

THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON
AUGUST, 1996 □ VOL. TWO □ NO. 5 □ PRICE: \$1.00/E.A. □ \$15.00/YR SUBSCRIPTION



**2ND ANNUAL FTM CONFERENCE OF THE
AMERICAS
TO BE HELD IN SEATTLE AUGUST 9-11, 1996**

From the Founder:

By Marsha Botzer, M.A.

From the beginning of Ingersoll Gender Center we have kept one thought in our minds, one thought that has enlivened the hearts of all our volunteers and friends. This is the idea of service. We have wished to create and organization that offers support to individuals and to their hopes.

As part of this ongoing dream of service Ingersoll is very proud to be a major sponsor of the Second Annual Female to Male Conference of the Americas, being held here in Seattle on August 9 to 11. Ingersoll began with a philosophy of *Everyone Welcome*. Our groups have been open to TS, TV, CD, TG--FtM, MtF, --Undecided, ALL. And so it has been for almost 20 years. As new ideas came along and better ways to serve were developed we learned new ways to be supportive. The support has come from the inside out, from the needs of our users and not from the plans of anyone else. We are a place where ideas can grow. The Conference is another opportunity for us to enact our mission and support the good work going on in so many wonderful ways. The passion of folks like James Green, Jason Cromwell, Spencer Bergstedt, and David Schreier demands we do no less.

Everyone at Ingersoll offers their praise and good wishes to the people who have made the Female to Male Conference a reality. Much of the local work has been done by Ingersoll friends and others who use the Center. Nothing gives us more pleasure than to see the dreams of passionate and caring people made real in the world. I want to offer my personal praise and thanks to everyone whose hard work has made the Conference happen, especially the Host Committee here in Seattle. With their kind of energy how can we fail to achieve our goals?

Our dream of service requires we do what we can to help individuals take care of themselves and win the peace they need to get on with their lives. With the issues of gender and identity settled--or, if not fully settled, freed from their destructive aspects--then a person can go on about their lives in any way they will. We never know what those ways will be, that is not our mission. We are here to support. The future is with us, with us ALL.

"RECLAIMING OUR HISTORY" Seattle's 1996 FTM Conference

Seattle is proud to present the second Female-to-Male Conference of the Americas. Organizers invite all FTM's, their families and friends to join them as they learn about their past, present and dreams for the future. "We welcome all, no matter where they are in their personal journeys, to attend and contribute their own wisdom and insight to our common bond of brotherhood", organizers say. *The conference will be held August 9, 10 and 11 of 1996.*

- ☐☐ **Friday, August 9, 1996** -- Registration begins at 5:00 pm and continues until 7:30 pm. A "Meet and Greet" event will occur followed by an evening of entertainment and social gathering. Fees for the entire 2 1/2 day conference are \$60 per person, \$95 per couple before 5/31/96. After 5/31/96, fees are \$75 per person and \$120 per couple.
- ☐☐ **Saturday, August 10, 1996** -- Saturday's events consist of various workshops designed to meet the needs and questions of significant others as well as discussions fulfilling the needs of FTM's. Various events and social functions after the workshops will be scheduled for entertainment. For

those wishing to attend Saturday's workshops only, the fee is \$40 per person.

- ☐☐ **Sunday, August 11, 1996** -- Sunday will be reserved for questions and insight into medical practices and procedures. For those wishing to attend Sunday's discussion only, the fee is \$40 per person.

Some work/exchange discounts on registration fees are available for those who wish to volunteer to work before, during or after the conference. We will also try to assist those who can't find or afford lodging; please let us know if you will require this assistance.

When we receive your paid registration, we will send you a confirmation letter with information about lodging, a detailed conference schedule, and travel directions to the conference sites.

INGERSOLL ON THE INTERNET

e-mail: ingersoll@halcyon.com

Graphics WEBBrowser:

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

TEXTonly WEBBrowser:

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

EMERALD CITY/INGERSOLL PICNIC PLANNED

Mark your Calendars!!

The Boards of Directors of Ingersoll Center and Emerald City have set Saturday, August 24, 1996, from noon to 5:00 pm for a *potluck picnic* for our two groups to get together for a day in the sun with a great view.

We have reserved a shelter with a panoramic view of the Smith Tower, The Kingdome and Seattle's waterfront at Jose Rizal Park on Beacon Hill. The park is located near Pacific Medical Center and we have sheltered tables reserved so the picnic will go on, **rain or shine!**

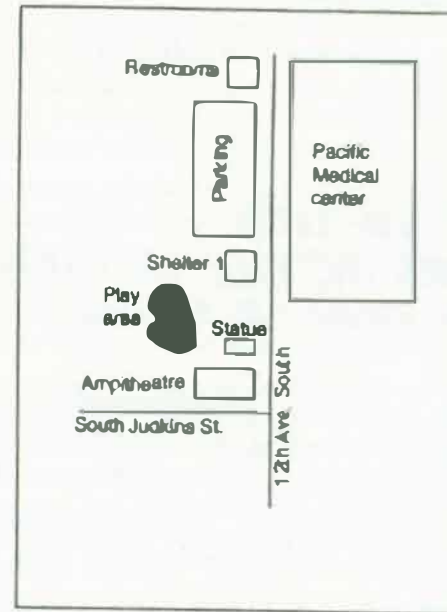
More information and a map to the park will be posted in the meeting room at Ingersoll, at Emerald City, and in this month's *The Ingersoll Message*, on page 5. We hope to see you August 24, 1996, from noon to 5:00 pm.



PHONES ANSWERED TUESDAYS 7:00 PM 10:00 PM
For Crossdressers. Meetings and social gatherings. Safe, discreet, and confidential. A place to be all you want to be!

Emerald City/Ingersoll Picnic

I-5 North/South Bound
Take the James St. Exit. Turn on James heading East. Go to 12th Ave So, turn Right on 12th Ave. S. 12th Ave will veer to the right after you cross the bridge just before the stop.
The park is about a block and a half south on the Right hand side



Picnic Begins at 12:00 P.M.
August 24th 1996



INGERSOLL PLANS HIV/AIDS INFORMATION SUNDAY

Sunday, August, 18, has been designated HIV/AIDS Awareness Sunday at Ingersoll Gender Center. In honor of that fact, we will present

HIV AND AIDS: WHAT MEMBERS OF THE GENDER COMMUNITY SHOULD KNOW.

We will present a training presented by a trainer from the Northwest AIDS Foundation. The training, which is normally a two-day event will be presented from noon to 5:00 pm. We realize that this longer than our usual Sunday programs, however there will be breaks and refreshments will be provided.

There will be a general discussion of HIV/AIDS, including, what it is, how it is transmitted, what people can do to protect themselves against infection, and the latest information about treatment and the possible vaccine.

Discussions concerning HIV/AIDS have not been a priority in the Gender Community, but it is of vital interest to all of us to be informed since more and more members of all communities are facing the devastating effects of this terrible epidemic. We urge you to attend and bring a friend.

FACILITATOR'S FORUM

By Suzanne Adams

First of all a reminder that the IGC and Emerald City combined picnic is coming up on August 24th at Jose Rizal Park on Beacon Hill, and our President, Jaye Albright has put together a great event, so make an effort to come and share some good food and even better fun times. If all of you help make this potential great event a success then we will make it an annual event.

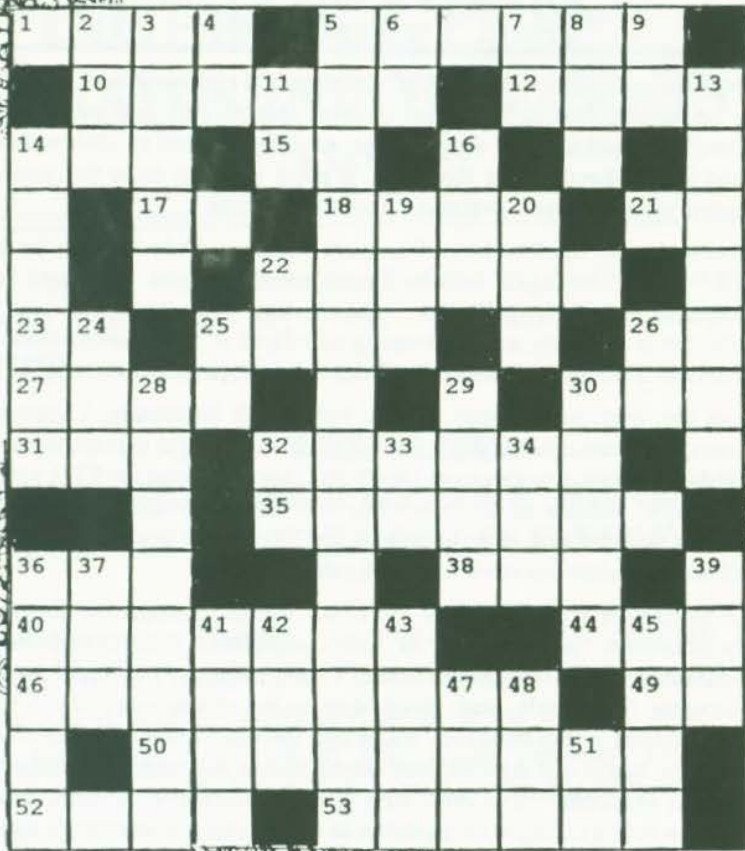
Also in August the facilitators/therapists meeting will be held on the 17th at 10 AM. This meeting is held to discuss problems, plan goals and keep us in communication with each other. The meeting is for facilitators and therapists only, but if members want something addressed at this meeting then give your facilitator a written note and we will discuss the topic at our meeting.

I am sure everyone is happy to have Robin back facilitating, I know that I am. Karen Shaw continues to draw a crowd, and Jaye's input is inspiring to all. Sara and Lindsay continue their good work for Thursdays, and the FTM group is alive and active. Allison continues her excellent leadership with her "Friday Humor", assisted by Phoebe on some occasions, and Dentse will become more active in the fall when Lindsay has some other obligations.

As facilitators we continue to guide our groups through the tough issues of discrimination and coping in the workplace with transformation and identification, but everyone should realize that we as facilitators are not therapists, we merely lead group discussions concerning these issues. The answers exist within ourselves, and group discussion provides a common ground to air the issues and discover how others within our community cope with these difficult situations. It is imperative that members of the Ingersoll community check in with a therapist for guidance in discovering the answers to our problems, and we are fortunate enough to have a group of therapists who are not only qualified to handle the problems, but they care about us and our TG issues. I believe that this is what makes Ingersoll a national leader within the TG community. There is never any one person, facilitator or therapist that makes Ingersoll the successful institution that it is, but rather it is the entire group effort of each participant and involved professional that makes us what we are today. I am proud to claim that I belong to our organization, and I hope that all of you feel the same way too.

Have a great summer, remember to contribute your input of information to every meeting you attend and I'll see you in group or at the picnic in August.

GENDER CROSSWORD



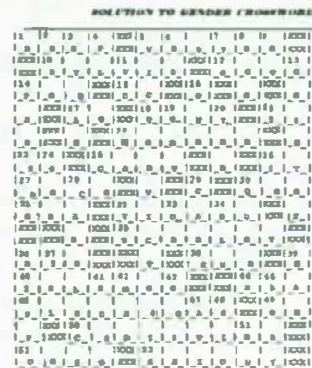
ACROSS

- 1 Right away (init)
- 2 A stong concern
- 10 A Hepburn TV role (first name)
- 12 Aware
- 14 Use this to mean 'before'
- 15 Metric measurement
- 17 'Cat in the H_ _'
- 18 First name of TV actor in 'Some Like it Hot'
- 21 Exists
- 22 Blond actress in #17 across
- 23 To this extent
- 25 Don't put in front of Horse
- 26 Third word in title in #17 across
- 27 As soon as, when
- 30 'Vadis' and 'Status' use this

- 31 Arts Group (init)
- 32 Scramble #51 across
- 35 Last name of character in #11 across
- 36 In #17 across, liquor was carried in this flask
- 38 To barely make
- 40 Last name of TV actor in #17 across
- 44 Basketball organization
- 46 When you take 1st _____, the crowd will _____
- 49 Second scale name
- 50 Garbo's TV queen
- 52 ΜΑΥΡΟΝ! It's brown, white and brown
- 53 Well-ordered vowels

DOWN

2. Russia used to be this: U_ _ _ _
3. Sometimes it's 366 (2wds)
4. Courtesy: _ _ case
5. Andrew's movie
6. Third and fourth letter of #4 down
7. At
8. Fine
9. Daylight time (init)
11. Victoria cross (init)
13. The begmning (2wds)
14. Self
16. _ _ _ eliable
19. Abbreviation for Canadian city
20. Over there
22. Cellist: Yo Yo _ _
24. Single digit
25. I lead woman: _ _ ()
26. Letters which sound like 'eye' and 'you'
28. Garage (2wds)
29. Concern
30. Noble woman (see #48 across)
32. Abbr. for 'years': _ R _
33. Daytime TV: S_ _ ps
34. Large deer
36. Water horse
37. Surrounded by water: _ _ _ c
39. Woman's name
41. Talkback
42. Mal de _ _
43. Facial orifice
45. 'Donkeyspeak'
47. Dole om: R_ _ on
48. Flying Down to _ _ _
51. Greek letter



Jaye's Journal

By Jaye Jane Albright, Board President

This is a very special welcome to the attendees of the second annual FTM Conference. On behalf of IGC, I want to express how proud we are that Seattle is the home of this year's event. This is a very T-friendly city, and I hope that anyone who is here to attend the conference events will drop in at any of our Ingersoll Gender Center group meetings.

It is extremely important to me that you know that our doors are always open to 'drop in's' at almost any meeting of IGC. Yes, specific nights are earmarked for certain needs in our schedule of events. And, we do try to adhere to our policies as much as possible. However, our primary mission is to provide information, referrals and support. And, as one of the host organizations, I want you to know that Ingersoll will welcome you to our midst whether you call our hotline or just drop in on us during the time of your stay here.

Spencer Bergstedt, one of the moving forces behind the FTM Conference, deserves a big thank you for his efforts on behalf of Transgender Law and Employment policy. The Northwest is extremely well-represented in this area after last month's (concluded 7/7/96) International Conference on Transgender Law and Employment Policy. Administratively, the ICTLEP named three new Moderators for specific law areas and two of the three are from our area of the country: Employment Law - JoAnna E. McNamara of Salem, Oregon; Family Law - Spencer Bergstedt of Seattle, Washington; Civil Litigation - Dana Turner of New York City. He was one of 75 participants. Transgen '96 was the fifth annual law and employment policy conference and it drew at least 75 participants from 18 states plus Canada, England, and Australia together to discuss the special legal issues and needs of transgendered people of color, transgendered men, and transgendered people who are not transsexual, as well as health-care issues and international developments affecting the entire transgendered community.

Shorter seminars covered the history of same-sex marriages, Native American perspectives on gender, the rejection of transgendered lesbians by some lesbian groups, and establishment of local transgender law organizations. Highlights included major addresses by Professor Mary Coombs of the University of Florida Law School, Sharon Ann Stuart, and Phyllis Frye.

Dec McKellar, Secretary-Director, ICTLEP, reported that perhaps the most moving experience was the first formal reading of the Declaration of Gender

Liberty, an outdoor candlelight ceremony punctuated by the sounds of nearby fireworks displays.

Complete reports on discussions and findings will be available in the Proceedings, scheduled for publication this fall. Contact information for these and other Moderators is available from ictlep@aol.com. Dec tells us that Transgen '97 will be held in Houston, probably in the middle of July. The format will be similar to this year's, with four half-day workshops and many shorter ones.

Have a great summer! Hope to see you soon. (At the FTM conference, I hope).

Important Ingersoll Doings in

AUGUST

- All Wednesdays in August: TS Group (Referral Only) 7:30-9:30 PM
- All Thursdays in August: (Except July 4) Drop In Group (Open) 7-9 PM
- All Fridays in August: TV/TS Support Group (Open) 8-10 PM
- Phones answered Mondays & Fridays 6-8 pm and Saturdays 10-12 noon
- August 13: Ingersoll Board meeting 7:00 pm - 8:30 pm
- AUGUST 9-10-11: 2ND ANNUAL FTM CONFERENCE OF THE AMERICAS.**
- AUGUST 18, HIV AND AIDS: WHAT MEMBERS OF THE GENDER COMMUNITY SHOULD KNOW". Noon to 5:00 pm at Ingersoll Gender Center.**
- AUGUST 24, POTLUCK PICNIC AT JOSE RIZAL PARK SPONSORED BY INGERSOLL AND EMERALD CITY, 12 NOON TO 5:00 PM. (See article in Newsletter)**
- August 31: FTM Support Group 3:30-5:30 pm, Social. Contact David at 859-1053, for the location.

**AIDS AND YOU
SUNDAY, AUGUST 18,
12 NOON TO 5:00 P.M.**

**FASCINATING INFORMATION
FOOD, AND CONVERSATION**

HOW TO CHANGE GENDER BETWEEN FLIGHTS IN AN AIRPORT TERMINAL BUILDING, SO THAT NOBODY KNOWS

By Marian Beddill

GENERAL INFORMATION

Purchase your ticket with just initials or a gender-free first name.

Prepare a carry-on travel bag with the clothing, supplies and accessories needed for both gender roles. The masculine needs almost nothing except the clothing (with shoes) and perhaps a wrist-watch. The feminine also obviously needs a purse, cosmetics, jewelry, probably a wig and stick-on nails, perhaps a woman's hat to momentarily cover it if you have a very macho haircut.

Plan ahead what to wear. You will have four stages with two or three wardrobes overall. If you are "required" at departure or arrival to use severely masculine dress, carry a unisex wardrobe in the bag along with the feminine. Choose a shirt and pants which are a bit loose, and which have legs, collar and sleeves long enough to hide other items underneath. Two options on shoes: 1) swap to women's modest low-heels at the middle step, or 2) also carry higher heels if that's your style. It's helpful if all appears unisex; not severely masculine, as you will enter or leave the women's restroom wearing this.

Schedule the flights to have at least two hours available.

Most of the process will be the same whichever is your current gender. Genetic women (i.e. FTM's) seem to suffer less scrutiny than genetic men (i.e. MTF's).

Arriving from the inbound flight, scout the building to find a pair of restrooms (Men and Women) which are in a low traffic area of the terminal, yet not so remote as to attract attention. Often this may be a corridor or concourse with few flights at that hour. The door of the Women's restroom should not be directly visible by anyone working at their usual place, but it should be visible from the seats in a public waiting area, one of which will be yours for a while. If changing to feminine, also find another Women's restroom, not too far from the first pair.

ARRIVING AS MASCULINE

Go into the Men's. Be sure there are four or more stalls, so you don't hog limited space. Find a stall which can maintain a degree of privacy. Change to the feminine undergarments and hose. Put on the bra, but without falsies if you use them. Put on the feminine wardrobe. Cover with the baggy outfit. Exit.

Go sit in your waiting area seat, facing the Women's restroom door, and read a while. Watch the foot traffic. Hope that any cleaning or service crews have come by and are finished. When you are sure you are not being watched, swap to the

you can, or don a hat. Pick a time when there is no one in the Women's room, and casually, confidently walk in.

Again find a stall which can maintain a degree of privacy. Strip off the baggy outfit, add falsies and a wig (if you wear one), sit on the toilet seat and add stick-on nails and do a first-level application of makeup. Switch to high heels if that's your thing. Refill the bag, listen for minimal traffic in the restroom, take a deep breath, and leave the stall for the sink and mirror area. Wash up, arrange your hair a bit, and inspect the makeup for only gross errors. Put on a small smile and exit.

Go to the second women's room and do a woman's usual thing. Use the toilet, wash up, and fix your makeup. That's it. Head out into the world.

ARRIVING AS FEMININE

Go into the Women's. Once again, be sure there are four or more stalls. Find a stall with a degree of privacy. Take off the falsies and stick-on nails. Change to the unisex, baggy clothing, swap to the low-heeled shoes or loafers. Keep earrings and jewelry on. Exit to the sink and wash off most of the makeup, except for a trace of lipstick and rouge. Finally, return to the stall and take off the wig, in favor of the hat or fluff up your own hair. Listen for minimal traffic in the restroom, take a deep breath, leave the stall and restroom and confidently go down the corridor without looking back.

Go sit in your waiting-area seat, facing the Men's' restroom door and read a while. Watch the foot-traffic. When you think no one is watching, remove the jewelry and under some pretense like a cough or blowing your nose, wipe off the lipstick and rouge. Take off the woman's hat or flatten your hair. Pick a time when there is no one in the Men's' room and walk casually in. Wash up completely. If needed, change to the severe masculine wardrobe. Do a man's usual thing, wash up and comb your hair. Scrutinize closely for traces of makeup, straighten your tie. That's it. Head out into the world.

INGERSOLL-EMERALD CITY
POTLUCK PICNIC
AUGUST 24, NOON-5:00 PM

JOSE RIZAL PARK
SEE MAP ON
PAGE 5



Help Your Heart Recipes

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

Fresh Tomato Pizza

- | | | | |
|--------|---|-----|--|
| 1 | Vegetable oil spray | 1/4 | cup snipped fresh basil or parsley |
| 1 | 10-ounce package refrigerated pizza dough | | Freshly ground black pepper |
| 3 or 4 | medium Italian plum tomatoes, thinly sliced | 1 | cup shredded part-skim mozzarella cheese |

Preheat oven to 425° F.

Spray a 12-inch pizza pan with vegetable oil. Press dough evenly into prepared pan. Arrange tomato slices on top. Sprinkle with basil and season with pepper. Sprinkle with cheese. Bake 15 to 20 minutes or according to package directions. Cut into 8 wedges.

Serves 4; 2 pieces per serving. Preparation time: 10 minutes. Cooking time: 15 to 20 minutes.

Nutrient Analysis per Serving

284 kcal	Calories	16 mg	Cholesterol	3 gm	Saturated Fat
15 gm	Protein	500 mg	Sodium	1 gm	Polyunsaturated Fat
40 gm	Carbohydrate	7 gm	Total Fat	2 gm	Monounsaturated Fat

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



REGISTRATION

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Special needs: _____

- Yes! Register me now! \$60 is enclosed. **
- Yes, I'm interested. Sign me up and I'll pay later.
- Please send me more information.
- I need housing information.



Mail to: FTM CC
1202 E. Pike #1070
Seattle, WA 98122

I am donating \$ _____ for those who may be unable to afford registration.

**Fees: \$60 single, \$95 for couples before 5/31/96. \$75 single, \$120 for couples after 5/31/96 or at the door. \$40 per person for attendance to Saturday's workshops, or Sunday's medical discussions only. Make checks and Money Orders payable to FTM CC.



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Editorial and article contributions are welcomed.

Editor: Pat Butler

Contributors: Marsha Botzer,
Suzanne Adams Jaye Albright

Ingersoll Gender Center Board of Directors:

Jaye Albright, President Sandra Johnson PhD, Treasurer
Marian Beddill, Secretary

Marsha Botzer, MA Suzanne Adams, MA
Patrick Butler Bryant Vehrs, MA

Jason Cromwell, PhD c

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writer. They do not necessarily reflect those of Ingersoll
Gender Center or the Board of Directors**

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

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

- I WOULD LIKE TO KEEP UP WITH INGERSOLL
EVENTS, PLEASE ADD ME TO YOUR MAILING LIST.
- PLEASE SEND ME AN INFORMATION PACKET
(ENCLOSE \$1.00 p/h AND S.A.S.E. (#10 BUSINESS SIZE))