

metamorphosis magazine

VOL. 5, NO. 2

THE MAGAZINE FOR F-M TRANSSEXUALS

APR.-MAY 1986

Feature Article:

F-M SEX-REASSIGNMENT
SURGERY IN SINGAPORE

Book Review:

INFORMATION FOR
THE FEMALE-TO-
MALE CROSSDRESSER
AND TRANSSEXUAL



Personal Profile:

WORKING IT OUT ON THE BEACH

News, Letters,
Poetry, Cartoon,
Ads, and more...

MAY MOTTO: "Don't call me 'Brother' till you walk a mile in my moccasins."

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METAMORPHOSIS MAGAZINE, Vol. 5, No. 2, Apr.-May 1986.
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Editor: Rupert Raj; Publisher: Metamorphosis Medical
Research Foundation, Inc. (MMRF), P.O. Box 5963, Station
'A', Toronto, Ontario, Canada M5W 1P4 (416-532-5769).

Subscription Rate: \$18 per year (six issues). Free to
members. (Membership: \$28 per year. Membership open to:
female-to-male transsexuals, their 'significant others',
peer-support providers and helping professionals).

Editorial Policy: Other publications may reprint inform-
ation and articles of interest provided that credit is
accorded the Metamorphosis Magazine (including the mail-
ing address) and that a copy of the publication contain-
ing the reprinted material is submitted to the Editor.

MISPERCEPTION

The female you perceive
to be
is not the 'real' me.
The cover she provides
hides
the man who struggles
to be free.

. --Miki [REDACTED]

ALL CHANGE

Not so much a 'Curse'
More of a 'threat'
Now I'm nearly fifty-three.
Months and months go fleeting by
And I wonder if I'm free.
But now, this week
I'm 'young' again:
Spots on back and nose
And a tummy pain -
Trousers worn tight
While patience wears slim.
It's a curse to feel 'her'
When I also feel 'him'.

--Kaye of Guernsey

(SHAFT Newsletter, Vol. 2, No. 7,
February/March 1985)

RUPERT GRUMBLES



Rupert, Editor
"Grouch", grum-
bles and gripes

Sorry for the delay in getting this and the last issue out to you, folks, but there isn't a hell of a lot of incentive when I'm bustin' my huns (without pay - overworked and underpaid) for a mere 43 paying customers (33 renewals and 10 new members/subscribers) and another 40 "comps" (21 Professional Consultants - only 3 of which paid their dues this time around, 4 additional professionals, and 15 peer-support group leaders/newsletter editors who exchange subscriptions with us). Twenty-eight people did not renew this year (15 of which were F-Ms). Because of this lack of interest and support on the part of F-M TSS and helping professionals, I am seriously considering opening up the magazine to M-F TSS, as well, starting next January, as I feel that I can probably increase the subscribership to 200-250 in one to two years time. (Not only am I not paid as Editor, Executive Director, Chairman and President, but I also make a contribution to MMRF every year. This year I put in \$54 into the general account and, I only remunerate myself for long distance calls to our out-of-town members of the Board of Directors. If I were to claim payment for all the other telephone calls made to members, subscribers, professional consultants, peer-support group leaders/newsletter editors/counselors, etc., MMRF would probably be

"in the red" now or bankrupt).

More grumbling...The attendance at the Annual General Meeting was disappointing, to say the least (only 17 people showed up - just about half the number expected, and two of the scheduled guest speakers cancelled at a late date - although one of these was not firm, nor was the third). Do you know that I was up till 2 a.m. both nights before the meeting, preparing the Financial Statement, the Executive Director's Report and the Chairman's Address? And, do you know that both of my promised rides to the AGM didn't show up and I had to take public transportation to get there and back? And, do you know that I had a burning fever, a hacking cough, a sore throat, and near-laryngitis during the meeting and convention and couldn't even read the reports and address in question, and should've been one in bed? Not to mention all the literal leg-work involved making arrangements weeks in advance of the AGM? Last year, only 4 people showed up besides the 3 directors.

The point of all this griping is unless there's more interest, participation and financial support shown in the future, Rupert and MMRF won't be around much longer... One man can't do all the work and wear all the hats all the time - without pay. I need an Executive Assistant now! We need funds to buy a personal computer and pay for necessary long distance calls. We need more members, subscribers and contributors - not only transsexuals but professionals too. The bottomline is: it's now up to you. Please help to keep MMRF alive and flourishing.--R.R.

ANNUAL GENERAL MEETING

The third Annual General Meeting of the Metamorphosis Medical Research Foundation, Inc. was held at the Bond Place Hotel in Toronto on Sat., April 26, from 2 to 8 p.m.

Seventeen of an expected 25-35 members and guests attended, including 5 couples, 3 F-Ms (two of whose mates didn't attend), 2 M-Fs and 2 non-TS guest speakers from: Ohio, Pennsylvania, Hamilton, Kingston area, Ottawa and Toronto.

Speakers included: MMRF Executive Director Rupert Raj, Board member Dr. Lenard M. Hughes (who spoke about his future plans to perform phalloplasty), Board member (and FACT Executive Director) Susan C. Huxford, FACT TORONTO Chairperson Denise Hudson, and correctional counsellors Sam [redacted] and Mary [redacted] from My Brothers' Place - a half-way house in Toronto for male ex-convicts that will soon take in pre- and post-op transsexual parolees.

Regretably, the other scheduled guest speakers (Jerry & Lynn Montgomery, Stephen Parent and Jude Patton) were unable to attend due to (last-minute) work commitments (new job, holiday change and schedule conflict, respectively). However, resource materials previously submitted by Jerry (Insight newsletter) and Jude (Gender Dysphoria Program of Orange County, J2CP Information Services) were displayed on the resource table in the room.

MMRF Board member Susan Huxford officially announced her resignation from the Board due to other pressing commitments (FACT, GenderServe, etc.). On behalf of the membership, Exec. Dir. Rupert Raj presented Susan (who is an Honorary Life Member of MMRF) with an engraved, Cross pen-and-pencil set in appreciation of her invaluable assistance (drafting the Constitution and By-laws, making up the Agendas, recording

FINANCIAL STATEMENT

Jan. 1 - Dec. 31, 1985

INCOME*

Balance Forward:	\$ 279.13
Memberships:	655.89
Newsletters:	1398.98
<u>Contributions:</u>	
(General Account):	58.00
(Computer Fund):	323.40
Advertisements:	37.78
Uninvited Dilemma:	502.84
Bank Interest:	43.65
<u>Total:</u>	<u>\$3299.67</u>

*Includes exchange on U.S. funds

EXPENDITURE

Postage:	\$ 382.29
Printing:	213.04
Newsletter:	340.07
Photocopying:	154.90
Office Supplies:	204.71
Answering Machine:	273.81
Telephone:	202.83*
Uninvited Dilemma:	489.42
Post Office Box:	25.44
Medical Books for	
Reference Library:	77.60
Petty Cash:	23.79
Bank Debit:	13.63
<u>Total:</u>	<u>2401.53</u>
<u>Credit Balance:</u>	<u>898.14</u>
	<u>\$3299.67</u>

*\$40.70 of this amount included A/c from previous fiscal year (1984)

(A/c in the amount of \$250.36 were carried over to the following fiscal year (1986))

the Minutes, etc.) since MMRF's incorporation in August of 1983.

The meeting was followed by a cash bar and a full-course, roast top sirloin dinner. The following afternoon, Rupert and five others toured downtown Toronto in a 1920 Witt trolley car.

(Thanks to all those who attended).

--R.R.

EXECUTIVE DIRECTOR'S REPORT FOR 1985

Jan. 12: Board member Susan Huxford conveyed MMRF's birthday wishes to Dr. Harry Benjamin ("Father of Transsexuals") at his 100th birthday reception at Princeton Club in New York City. Executive Director Rupert Raj also sent greeting cards on behalf of membership and reported special event in Feb. newsletter.

Jan. 26: Board of Directors Meeting: Board member John ██████ tendered resignation due to academic commitments. He later re-joined Board on Sept. 28, 1985.

Mar. 23: Board of Directors Meeting: Regular business matters.

Mar. 28: Rupert Raj presented workshop on transsexualism for Elizabeth Fry Society of Kingston and counselled two pre-op F-M TSS (inmate and parolee). He reported this in June issue of newsletter.

Apr. 27: Annual General Meeting: This took place at 519 Church St. Community Centre in Toronto. Three directors, one M-F member, two potential F-M members and a fiancée attended. Rupert Raj (President), Susan Huxford and Strathie ██████ (Treasurer) were re-elected by acclamation as no nominations were received by deadline. Rupert cancelled planned social following AGM because of poor turn-out.

May 13: MMRF charge account opened at Grand & Toy Ltd. in Toronto.

May 25: Board of Directors Meeting: Metamorphous Press' (Oregon) offer to give MMRF 30% commission per copy of THE UNINVITED DILEMMA sold approved by Board members, as was purchase of answering machine for \$273.81 immediately following meeting.

July 21: Dr. Lenard Hughes and wife RoseAnn were featured guests at

social gathering at Rupert Raj's residence. Dr. Hughes told six F-Ms and four mates about plans to perform phalloplasty upon completion of his urological residency. The Hughes also donated \$40 to kick off MMRF's Computer Fund.

July 22: Rupert Raj and Susan Huxford accepted invitation by Tiffany Club Managing Director Merissa Sherrill Lynn to join International Foundation for Gender Education Steering Committee in order to organize annual conventions for TS/TV group leaders, peer-counsellors.

Aug. 31: Dr. Gosnell Duncan, holistic medical practitioner in Brooklyn, N.Y. sent Rupert Raj experimental model of "penile prosthesis" which he tested, reported results in October newsletter and provided feedback to Dr. Duncan.

Sept. 12-15: Susan Huxford attended 9th International Symposium on Gender Dysphoria, sponsored by HBGIDA, Inc. and Program in Human Sexuality at University of Minnesota in Minneapolis.

Sept. 28: Board of Directors Meeting: John Daniel re-joined Board.

(cont'd. next page)

TV-TS TAPESTRY

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EXECUTIVE DIRECTOR'S REPORT (cont.)

Dr. Lenard Hughes accepted invitation to become Board member. Computer Fund initiated by Rupert Raj officially approved by Board.

Oct. 19: Social get-together held in house of potential member and mate attended by six F-M guests and two fiancées.

Nov. 8: Rupert Raj acclaimed FACT TORONTO Liaison Officer at FACT TORONTO Annual General Meeting. (FACT = Federation of American and Canadian Transsexuals).

Dec. 7: Board of Directors Meeting: Three-dollar increase in membership dues and newsletter subscription fees approved by Board members.

* * *

Rupert Raj's "Jobs" in 1985:

(Founding President, Executive Director, Chairman, Newsletter Editor)

- *Chaired five Board meetings & AGM
- *Edited six issues of newsletter
- *Compiled Confidential Contacts Directory (1985 edition)
- *Updated/expanded bibliography in Information Packet on F-M TSism
- *Wrote five articles & book review
- *Kept books (ledger accounts)
- *Prepared financial statements, annual Treasurer's Report & Executive Director's Report
- *Banked funds & cleared post office box weekly
- *Organized/hosted two sociels
- *Counselled/supported 25 F-M TSs, 33 M-F TSs, 3 MTVs & 9 mates
- *Presented workshop on F-M TSism

Members=45, Newsletter subscribers =19, Advertiser=1, Contributors=5, (3=computer fund, 2=general fund) =a total of 70 people financially supporting MMRF; 12 members/subscribers also contributed to Computer Fund (making a total of 15 contributors); 26 copies of THE UN-INVITED DILEMMA & 4 Research Supplements sold by MMRF.

* * *

MMRF NOTES

Mar. 31: Dr. S.S. Ratnam, Senior Professor & Head of Department of Obstetrics and Gynaecology at the National University of Singapore, has accepted an invitation to act as a Professional Consultant to MMRF.

Apr. 5: Board of Directors Meeting: Susan Huxford tendered her resignation from the Board due to other commitments (FACT & GenderServe).

Apr. 8: Sarah [REDACTED], an M-F member, presented MMRF with 12 complimentary audio cassettes of the proceedings of the Ninth International Symposium on Gender Dysphoria held in Minnesota, Minn. last September.

Apr. 26: Annual General Meeting: Rupert Raj (President), Strathie [REDACTED] (Treasurer), Dr. Lenard Hughes and John [REDACTED] were re-elected by acclamation. MMRF Executive Director Rupert Raj presented Susan Huxford with an engraved pen and pencil set, on behalf of the membership, immediately following her announced resignation from the Board. Tomas R., a member from Ottawa, has offered to fill this vacancy for a period of one year.

Apr. 28: Rupert Raj and Susan Huxford presented a workshop on transsexuals involved in the criminal justice system for the Provincial Council of Elizabeth Fry Societies of Ontario at their provincial conference in Alliston, Ontario.

May 2-4: Rupert Raj was the featur-

(cont'd. on p.7)

F-M SEX REASSIGNMENT SURGERY IN SINGAPORE

We do not have any published data on female-to-male transsexuals in Singapore although we have been carrying out surgical procedures on them for sometime. However, I will try to give you a descriptive account of what we do and how successful we have been.

Like every other centre in the world, we are very stringent in screening patients who come to us for reassignment procedures. They go through the full psychiatric and psychological assessment and once they are certified as transsexuals of stable mind who would benefit from a reassignment procedure, we would start them on hormone therapy until they come in for surgery. In the case of female-to-male transsexuals, the waiting time can range from weeks to months.

As you probably know, the female-to-male reassignment involves a number of procedures. We undertake Stage 1, Stage 2, and Stage 3, that is, bilateral mastectomy, total hysterectomy, bilateral salpingo-oophorectomy, and the raising of a penile pedicle in one sitting. In all our reassignment procedures, we are acutely conscious of the problem of identity, pay more attention to gender than sex, and therefore, try very hard to minimize scars that would remind or help others identify the past gender of the individual. For this reason, we carry out the bilateral mastectomy either through a circum areola incision or a trans-areola trans nipple incision and then perform the subcutaneous mastectomy. This then does not leave a scar across the breasts on either side and we feel that the individuals find it so much better than the traditional scar used for mastectomy.

As for the penile pedicle, we started using flaps from the thigh

gracilis muscle, but found this unsatisfactory because most times one went through cicatrization (ie. healing by scar formation). We then went on to use tube pedicles from the iliac fossae (ie. the concavities of the iliac bones of the pelvis) and this, again, was not terribly satisfactory and we have now settled for a midline sub-umbilical tube pedicle, the base of which sits on the position of the normal flaccid penis. We then undermine the skin and subcutaneous fat on either side, going right back. We open the abdomen through a midline incision through the rectus and peritoneum (ie. the serous membrane lining the abdominal cavity), perform a total hysterectomy, bilateral salpingo-oophorectomy, and having closed the rectus, we then pull the lateral skin edges across to the midline and suture them together beneath the flap of skin that we had raised to form a penile pedicle. We then bring the edges of the flap together, thus forming a tube pedicle. It resembles a handle on the abdominal wall. About three months later, we detach the upper end of the tube pedicle, which falls and resembles a flaccid penis. This stage can be done under local anaesthesia to save cost to the patient.

(cont'd. next page)

TRANSSEXUAL VOICE

A newsletter by and about transsexuals
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Make check/money order payable to:

Phoebe [redacted] sending same to [redacted]

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F-M SEX-REASSIGNMENT SURGERY IN SINGAPORE (cont'd.)

The fourth stage involves the in- aertion of a medico-silastic proa- thesis into the pedicle. It gives stiffness to the pedicle making it appear as a permanently erect penis but it is flexible at the base so that one can strap the penia against the abdominal wall and wear tight underwear so as not to cause social embarrassment. We also mobilize the clitoris upwards and bury it within the base of the pedicle to give the person erotic sensetion with the thrusting movement during coitus. The next stage involves the cloaure of the vagina and, if the patient desires, the insertion of a testicular prosthesis.

Our attempts so far to create a penile urethra (ie. a canal for the discharge of urine) has not been terribly successful. We had tried to use the vaginal epithelium (ie. the tissue lining the vagina) to create the urethra and the furthest that we have got to is for the meatus urinarius (ie. the external opening of the urethra) to opsn at about 3 centimetres from the base of the penis. We have just imported medico-silastic urethral tubes from France and we hope that we will be able to use this to create a penile urethra. I hope you find this explanation useful.

I must remind you that I am not a plastic surgeon although I was originally trained as a general surgeon with special interest in plastic surgery. I am a gynaecologist and I will be quite happy to serve on an advisory capacity to your organization.

--Professor S.S. Ratnam, Senior Professor & Head of Department, Department of Obstetrics and Gynaecology, National University of Singapore, Republic of Singapore

* * * * *

MMRF NOTES (cont'd. from p.5)

ed guest-speaker at the GGA (Gateway Gender Alliance) Windy City Chapter's "Spring Fling" in Chicago, Illinois, and was presented with a "Man-of-the-Year Award" by GGA-Windy City Chapter Director Sharon Renee Hart.

May 6: Rupert Raj reproduced and posted copies of the premier issue of the "Transsexuals In Prison" newsletter, edited by "Frank" Ashford, a member from Marysville, Ohio.

May 8: Dr. David A. Gilbert, a micro-surgeon and member of Plastic Surgery Specialists, Inc. in Norfolk, Virginia, and wife Deborah, a nurse and co-ordinator of their Gender Identity Committee, have accepted an invitation to act as Professional Consultants to MMRF. Dr. Gilbert has also agreed to submit information regarding sex-reassignment surgery for F-Ms for publication in Rupert Raj's forthcoming manual, and has further offered to present a slide show on the surgery for our Toronto members anytime after Fall of 1986.

May 23: Rupert Raj spoke to members and guests at FACT NIAGARA's last meeting in Hamilton, Ontario about MMRF and his work with TSS.

Computer Fund: \$573.84

THE UNINVITED DILEMMA: MMRF has sold 46 copies and 7 Research Supplements, to date.

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Redgrave stars in *Second Serve*



Vanessa Redgrave stars as
a transsexual tennis star



REDGRAVE ROLE: Man-To-Woman

by Lou Sullivan

Vanessa Redgrave will star both as a man and a woman in Linda Yellen's Lorimar-GBS production of "Second Serve", based on the true story of Dr. Renee Richards, the leading eye surgeon and tennis player who underwent male-to-female sex reassignment. Filming of the TV-movie began January 1986.

Yellen originally toyed with the idea of having the dual roles played by Peter and Jane Fonda. "I'm not at all sure a woman should play this role, but if one does, I think it should be me," said Redgrave.

"Vanessa makes a very handsome man," said Yellen. "She's fooled a lot of people on the set during tests. As you know, men have played women on the screen several times. But for a woman to play a man in a serious work and get away with it, that's a something challenging. Forgetting about 'Yentl', which was a different sort of story, I can't think when it has been done. You'd probably have to go back to the London stage, years ago, when Sarah Bernhardt played 'Hamlet'. But here we were asking an actress to attempt it using this intimate medium that shows everything."

Redgrave has never met Richards, but she, Yellen, and others attended a transsexual group meeting in Santa Monica. "What's interesting," Yellen said, "is that women to men have a much easier transition than men to women. From often being treated like second-class citizens, women suddenly become first-class. Men have an enormous psychological adjustment to make when they become women. There are aspects of being a woman that men cannot possibly imagine."

ABSTRACT

GENDER IDENTITY AND INTERNALIZED OBJECT RELATIONS: A Comparison Of Female-To-Male Transsexuals, Lesbians And Heterosexual Women

by Terrie Ann Lyons

The present study explored the complex interaction of the three components of gender identity, 1) core gender identity, 2) sex roles and 3) sexual orientation, by comparing matched samples of female-to-male transsexuals, lesbian and heterosexual women. The primary hypotheses of this study were: 1) transsexuals would be more identified with their fathers than either the lesbians or heterosexuals, and 2) transsexuals would show evidence of more primitive internalized object relations. It was also hypothesized that transsexuals would be male in gender and more masculine in their sex roles than the lesbian and heterosexual women. Instruments used were the Block Q-sort, the Bem Sex Role Inventory, the Object Relations Technique, the Derogatis Symptom Check List and a Demographic questionnaire.

The subjects were 10 transsexuals, all of whom had lived in the male gender at least one year, 10 lesbian and 10 heterosexual women, the majority of whom resided in the San Francisco Bay area.

Contrary to expectations, the transsexuals were no more identified with their fathers than were the other groups, nor were they or any other group more identified with either parent. Similarly, transsexuals showed no more evidence of primitive internalized object relations than did the other groups. As was anticipated, the transsexuals were male in core gender, while the lesbians and heterosexuals were female. Transsexuals also tended toward more masculine sex roles than did their counterparts....

(cont'd. next page)

ABSTRACT (cont'd. from p.9)

However, they showed evidence of similar levels of feminine sex roles, as did the heterosexuals. The lesbians were somewhat lower in measure of feminine sex roles than either other group. No differences were found on the psychopathology screening device, the Derogatis Symptom Check List.

It was concluded that core gender identity is an intrinsic part of identity and does not appear to be related to identification with the parent of the same gender or internalized object relations. Rather, it was suggested that etiology may be due to complex factors involving multiple features.

* * *

Slide Show On TS Surgery

The Montgomery Foundation, Inc. Gender Dysphoric Association (P.O. Box 33311, Decatur, Georgia 30033) invited Dr. David Gilbert, a microsurgeon, and his wife Deborah, Coordinator of the Gender Identity Committee, at the Eastern Virginia Medical School in Norfolk, Va. to present a slide show on the F-M and M-F sex-reassignment surgeries for their members and guests in Decatur, Ga. on May 24. According to MF Directors Jerry and Lynn Montgomery, this particular clinic does the best phalloplasty in the world. (Dr. Gilbert has also offered to present a similar slide show for MMRF's members in Toronto, sometime after the fall of 1986).

* * *

Symposium Proceedings On Tape

The proceedings of the Ninth International Symposium on Gender Dysphoria, held in Minneapolis, Minn. last September, are available on a series of 12 audio cassettes (\$6 apiece, \$72 for the set) from the Program in Human Sexuality,

2630 University Ave. S.E., University of Minnesota, Minneapolis, Minn. 55414. The tapes deal with various aspects of endocrinology, behavioral science and surgical treatment as related to transsexualism and gender dysphoria. (Tape #9 includes presentations of four types of phalloplasty and a metadiplasty - chest reconstructive surgery; Tape #10 features a panel discussion of all the foregoing). The deadline for orders is May 31 but this may be extended if sufficient interest is shown.

* * *

Canadian Sex Research Conference

The 13th Annual Canadian Sex Research Forum Conference scheduled for July 4-5 at the University of British Columbia in Vancouver, B.C. will be chaired by Betty W. Steiner, M.B., Psychiatrist-in-Charge, Gender Identity Clinic, Clarke Institute of Psychiatry, Toronto, Ontario. Featured guests will be John Money, Ph.D., Professor of Medical Psychology and Pediatrics, Johns Hopkins, Baltimore, Maryland, and Richard Green, M.D., Professor, Department of Psychiatry, State University of New York, Stonybrook, New York. To registrar, contact: Dr. R.W.D. Stevenson, Chairperson, Program Committee, CSRF 13 Annual Conference, c/o Sexual Medicine Unit, Shaughnessy Hospital, 4500 Oak St., Vancouver, British Columbia V6H 3N1 (604-██████).

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BOOK REVIEW: INFORMATION FOR THE FEMALE-TO-MALE CROSSDRESSER AND TRANSSEXUAL by Louis G. Sullivan, 48 pages, \$6.00
Order: L. Sullivan, 1827 Haight Street #164, San Francisco, California 94117

Reviewed by Kim Elizabeth Stuart

Transsexuals have been viewed by society, over the years, as some sort of freaks - or as people in some kind of weird limbo between freakishness and homosexuality. Until recently, almost nobody took them seriously. Virtually all of the attention was given to "men who felt they were women trapped in male bodies". When female-to-male transsexuals came out in the open, the world was forced to take a closer look at the phenomenon of transsexuality. Some medical and mental health professionals began to realize that, if the condition was not confined to generic males wishing to become females, it must be something more than a few "drag queens" who were seeking attention. In point of fact, female-to-male transsexuals who openly declared themselves as such, provided more credibility to the feelings male-to-female transsexuals expressed about themselves.

Although the number of female-to-male transsexuals who come forward each year is nearly equal to the number of male-to-female transsexuals declaring themselves, the literature and body of knowledge is heavily weighted toward the male-to-female phenomenon. L. Sullivan now presents us with a very important, informative, helpful, and unusual survey of female-to-male transsexuality. The book also contains much information which could be of help to loved ones and others trying to understand the condition.

Admittedly, the book is short (a sigh of relief can be heard by book reviewers who have to wade through so many ponderous tomes),

but it is comprehensive and covers much ground. Not only does Sullivan examine the biological and medical aspects of transsexualism in detail, but he also comments extensively on the psychological aspects and feelings female-to-male transsexuals experience. Further, he discusses the attitudes society has toward the phenomenon currently, and presents a dramatic photo-text overview of female-to-male transsexualism from a historical perspective.

One example of the distance in knowledge that lies between women who want to become men, and men who want to become women is reflected in the attitudes of most surgeons. Almost all surgeons who perform genital surgery routinely operate on male-to-female transsexuals who have lesbian orientations in new roles. Surgeons who operate on female-to-male patients, however, adamantly refuse to operate on patients who indicate they identify as gay males. One has to wonder how such arbitrary and illogical lines are drawn in the minds of these surgical practitioners.

INFORMATION FOR THE FEMALE-TO-MALE has numerous photographs and sketches of women who have lived as men earlier in this century, and centuries past, which are fascinating; particularly so when one reads the stories behind them. All of this and more. Not bad for a forty-eight-page book.

Mr. Sullivan has provided a valuable educational tool on the subject of female-to-male transsexuality. He is to be commended for presenting such a worthwhile and interesting look at this intriguing subject.

(Ms. Stuart is the author of The Uninvited Dilemma).

WORKING IT OUT ON THE BEACH...

by Rao [REDACTED]

For more years than I care to remember, my answer to any kind of social outing was "No." I skipped over the "Maybe" phase without even a second thought. No was a sure bet for me as it ensured my privacy and my mental need to stay at home by myself. The "No" phase was very easy for me as I was hiding from myself - so afraid to let anyone in on what I was feeling, or more correctly, that I was afraid to feel or show any emotion unsuitable to the male figure I was so striving to be.

Mentally I was male; emotionally I was, and still remain, very sensitive, but physically I was, without a doubt, still female. Trying to begin to integrate into the male world without any help or knowing how to get such help without being found out, and fears of being called "perverted" or "crazy" and being rejected or cast out scared me. So, I chose to become a "house case" (if I wasn't at work, I would be at home).

Living in a tourist town wasn't easy as there was always something going on, and avoiding the constant outings was rough and the excuses were getting old. The winter months were like a breath of fresh air as the activities dropped off and I could escape to the deserted beaches along the Gulf Coast for long, solitary walks.

Here, I could walk and think things through like I never could before. A peace was present that I couldn't begin to explain. You'd have to experience it to really understand what I'm talking about. The beaches were my escape and soon became a weekly relaxation routine and still are today. Sometimes, if only for a few minutes,

or in really bad weather, I will park the car in silence and again experience a oneness of mind and body.

Two years ago, I finally had gender-reassignment surgery, and now I needn't say "No" anymore unless I really want to. Don't get me wrong, it's very hard for me to say "Yes" and go out with my wife and have a good time. But, for the first time in my life, I try to make an effort to have a good time. To be totally honest, I had forgotten exactly how to have a good time - I've been so serious for so long. However, I'm now slowly learning the ins and outs of this social endeavour and it isn't easy. But, then again, staying out of circulation so long, all wrapped up in myself, wasn't "a piece of cake" either.

All in all, I've learned a lot about me and why I am, and why I have done and still do a lot of the things I do. The sensitivity I've always been ashamed of while growing up no longer bothers me as I've learned that it's more of a blessing than a curse. And today, in a new job with a future, it has come in very handy as I work with some very special clients and this gift of being in touch with myself has proved very rewarding - sharing the tears and the laughter along the way.

So, what I'm trying to say is, that along the *(cont'd. next page)*

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WORKING IT OUT ON THE BEACH (cont.)

way to whatever you're striving for (be it a new identity or a new job) there will be obstacles to overcome - a lot of them and some are really damn hard to get through. But, the thing is to never give up, no matter how long it takes because your future is worth it. The social hurdle that I've just about licked, for the first time in my life, has taken me about 15 years and yet, I have made it.

Inside, I still hurt like hell and keep in a lot of emotions I find hard to share with anyone - even my wife. But, there's always a way. Don't give up. Set your goals and go for it! This is what life's all about after all is said and done - getting from one place in time to another the best way we can. Learn to understand and like yourself. You can do it - I have faith in you.

I walk the beaches and go fishing during a 97-hour work-week divide between two jobs that has me out of town two nights a week. Others I know hook ruga, knit, jog or lift weights, garden and do wood-working. The idea is to pursue a hobby or activity you enjoy, and make time to do this on a routine basis. Once into your chosen venture, you'll find that mentally you can relax, and slowly, this can break up a lot of pent-up anger and hostility, and even help you to formulate decisions for living.

I don't have the answers. I just know that if I didn't change some of the habits I've developed over the years, in my endeavours to hide and pass unnoticed, I would surely have gone crazy or ended a very sad and confused life. Life is rough, and when you make a change such as a gender-change, it takes a lot of patience and mental and emotional stability, but, most important for me, it took people.

I lost some of my best friends over my decision to change, but, for each one I lost, I feel I have gained three in return, and these new friends are true friends who know and understand me. I also have a world of friends, on and off the job, who don't know of my female past and I'm very close to these people.

Change is good, my friends, and I feel I've made it. So, I'll end this now and let you meditate and absorb what I've tried to relate. Hang in there...

--Rae

WANTED!!!

Poems, limericks, free verse on themes related to: transsexualism, transvestism, and androgyny for inclusion in forthcoming book: **AN ANTHOLOGY OF TS, TV, AND ANDROGYNOUS VERSE**. Send submissions to: Rupert Raj, METAMORPHOSIS, P.O. Box 5963, Station A, Toronto, Ontario, Canada M5W 1P4.

GUNDON



'I don't want to be chairperson. Chairperson sounds effeminate.'

LETTERS TO THE EDITOR

Dear Sir:

It is with great pleasure that I am writing to you. My Father, Dr. Roberto Farina, was very pleased to receive an issue of your magazine METAMORPHOSIS (Vol.5, No.1, Feb.-Mar. 1986). For him it is an important publication that opens new frontiers to a new land and society where prejudices against transsexuals do not exist.

He was also delighted with the kindness written in such a winsome commentary of his book (Transsexualism: From Normal Man To Normal Woman Through The Conditions Of Intersexuality And Paraphilia) made by the reviewer Dawn Linda Raby. Dr. Farina agrees with her that it is a pity that there is no English translation of the book. Regarding this, he would like to ask if the Metamorphosis Medical Research Foundation, Inc. would be interested in helping this dream come true or even if you could provide names of other institutions that would be interested in such a job.*

Once more, we wish to express our sincere thanks for your kindness. We would also like you to know that we are your supporters. We hope that the window you have opened, bringing relevant information, direction and hope to transsexuals, will be opened even wider along a horizontal plane.

--Domitila Farina, Sao Paulo, Brazil (Dr. Roberto Farina is a Professional Consultant to MRRF)

(*We are honoured that you have called upon us to perform this worthy task and will seriously investigate the possibilities of making this vital work accessible to the English-speaking world.-RR)

Dear Rupert:

Help! I am a common-law wife to



one of your members. One of the problems we have can be fixed by you, I'm sure, so please help us. My husband needs a urinary device (not the penile prosthesis mentioned in the October newsletter but one that was talked about in a much earlier issue - something that could be concealed in a jacket pocket, if necessary). I need to know how, where and how soon I can obtain this for him. The stress that is inflicted upon him each time he contemplates going to the bathroom publicly kills me. Please help him.*

Also, his doctor retired before he could finish the second phase of his transsexual operation. What he needs now is someone to give him a complete examination as well as his bi-monthly hormone shots.

(cont'd. next page)

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J2CP Information Services

J2CP Information Services provides information/referral services formerly provided by the Erickson Educational Foundation and JANUS Information Facility. J2CP Information Services is a separate entity and is not affiliated with either of its predecessors.

J2CP Information Services provides an information package consisting of pamphlets and literature concerning gender dysphoria syndrome, transsexualism and transvestism. This information package is available at a cost of \$25.00 to cover research, printing, postage and secretarial services. Additionally, J2CP Information Services will attempt to provide referrals to reputable counselors, psychotherapists, or gender programs, and peer groups near your home.

Certified checks or Money Orders should be made payable to J2CP Information Services. Please specify whether you are male-to-female, female-to-male, or transvestite when writing. If transsexual, please provide your place of birth.

LETTERS TO THE EDITOR (cont'd.)

What I need to know is whether you have a listing of New York surgeons for the latter stage of F-M surgery and also, a good M.D. who will check to see if the hormones he's had are enough, and a doctor who will resume the injections. Please Rupert, help us any way you can.**

--Anonymous

(*You are referring to the blue, plastic, urinary director designed in 1979 by the Sani-Fem Corporation (P.O. Box 666, Downey, California 90241) for little girls and pregnant women to urinate while standing (and reportedly, which also helped many F-M TSs) advertised in our February 1982 issue. Or possibly, to the instructions and illustrations (submitted by the Sollus Information Center and published in The Phoenix Monthly International April 1982) on how to create a urinary assist device for F-M TSs to stand like a man - which was first advertised in our August 1982 issue and subsequently reported on, by one of our members who constructed and tried out the device, in our June 1983 issue. (The blueprint can be purchased from either: the Gateway Gender Alliance, 484 Lake Park Avenue, Suite 427, Oakland, California 94610 (415-763-6185), or, F-M TS Group, Billy DeFrank Community Center, 86 Keyes Street, San Jose, California 408-293-4525.) **No, for the surgeons, yes, for the endocrinologists. Readers, please submit referrals of gynecologists and phalloplastic surgeons in the New York area.--RR).

Dear Rupert:

I read your article "F-M and M-F TSs: Some Sociological Comparisons" in the December Metamorphosis newsletter with interest and wish permission to reprint it in an up-

coming issue of Gender Review.* I agree with you that little has been done in the way of sociological study. I read Thomas Kando's book (SEX CHANGE: The Achievement Of Gender Identity Among Feminized Transsexuals, Springfield, Ill.: Charles C. Thomas, 1973) some years ago and was not impressed; it struck me as a somewhat superficial work which he had concocted as a Ph.D. thesis. As a matter of fact, I wrote a paper "Gender Dysphoria as a Social Disease" nearly a year ago and have not published it yet. I took it to Guelph (Ontario) to bounce off a class of seniors, but did not use it as there were too many questions.

--Susan C. Huxford, Executive Director, Federation of American and Canadian Transsexuals (FACT), Hamilton, Ontario, Canada

(*Yes, you may although I'd hoped to amend it slightly prior to publication in other newsletters/magazines. I also plan to write a sequel focussing on the differing support-need trends of the two groups sometime in the future.--RR).

Gentlemen:

Thank you for the information you have forwarded to the Ontario Human Rights Commission.

As you are aware, sexual orientation is not a prohibited ground of discrimination under the current Human Rights Code. However, complaints have been taken in the past from transsexuals who believe they have been discriminated against because of their sex. In this instance, if a Female-to-Male transsexual believed he was denied a right under the Code because of his sex conversion, a complaint might be taken for investigation. Of course, each situation would require a more detailed discussion of the facts before proceeding.

--Greg [REDACTED] Intake Officer,
Ontario Human Rights Commission

LETTERS TO THE EDITOR (cont'd.)

Dear Rupert:

I really like the magazine format of Metamorphosis. Thanks for forging ahead with the publication and keeping it all together for us. Thanks, too, for the article on the herbal testosterone. As I'm an avid tea drinker, it sounds perfect for me. I've a letter off to the company already. I've enclosed another "Letter to the Editor" for Metamorphosis in answer to the F-M gay man "Anonymous" in the last issue. Thank you for so openly airing this issue. It has been a real problem for me, too, as you know, but I have just found a surgeon and will have my "genitoplasty" soon.

--Lou Sullivan from San Francisco

Dear "Anonymous":

I was overjoyed to read your letter to Rupert regarding your identity as a gay man. I have been searching so long for others like myself. I, too, am a F-M gay man, and have lived as such for the past 13 years (I graduated from high school the year of the Stone-wall Riots). Back in those days, I was too honest with some gender programs and I've been informed that, while their clinics do not question at all a M-F who wishes to be a lesbian, a F-M who wants to be a gay man is unheard of and no doctor wants to be the first to operate on one, although there are no sexual preference requirements in the Harry Benjamin International Gender Dysphoria Association Standards of Care. Fortunately, I have located doctors on my own and I'm enjoying life tremendously!

My advice to you, "Anonymous", is to always over-emphasize those few sexual encounters you have had with females to the doctors and admit to, but don't stress, your sexual encounters with other men.

They'll be able to handle your bisexuality easier than your total homosexuality. You would do all of us guys a favor by letting the doctors know that we are, after all, interested in the male sex. You should have no problem getting doctors on your own though, especially since you've been living as a male without hormones (good for you!). It's better than having to follow the regime of a program.

And thank you, Rupert, for telling us you know of at least six gay F-M men.*

--Lou Sullivan

(*Actually, it's seven now as our newest F-M member tells me he considers himself to be a gay man.-RR).

Dear Mr. Raj:

I agree that Lou Sullivan's book (INFORMATION FOR THE FEMALE-TO-MALE CROSSDRESSER AND TRANSSEXUAL) is a very important contribution to the literature concerning transsexuality.

I want to take this opportunity to thank you for all the time and effort you have put into promoting my book. I experience a good deal of personal gratification when I hear from readers who tell me the book has helped them understand themselves and/or loved ones. People I don't know from distant places tell me the book has affected their lives. I have actually heard from readers who told me the book gave them the courage to go on living, and that is very humbling indeed. I know it is helping people because I get mail from all over thanking me for writing it.

Yes, I would be more than happy to write the Foreword to your Anthology. If there's ever anything I can do to help you or your Foundation, please do not hesitate to call upon me.

--Kim Elizabeth Stuart, author of THE UNINVITED DILEMMA

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