gender Identity Clinic of New England
(203) 646-8651

Coordinator: The Rev. Canon Clinton R. Jones
President: George Higgins, Ph.D., Clinical Psychologist
Vice President: John H. Felber, M.D., J.D. Clinical Psychiatrist
 L. Everet Seyler, M.D., Clinical Endocrinologist
 Kathleen M. Sterner, Ph.D., Clinical Psychologist
 Gary E. Russolillo, M.D., Cosmetic Surgery
 Donald J. Cantor, J.D., Attorney

When and Where

Twenty Club meetings

Regular meetings of the XX Club are held the **Second and Fourth Saturday** of each month from 1:45 until 4:45 PM

Meetings are held at:

Christ Church Cathedral (Parish House)
 45 Church Street
 Hartford, CT 06013

Upcoming Meetings

- November 25
- December 9
XX Club Christmas Party!!
- December 23
- January 13

Notice !!

The *Gender Identity Clinic of New England* will hold it's next meeting of the board on **January 18.**

7:30

in Dr. Higgins Office

Anyone wishing to go before the board for evaluation should contact:

the Rev. Canon Clinton Jones
 or Dr. George Higgins

