

THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON
MAY, 1996 □ VOL. TWO □ NO. 3 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION

(Recently, Marsha Botzer, founder of Ingersoll Center, wrote a column in which she asked a series of probing questions about gender, transgender people and the struggle they go through on their journey through life. Here is another response from we received from a woman in Oregon. ed.)

...AND YET ANOTHER VIEWPOINT

By Margaret Deirdre O'Hartigan

The concept of the "true" transsexual engendered anger and anxiety amongst transsexuals back in the 1970's for the obvious reason that sex-reassignment surgery was all-too-often linked to an individual's ability to prove her (or his) need for such treatment. As surgery became more widely available outside the confines of University gender programs, the issue of the "true" transsexual receded.

Recent research regarding a biological basis for transsexualism has resuscitated transsexual concern regarding the model of the "true" transsexual, as evidenced by several articles in this newsletter this year. The issue of an individual's legitimacy as a transsexual has been raised, as well as the specter of medical testing which could lead to the denial of medical treatment to those seeking sex-reassignment and efforts to prevent the birth of transsexual infants. These are frightening prospects, certainly, and yet much of the concern is needless.

The State of Minnesota instituted public-funding of medically necessary sex-reassignment in the late 1970's, and my lawsuit and successfully lobbying the Minnesota Legislature to preserve such funding in 1978, were integral to the establishment of this funding. Over a period of 18 years, individuals received medical treatment who fit the stereotype of the "true" transsexual as did individuals whose behavior prior to transitioning evinced typically male behavior such as marriage and military service as males.

Public policy regarding a woman's right to choose to terminate a pregnancy provides transsexuals a model with which to view our right to change sex. In a

society which upholds the individual's right to self-determination. sex-reassignment surgery should not be linked solely to medical necessity any more than abortion. And yet, despite Roe v. Wade, a minority of abortions continue to be performed in the United States on the basis of medical necessity.

Principle 1 of the International Conference on Transgender Law and Employment Policy's (ICTLEP) Standards of Care, published in Ingersoll's April newsletter, states that "transsexualism... is not in itself a medical illness or mental disorder." Such a position is tantamount to insisting that abortion is not a legitimate course of action when performed to save the life or health of a pregnant woman. To believe that a transsexual who receives sex-reassignment on the basis of medical necessity somehow invalidates others is to surrender to the same sort of ideological stance which would dismiss a woman's right to abortion to save her life in order to strengthen a woman's right to choose to abort a pregnancy.

It is understandable that some individuals feel threatened at the prospect of research determining a biological causation of transsexualism. I believe all transsexuals have at one time or another experienced invalidation for not being "real" woman; such shared experience should make us reluctant to engage in similar behavior by comparing us against both each other and genetic women, and instead incline us to accept each of our lives as legitimate.

Just as it is invalidating for an individual to claim she is a better woman for being born female or fitting the criteria of a true transsexual, however, it is similarly invalidating to insist, as does ICTLEP, that transsexualism is not a medical illness -- at least for some of us. Respect is a two-way street.

The prospect of abortion or another medical procedure being utilized to prevent the birth of transsexuals is a troubling, and far more complex an issue. If we as transsexuals demand the right to undergo medical procedures as self-actualizing human beings, then dare we object to a woman who desires the same autonomy by choosing to abort a pregnancy rather than carry a transsexual to term? We can have it both ways in demanding sex-reassignment from either choice or medical necessity, but isn't it hypocritical to demand control over our bodies while denying genetic women that same right?

I believe that the best tactic to prevent widespread termination of pregnancies which could otherwise produce transsexuals is to educate society to the relative insignificance of transsexualism in light of the relative accessibility and effectiveness of medical procedures which enhance the transsexual life experience. It is society's stigmatization of transsexuals, not our transsexualism, which causes the greatest harm. Rather than focusing on the anguish and agony of being transsexual we must convey to the public the wonder and ecstasy of being able to change sex. If prospective parents and be made to realize that a transsexual child is special, and not "damaged goods", we are far more likely to see parents working to terminate society's prejudices rather than their own offspring.

We will only be able to change society's views towards transsexualism, however, if we first internalize an appreciation for our own transsexualism -- and that will only happen by rejecting the demand made by some transsexuals and the larger society to conform based upon ideology. I believe the phrase is "Honor Diversity". If we truly accept the concept of diversity we will not be threatened by transsexuals, "true" or otherwise.

"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 couples 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.

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 Schreier, Housing Committee, at 859-1053.

INGERSOLL ON THE INTERNET

e-mail: ingersoll@halcyon.com

Graphics WEBBrowser:

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

TEXTonly WEBBrowser:

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

From the Founder:

By Marsha Botzer, MA

Remove the problems and concerns of gender from our lives and what remains? Are we transsexual and transgendered selves and nothing more?

No, no! Everyone who thinks for longer than a moment knows and says there is more. Perhaps the theme of gender shakes us loose from everyday notions of person, duty and culture -- frightening others, even ourselves. There is no mystery here, no magic or superstition, only the very real business of self-discovery. What have you learned about yourself and about the expectations of others during your exploration of gender? It may be the greatest results of this process are not the results that were expected. Don't you think transition, exploration and their activities expand your thinking about being in the world?

Who would fear such exploration? If you wish, examine any opposition you receive. Analyze the arguments thrown up against you, look carefully at what drives negative comments. Look into both the common talk and the literate worries that are placed before you.

I know there is a danger here. If I invite argument and discussion then someday, someone may show me a good and wise argument against self-study and the consideration of gender transformation. If their argument is strong, if they have taken it into the world and tested it as we have, and if they then show me how their ideas have made more people happy, then I will listen carefully and change my views. Do you think such a time and argument will come? I have time. I will wait. Until then we will go on with our work of helping people resolve their struggles and lead lives of peace and happiness.

It is a magnificent thing to be

the sole proprietor of yourself.

Robert Green Ingersoll

IGC MESSAGE FIRST ANNIVERSARY ISSUE PROMPTS REPLIES

"You are doing a great job on the Message!" "...keep up the good work. It means a great deal to me, living out here in a small town." "...I read it very slowly, a few pages at a time to make it last. I always save the crossword puzzle for last!"

These are a few of the positive messages we received as we celebrated the first anniversary of *The Ingersoll Message*. It was gratifying to have so many respond

to our celebration. We actually received two subscription *renewals* in the mail during the month of April.

So, here's to another of *Messages* from Ingersoll Center.

**JOIN US FOR
Sunday Afternoon At
Ingersoll
MAY 19, 1996
AS WE PRESENT
A WORKSHOP:
LIVING ON A
BUDGET
PRESENTED BY
SUZANNE ADAMS
2-5 P.M. AT INGERSOLL**



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 Adams

We all thank Kristen Langley for all of her leadership and efforts over the last two years. The Tuesday group has dwindled to the point where we are placing the meetings on hold -- the are not being cancelled entirely. The group can be re-activated as soon as interest and membership increases. Kristen kept that group going until it got to the point where she was the only one attending them. Life certainly does go in cycles.

The last facilitators meeting on April 13, 1996, saw a bit more organization to the scheduling. We welcome two new facilitators, Karen Shaw, and our own President of the Board, Jaye Albright. Karen is completing her training, and has become an active facilitator on Friday nights, and Jaye is currently completing her training and will be actively seen in Wednesday as well as Friday groups. Karen will also become active in Wednesday groups.

And before this column closes, it must be mentioned that Rochelle Shaffer received the Hands Off Washington Distinguished Service Award -- the first transgendered person to receive that award. Rochelle has covered many group meetings as the facilitator here at Ingersoll as well as covered the phones for many months on end. Her work within our groups is to be commended. Thank you Rochelle.



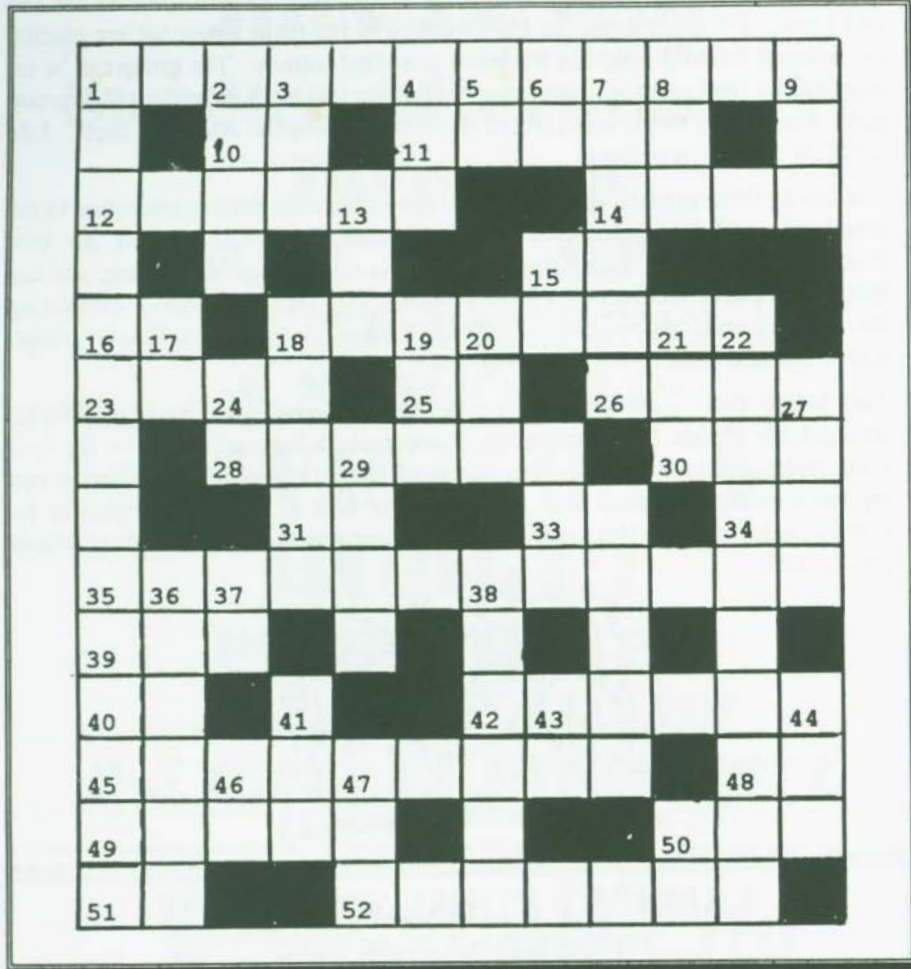
**LAMBERT HOUSE SEEKS NEW
BOARD MEMBERS**

Lambert House, Seattle's Gay/Lesbian/Bisexual/Transgender Youth Center is seeking fun and hardworking new Board members. "We are especially looking for youth, women, transgender people people of color and people with backgrounds in fundraising, youth development, education, social work and public relations." Board member, Carolyn Dawson said.

Commitment is for two years. For an application packet, contact Coll Thrush, Nominations Committee Chair, at 667-2895 (h) and 324-8385 (w).



GENDER CROSSWORD



ACROSS

1. _____ manner of dress which is neither female nor male.
10. Not "i" before "c".
11. The oboe ___s a double-_____ instrument.
12. Night purse: _____g bag.
14. Tennis player who died from AIDS.
15. ___s Gratia Artis.
16. United Artists (abbr).
18. What TV's and CD's like to do.
23. French love.
25. Spanish "I".
26. To father.
28. English spelling of french carol.
30. Zodiac sign
31. 1st person plural pronoun
32. I am, you are, he ____.
34. 2/3 of a retch: G ____.
35. One who accesses the other side
39. Word meaning "in the distance".
40. Preposition.
42. Happy.
45. What to say to get Ms. Raphael to leave: _____ GO _____ !!
48. Spanish "the" and New Orleans' state.
49. Solo.
50. Not so young.
51. Minot's state.
52. Female siblings.

IF YOU CAN
DREAM IT
YOU CAN ★
★ DO IT



DOWN

1. _____ alternative.
2. Ownership papers.
3. 1/3 of a famous dog.
4. Clear alcohol.
5. 365 or 366 -- (abbr)
6. ___t, ___rd, k___e.
7. A _____ the usual length of the RL.T.
8. Sp _____, sk _____, L _____.
9. "No thanks, I already _____."
13. Ch _____, Pr _____ both have to do with a church.
15. Comparative word.
17. Before noon.
18. Don't _____ yourself with perfume.
19. Aye, I, _____.
20. Terran star.
21. None, negligible.
22. "Goodnes gracious, _____ of fire!"
24. Preposition.
27. In a theatre, the softest seats are th_ l_ s.
29. Setting sun.
33. To cave in.
36. Mr. McDonald's name.
37. A, ___ or the.
38. A TV _____ other TV's.
41. A hot spot: K _____.
43. M ___, T ___, CD R _____.
44. Young boy.
46. Hel ___, Jel ___, Mcl __ w.
47. Not no.
50. Shorter than oar and orc.

Important Ingersoll Doings in

M

A

Y

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

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

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

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

May 13: Ingersoll Board meeting 7:00 pm - 8:30 pm.

May 14: FTM Support Group 7:30-9:30 PM. First Timers must call Jason at 723-8805, or David at 859-1053 before attending. Topic for this meeting: Coming out/Transitioning, Stress, acceptance/rejection, (friends, family), internalized homophobia

MAY 19: SUNDAY AFTERNOON AT INGERSOLL PRESENTS: Living on a Budget, Presented by Suzanne Adams, 2:00 pm - 5:00 pm, at Ingersoll.

May 25: FTM Support Group 3:30-5:30 pm. First Timers must call Jason at 723-8805, or David at 859-1053 before attending. Topic for this meeting: The Gay scene - leaving/entering the "family/ straight community.

SPOTLIGHT ON PUBLICATIONS

👉 At Ingersoll Center 👈 HORMONE BOOKS OUT OF PRINT AGAIN!!!!!!

I called L.F.G.E. on April 18, 1996, to reorder copies of Hormones for the Female to the Male and Hormones for the Male to Female transsexual. I was told by Vanessa that L.F.G.E. would no longer carry Dr. Kirk's books, Dr. Kirk will handle the publication and distribution of the books in the future. Vanessa told me that another revision of the books would be made and that the release date has not been set.

Bottom line? We will have *NO* copies of either hormone book until further notice. Sorry for the inconvenience.

Jaye's Journal

By Jaye Jane Albright, Board President

RANDOM RUMORS AND RUMINATIONS

☐☐The 10th Annual International Foundation for Gender Education (IFGE) last month in Minneapolis was a celebration of community pride, inclusion of all members of the Gay, Lesbian, Bisexual and Transgender (GLBT) lifestyle spectrum. I am so very pleased that I was able to join fellow IGC board member Jason Cronwell as the sole Washingtonians at the meeting. It made me proud that Ingersoll Center was so well represented! Jason is both an IGC and IFGE board member and as such was an active leader in the many informative IFGE FTM panels.

☐☐There will be another Transgender March on the Nation's Capitol and the Congress of Transgender Organizations (CTO) will aid in planning the event, which has yet to be scheduled. Organizers of the first such march, Karen Kerin of *It's Time America*, and Phyllis Randolph Fryc of the *Transgender Law Conference* each have their own ideas of when the next event should be and what form it should take. Meanwhile, IFGE Executive Director Allison Laing is hoping to get the march re-set for Spring of 1997, so that this time we can actually meet Congresspeople, and not just staffers, as happened last year. Our last visit coincided with the Columbus Day Congressional recess.

A committee of CTO organization leaders was named to begin trying to facilitate communication on these issues. Lisa Maxwell of the ETVC, San Francisco will be west-northwest coordinator on behalf of the CTO. If you are interested in attending the next March on Washington, please let me hear from you! I hope to be there too.

☐☐The word is that transgender *Stone Butch Blues* author and activist Leslie Feinberg, whose new book *Transgender Warriors* (Beacon) is just out in its first edition, is quite seriously ill and is undergoing chemotherapy. She had been slated to speak at the convention and had to cancel her appearance due to health.

Speaking in Feinberg's place was the inspiring Melinda Paras, who is Executive Director of the National Gay and Lesbian Task Force (NGLTF). She talked candidly about her desire to see the words "Bi" and "Trans" included in her organization's name. She told us how she felt about opposition to the idea by some members of the NGLTF. Paras, an FTM crossdresser herself, pointed with pride to a picture of her with President Bill Clinton in which she is dressed in a distinctly male suit and tie. She noted that it may be a few years until NGLTF has an MTF crossdresser as Executive Director or that person gets photographed.

with the President of the U.S. But she expressed her personal support of the idea and certainly gave us all the impression that she thought that day would come perhaps sooner than anyone would predict today.

Her very personal talk was most inspiring and hope-filled. There is no question that very big things are happening to build bridges to greater acceptance within all sides of "The Movement" for personal dignity and personal pride. They very much include US.

☐☐ IFGE board member Anne Johnson introduced a parent of a teen (MTF) TG who is starting the first Parents and Friends of Lesbian, Gay and TRANSGENDER youth chapter in suburban Chicago. She encouraged all of us to become active in PFLAG.

☐☐ An afternoon session at the convention was spent on HIV/AIDS education and prevention in our community. This outstanding program was presented by Minnesota Pride organizer Jane Fee and University of Minnesota psychologist Dr. Walter Bockting.

☐☐ An 83-year old and still very dynamic Virginia Prince was on hand to present this year's "VP Award" to Dr. Sheila Kirk. Prince fore-warned us that she fully intends to be at the next 17 IFGE conventions and hopes to celebrate her 100th birthday on one!

DON'T QUIT

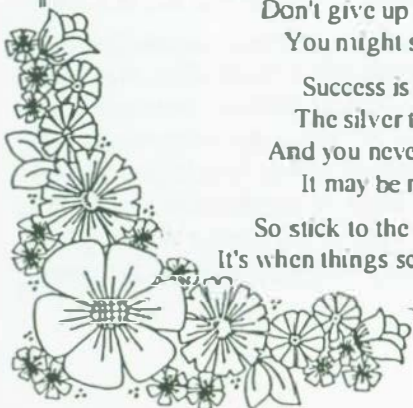
When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low, and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When s/he might have won had s/he stuck it out,
Don't give up though the pace seems slow,
You might succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far.

So stick to the light when you're hardest hit,
It's when things seem worse that you must not quit.

Kristone



25% of British Men will Crossdress

Men may wear the pants, but in Britain, they secretly long to wear the skirts. A survey of British men reveals that 25 percent of them will dress up like a woman at some point in their lives -- and 8 percent are doing it at least once a week.

But the number of crossdressing men may be even higher.

A British transvestite expert who calls herself Mrs. Silk says the 25 percent figure is way too low.

She says many British crossdressers are married, career-oriented men who are secretive about their fetish to wear panties, wigs, bras and girdles.

Mrs. Silk says even though the British media is embracing crossdressing, most men are scared that their wives will leave them or they'll get fired from their jobs if anyone finds out about their fetish.

Mrs. Silk says she's helped hundreds of men learn how to be ladies by offering classes that teach a man how to wear high heels and dress up like a French maid.



GENDER CROSSWORD

A	N	D	R	O	O	G	Y	P	T	I	S	A
11	12	13	14	15	16	17	18	19	20	21	22	23
B	XXX	S	I	XXX	J	R	E	B	D	XXX	Y	
	XXX	10		XXX	11						XXX	
S	V	S	M	I	N	XXX	XXX	A	B	H	E	
12			13		XXX	XXX	14					
X	XXX	D	XXX	O	XXX	XXX	A	N	XXX	XXX	XXX	
	XXX		XXX		XXX	XXX	15			XXX	XXX	XXX
U	A	XXX	D	R	I	B	B	E	I	N	G	XXX
16	17	XXX	18		19	20		XXX		21	22	XXX
A	N	O	R	XXX	T	O	XXX	S	I	R	S	
23		24		XXX	25		XXX	26			27	
L	XXX	M	O	W	S	L	I	XXX	L	E	O	
	XXX	28		29						XXX	30	
I	XXX	XXX	N	S	XXX	XXX	I	R	XXX	A	O	
	XXX	XXX	31		XXX	XXX	32	33	XXX	34		
T	R	A	N	S	V	E	S	Y	I	T	E	
35	36	37					38					
V	O	M	XXX	Y	XXX	N	XXX	O	XXX	B	XXX	
39			XXX		XXX		XXX		XXX			
I	N	XXX	I	XXX	XXX	J	O	V	I	A	L	
40		XXX	41		XXX	XXX	42	43			44	
B	A	L	L	Y	M	O	N	S	XXX	L	A	
45		46		47						XXX	48	
A	L	G	N	E	XXX	V	XXX	XXX	O	L	D	
49					XXX				XXX	XXX	50	
N	D	XXX	XXX	S	I	S	T	R	N	S	XXX	
51		XXX	XXX	52								XXX

Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Speedy Shrimp and Pasta

- | | | |
|----|---|--|
| 1 | 16-ounce package frozen seasoned vegetables and pasta | ¼ cup water |
| 12 | ounces uncooked shelled and deveined medium shrimp | ¼ cup grated or shredded Parmesan or Romano cheese |
| | | ¼ cup snipped fresh basil or parsley |

In a large skillet, stir together vegetables and pasta, shrimp and water. Bring to a boil over high heat. Reduce heat, cover and simmer 3 minutes. Stir and cook 1 to 2 minutes more or until shrimp turn pink, vegetables are tender, yet still crisp, and pasta is done. Sprinkle with cheese and basil.

Serves 4; 1 cup per serving. Preparation time: 10 minutes. Cooking time: 6 to 7 minutes.

Nutrient Analysis per Serving

212 kcal	Calories	130 mg	Cholesterol	3 gm	Saturated Fat
20 gm	Protein	562 mg	Sodium	2 gm	Polyunsaturated Fat
18 gm	Carbohydrate	7 gm	Total Fat	2 gm	Monounsaturated Fat

*American Heart Association Quick & Easy Cookbook,
©1995. Reprinted with permission from Times Books,
a division of Random House, Inc., New York.*

SPOTLIGHT ON PUBLICATIONS



At Ingersoll Center



IT'S HERE!!

THE MONTREAL EXPERIENCE

Companion book to *The Brussels Experience* and *The Trinidad Experience*.

All about your hospital stay, accommodations, transportation and what to bring for the M to F surgery in Montreal, Quebec, Canada. Maps and drawings

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.)



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Gender Center or the Board of Directors**

-----DETACH HERE-----

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

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])