



t.g.i.c. news

PUBLISHED EVERY OTHER MONTH BY:

TRANSGENDERISTS INDEPENDENCE CLUBS

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ALBANY, N.Y. 12212
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SERVING THE
TRANSGENDERED
COMMUNITY OF
NEW YORK STATE

\$20.00 / YEAR

MAY-JUNE 1990

**IMPORTANT ANNOUNCEMENT FOR
ANYONE INTERESTED IN
TRANSEXUALISM**

Rachel of TGIC (TransGenderist Independence Club, Albany, N.Y.) is pleased to announce a series of **TS TEAS**. The Teas will be on the Sunday following the second Saturday of every month at Rachel's house near Crossgates Mall in Guilderland, N.Y. As you probably know, TGIC holds its monthly party at the 145 Club in Schenectady on the second Saturday evening of every month. The hope is that people who come into town for the TGIC party will stay over and also attend the Tea.

The purpose of the TS Teas is to give the growing number of transsexuals in the area a chance to get together to compare notes and share information. The Teas will not have any kind of structure or agendas, but the emphasis will be to provide a forum for the special issues faced by transsexuals. Possible topics of conversation include: hormones, ID changes, health insurance, sexual reassignment surgery and surgeons, gender clinics, plus many more. The Teas are not intended to be just another social event, but you can count on a certain amount of fun and laughs. A sense of humor seems to be a TS prerequisite.

The first Tea is tentatively scheduled for Sunday, May 13, from 5 to 8 pm or so. How the food situation will be handled has not been decided yet; maybe we could have a potluck supper or maybe order a pizza or maybe we could just starve ourselves into model-like svelteness. Any ideas?

Anyone interested in attending the Teas please contact Rachel, at Box 12293, Albany N.Y., 12212 or care of TGIC, (518) 436-4513. Be sure to give your name plus a phone number or address so Rachel can get back to you. Please also indicate if the time of day of the first Tea is convenient or not.

RACHEL'S RAP

Greetings, girls and guys! I've finally gotten around to putting some words on paper for the newsletter. The focus of this article (and I hope to do others on a semi-regular basis) is what I learned at my last visit (March 16, 1990) to my endocrinologist, Dr. Sternthal, who is located in Bloomfield, Connecticut, near Hartford and who is associated with the Gender Identity Clinic of New England.

I received my first hormone prescriptions from Dr. Sternthal last September and began taking them on October 1, 1989. Dr. Sternthal started me out on a standard cycle of 5.0 mg of Premarin daily for 25 days plus 10 mg of Provera for days 16 thru 25. I was not supposed to take anything for however many days (5 or 6) were left at the end of the month. My first problem developed after only two months, when at about the third day of the "no hormones period", I began feeling rather sick - headaches which would not yield to aspirin or Tylenol, achy joints and chronic fatigue. Withdrawal symptoms, I figured. By the fourth month, I found myself "cheating" by taking a few of next month's pills after three days of my "period".

Obviously then, one of the first questions I had for Dr. Sternthal was if it was possible to lengthen my cycle. He found this acceptable and we agreed upon a 28 day cycle of Premarin plus Provera for the last 12 days. Dr. Sternthal did emphasize the need to take some sort of break from the hormones, saying that the liver needed the rest and that the "hormone receptors" would get a chance to "recharge" themselves.

Interestingly, the moon is also on a 28 day cycle and in fact many women report that their periods occur at either the new or full moon each month. I now have the option of scheduling my cycle to coincide with the moon's phases. After talking with a number of people, I am currently leaning toward having my

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TGIC Officers & Board:

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* * * *

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TGIC RATE STRUCTURES:

Full Membership	\$35.00
Couples Membership	40.00
Newsletter Only	20.00
Party Fees:	
2nd Saturday	5.00
4th Friday	3.00
Newsletter Ads:	
Business Card 1 Year	35.00
1/4 Page per insertion	20.00
1/4 Page per year	100.00
1/2 Page per insertion	35.00
1/2 Page per year	170.00
(No Full Page Ads Accepted)	
Classified - Members	FREE
Classified - others	10.00
(per insertion)	

NEWS FOR NEWBIES - Dorothy N. (tg)

(The following article was posted on GenderLine but is good general information for us all. - JW)

You're hardly the first to wish there were some sort of infallible, omniscient test for the elusive "t-factor". Unlike most of the things we all do well (like, say, tying our shoes or brushing our teeth or whatever), nobody gets the opportunity to "practice" figuring out their gender situation. Everybody's a beginner at this stuff.

Never mind how early we've had these feelings, how strong and

persistent they may be, nor how much impact they've had on our lives up 'til now; we've all made it this far in our original genders by just taking things a day at a time; we've told ourselves that what we've wished for was silly and the feelings would pass. We've considered ourselves typical, ordinary, or perhaps a bit better than average (on whatever grounds), and there's nothing even remotely average or ordinary about GD. And, frankly, there are a lot of pressures and disincentives present to make even inquiring with the medical community (despite all the traditions of confidentiality, the concept is plenty scary), let alone moving forward through the minefields of self-doubt, professional/social/family risks, etc. Consider: on any given day it's absolutely effortless (actually requires "negative effort" to do nothing about one's Gender Dysphoria situation; so why should it be surprising that one day without such action follows another in almost endless succession, eventually accumulating into years or decades of paralysis? There's nothing to be embarrassed or guilty about that you've been in a lock-state for so long; rather, it's a clue to the increasing pressure of the situation that you're starting to deal with it now.

And please don't succumb to the natural temptation now to "catch up with" the t-people you've met here or will meet in a group. This isn't a race, and we're not all headed for the same goal. Your job isn't to fall into step with some other bunch of people; it's to find out what's right for *you*. I wish I could just fire up my crystal ball and give you a definitive answer to your situation (or that *somebody* could), but that's not an option. (I'm firmly convinced that someday we *will* be able to plug a diagnostic jack into our skulls, get a "core dump" and figure out what's going on in there, but I doubt that any adult now alive will see it happen. And maybe it will even be used to help people, instead of to create history's most effective tyranny... but that's a whole 'nother thread.)

But to get back to the topic, since nobody can figure this out for you, and there's no way to practice this decision to perfection (so you know you're doing it right the first and only time), only

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STIRRING THE CHAMBERPOT

by Veronica Jean [REDACTED]

Transsexuals, transvestites, transgenderists, crossdressers and other persons who may fall between the cracks of these not-so-well delineated categories represent indeed, a most misunderstood minority to the general public. In the states, recent passage by both the House of Representatives and the US Senate of a bill to protect handicapped or disabled persons with mental or physical impairments which interfere with any of life's major activities, was a landmark in the annals of civil rights. However, tacked on to both versions was an ammendment that specifically excluded persons in the following groups: homosexuals, bisexuals, transsexuals, transvestites, kleptomaniacs, compulsive gamblers, (sorry about that, Pete Rose), and child molesters from the provisions of this bill. In the US courts, transsexuals have a long history of habitually coming up with the short end of the civil rights stick.

The November 1988 issue of the Emerald City News, POB 31318, Seattle, WA., 98103 contained an editorial by Janice Van Cleve titled, Our Rights Attacked. In it Van Cleve promoted the concept that under the city ordinance of the public accomodations act, TS's and TV's be given legal access to female washrooms. As editor of Twenty Minutes, POB 80690, Springfield, MA. 011138, I reprinted Van Cleve's article in the December 1988 issue of TM along with my article titled, Toilet Training - A Rebuttal. In that article, I stated something like that there should be no all encompassing laws legally allowing a pre-op M-F TS or a transvestite into female washrooms. If a pre-op (or post-op, for that matter), or transvestite is passable, let them take their own individual chances by using the female washroom.

In the December 1988 Emerald City News, Van Cleve reprinted the following: Charles Royer, the Mayor of the city of Seattle, Washington wrote a reply to Emerald City. The response was a

carefully worded letter that ended with the following - "The segregation of public restrooms on the basis of gender was not intended to constitute unlawful discrimination under the public accomodation ordinance. The right to use public restrooms is guaranteed to all persons but within the recognized proven constraints imposed by the segregation of such facilities based on gender. The manner in which one dresses does not alter one's gender, therefore a man dressed as a woman is not entitled under S.M.C. 14.08 to use the women's restroom." You can also interpret this as, "if it looks like a duck, quacks like a duck and walks like a duck, it must be a duck and therefore entitled to use the duck's room. But if it doesn't look like a duck, shoot it!"

For the rest of 1989, we had the late great toilet debate which raged on and on in various gender newsletters throughout the US. I was really happy to have started and made such valid contributions to the controversy. It really took the edge off having to continually read about make-up, the clickety-click of high heels and "first time out" personal TV experiences. Some editors waited a full year to wake up and finally make a comment and the topic was even humorously covered by the editor of Tapestry in a recent issue. But all humor aside, this was not something to laugh at.

The toilet topic was discussed at a Twenty Club meeting and the majority felt that they needed no all encompassing law for legal access to female washrooms. Part of the real life test was to "pass and feel comfortable most of the time" and if you can't pass in a female washroom, perhaps you had better pee before you leave home or take up a different hobby. One of the female significant others pointed out that on some college campuses, unisex washrooms are very common and she did not see anything wrong in it. Someone else made the comment that the college atmosphere is not indicative of the real world and that many graduates get a rude awakening and a taste of how things really are when they enter the work

force.

In Rupert Raj-Gauthier's TEMPEST IN A CHAMBERPOT: A Social Science Perspective article in the December 1989 Trans News, he states that pre-op M-F TS's (and the TG and TV too) must be granted the right to use the female washroom. This is in itself a noble attitude but like the unisex toilets on the college campuses, is not a valid concept in the real world. It is one thing to have protection under the law (if you can get it passed), but it is often quite another to have that law enforced. If our children were taught from an early age about the intricacies of gender and aberrant gender behavior, they might grow up to be understanding adults and we'd have no call for all encompassing protective laws. But that's not the way it is. But since those in charge frown on even hinting about human reproduction in public schools, there's not a chance they'll get around to transsexualism. But then, transsexuals are such a weak closeted minority, we have no political consciousness on a national level, and even much less political clout with our legislators.

Most of us within the gender community quickly become aware of the subtle varied needs, differences and nuances of cross gender behavior. Mainstream society puts all of us, the gays, the bisexuals, CDs, TVs, TGS, and TSS into one neat category under the headings of perverted lifestyle slash abnormal behavior. Pervertedness carries a social stigma. Abnormal is actually not quite so bad, but many perceive it as such.

A friend of mine changed over on the job and the ladies in the office went to management and said that under no circumstances, did they want that person in the ladies restroom. My friend was forced to use the handicapped toilet even after her surgery. A change in unseen genitals had no bearing on the feelings of those women or the "rights" of my friend. Do you think a "law" by the management would have made any difference?

Another friend of mine also make

the transition on her job. In this case, she had the full backing of management (in a very large company) and educational meetings were conducted for department heads explaining the nature of things. Any company employee suspected of nasty behavior towards her would be called on the carpet, presumably to do a hundred hours of social work at the nearest local transsexual support group.

In the former case, my friend worked in a small company where management's moral fiber was weak and buckled under pressure from a few. Her job could have easily been done by a new employee, but they didn't want to fire her for fear of repercussions or a possible law suit. In the latter, the employee was an important, irreplaceable member of the team in a highly competitive field and management quickly saw the need to dictate a fair policy stand to retain this needed employee.

Transsexuals sometimes take the posture of being "transsexuals" and demand rights they will never get. And many transvestites attempt to rule the gender roost by including transsexuals in their policies. Some transsexuals often forget they are human beings and find power in being "different" when they should be working towards a goal of integrating and blending themselves into society. Unlike the ugly caterpillar that builds a chrysalis and later emerges as a beautiful butterfly, the transsexual has no place to hide during their transformation. Do you think a law will make it any easier? In spite of all the U.S. civil rights legislation, Afro-Americans are continually discriminated against today.

Let's face it, most of us don't really become pretty women. We are tall, have husky voices, large Adam's apples, big hands, thinning hair and wear size 12 pumps. If we starve ourselves into a size twelve, we only emphasize our large, male frames. Cosmetic surgery can help some of us but it's expensive. A few of us have the added problems of alcoholism, drug addiction, personality and emotional problems which may not be gender

related. The lucky ones start while they still retain the unmasculinized blush of boyhood. These natural beauty wonders, these soon to be gorgeous man made females never attend support meetings. They don't need to. They become the pretty ones who certainly don't need permission from city hall to use the ladies washroom. But there are some genetic women who exhibit some of these masculine qualities. They too have trouble finding large sizes in clothes and shoes. They too sometimes are mistaken for the wrong gender. Should we pass a law for their protection as well? And speaking of the women in all of this, did we as M-F transsexual women ever ask their opinions on how they felt about us encroaching into their washrooms of birthright? Did we ask them if they minded 6 foot five inch tall nervous transvestites splashing his urine into a ladies' john? I think not. Instead we took it upon ourselves, by right of our gender dysphoria to claim the right to their privy peeing place.

We can sit back in our tiny minority and voice all kinds of opinions, stroke our egos and make grand statements but in the end, it's really out of our hands. In spite of all the enlightening social perspectives or well meaning gender do-gooders, it's us against city hall and society. The mayor of Seattle said it quite well I think, "The manner in which one dresses does not alter one's gender, therefore a man dressed as a woman is not entitled under S.M.C. 14.08 to use the women's restroom." There it is in black and white. We are a different minority and they don't know what to do with us. And speaking of the end, where the heck's the toilet paper around here?

Ed Note - Vernoica has since found the toilet paper and has begun working on her next article - JW.

* * * * *

TELLING THE KIDS - Sharon L.

I have been a member of TGIC for several months now and feel that it has been one of the best times of my life. I have made many new friends and developed friendships that I will cherish for my whole life.

I have been married to a wonderful supportive woman for over 19 years now and she has known about my cross-dressing for over 18 of them. We have two children - a daughter age 18 and a son 14. When my daughter was 14 years old we felt it was important to tell her about me. We were afraid that she would find out on her own and did not want that to happen. My wife Joanne told her one afternoon and explained how she felt about it. My daughter accepted this very well and since that time she and I have openly discussed this with never any problems. In fact over the last two years she has given me advice on make-up and fashion and has offered to loan me any of her outfits. Our tastes are very similar. When I first received the information about TGIC from Dawn, I showed it to my daughter and her comment was "This sounds great!"

We have not told our son as yet. This is something we can not agree on and we feel it must be agreeable to both parents. I feel he should be told before he finds out on his own or gets any older. Joanne doesn't feel he is ready yet.

The matter of how you tell your children or loved ones (or if you tell them at all - ed note) is a personal decision as all people are different. We feel that being honest and open is very important. Also be willing to discuss any problems they may have. Don't just lay it on them and then leave. Write a letter if you can't state your feelings orally. But above all don't act ashamed of bothered by it yourself. Be proud of yourself so that others can be. Whatever you decide to do, be sure you, yourself are ready.

(If you need background information to help document your case for telling a child or significant other check with the club library, Dawn or Jennifer -ed)

LETTERS:

To The Sisters of TGIC,

To start this I would like to say thank you to all my sisters at TGIC.

When I first met Jennifer, in NYC last January, I asked about events in the Albany area and when I heard about the 2nd quarterly "Coming Out Weekend" I called and said I'd be up Sat. afternoon. But by the time the weekend arrived I think I was the first one to check into Days Inn at about 9AM on Friday. After resting during the day and a little confusion over what time and where to have dinner, I sat down with about 9 ladies and had a wonderful dinner with a lot of small talk.

Next came "The Pub Crawl" - it has a cute ring to it. We left the motel in I think 3 vehicles going in 4 directions. But upon arriving at the 145 Club in Schenectady, we were made very welcome by the management. Next it was on to the Playhouse in Albany again being received as if we were regulars. (ed note: we are!) Our last stop Fri. eve was at Rage. It was there that I "Bumped into" one of the entertainers for the Sat. night show. the "Tinder Box Revue"

The next day after sleeping late, I arrived in the motel lobby just in time to catch a ride to Jennifer's and was again made welcome. Jennifer gave some of us a tour of TGIC's Clubroom, and we were able to make it back to the motel just in time for the makeover seminar given by Paddy Aldridge from Toronto.

The evening events started with cocktail hour, a great presentation on electrolysis and a presentation on image, makeup, and use of styles & color to fit each of us.

Then at last, dinner. After dinner came the the Tinder Box Revue, which made me think of the "Jewel Box Revue" which I saw in the mid - 60's at Dante's Inferno in Utica, NY. After announcements from TGIC, it was on to dancing which caused me to change into boots & mini skirt. A great time was had by all

and D.J. Jennifer played a mix of music for all.


The evening closed with a pajama party in one of the Girl's rooms with more conversation and getting to know each other. Also was able to make contact with EON from Syracuse area.

The weekend closed with a breakfast of about 15-20. Most were not dressed and some I had to meet all over again.

The last few lines give you an idea of what we did, but the most important is what I felt. I've been in the closet for a lot of years. Sticking my head out for an evening once in a while. Many times saying "never again". I've been active in the NYC scene for the past 5 mos. (sic) but **NOWHERE** have I ever been made to feel so welcome and a part of things, so fast as I was at TGIC in Albany. A lot of you might be wondering who I am, well If you have a real desire to meet me, I'll be at the weekend in Albany in (June) 1990. But don't go to meet me, go and you will meet yourself as I did. Again, Thank You TGIC, I found a lot of friends in Albany, including me.

Love & Kisses
Dee J. - New Jersey

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*Join Us
JUNE 1,
2, 3
1990!!*

**YOU ARE CORDIALLY INVITED
TO ATTEND
TGIC's SPRING FLING 1990**

June 1 - 2 - 3

This is the third quarterly coming out weekend event TGIC has sponsored. Our first two events were huge successes with guests as far away as Toronto and Texas. This event we hope will be even better. Our coming out events are designed to give the crossdresser with little opportunity to go out or to dress an inexpensive opportunity to enjoy his femininity with others whom he shares this pastime, while interacting with non dressers in a safe and supportive environment. It is our objective to give you fun and creative events and presentations which will keep you coming back.

The weekend is arranged so you can spend as much or as little time and money as you feel comfortable in doing. Primary events are on Saturday for which there is a registration fee of \$55.00. This includes a fashion show and beauty consultation, dinner cruise on the Mohawk River and transportation to and from the boat, and a special presentation of the COMEDY WORKS professional comedy club. Several presenters may be joining us on the cruise as well but at press time these haven't been firmed up. A Psychic reader (one of us who is quite good) will be available Saturday to do readings for an additional charge

Friday and Sunday are offered as optional event days with an informal dinner and pub crawl on Friday, and a departure breakfast on Sunday. Also on Sunday we will be hosting a Breakfast Meeting of the newly formed New York State Gender Coalition. The Friday and Sunday events are all optional and at your additional expense. Reservations are required for Saturday and the NYSGC Breakfast.

Accommodations can be arranged through the Days Inn South directly by calling 518-465-8811 and mentioning that you are with the TGIC party for a reduced room

rate. Days Inn Albany South, formerly Albany Motor Inn, Route 9W at exit 23 of the NYS Thruway is the designated site of all in house events.

Schedule:

FRIDAY (Optional Day)

Early Registration / Check In Dining Out En Femme (optional) if you are interested, meet in the hotel lobby at 8PM. \$\$
Pub Crawl (optional) designated drivers will be assigned, if you are interested meet in the hotel lobby at 10 PM. \$\$

SATURDAY (Main Event Day)

Free Time breakfast at your leisure, sleep late, explore our area or shop at one of our many supportive merchants (list available on request) \$\$

1:30 **FASHION SHOW** by **Gloria Lauren of Loudonville** - Dawn, Pam, Jennifer & Angel will model. Shown will be clothing and accessories and why they work or don't will be explained by **Image Impact's Julia Forbes**. Fashions will be available for sale after the show. Our consultants will be happy to assist you making your selections.

5:00 Bus Leaves for 3 hour dinner cruise on the scenic Mohawk River aboard the Nightengale.

9:30 Free Time or enjoy the Lounge at the Days Inn \$\$

11:00 Special showing of the **Comedy Works** professional Comedic performers.

After the show, enjoy the lounge, or perhaps there will be another surprise!

SUNDAY:

9:00 Informal breakfast at your leisure with friends \$\$

10:00 NYSGC Breakfast Meeting -

RACHEL'S RAP - CONT. FROM Pg 1

"period" at the new moon.

I also asked the good doctor for an increase in the dosage I was taking, but he felt that I should stay where I was until at least my next routine appointment in 6 months. He did, after a certain amount of arm twisting on my part, agree to give me a prescription for an anti-androgen (inhibits the formation of testosterone) called Spironolactone.

I have been taking 50 mg of Spironolactone daily for 3 1/2 weeks at this point and can only say that its effects so far are only slightly noticeable at best. Dr. Sternthal had said that estrogen and progesterone effectively blocked testosterone and the anti-androgen was largely unnecessary. I have noticed a bit of a decrease in the rate at which my body and facial hair grows. The effect on my facial hair actually turned out to be a problem as my electrologist has recently had difficulty with the shorter hair length. I plan to continue taking the Spironolactone, however, with breaks a few days before electrolysis appointments. Perhaps the effects of the anti-androgen will increase over time. Spironolactone is also a diuretic and I have been going to the bathroom more frequently and with more urgency. Dr. Sternthal said that this side effect might lessen with time.

Another important item that Dr. Sternthal gave me was a "medically necessary" referral for electrolysis. I have submitted a claim to my health insurance company for my 1989-90 electrolysis bills (over \$3000 so far) based on the referral. As of this writing I have not heard anything and perhaps no news is good news. I am pessimistic about the claim's likelihood of being paid, but I will appeal a negative determination via whatever means are possible. I'll keep you posted.

Several of the girls in the Albany area are on synthetic hormones and because we had debated among ourselves the pros and cons of synthetics versus naturals, I decided to ask the Doctor for his opinion. He routinely prescribes naturally derived hormones, so his opinion is perhaps biased. He did say that the synthetics were possibly able to provide results (body changes) more quickly, but he also said that there was a greater risk of side

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A STEP OUT OF THE CLOSET - Dawn C.

I have entitled the following "A step out of the closet" because while I consider myself "out", most of my activities have been strictly crossdressed events. I have limited myself to our club parties, meetings, coming out weekends and a few interviews about crossdressing with the media. Over the past few months I have been toying with the idea of doing more as Dawn. It was time to really go out and be Dawn for her own sake and not limit myself to events where everyone knows who and what we are. After much inner debate I decided to put my plans into operation. About the middle of February, I enrolled in an image workshop for women. I was told when I asked about class size that it was limited to seven or eight people. That sounded fine to me. I figured I could win over a small group if everything went to hell. I also figured that two and a half hours couldn't really be that long anyway.

The long awaited day arrived. I spent all morning getting psyched up. It didn't take much since I was pretty excited anyway. Early in the afternoon I started out with a hot bath and a nice close shave. When that was completed, I meticulously applied my make-up. It took about two hours because I am very conscious about the amount of makeup I need to cover my beard and still come out looking realistic. I remind you again, this was NOT a crossdressing function where I wanted to be accepted for being me but a real life situation where I wanted Dawn to be accepted for Dawn ... a woman! After the make-up ordeal was complete it was time to dress. I had chosen to wear a pretty print skirt, a cream colored blouse with a high ruffled neck, and a black vest. Black hose and heels completed the outfit. Last but not least I topped it all off, literally, with a pretty brown wig freshly restyled by Jennifer. I had to put in a plug for her - when she takes care of my wigs they always look great, never "wiggy" and I am always complimented on the way they look.

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Well, class was at 6:30 PM and it was now 5:45 PM - time to go. I arrived at the Women's Building about fifteen minutes early and walked in with Julia the instructor for the class. I had met Julia at one of our Coming Out Weekends and had thought she was very helpful to almost everyone there. She said that I looked great and to come on in. That did much to ease some of my apprehension. Then she dropped the bomb on me, not only was this particular class overbooked, it was double booked. Instead of seven or eight people like I had expected, there were FIFTEEN!! Imagine my surprise. Well gang it gets better. Out of the seven extras, Dawn's other half knew six of them. Out of those six, Dawn's other half WORKED with three of them, and ONE of them had originally hired Dawn's other half ten years ago in the institution where he is still presently employed. He also worked for her for four of the ten years which he's been employed there! Better than Peyton Place - Huh??

Class started promptly at 6:30. Julia led off with a very interesting 45-60 minute lecture - no one was staring at me yet. Immediately following the lecture, individuals in were brought in turn to the front of the class for personal color analysis. I sat there thinking "Terrific, I can't wait". Julia was really neat. She apparently sensed my frustration but she didn't know why at that time. She attempted to quietly skip over me and continue with the rest of the class. When she called for the next victim, three of the lovely, thoughtful women at our table pointed out to her that she had overlooked HER, as they pointed to me. Isn't this great folks? Julia's next victim became me. She was still unaware that I knew six of the folks and they up until now didn't know me. As I sat in the hotseat, she whispered in my ear, "Don't worry, you're doing just great". With that she turned and announced to the class that I had laryngitis and wouldn't be talking. That was a surprise to me and I almost fell out of the chair. Here is this woman whom I had met only once before,

Registration Required \$10.00.

Speakers will include Jennifer Rich Administrator for the NYS Lesbian & Gay Lobby, and hopefully someone from the NYS Attorney General's office.

EVENTS MARKED \$\$ ARE AT YOUR ADDITIONAL EXPENSE

Since we have to pay for the services of our consultants, and tickets have to be reserved for the Dinner Cruise and the Comedy Works, walk-in attendees will be unable to participate in the Saturday events.

We hope you can make this special weekend, please send in a reservation today with a check for your registration (\$).

TGIC, PO Box 13604, Albany, NY 12212
Phone: 518-436-4513

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____ Check here if you plan on arriving Friday. _____ Do you wish to join us for the "Get Acquainted Dinner" (Y)(N) and the Pub Crawl (Y)(N) Friday?

6-2 events at \$55.00 / person: # _____ \$ _____

6-3 NYSGC Breakfast at \$10.00: # _____ \$ _____

Amount Enclosed: \$ _____

Above rates do not include room accommodations.

GUEST NAMES: _____

Be sure to enclose your check and return to TGIC at the above address by May 25th.

* * * *

COPIES OF THE GROUP PHOTO TAKEN AT THE FEBRUARY COMING OUT PARTY ARE AVAILABLE \$2.00 FOR 3x6, \$10.00 FOR 8x12 SEND CHECK TO TGIC. ALLOW 3 WEEKS FOR DELIVERY.

teaching a course, which is her livelihood, sticking up or covering for me. I had not solicited that from her but it was a welcome relief because I know that my voice would be easily recognized by my fellow employees. I just need to tell you all that Julia is a really wonderful caring person. All the others in the class participated in my critique as they had for everyone else. I have to assume that I was accepted for what I appeared to be because I received no strange looks and heard no remarks. As people left they said that they hoped that I was feeling better and that I got my voice back.

After class I explained to Julia why I was apprehensive and she said "no wonder". She then invited me out for something to drink and to talk for a while. We went to a local diner and got a nice table and a couple of large orange juices. An hour later we were still at it. As with most great times it always has to come to an end. I drove Julia back to her car, we said our farewells and left for our respective homes and spouses. All in all I would consider my evening out in the real world a success.

One not so wonderful thing that happened that evening was that my 5 year old daughter decided to tell my mother-in-law where daddy was, and commenting that he had on a very pretty dress and wig. So far so good but that's another story - maybe next time.

Gloria - Lauren
 610 Boston Post Road, Sudbury, MA 01776
 637 Loudon Road, Latham, NY 12110
 (508) 443-4247 (518) 786-1661

For The Fashionable Large Size
 Woman

TIP OF THE MONTH - Edie B.

Have you ever been in a new city and afraid that the police might harass you? Solution: Call the local DA's office. Ask to talk to a lady DA that handles sex crimes. 45% of the graduates from law school are women now and most DA offices have a woman in the sex crimes unit. Ask her if crossdressing in public is illegal. 90% of the time it is not and she will say no. Ask her if you can be arrested for it as long as you are not violating any other law. She will likely say no. Thank her and write down her name. If any street cops bother you, give them her name, the fact that you called her, will cool down any harrassment big time, in a minute. I've tried it, it works.

One lady I know, and who knows I crossdress, just about got a cop fired for giving a crossdresser some static. This is a great way to find out if it is illegal in any given city as well.

(submitted through GenderLine - ed)

GIRLS LIKE US ENTERTAIN!

The schedule has been getting busy for Jennifer's Girls Like Us (G.L.U.) Service. The gender and gay community have been taking great advantage of this unique service. Upcoming gigs include the ACTUP Dance on April 27, Muriel Olive's Pocono's Weekend on May 3 to 6th, The TGIC Barbecue in August, A Fall Get Together for Eon - date to be announced, and a Sock Hop for CD of Rochester on September 14th. We hope you can attend one or all of these upcoming events.

BARBARA MASTROIANNI L.P.N.
 GINNY SMITH C.P.E.



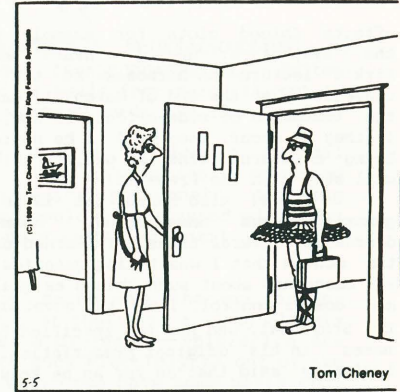
Hair Goes



1789 WESTERN AVE.
 ALBANY, NEW YORK 12206
 869-4615 KREE CERTIFIED ELECTROLOGISTS
 BODY WAXING

NEW SHOPPING GUIDE PROMISED:

Rachael C. has promised us that the new updated version of the TGIC shopping guide will be available by the June coming out weekend. In this directory you will find a complete listing of stores we have been well recieved in and who invite your patronage either as a man or woman. Also will be a list of Restaurants and bars regularly patronized by TGIC members, as well as a list of professional helping services we have use an can no remoment. If you never received a shopping directory please inform Dawn or Jennifer to order your copy at no charge. For all others the charge will be \$3.00. Look for it in June.



"You won't believe what happened on the bus!"

416 864-0420

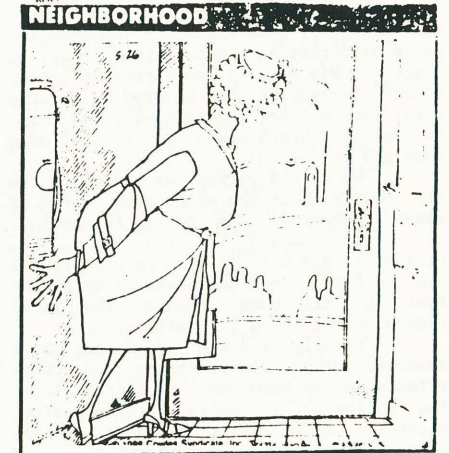
Take A Walk On The Wildside
 Complete Feminisation Training

Paddy Aldridge 2312-620 Jarvis St.
 Toronto ON M4Y 2R8

CHOICES COUNSELING ASSOCIATES

JEFFREY HALLENBECK, M.S. ARLENE ISTAR, C.S.W. C.A.C.
 (516) 372-9376 (516) 393-6403

79 Central Avenue, Albany, New York 12206



Howard stands poised on the edge of social involvement.

Transsexual candidate enlivens election

Things have been pretty lively around the California Veterans' Home in Yountville since Terri Pehrman, a transsexual Brigitte Nielsen-look-alike, starting running for mayor of the town under the banner "The Change Will Do You Good."

The former Las Vegas show girl was a regular entertainer at the California Veterans' Home before she entered the race, but the stakes have gone up

because more than 700 of the 1,800 registered voters in this wine-country town live there.

The big-shouldered blonde with spiky hair faces two opponents in the April 10 election. She wants an additional 500 residents of the home to register to vote. In the 1988 Yountville elections, only 535 people bothered to vote.

"All the guys got a big kick out of her," said Gene Sockness, 61. "She's really welcome up here and shows us a good time. So what the heck, live and let live."

Pehrman's ambitions have panicked some residents of this conservative town of 3,200, situated in the Napa Valley about 40 miles from San Francisco.

AFTER MUCH
 Publicity -
 SHE
 LOST !!

ARCHEL'S RAP - CONT. FROM P. 8

effects (blood clots, for example) with the synthetics. Having heard Sheila Kirk's lecture on hormones at the IFGE Convention at the end of March, I realize the incidence of side-effects is low, but if they do occur, they tend to be serious. Being a natural kind of gal, I think I will stay with the Premarin.

I had also heard the issue of generic versus name brand hormones discussed several times. I learned after two months that I was taking generics and was concerned about such things as quality and dosage control. I put the question to Dr. Sternthal, who had not specified brand names in his original prescription. He basically said that as far as he knew the generics worked as well as the brand names and that he has not had any complaints from girls taking generics. For those of you who have investigated, you know the price differential can be rather large, at least in New York. I can currently get my generic prescriptions covered by my drug plan, less a three dollar co-pay per drug. To get the brand names would cost more than \$30 per month!

My friend Tiffane wanted me to ask the doctor about the skin patch method of taking hormones. She claims this method is less taxing on the liver. Dr. Sternthal did not confirm this statement and in fact seemed to refute it by saying that it all goes through the liver regardless of where it starts.

Finally I asked the doctor about assorted drugs and vitamins and their effects on the hormones. My list included the following: alcohol, caffeine/coffee, cigarette smoke, aspirin/Tylenol, vitamin C and vitamin E. Dr. Sternthal said basically that none of these had any known effect, positive or negative, on how the hormones worked. I mentioned that I had heard at the XX Club about some studies indicating positive effects from taking large doses of vitamin C and he said he had not seen anything in the literature. The only thing he did say was that excessive drinking of alcohol or any activity which put extra strain on the liver was bound to have a negative effect on the body's ability to metabolize the hormones.

That's all I have for now. If anyone has questions about the content of this article or has information to add please contact me care of Box 12293, Albany N.Y., 12212 or care of TGIC, (518) 436-4513.

FAKE FINGERNAILS MAY CAUSE LOSS OF REAL ONES: DOCTOR

CHICAGO (UPI) - Women who use artificial fingernails may face infection, allergic reactions and other problems that could end up costing them their real nails, a New York doctor warned (recently). Writing in the Journal of the American Medical Association, Dr. Paul Kechijian reports women with long acrylic, sculptured and silk or linen wrapped fingernails are more prone to injuries that may eventually separate their real nails from the nailbed.



BARBARA S, PADDY A., JENNIFER S. & VICKI AT FEBRUARY COMING OUT WEEKEND

LINGERIE PARTY WITH "UNDERWEAR WEAR" CLUBROOM MAY 10 1990 7 PM

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DR. JOYCE BROTHERS
Good Housekeeping - May 1990

Sexual Identity

QUESTION:
My grandson, age eight has been evaluated by a school psychologist as having a problem with "gender Identity" because he likes to play with dolls, purses, and earrings and prefers the company of girls. The boy's father (my son in law) denies there's any problem. What do you think? How should his parents handle this?

ANSWER:
It shouldn't come as a surprise that your son in law denies his son's gender identity problem. Most fathers would do the same, even when confronted with the obvious clues you cite. Such a reality poses not only a problem for the youngster, the father might feel, but reflects on his own masculinity and parental abilities as well.

Based on what you tell me, I think a problem does exist. Studies indicate that boys who seem unhappy to be male - preferring, for example, to crossdress and continually play girls' games - are quite likely to grow up gay. (Before you generalize, it's important to know that rough - and - tumble little boys can also grow up to be gay men) The big question remains: Are homosexual men and women born gay, or does environment shape their orientation? Researchers still aren't sure.

Theories aside, your grandson would benefit from therapy. His relationship with his parents should be analyzed, since he apparently identifies far more with his mother than with his father. Most experts have concluded that sexual identity is difficult to alter, but that if any change is going to be made, it has the best chance of success during early childhood.

(How you know why we need support groups! - Ed)

SPIRONOLACTONE OR SPIROLACTONOLINE* IN MALE TO FEMALE TRANSSEXUALS - Edited by Jennifer Wells from material contributed to GenderLine by various members.

NOTICE: This is not a medical report. Its information is presented by non medical personnel. Any drug program should be discussed with your physician or endocrinologist!

Research on hormone therapy has indicated that there is a drug classified as a diuretic, (Diuretics are known to suck electrolytes out of the body, which can have some nasty consequences if not done under medical supervision) which is also a strong anti-androgen (meaning it blocks the effects of male hormones). It is available by prescription here in the US, so it isn't experimental in nature. In fact it is used to treat women who have an excess of male hormones in their systems. However, until recently it hasn't been used to treat transsexuals. In a recent study in Canada, it was used along with normal replacement levels of female hormones (estrogen & progesterone) to treat transsexuals and was determined to be very effective. The results of the study were published in ARCHIVES OF SEXUAL BEHAVIOR, "Spironolactone with physiological female steroids for presurgical therapy of male-to-female transsexualism.", Volume 18, #1, February, 1989, pp. 49-57.

The reason this is significant is that they don't need to swamp out your male hormone levels with very high doses of female hormones (hard on your system), they can block your male hormones and give you normal level doses of estrogen, etc., which is healthier.

However, diuretic drugs have "anti-hypertensive" properties. Blood pressure can be lowered by decreasing the fluid volume in your blood vessels (and body overall). In fact that is how most medications people take for high blood

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pressure work, by diuresis.⁴ Unlike many diuretics, one of the side effects of Spironolactone is Hyperkalemia (an excess of potassium in the blood). The references I have specifically caution AGAINST potassium supplements.¹ Electrolyte and potassium imbalance can cause confusion, disorientation, short term and long term memory loss, loss of attention span. Headaches, and dehydration, and serious loss of sodium.²

Cynthia K, commissioned a consult with a GP who replies as follows:

Spironolactone (Aldactone) is a steroid that is a competitive antagonist of aldosterone. Aldosterone is a mineralocorticoid steroid metabolized from progesterone in the adrenal gland. Aldosterone is responsible for 95% of the mineralocorticoid activity within the body. Its most important function is to promote transport of sodium and potassium through the renal tubular walls ... in effect electrolyte balance within the body.

High concentrations of this mineralocorticoid will cause the body to retain salt but spill potassium. Conversely lack of aldosterone can cause the loss of as much as 20 grams of sodium in the urine a day (about one fifth of all the sodium in the body).

Excessive loss of potassium is called hypokalemia and can lead to muscle weakness through alteration of the electrical properties of the nerve and muscle fiber membranes. Too much potassium can also cause serious electrical changes and can lead to cardiac hyper-excitability and death through arrhythmias.

The regulation of aldosterone is tightly entwined with the regulation of fluid and electrolytes in the body, blood pressure and kidney function.

Spironolactone competes with aldosterone for receptor sites in the kidney, thereby blocking aldosterone from exerting its normal regulatory action on fluid and electrolytes. By blocking aldoster-

one from conserving sodium, salt is lost (along with water) in the urine. It also blocks the excretion of potassium and if not monitored closely high levels of potassium with its resulting effects on heart muscle can be seen.

Now I am not sure but I suppose the anti-androgenic effect is probably due to a back-up of aldosterone which in turn decreases the conversion of progesterone to aldosterone. What this might wind up doing is shunting more progesterone into cortisol and should theoretically increase the amount of androgens by the adrenal gland which in turn may inhibit androgenic secretion by the testicles.

Let's put it this way. Why risk cardiac death and electrolyte disturbances (which have to make one feel lousy) in order to indirectly decrease the production of testosterone? Castration would be a much safer route.⁵

Spirolactonoline however is believed to be a carcinogen in lab rats, and has been known to do damage to livers, and other side effects. Some ts's who tried it, reportedly had some psychological effects. It has been used extensively in Europe, but not in the US.²

Spirolactonoline however may not be the same drug or a drug at all. A search through Iquest of over 20 pharmacological databases found no match with this drug name. However this may not entirely rule out a drug not being used in this country. The drug mentioned in the paper is spironolactone, and the bulk of this article is about spironolactone. The results sounded very encouraging, however if these are the same drug, its may be a toss-up in terms of risks. Although the drug sounds like it has its share of risks, it's nonetheless interesting & encouraging that it's possible to directly suppress androgens thru medication. Perhaps a more refined drug will come out of this someday.³

You may want to inform your endocrinologist/gynecologist of this research.

Drug use of any kind should be left up to your doctor.

- 1) Submitted by Debbie [redacted] (ts)
- 2) Submitted by Jackie K.
- 3) Submitted by Joanne B.
- 4) Submitted by Cynthia K.
- 5) *Private Consult* From: DAVID V.

HORMONAL EFFECTS - A personal Perspective - Tiffane

This story I hope will help those of you who are thinking of taking or just starting to take hormones. I have been under a doctors care for six months now & very glad I went the right way about it. I have called them a few times, and they have always been happy to tell me about my medical condition.

I find work in the medical field stressful, and I put in long hours, (recently, 40 days without time off) dealing with people with colds, flu and who knows what. I tell you this, because I was sure I could handle anything. I was telling people that I had no breast pain, and was developing well. But now, the word pain is with me on two points. My breasts are very tender so I have to be very careful when caring for the residents at work. When the emotional pain comes - watch out! A week ago, I was hit so hard by emotional pain I was unable to work. I sat in my car for a half-hour trying to get myself together enough to go home. This was over something that I knew about before hand, but it still hit me hard. Even now, I still hurt inside, and my eyes start tearing when I try to talk about it.

So, if you are thinking or are taking hormones, be careful, have someone for support, you will more than likely need it. Please do it the right way, your health is worth it.

TAKING ISSUE - Jennifer [redacted]

Last December I found myself in Merissa's office⁰ having made a comment of some nature or other in which I referred to the "Gender Community". Having just finished her article entitled "My Workshop" for Tapestry 55, I was immediately confronted with her lecture on "Community 101" as represented in that article.. to wit: "WE are going to work with the gay community and the women's movement???" ... We don't even know who we are, much less have anything resembling an objective, or an organized movement." A little later she stated in her lecture, that what we had was "an identifiable ("market" was the term used) group of people" and that "does not make a community". In the article she goes on to identify a community as "People caring about each other and willing to take care of each other and fight for each other's rights ... and we simply haven't gotten that far yet."

Now, Merissa has a lot of valid things to say, and maybe this too was true not too long ago, but I'm sorry Merissa, I flat out disagree. In the last two years I have seen too much happen to deny us the right to call ourselves a community. In the last two years, on a national level through a growing networking organization both on the computers and off, I have seen people literally and figuratively reach out to others to hold, hug, and even cry with their sisters. I have seen one person take in or even provide employment for others less fortunate. I have seen offers of professional services for persons who have given of themselves from others unable to do so more openly. I have watched as my sisters burst into tears at some particularly touching moment on a national TV show. I have seen people holding hands and give hours of their time to try to selflessly help another sister through some difficult time. To me this is the epitomy of people caring and taking care of others.

I have watched as an irrepressible

1 MERISSA [redacted] - EDITOR OF TAPESTRY

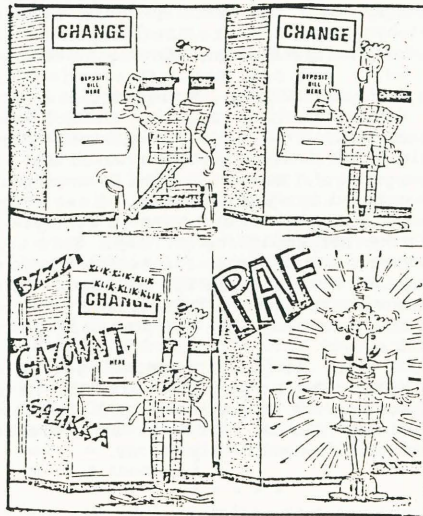
ground swell of suppression has erupted into a blossoming political activism. I have heard cries about discrimination, and seen people willing to take risks to be identified to both march for their rights and to write their Congress persons. I've seen people organize educational workshops to help train those who interact with our community. I've seen people who are giving everything they have to fight the abuses fostered on us by judicial decisions indicating a lack of representation under Title VII or the EEO. I've seen a growingly verbal support for those leaders to continue the fight. I've watched as this dawning awareness that everything isn't ok in paradise was brought to a crescendo by the blatant discrimination outlined in 1989's SB 933 Amendment 722, and ER 2273 as amended by section 511 which, to quote Sister Mary Elizabeth "not only excluded transsexuals" and transvestites "from the definition of "handicapped" ... but further stigmatize them by categorizing them with behaviors considered both criminal and deviant--i.e. pedophiles, voyeurs, exhibitionists, pyromaniacs, kleptomaniacs, etc." Later this spring, TGIC is supporting the March on Albany hosted by the New York State Lesbian and Gay organizations as a demonstration of support for pending statewide civil rights legislation. Hopefully, this will mark the first time when our community has stepped forward bravely to state that "Yes we are abused and discriminated against". These people are beginning to fight for each others rights!!

In conclusion, let me just say a couple of very intensely personal things... I wouldn't be alive right now if it weren't for the loving care and assistance of this community. Last year, my life fell apart. My sisters took me in, encouraged me, loved me and gave me hope, not just here in Albany, but nationwide. To deny us the right to call ourselves a community is just as much a form of discrimination as our governments worst legislation. We DO care about each other, we do take care

of each other, we do fight for each other right now! And we will continue to do so until we are reunited with our greater national community.

You Merissa, have helped so many of us by showing us the way... how to care for and love each other regardless of our differences, and I for one feel you do yourself a disservice by denying that we have a community. Maybe its far from perfect... maybe the objectives are fuzzy or ill planned or lacking in organization, but after all that's what we have IFGE for, right? Maybe we do have a long way to go, but by being able to identify with that community no matter how passingly, gives us a sense of purpose, and a known direction. It helps a LOT of lonely scared people know that there is some one who cares, that there are others who really do understand, that they aren't alone. Please don't deny us that.

With Love
Jennifer [redacted]



RAINBOW CAMP WORKSHOPS

1990 SPRING PROGRAM

WE THOUGHT YOU MIGHT
BE INTERESTED IN THIS !!
RAINBOW CAMP IS NOT
AFFILIATED WITH TGIC

The Spirit and the Practice of the Wise Woman Tradition (For Men and Women)

Susun Weed

Friday, May 11- Sunday, May 13

Using both ancient and modern techniques for increasing awareness, Susun will lead us into the realms of the devas, the fairies, and the green witches. Guided by participants desires, Susun will teach the six steps of healing, easy preparation of herbal medicine, specific remedies for common problems and lots of fun songs. Weather permitting, we will stroll and gambol outdoors, meeting plant friends in the rich environs surrounding Rainbow Camp. Saturday 10am- 4pm, Sunday 9:30am-1:30pm.

On Saturday evening from 7pm - 10pm, Susun will share with women only her understanding of the Blood Mysteries. Women of all ages came together in the moon lodge, the menstrual hut, the archetypal place of women's power. Blood Mysteries, long forgotten, re-emerge with much to teach us in this new decade. Singing, dancing, telling stories and passing the talking stick will help us create our own moon lodge. Women who are not in the workshop are welcome to attend Saturday evening's lodge.

Friday evening, 7:30pm - 10pm, Susun will share her knowledge of the Three Traditions of Healing. This will be open to the public and free for workshop participants. We will be looking at the linear, scientific ways of "fixing" the body machine, the cyclical, heroic ways of "cleansing" the spirit's temple, and the spiralic, wise-woman ways of nourishing the interconnectedness of ourselves and our planet. At the Free School, 8 Elm Street, Albany.

Susun Weed has been a healer and teacher for over two decades and is founder of the Wise Woman Center in Woodstock, NY. She is author of *Wise Woman Herbal for the Childbearing Year* and *Healing Wise* and is an international awakener of womanspirit. Herbal medicine as taught by Susun flows from the heart, focusing on common plants, inventing simple rituals and healing by nourishing. She brings to her teaching a joyous spirit, a powerful presence and encyclopedic knowledge of herbs and health.

Harmonizing the Genders within the Jewish Tradition

Lynn Gottlieb

Friday, May 18, 6 pm - Sunday, May 20, 12 noon

With Lynn we will explore the possibilities for harmonizing the masculine and feminine elements in Judaism. This will include

exploring elements of goddess religion, looking at the masculine male theology of Judaism and relating to positive and negative elements. We will work with prayer forms which help create a positive relationship. The prayer forms will include niggun, chant, mediation, traditional davening, as well as song, dance and drum.

Lynn Gottlieb was one of the first six women to become a rabbi in the U.S. She was rabbi of Temple Beth Or of the Deaf, and presently resides in Albuquerque, NM, where she founded Congregation Nahalat Shalom. Interested in the role of Jewish women in Jewish history and tradition, Lynn has written and performed tales of women in the Bible as part of the Bat Kol Theatre, which she founded, and has pioneered new Jewish women's rituals. An "inspiring and challenging" performer, she has led ceremonies, and lectured, and told stories throughout the U.S., Canada, Europe and Israel.

Cellular Consciousness: Prebirth, Birth and Its Impact Dr. Graham Farrant

Friday, June 8, 7pm - Sunday, June 10, 6 pm.

Prenatal and birth experiences have a life-long impact on the infant and have a life-long bearing on our attitudes and beliefs about ourselves and our world, our emotional experiences and our behavior as adults. As a powerful and skilled therapist, Graham helps people delve deeply into their conscious and unconscious memories, including cellular awareness of conception and the pre-conception time, in order to uncover and resolve early experiences and traumas. Using breath, sound, movement and touch to reach, release, connect and complete old feelings. Graham brings not only skill but an open heart, unconditional love and deep respect for each person's individual discovery and healing process. Participants routinely have reported such varied and remarkable results as: relief from seemingly "hereditary" allergies, resolution of infertility, discovery of an unknown twin that was separated at birth, discovery and healing of chronic patterns of dysfunctional personal relationships, resolution of chronic anxiety and more. Please join us in this atmosphere of emotional discovery, loving honesty and support. Registration limited to 20 people.

Thursday evening, June 7, 7:30 pm, Graham will give a lecture open to the public on Cellular Consciousness, in Albany. Please call us for the location. (518) 465-0241.

Dr. Graham Farrant, a father of 4, is an eminent psychiatrist and a pioneer in the field of Cellular Consciousness. He has advanced degrees from Harvard and McGill Universities in the US and several universities in Australia, his homeland. He is a prominent member of the Pre- and Perinatal Psychology Association of North America. Graham conducts experiential workshops internationally and is renowned for his healing approach to the variety of human issues related to prebirth and birth. He specializes in assisting people in accessing organic memories, even from as early as conception.

Directions:

Rainbow Camp is located near the Town of Grafton, New York about a 40-minute drive north and east of Albany. Directions to the Camp and to lecture locations will be mailed to each registrant. **Note:** Some programs may be held in Albany rather than at the Camp. Please note the location of the workshop you wish to attend carefully. In those instances, instructions concerning the Camp will not apply and you will receive special instructions.

Please let us know if you are interested in carpooling. A very good way to get to know other participants is to share the drive, and save fuel and cost as well. And on the ride home, you can compare notes and process what happened together.

What to bring:

Since we are in the mountains, be sure to bring warm clothes as well as a sweater or jacket for evenings, as it tends to become cool after dark. We also have a couple of small boats if you enjoy rowing or sailing. Leave your pets at home. There are bears, otters and other wildlife at the lake, and it's not a good place for dogs or cats.

Children:

Children between the ages of ten and sixteen who are interested in participating in the workshops are welcome for half fee. If your children do decide to participate in the programs, you are responsible for seeing to it that their behavior does not disrupt the program. If they change their minds, however, and wish to wander outside, be ready to accompany them, because we have a policy which mandates child supervision anywhere near the lake (except for some fifteen- and sixteen-year-olds). This is an important part of the community as we define it. We are deeply concerned with the lives of children, but are not "child-centered".

Smoking:

Smoking is not permitted anywhere at the lake except in the one designated smoking area. Please ask where this is, and please respect our policy.

TGIC LINGERIE PARTY:

Tiffane V. is pleased to announce that she has arranged with some of her female friends to hostess a lingerie party with **UNDERCOVER WEAR** at the club room on May 10th. UW offers an extensive line of lingerie for the larger woman. This should give you an excellent chance to buy those unmentionables you may otherwise feel self-conscious in purchasing. Hope to see you there!

NOTE ↗

Cost & Registration:

You may figure your fee based on your income level as follows:

Less than \$10,000	\$ 89	For Farrant - workshop, add \$ 60.00
\$10,000-\$20,000	\$139	
\$20,000 - \$30,000	\$159	
Over \$30,000	\$189	

For two people sharing incomes, add them and divide by two. Thus, if you make \$6000 and your partner \$15,000, your fee would \$139, even if only one of you came for the weekend. **There is a discount of 10% for anyone who makes full payment 30 days in advance or for any one over 65 years of age.** Partial scholarships are available. Call us for details.

A registration fee of \$40 per person is necessary to hold the space for you. Please also include a stamped, self-addressed envelope to facilitate our confirmation to you and our supply to you of additional workshop information. Your deposit is refundable, minus \$10 up until ten days before the workshop. Thereafter it is transferable, within six months, to another weekend.

You may deduct the cost of a Rainbow Camp weekend including travel expenses as an education deduction it incurred to maintain or improve professional or work skills. Check the IRS booklet.

Registration Form:

Name: _____

Phone: _____

Address: _____

Name and date of weekend you would like to attend: _____

Appropriate Fee: (please circle one)

Less than \$10,000	\$ 89	For Farrant - workshop, add \$ 60.00
\$10,000-\$20,000	\$139	
\$20,000 - \$30,000	\$159	
Over \$30,000	\$189	

10% Discount applied for (Please check one):

Full payment 30 days in advance: _____

Over 65 years of age: _____

Program Fee:

Discount (if applicable) () _____

Amount enclosed: _____

Remaining due on arrival: _____

(Please cut out Registration Form and return to us with your check.)

Rainbow Camp's phone number is (518) 279-1930 for contact during program weekends. At other times, call Mary Leue at (518) 465-0241, Ellen Becker at 462-9963, or Betsy Mercogliano at 449-5759. Our street address is Grafton, New York 12082, but our mailing address is Rainbow Camp, c/o Family Life Center, 20 Elm St., Albany, NY 12202.



LISAC, JENNIFER W, HEATHER, FRANCES, GINNY M, TIFFANE V,
BARB S, DEE T., AT FEBRUARY COMING OUT
WEEKEND.

NEWS FOR NEWBIES - CONT. FROM Pg. 2

two options remain. You can try to "keep the lid on" indefinitely as we all have for so many years, increasing your resistance to dealing with things as the pressure builds, until something (probably you) snaps... then try to pick up the pieces (if there're still enough left). Or you can continue on the path you've begun by starting to talk about it here. That path *isn't* one leading to GR, mind you, it's the one leading to your knowing whether or not that's what you have to do. And it's not a rational process, either, make no mistake about that--feelings (these or any other kind) aren't rational. You can't just decide to alter them, but you *can* (easily) misperceive them, so caution and a measured pace is what's called for. The one factor that is in your favor is that (dropping into extended metaphor-mode here) as you move through a landscape, your perspective changes. And with each step you gain more understanding of the terrain that you initially found so confusing and alien. Keep taking baby steps, and keep your eyes open as you

MAKEOVER &
WIG SEMINAR
& PHOTO SESSION
CLUBROOM
SATURDAY May 12th
1990
WITH - JENNIFER W
1:00 P.M.

do. Rushing into things is the way to trip yourself up; moving slowly and occasionally stopping to reassess not only gets you the best view of the terrain you're exploring, it also gives you time to absorb what you encounter, preventing you from being shocked or surprised into errors of judgement one way or another.

And one last bit of advice to keep in mind as you continue to thrash these issues out, both here and when you search out a group: be very careful about the language you use; it not only affects how others see and treat you, but it also affects you too. Don't say "I'm a ts"; say instead "I've been having ts (or tv or whatever) feelings". The latter doesn't commit you to anything, and won't lead you into deceiving yourself in the name of maintaining consistency between one statement and another. Note that just as all brainwashing techniques (whether bad "I love the Fuhrer" or good "I am an alcoholic") rely on declarative statements, preferably emotionally-charged ones. There's a little person in the back of your head listening to everything you say and gullibly accepting all of it. Saying ill-considered things

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deceives that little person, and that's the way we deceive ourselves.

So go slow, feel your way along, and celebrate each little baby step as more progress than you made in your entire first (however-many) years, rather than flogging yourself because it wasn't a giant leap. In this way you'll be able to maintain your equilibrium while exploring your particular situation, will just naturally drift to the point at which you *know* with certainty and serenity where (if anywhere) you need to go from there. And *never* (wagging finger) hesitate to share your feelings with your friends and fellow-travelers here!

We're all fumbling along through this "long, strange trip" together.

Love, Dot

CLASSIFIEDS:

TGIC NEWS will accept classifieds of a reasonable nature to our community free of charge from any TGIC member. Classifieds may be edited or rejected subject to decisions of the News committee.

OH Jennifer - Now carrying the "Its a Wig!" & Rene of Paris lines of wigs available to Gender Club members everywhere at 10% below retail. Call or write for a catalog of these beautiful wigs! **WE NOW HAVE CONDITIONER AND CARRYING CASES FOR YOUR WIGS** PO Box 1417, Troy, NY 12181 or 518-432-7092.

KEY CLUB OPENINGS: For the first time in months, we have 2 storage closets available for rent. One is \$35.00 per month, and the other is \$20. To rent one of these units and have access to the club room for dressing and storage leave a message on the machine 518-436-4513 or contact Dawn.

APARTMENTS FOR RENT - COHOES - Historic Mansion being converted to Apartments for gender people. 1BR, Kit, Full Bath, Parlor, Fireplace, Pr Pkg, Ref, Stove, Heat - Elect - HW Incl. Overlooking Mohawk River. References & Security Required, No Pets, \$365.00/Mo 237-5943. Owner Member of TGIC.

WEDDING GOWN FOR SALE Size 20 \$100.00 - rarely used. 432-7092.

GIRLS LIKE US is looking for bookings for any events for DJ's, Drag, or Bands with a crossdressed theme. For information contact 518-432-7092.

CALANDAR:

REGULAR MEETINGS

TGIC: Albany NY 518-436-4513
Socials - 2nd Saturday - 145 Club 8P
4th Friday - Club Room 8P
Rap Group Every Thursday - Club Room 6P
Couples Group - 1st Saturday - Club Room
Board Meeting - 1st Thursday - Club Room

TGN: New Paltz, NY 914-658-8091
General Meeting - 1st Friday - Church 7P
3rd Friday - Church 7P

TIFFANY: Wayland, MA 508-358-2305
Rap Group - Every Tuesday - House 7P
Wives Support - 1st Friday - IFGE
Couples Group - 3rd Friday - IFGE

XX CLUB: Hartford, CN (TS only)
General Meeting - 2nd Saturday - Church
4th Saturday - Church

THE GATHERING: NY City (TS only)
General Meeting - 1st Sunday

CONNECTICUTVIEW: Devon, CT
Socials - 1st Saturday - House Parties

LIFE: Hempstead, NY (Long Island)
Socials - 1st Friday - 3rd Saturday
Wives Support Group - 2nd Tuesday

May:

- 3 - 6 Weekend In the Poconos
Muriel Olive
- 10 - Lingerie Party - Clubroom 7PM
- 11 - CD NETWORK: Rochester, NY Mtg.
- 12 - Makeover / Wig Seminar - Clbrm 1P
- 13 - TS Tea - Rachael's Home 5PM
- 17 - 20 Weekend In the Poconos
Creative Design Service

June:

- 1 - TGIC Coming Out Weekend
- 2 - TGIC Coming Out Weekend
- 3 - TGIC Coming Out Weekend
- 3 - NYS Gender Coalition Mtg.
Leaders Conference - Alb.
- 6 - 10 Be All Weekend - Pittsburgh
- 10 - TS Tea Rachael's Home 5PM