ETVC

Educational TV Channel Newsletter

Volume Three, Number 4 January - February, 1985

The View From the Chair

aka KIM'S KORNER

A FOOD PLAN = A FLATTERING FEMININE FIGURE

I want to talk about two ways to lose weight. The first way is called dieting or fad dieting. Diets are fine for a short term quick weight loss. But there is also a very high percentage of quick weight gain after you go off your diet. Diets help you lose weight but they don't teach you how to eat properly so that you don't regain the lost weight.

The second way to lose weight is by adopting a sensible eating plan. I have been on a food plan for a little over 3 months and I've lost 28 pounds so far and I plan to slowly lose about 7 more pounds. I started at 180 lbs and I now weigh 152. A food plan is not a diet -- but you do eat low calorie foods. Just like a diet you choose how much weight you want to lose and by controlling calories and exercise you can obtain a lovely figure.

Kim's Food Plan Tips

1. Count calories: get a book which lists the calorie content of foods and buy foods that list the calorie content.
2. Use a food diary: keep track of everything you eat and record the calories.
3. Before eating anything stop and ask yourself if you really want or need it.
4. For a balanced diet, eat from all 4 of the major food groups: beans & grains, dairy products, fruits & vegetables and meats.
5. Incorporate into your plan such things as snacks, low calorie desserts and an occasional craving. It is better to satisfy a craving for an ice cream sundae than eat something else and still crave a sundae.
6. 1200 calories per day on a food plan

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ETVC News

Executive Committee News

The Executive Committee continues to meet each month, usually the second Saturday following the parties, at one of the ExCom member's homes. Charla joined us in November; thanks, Charla!

The next two ExCom meetings are scheduled for January 12th and February 9th in San Francisco. Your officers want as many members to attend as possible; this is your organization and your input helps guide the decision-making. This is also another opportunity to go out dressed in a safe, secure place. The homes we meet at have plenty of room, so why don't you plan to attend some of the upcoming meetings? Ask any officer for meeting time & place.

Treasurer's Report

Our assets presently consist of $248.30 in our account, and about $98 in stamped envelopes. This is just about right -- maintaining a bank balance between $200 and $300 seems like a good goal. In the last two months our income has about matched our expenses. We showed a profit of $70 at the November Games Night but lost $45 on the Halloween party. That particular deficit was more than compensated for, though, by the magnificent decorations and the lovely time had by all.

Membership Report

People continue to demonstrate their support for ETVC by joining us as members. Thirteen people have bought memberships in the last two months, bringing our total membership to 80! Our recent parties have been very well attended. About 55 people came to the Halloween party and 50 participated in the November Games Night.

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ETVC Meetings & Parties

** WOW ****** PARTIES ****** FUN ****** GOOD TIMES ****** PARTIES ****** FUN ****** WOW **

FASHION SHOW
Thursday, January 31, 1985

More glamorous than Gucci! More dazzling than Dior!! It's the ETVC "Fashion Show!!!" Fantastic fashions will be presented for your enjoyment on Thursday, January 31st, starting at 8 pm. The models of ETVC will delight your fancy with sensational outfits from their own wardrobes and other sources, including some original designer fashions. Tables will be set for your dining pleasure; for reservations call the Chez Mollet, 527 Bryant St. in San Francisco at 415/495-4527 and mention it's for the ETVC party.

The fees for this delightful evening are $3 for members and $5 for non-members and guests. Bring a friend and have them start off the New Year right by becoming a member of ETVC.

MARDI GRAS NIGHT
Thursday, February 28, 1985

Dust off your masks and "ritzy" fashions! -- ETVC presents "Mardi Gras Night" on Thursday, February 28th, starting at 8pm. Wear your most glittering apparel, or that special costume you don't dare wear any other time of year, and come party at the ETVC Mardi Gras. Champagne and a good time will both be on tap on this festive occasion. Tables will be set for your dining enjoyment - but reservations are definitely recommended. Call the Chez Mollet, 527 Bryant St., San Francisco at 415/495-4527 and mention that it's for the ETVC party on February 28th.

The cost for this party is a low $5 for members and $7 for nonmembers and guests. Bring a friend or meet a new friend at the ETVC Mardi Gras!

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A HOLIDAY SEASON THOUGHT

Though our good friend and sister Siobhan Fredericks died this past June, she lives on in our hearts and memories. Charla came across some lines which seem particularly appropriate in this holiday season, from some correspondence written in July, 1983:

"Our hobby does not go well in isolation, as you may have found out already. It is better to take a few bold steps...than to remain in an isolation of one's own creation.

Peace and love,
Siobahn Fredericks"

Charla: "With that thought in mind, let's all resolve to 'carry it on.'" Incidentally, if anyone happens to have, or know of, a good copy of Siobahn's TURNABOUT Magazine #8 (ca. 1972), please contact Esther Shaw or ETVC, P.O. Box 6486, San Francisco, 94101.

A CHRISTMAS GIFT IDEA

Why not give an ETVC membership to a friend? The half-year price of $4 gives them all the advantages of membership until May 31st, 1985. What a deal!!

Associated Press

Hi, sailor — Joe Namath, once one of professional football's outstanding quarterbacks, strikes an unusual pose in a dark dress and matching fur collar during his performance in a musical comedy at an Atlantic City, N.J., casino. Namath plays a down-on-his-luck musician posing as a woman in order to travel with an all-girl band.

Welcome to ETVC

Who we are... and how to find us.

ETVC (Educational TV Channel) is a social, recreational and educational support group for transvestites, transsexuals, transgenderists and their friends and/or Significant Others.

In the spring of 1982, a small group of cross-dressers and transgenderists in the San Francisco Bay area, wanting to create a safe social milieu for themselves, began getting together on a regular basis at various individuals' homes. We chose a name for our group (ETVC) and as word got around and more people started showing up at the gatherings, we established regular monthly socials at a San Francisco restaurant, the Chez Mollet. In less than a year, our "theme" parties or events were drawing an average of 40-60 people and ETVC had become established as one of the best places in the Bay area for TV's, TS's and TG's to go for a sociable night out on the town.

Starting in 1983, we began to adopt a set of bylaws to provide a formal structure for the group. Under these Bylaws, ETVC is a membership organization (although non-members who share our interests are welcome to attend) wherein responsibility for coordinating its activities rests with a 5-member Executive Committee.

Since we exist to help meet the needs of TV's, TS's and TG's, we are delighted to welcome new people who share our interests to any of our regular meetings which take place the last Thursday of every month at the Chez Mollet restaurant, 527 Bryant St., San Francisco, CA from 8 pm to 12 midnight. Their specialty is French cuisine and reservations are usually advisable. Directions to the Chez Mollet are on the back.

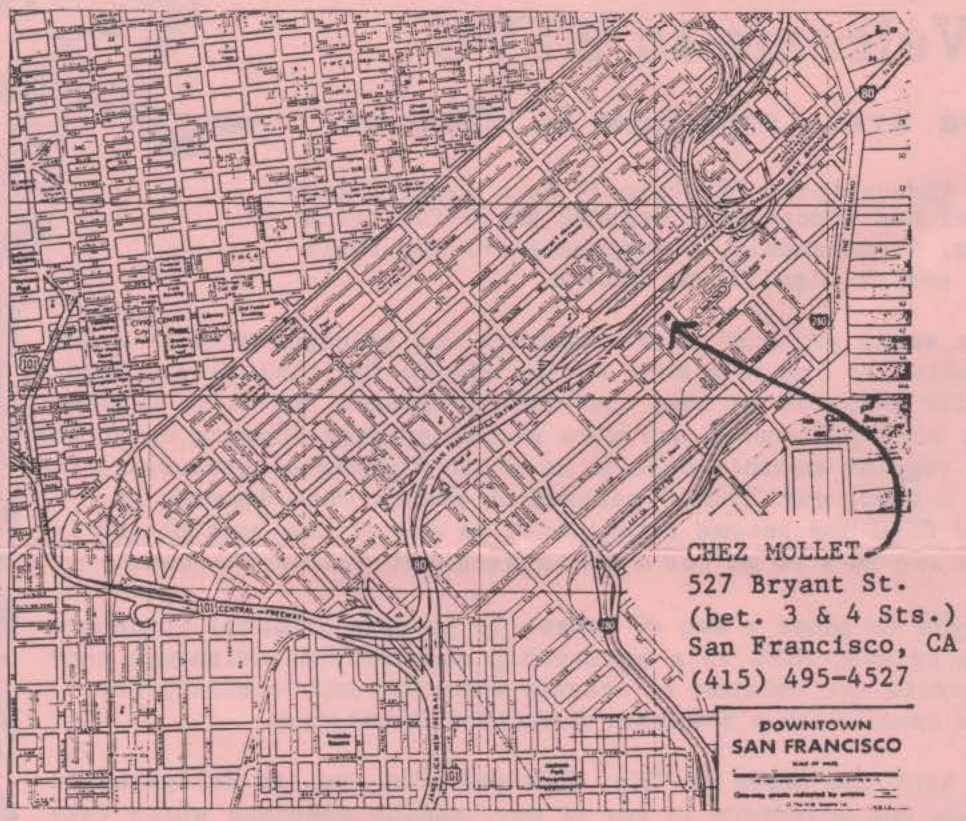
We would like to encourage all our friends, new and old, to become members of ETVC. On the reverse is a mail-in membership form for your convenience. Anyone can also become a member at the door on the night of any ETVC function. Reprinted below is the Statement of Purpose and membership eligibility criteria from our Bylaws.

STATEMENT OF PURPOSE

The purpose of the "Educational TV Channel" (hereinafter "ETVC") is two-fold: (1) to serve the educational, social and recreational needs of transvestites (either female or male), transsexuals (either female or male), and all other persons (either female or male) whose social role differs in any degree from that role considered to be appropriate for an individual of his or her genetic sex, and (2) to undertake educational activities intended to assist the general public in comprehending transvestism, transsexualism, and transgenderism.

MEMBERSHIP (Eligibility)

Membership in ETVC is open to any person (male or female) who is 18 years of age or older and who believes that he or she is, or may be, a (1) transvestite, (2) transsexual, or (3) person whose social role differs in any degree from that role considered to be appropriate for an individual of his or her genetic sex. Membership is also open to (1) a spouse or significant other of one who is eligible for membership in ETVC under the preceding sentence, and (2) one who is 18 years of age or older and who has (a) a personal or professional interest in one or more persons who fall into one or more of the categories established in the preceding sentence, or (b) a personal or professional interest in transgenderism or gender dysphoria generally. (BYLAWS adopted May 31, 1984)



DIRECTIONS

From the East Bay:
Take the Bay Bridge (I-80) to the Fifth St. exit, turn left onto Fifth St. and left again onto Bryant St.

From north of San Francisco:
Follow US 101 across the Golden Gate Bridge and thru the city to I-80. Take the Fourth St. exit directly onto Bryant St. The Chez is straight ahead.

From the South Bay:
Take US 101 north to I-80 and the Fourth St. exit. Alternatively, take I-280 to its end at Fourth St., cross over and take a left onto Third St. and go up 4 blocks to Bryant St.

MEMBERSHIP IN ETVC

Under the Bylaws, the membership year runs from June 1 to May 31. An annual membership is $7.00 when purchased between June 1 and November 30, and $4.00 when purchased between December 1 and May 31, and offers the following benefits:

1) reduced rate for parties;
2) a membership card which facilitates your entrance into our parties;
3) free or reduced cost for ETVC publications and services;
4) a say in how ETVC is run for your benefit: a vote for the members of the Executive Committee at the May Annual Meeting and the right to attend meetings of the Executive Committee;
5) provides ETVC with funds to continue our momentum towards becoming a stronger and more supportive organization.

********** MAIL-IN MEMBERSHIP APPLICATION FORM **********

(Please print)
MAILING NAME: _____

MAILING ADDRESS: _____

_____ ZIP: _____

PREFERRED NAME: _____

Remit $7.00 by check or money order to: ETVC
P.O. Box 6486
San Francisco, CA 94101

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So don't delay! Become a member of ETVC today!!

TV/TS/TG Groups in Northern California

A Calendar of Events

for

JANUARY & FEBRUARY 1985

JANUARY			FEBRUARY		
2 - Pacific Center	8pm		1 - San Jose G.G.A.	8pm	
4 - San Jose G.G.A.	8pm		1 - Santa Rosa G.G.A.	8pm	
4 - Santa Rosa G.G.A.	8pm	New Years party	6 - Pacific Center	8pm	
11 - Sacramento G.G.A.	8pm		8 - Sacramento G.G.A.	8pm	
16 - Pacific Center	8pm		15 - San Jose G.G.A.	8pm	
16 - Santa Rosa G.G.A.	8pm		20 - Pacific Center	8pm	
18 - San Jose G.G.A.	8pm		20 - Santa Rosa G.G.A.	8pm	
25 - Pacific Center	8pm		22 - Pacific Center	8pm	
31 - ETVC "Fashion Show"	8pm		28 - ETVC "Mardi Gras"	8pm	

NOTE: Detailed information about each group listed in the Calendar is given below.

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EDUCATIONAL T.V. CHANNEL
(E.T.V.C.)
P. O. Box 6486
San Francisco, CA 94101

A Bay area "TV/TS/TG and friends" membership-based, social group. Memberships $7 per year but not required to attend. Social events/meetings held the last Thursday each month from 8 pm at: Chez Mollet restaurant, 527 Bryant St., San Francisco, (415) 495-4527 (for dinner reservations only).

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PACIFIC CENTER
2712 Telegraph Avenue
Berkeley, CA 94705
(415) 841-6224: info.

This human growth center sponsors a TV/TS rap group which meets the first & third Wednesdays and last Friday each month, starting at 8 pm. Another place to go out dressed. Fee is a $2 donation to help support the Center.

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GATEWAY GENDER ALLIANCE
(G.G.A.)
P. O. Box 62283
Sunnyvale, CA 94088

A national TV/TS organization with branches in the San Jose, Santa Rosa and Sacramento areas. They hold low key discussion meetings and an occasional party. They produce a monthly magazine The Phoenix and have a correspondence service. Dues are $25 per year to join as an Associate Member and donations are requested at each meeting. You do not have to be a member to attend the discussion meetings.

SAN JOSE G.G.A.

Meetings are the first and third Fridays each month at 8pm at: Unitarian Church, 160 N. 3rd St., San Jose (408) 734-3773.

SANTA ROSA G.G.A.

Meetings are the first Friday and third Wednesday at 8 each month. Contact Maria Scafidi at (707) [redacted] for details.

SACRAMENTO G.G.A.

Meetings are held the second Friday at 8pm each month at: M.C.C. Church, 2741 34th St. (34th & Broadway), Sacramento. Contact Pati Fink at (916) [redacted] for details.

KIM'S KORNER (continued from p. 1)

is a very nice calorie intake to lose weight by, but don't stay on this for more than 3 weeks max. Stabilize your new weight by allowing yourself 1800-2000 calories per day for a week.* When you're ready, resume the 1200 calorie regimen. Remember, you're after permanent weight loss.

7. Nutrition is very important so take a daily multiple vitamin plus 500-1000mg of vitamin C. Vitamin E is good for a lovelier complexion.
8. Have all the diet drinks you want.
9. Exercise is very important but it must be tailored to your needs. Jogging, swimming and bicycling are 3 of the best but brisk walking is also very good exercise.
10. Eat full meals = salad, meat, vegetables and dessert (usually fruit).
11. Avoid high calorie foods such as butter, sugar, ice cream, cookies, etc. whenever possible.

* A note on calories. One pound of body fat = 3500 calories. Most people burn around 2000 calories per day, so a caloric intake of 1200 = 800 calories lost per day or about 1/4 pound of body fat.

Suggested low calorie foods

Fruits: apples, apricots, cantaloupe, cherries, grapes, oranges, pears, pineapple & strawberries.
Meats: bass, chicken, crab, eggs, flounder, halibut, shrimp, tuna, turkey -- no red meats.
Vegetables: bean sprouts, carrots, cucumbers, green beans, lettuce, mushrooms, celery, mixed vegetables, croccoli, brussel sprouts, radishes.

Good luck with your food plan and I'll soon be seeing less of you and more of a much nicer feminine figure.

ETVC NEWS (continued from p. 1)

Remember that all memberships, regardless of when purchased, expire on May 31st, the end of the membership year. This feature of the Bylaws helps simplify the membership recordkeeping. The good news is that, between now and then, the price of a membership is only $4. Why not get all your friends to join now while there are still 5 parties left in this membership year!

The ETVC Tip Sheets

Members continue to be delighted with the ETVC Tip Sheet, painstakingly compiled and published by our hardworking Social Committee - Ginny and Nancy Ann. A new, updated edition was issued in October. We encourage everyone to submit names of people, businesses and sympathetic professionals who would be of interest or assistance to our members. Forms designed for submitting corrections and additions are available at each party, right alongside the Tip Sheet itself. Please pick them up and use them to assist Ginny and Nancy Ann in this very valuable work. The Tip Sheet itself is available free to members and for a nominal charge to nonmembers.

Couples Support Group

A few of our more experienced crossdressers and their mates have volunteered to help wives and girlfriends understand the phenomenon of their husband's or boyfriend's crossdressing. Marilyn, Elfrieda, Nancy and Joan are offering their help and support to all who would like some tender, understanding folks to talk and share one's feelings with. You can contact any or all of these counsellors

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Two suggested recipes:

Kim's Stir Fry

Mushrooms, bean sprouts, cucumbers, radishes, celery, carrots, bell peppers & shrimp or very lean chicken.

Cook meat first, then add vegies and stir fry in a wok.

Serve over cooked brown rice.

Approx. 275 calories per 6 oz. serving.

Tuna Sandwich

2 pcs of whole wheat bread	=	100 cal.
3-1/4 oz tuna in spring water	=	100 cal.
1 mushroom cut in 4 pieces	=	8 cal.
lettuce	=	10 cal.
4 slices of cucumber	=	12 cal.
Total calories:		230 cal.

Don't use mayonnaise - the water in the cucumbers & lettuce will compensate for the drained tuna and dry bread.

ETVC NEWS (continued from p. 6)

either at the monthly parties or via ETVC, P.O. Box 6486, San Francisco, CA 94101. Do it write away.

Outreach Committee News

We are beginning to establish relationships with the Portland (Northwest Gender Alliance) and Seattle (The Emerald City) groups. Roni and Ellen from Portland were in San Francisco in late November, and Nancy Ann, Ginny, Kim, Monica and Robin shared dinner and drinks with them at the Chez one evening. Fortunately, Ginny and Nancy Ann had met them at the Pajaro Dunes event the previous weekend, and were able to show them around town for a few days. Robin has had some very nice correspondence with Erin, the Emerald City treasurer, in recent weeks, and our two groups have been able to exchange information.

"Get it all off — and I don't want to see any more imitations of Boy George."

We are also working to establish stronger relationships with the national groups GGA and Tri-S. There was a Tri-S meeting in San Francisco the weekend following our Halloween party, and Kim extended an invitation to their LA chapter to attend our party. Consequently, a number of Tri-S folks popped in during the evening. Kim, a member of GGA herself, is also trying to do outreach among the GGA members in the Bay area who may not have heard of us yet.

We have recently submitted a classified ad to The Transvestian which appears to be the most consistently published national TV newspaper. We'll let you know the results.

We have also sent our name to the Tiffany Club, a national TV/TS group and information clearinghouse located near Boston, MA. We hope to participate in a newsletter exchange with Tiffany which would bring us their quarterly TV/TS Tapestry, probably this country's premier publication in "our" field.

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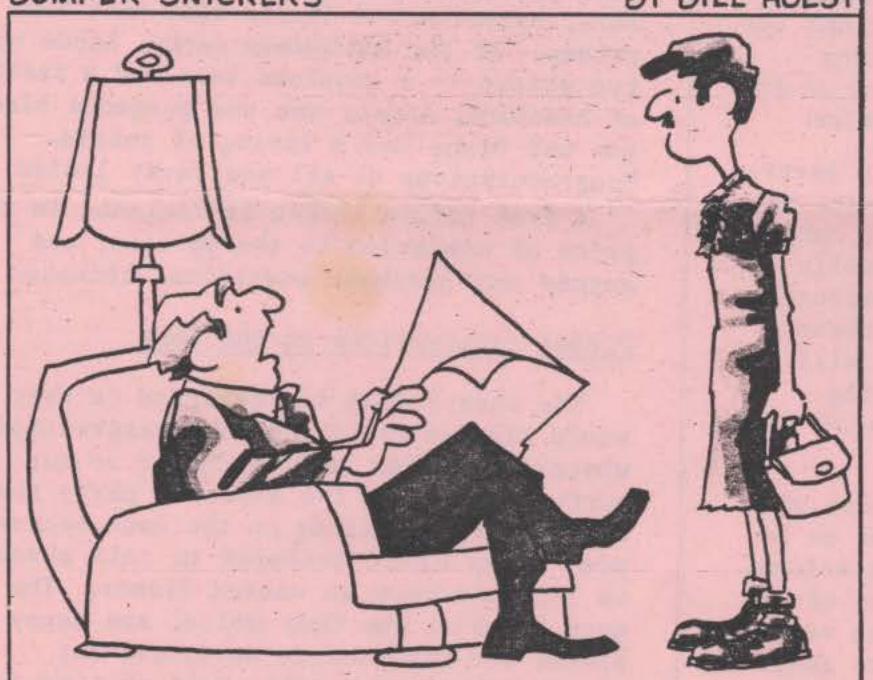
BUMPER SNICKERS BY BILL HOEST



"Yes, you can borrow the car but you'd better ask your mother about the dress."

NATIONAL ENQUIRER

hands up

Remove ink and other stains from fingers by rubbing them with the cut half of a lemon. For very stubborn stains, rub with a cotton swab dipped in laundry bleach. Rinse hands immediately in running cold water for a full minute.

Cleanse stubbornly-dirty fingernails with a white pencil dipped in peroxide.

Advertisements

Anyone wishing to advertise in the EDUCATIONAL TV CHANNEL NEWSLETTER please write to: ETVC
P. O. Box 6486
San Francisco, CA 94101

Information on rates and terms available on request to the above address.

Rozsa Electrolysis Clinic
Mary Margaret Rozsa, R.E. Director
Permanent Hair Removal for Men & Women
by Appointment
The Medical Center
100 O'Connor Dr., Suite 28A
San Jose, CA 95128
(408) 292-3133

Chez Mollet
HOUSE OF PRIME RIB
SUNDAY & MONDAY
Prime Rib
Dinner
Soup or Salad
$9.95
EVERY TUESDAY
N.Y. Steak
Dinner
Soup or Salad
$9.95
Open For Lunch
Regular Dinners
Include Soup & Salad
Banquet Room
For Up To 100 People
Brunch On The
Garden Patio
Sat., Sun. & Holidays 10-4
Reservations
Recommended
(415)495-4527
527 BRYANT (Btwn. 3 & 4) S.F.

Outreach Committee News (continued)

We have just printed an "ETVC Intro" card designed to be small enough so it can be easily carried in one's pocket, purse or handbag and inconspicuously passed to someone who you think might be interested in knowing of us. It contains a one-sentence description of ETVC, mentions our monthly socials and gives our mailing address so that someone can contact us for further information if they so desire.

These will be available at each party. Feel free to pick some up and be sure to take them with you whenever you go out to a bar, restaurant or some other public place where you think you might encounter other TVs/TSs. We hope you find these cards useful and your use of them will help our outreach efforts in letting others of similar inclination know we exist.

And of course Robin has been busy with all our correspondence which seems to be slowly but steadily increasing in volume. She has been able to help a number of people who have written to us with various requests. If anyone would like to assist her in handling ETVC correspondence or outreach work in general, please talk with her at any of our parties.

ETVC Raffle

As most of you know if you've been attending the parties, our devoted Social Committee holds a raffle at each party, and each month we have new winners. At the November Games Night, lovely Lia won the major prize, a black shawl, while Tara, Michelle and Charla also took home prizes. At the Halloween party, Linda won two prizes -- a sequined belt and a feather headband, Angela won the gorgeous black boa and Diane won a string of pearls. Congratulations to all you lucky ladies!

A free raffle ticket is included in the price of admission to the parties, and anyone may purchase additional tickets.

Dinner reservations at the Chez

The Chez Mollet has reminded us they would like us to make dinner reservations whenever we plan to have dinner on our party nights. At the November party they ran out of some items on the menu because most of us hadn't bothered to call ahead to let them know we wanted dinner. The good folks at the Chez Mollet are happy to please our gastronomic delights, but please give them a call ahead of time for dinner reservations at 415/495-4527 and mention it's for the ETVC party. Thanks!