

THE *INGERSOLL* *MESSAGE*

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON
OCTOBER, 1997 □ VOL. THREE □ NO. 7 □ PRICE: \$1.00/EA. □ \$15.00/YR SUBSCRIPTION

WHAT'S HAPPENED AT
INGERSOLL!!!
WHO'S THAT, DRESSED LIKE A
GHOST?!
LOOK AT THAT **WITCH** - THAT
VAMPIRE!!
DID I JUST SEE **FRANKENSTEIN** AND
HIS **WIFE?!**

 DON'T BE AFRAID!..IT'S A
HALLOWEEN 
COSTUME PARTY
SATURDAY, OCT. 25,
8:00 pm - 11:00 pm 1



HALLOWEEN BASH-OCT 25

COME ONE COME ALL TO A HALLOWEEN COSTUME PARTY!!

WHEN: 8:00 pm - 11:00 pm
OCTOBER 25, 1997

WHERE: INGERSOLL CENTER

WHAT: COSTUME PARTY
GOOD MEXICAN FOOD
PRIZES (BEST COSTUME
DOOR PRIZE, MUSIC

YOU: GET DRESSED UP IN
YOUR BEST...OR
A FANCY, SCARY, OR
JUST GENERALLY
DISGUSTING GET-UP

COST: \$10.00 IN ADVANCE
\$12.00 AT THE DOOR
(NO ONE TURNED
AWAY FOR LACK OF
\$\$\$\$\$\$

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Questions? Call Carol at 787-5094



FROM THE FOUNDER

By Marsha C. Botzer, MA

The Benjamin Association Symposium takes place every two years, and this time it was held in Vancouver, Canada. This symposium is one of the places where the world comes together to talk about gender and gender identity issues. I have been a member for many years, presented papers before this group, and have announced my own research (with my research partner, Bryant Vehrs) through the medium of this professional organization. I think there are many myths about what Benjamin is and what it does.

Benjamin is what they call a professional organization and there is little mystery to this name, it simply means that this is the place where formal research and study is presented to others who are engaged in similar study. That's it. Benjamin isn't a conference like the yearly IFGE or Southern Comfort events. Surgeons, researchers, therapists and many other professionals get together and tell each other what they have discovered about gender and gender identity. Or at least they offer what they believe to be new knowledge about these issues. As with any knowledge there can be a lot of wrong turns and mistakes, but the point is that everybody is trying to understand, and everyone has agreed to recognize when new information comes along and changes old views. The new ideas don't find instant acceptance, they have to be looked at, discussed, researched and tested. That is the way of careful science and careful thought.

Of course, all this work toward careful study doesn't mean there can't be a lot of rot dished up along the way. That is how it goes in any research, and the way it has gone for a long time, ever since the scientific method came along and started to ask the "why" question in a structured way. I know that there is always room at a good professional conference for debate and discussion. So it is with Benjamin.

Some years ago the debate was awfully one-sided. The talk was often about transsexual and other gender identity issues as symptoms of some deeper malady, a malady that needed control. That time and that thinking is long past. The Benjamin Association is full of professionals who get the point these days, the point that gender and gender identity are basic parts of us, parts that are not symptoms of some illness, or some "craziness".

Back in the beginning the Benjamin organization got going as a response to threats from outside, threats from medicine and law that were hovering around the notion that if changing gender identity or role wasn't a recognized condition than it ought to be controlled and even stopped. Benjamin was set up largely to protect both the courageous few who were going through transitions and the courageous few who were helping them.

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But things go along and egos flourish and complications pile up---so that even the best intentions seem to put on masks of confusion and power. For a while one set of ideas gets the upper hand, ideas like the purely medical model of treatment for everything. Other ideas have to wait a bit and get organized before the real values of honest research start to weed out the things that don't work. For another example, the old concepts of psychoanalysis that once held sway are now being carefully reexamined, they no longer are taken as the royal road to true knowledge of the mind. I think this sort of process is what has happened with the Benjamin Association, and that is why I still put my energy and confidence in it. And I always remember Benjamin is only one of many ways of working the gender question, there are a lot of others I put my confidence in as well, such as the group support system of self-help we pioneered here at Ingersoll.

And the Standards of Care are a part of this drama. Sometimes it seems that the Standards are the only things that are ever associated with Benjamin. I know why, too, at least I think I do. As we come to terms with who we are, it is not necessarily pleasant to be told there are some guidelines, some "Standards" out there that might grab hold of our lives and direct us along. The answer we have always given at Ingersoll is this. We know you will do what you will, go your own way, but let's see if there are ways to go that bring less pain, less anguish and more joy into your life. That is how we use the Standards of Care of the Benjamin Association, as guidelines to assist us in the search for complete selves, complete persons.

So even though most of the conference time at any Benjamin meeting is devoted to new research and discussion, the thing we most hear about afterwards is the Standards. Now things have changed, now every voice can have a place because there is a committee of "consumers"---that is us---giving ideas and advice to every decision that affects what is written into the Standards of Care. Jude Patton, a Board member at Ingersoll, and Sheila Kirk, MD are the Chairpersons of this committee. When the revision of the Standards of Care is published in a few months, let's have a worldwide discussion. Let's talk these things over in our own ways.

You know when you look around that there are some people who will do well in whatever process they take on, and others who are clearly bound for troubles, and still others who are so filled with problems that they must certainly be in for a very hard struggle if they attempt transitions. The Benjamin guidelines assist people in every situation, and on all sides, the helpers and the people helped.

I say Benjamin should exist for all these people---if the individuals themselves choose to use the discoveries of the Benjamin Association. If individuals choose not to use the Standards there is no fist from the sky that will come to stop them from any path they want to travel. There is, however, a growing understanding among the professionals we use---surgeons, endocrinologists, therapists and the rest---that there really are better ways to be sure that safe and effective help is given

They use the Standards for the best reasons, our success and our health. They are flexible, they match the service to the need. At the same time the number of providers is also growing, and finally there is real choice for us. In the old times there were few places to turn and we were stuck with whatever rules were in vogue. Nowadays we ourselves have created many ways to get the help we need. We know that the Standards are guidelines, and that they must respond to new knowledge. If they did not we would no longer use them. Not only that, but the Benjamin Association itself realizes this! The object is professional care, not control for control's sake. But we must be watchful and we must always educate ourselves.

Here is a challenge for us: Can we craft a new alliance among all who are personally facing questions of gender and gender identity and all who are at work in fields of study that relate to understanding gender? (Sometimes these are one and the same...) I answer my own question with a Yes! Of course we can work together. Why not? We are not fools, and neither are the researchers and caregivers of the world---at least most of them are not, isn't that so? Help for those who need and want help. A clear recognition that some people have lives that are driven by confusions and illnesses. A clear recognition that not all people are similar and some will go about their gender issues in unique ways. A clear vision that some people will have such pain that they will need to come in from the cold of their experiences and look for help. A recognition of the quiet struggles that may be brewing in folks separated from transsexual and transgender communities. And a sure knowledge of the great joys and the great successes that go with a free and deep exploration among the genders and identities of the world.

Shall we ask the old questions again? The questions about what constitutes real help for people who are changing genders and lives, and the questions about what, if any, should be the guidelines that we set up to direct this help?



EMERALD CITY

206-827-9494

PHONES ANSWERED TUESDAYS

7:00 PM 10:00 PM

For Crossdressers. Meetings and social gatherings. Safe, discreet, and confidential. A place to be



SUN	MON	TUE	WED	THU	FRI	SAT
			1 FTM PHONE LINES MSG SVC 329- 6651 **	2	3	4
5	6 IGC BOARD MTG 7:30 - 9:00pm	7 FTM SUPPORT GROUP 7:30 - 9:30pm	8 FTM PHONE LINES MSG SVC 329- 6651 **	9	10	11
12	13	14	15 FTM PHONE LINES MSG SVC 329- 6651 **	16	17	18
10	20	21	22 FTM PHONE LINES MSG SVC 329- 6651 **	23	24	25 FTM SUPP' T GROUP 11:00- 1:00pm HALLO- WEEN COSTUME PARTY 8:00pm - 11:00pm
26	27	28 FTM THERAPY & S.O. SUPPT GROUP*	29	30	31	

'HEY, GOOD COOKIN!'

Left-Over Jack-'O-Lantern

Jack-'O-Lantern. What do you do with him after the holiday is over. Most folks either throw them away or let them rot on the front porch and *then* get rid of them. Here's three creative (and delicious) things to do with that scary punkin. (Note: It is recommended that you do not carve the pumpkin, but draw and/or paint on it instead. Carved pumpkins may spoil and be un-usable.)

Ingredients:

Jack-'O-Lantern after he is through scaring folks.

AND A VARIETY OF 'STUFF':

Chopped Onions;

Butter or Margarine

Cinnamon, Nutmeg - Pumpkin Pie Spices

Goopy Marshmallow Topping

White and Brown sugar

Salt and Pepper to taste

Onion or Garlic Salt

Preparation:

I. Cut pumpkin up. Scrape out the seeds and stringy insides. (Throw away strings, but don't throw away the seeds. Clean them, place them on a cookie sheet, sprinkle them with onion or garlic salt and roast them in a 350 degree oven for about 15 minutes, then eat them like sunflower seeds. They're delicious.)

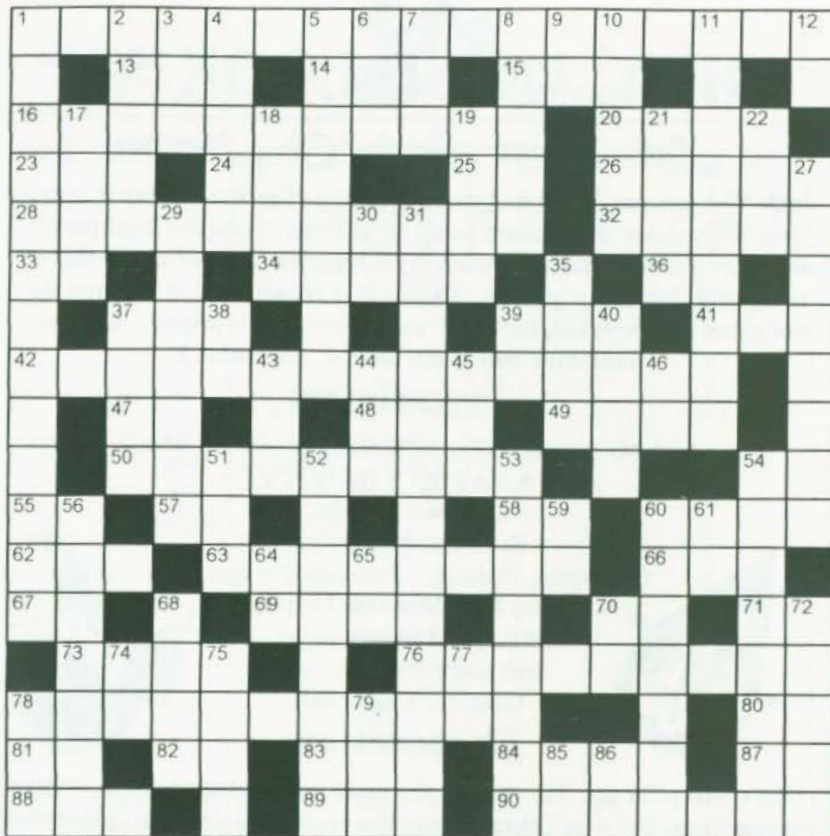
II. Peel and dice pumpkin flesh. Place in a casserole. Cover with Pumpkin Pie spices and marshmallow topping. Cover and bake in a 250 degree oven until pumpkin is soft (20-40 minutes). Remove the covering for the last 15 minutes to brown the top.

III. Cut up the pumpkin into large pieces (4-5 inches square). Put several pats of butter or margarine on each slice. Top with chopped onions. Wrap in foil and bake in a 350 degree oven until a fork can pierce the pumpkin easily.

It's A Delicious Way to Recycle!!



GHOSTS 'N GOBLINS
by PMB



Across

- 1 One word for a person who wears the clothes of the other gender _____
 another is transvestite
 13 The appropriate pronoun for an MTF
 14 Mrs. Frankenstein served her famous bat-wing _____ at the party
 15 Strange
 16 Sometimes used as a collective noun for all TS, TV, and searching people
 20 Jokes or strips of cloth
 23 Abbr. for 'Roberts Universal Robots'
 24 Snakey fish
 25 Small scream
 26 In with
 28 Being politically correct, we must always refer to witches _____
 32 To go against established norms
 33 Omaha's mailing address
 34 Spanish word for 'these'
 36 ___ave, ___ink, ___ather, ___um

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- 37 Guys and G _____
 39 Not 'sun'
 41 Initials for Lucasfilms special effects company
 42 One of the many sequels to Frankenstein was 'The _____ of _____'
 47 11 and 13 in the letters
 48 Never look a vampire in the _____
 49 Debts are what a person _____
 50 The night before All Saints Day
 54 Slang term for military personnel
 55 Salt Lake City mailing address
 57 Japanese theatre
 58 Initials used to indicate too much of anything



- 60 Initials for government agency
 62 You might find www.grotesquewitch.org on this server
 63 The union gave the _____ hallowday on October 31st
 66 17th letter of the greek alphabet
 67 'The' in Spanish, or initials for large cities
 69 The way to change governments - short of revolution
 70 Initials for old movie studio
 71 Spanish equivalent of US 'Inc.'
 73 Sketch
 76 Familiars
 78 Polite _____ before they bite your neck
 80 Two compass points
 81 Article
 82 5 and 6 in the list of letters
 83 Cat food
 84 'Who knows what _____ lurks in the hearts of men? The Shadow knows _____'
 87 Honolulu mailing address
 88 Abbr. for 'touch-downs'
 89 A cry for help
 90 Tie something down (2 wds)

Down

- 1 Another name for TG people _____
 2 Green vegetable
 3 ___l, ___d, w ___
 4 By land _____
 5 Most members of a Wica have a book to keep their _____
 6 Loud noise
 7 We all know why _____ is a vampire's



- favorite color
 8 Many of the items mentioned in #5 down will have a spell to create running _____
 9 Pierre's mailing address
 10 Poe's first name
 11 Many kids dress up _____ to go trick-or-treating
 12 First scale tone
 17 Magic stone
 18 Sexy actor's last name
 19 A collection of scared noises
 21 N _____ have been changed to protect the innocent
 22 All the compass points except W
 27 _____ not necessarily the goal of a costume at Halloween
 29 Once a month he's an electrolysis's dream-come-true
 30 More than 40 gets you this
 31 A phrase used for summoning female, winged, blood-suckers
 35 I went to the Italian river _____ go for a boat ride
 37 Egyptian symbol
 38 Woman's religious title (abbr.)
 39 Naval designation
 40 Lizard and Speaker of the House
 43 Cobbler's tool
 44 Park in London
 45 French word used to indicate that a woman was born a different last name than that of her husband
 46 Initials used in writing. From the Latin, 'il is'
 51 Not high
 52 A pair of tenth months would be two _____
 53 What a vampire's menu definitely does not contain
 54 Friendly _____ say '_____
 56 A witch's potion may contain parts of a _____ the eye of a newt
 59 Half of a baby's name for father
 60 The most famous of the undead
 61 Quiet sound
 64 Initials for life-giving fluids
 65 Danbury's mailing address
 68 The old meaning of this word is 'abduction'
 70 Britain's official initials
 72 Small temper tantrum (2 wds)
 74 Abbr. for cubicles in a hotel
 75 Frankenstein was the only monster who had a _____
 77 Hallucinogenic ___D
 78 Where warlocks mix their potions
 79 Brazilian city _____ Paulo
 85 Moonlight in _____ (initials)
 86 ___nitate, s___m___tor, t___e



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REFERRAL THERAPISTS

SANDRA L. FOSSHAGE M.A. (206) 286-6005	SANDRA L. JOHNSON Ph.D. Lic. #1328 (206) 322-2012
HOWARD E. LEONARD Ph.D. Lic. #989 (206) 329-5255	JUDE PATTON CMHC, CMFT, PA-C (206) 787-5094
BRYANT VEHRIS M.A. (206) 623-5244	EASTERN WASH. K.K. (ROBBY) ROBBINS (509) 459-8111



LAMBERT HOUSE

1818 15th Avenue (15th and Denny)

Can you give some time to help Gay, Lesbian, Bisexual, Transgender youth as a Board member or Volunteer? If so, call Lynne at 322-0415 for further information and application materials.

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WHO WILL BE LEFT TO SPEAK FOR YOU?

Paraphrased from the Reverend Martin Niemoller, arrested by the Gestapo in 1938.

THE "RELIGIOUS RIGHT" (Who are neither)

They came for the Gays, and I didn't speak up
because I wasn't Gay;

Then they came for the Lesbians, and I didn't speak
up because I wasn't a Lesbian;

Then they came for the Bisexuals, and I didn't
speak up because I wasn't Bisexual;

Then they came for the Transsexuals, Transgender
and Transvestite People and I didn't speak up
because I was none of these;

Then they came for me and it was too late to speak
up.....

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THE BUTLER DID IT!
BY PAT BUTLER, EXECUTIVE DIRECTOR

(With thanks to Robin!)

You shall above all things be glad and young
for if you're young whatever life you wear

it will become you; and if you're glad
whatever's living will yourself become
Girlboys may nothing more than boygirls need:
I can entirely her only love

whose any mystery makes every man's
flesh put space on: and his mind take off time

that you should ever think may god forbid
and (in his mercy) your true lover spare:
for that way knowledge lies, that foetal grave
called progress and negation's dead undoom.

I'd rather learn from one bird how to sing
than teach ten thousand stars how not to dance

e.e. cummings



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IMPORTANT INGERSOLL DOINGS IN

O C T O B E R

*All Mondays in October: Amazing Changes, an AA group
for all TS, TG, and TV people 6:00-7:00 pm*

This is group is closed to families and SO's

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

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

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

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

October 13, Ingersoll Board Meeting, 7:30-9:00 pm.

October 14: FTM Support Group, 7:30-9:30 pm

Topic: Tricks of the Trade

October 23, FTM Therapy group, 7:00-8:30 pm (Ste. 103)

October 25: FTM Support Group, 11:00-1:00 pm

(See FTM Calendar for specifics)

October 25: HALLOWEEN BASH 8-11 AT INGERSOLL

(See ad in the Newsletter for specifics)

October 28: FTM SO Support Group, 7:00-8:30 pm (Ingersoll)

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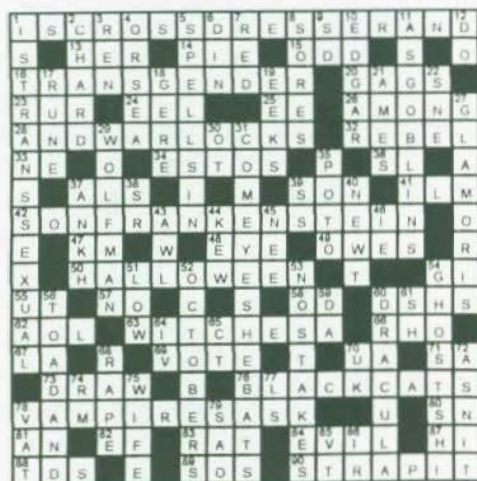
FTM SUPPORT GROUPS CHANGE TIMES

The FTM Support groups have been reorganized and seven FTM's have come forward to become facilitators, reported David Schreier, Director of FTM Resources on the Ingersoll Board of Directors.

Because interest was expressed in continuing the second Tuesday support group, it has been scheduled for the second Tuesday of each month from 7:30-9:30 pm.

In order to accommodate those who wish to attend the fourth Saturday group, but felt it was too late in the day (3:30-5:30pm), it has been rescheduled from 11:00 am to 1:00pm on the fourth Saturday of each month.

Cost of each group is still the same: \$10.00 recommended and \$5.00 suggested. As always, no one will be turned away for lack of ability to pay. Check out the FTM Calendar this month for dates of this month's groups.



U.K. FTM CONFERENCE, 1997

(As seen on the Internet)

In London, England, on October 4, 1997, the annual UK FTM Conference will take place. For approximately \$32 American, attendees will be treated to full day of exciting workshops, food, and fun.

Unfortunately, Ingersoll received the information on the conference too late to do any in depth advertising and promotion. We wish them well and include this article to let the FTM's here in Seattle know about goings on in the worldwide FTM Community.

The published agenda includes:

- 10-12 noon: Registration, coffee, videos and stalls.
- 12-2:15: Introductions, Press for Change update, Transgender Film Fest Promotion, Presentation by doctors
- 2:15-2:30: Refreshment break
- 2:30-3:30: Workshops - 1st session
- 3:30-4:00: More coffee/tea and biscuits (that's cookies to us)
- 4:00-5:00: Workshops - 2nd session
- 5:00-5:15: Another break
- 5:15-6:15: Round up/Plenary
- 6:30-8:30: Buffet and Free Swimming
- 8:30-10:30: Trash Disco

Workshops included in this year's conference are:

- FAQ (handy tips and advice for new starters)
- Living Long Term (coping strategies and interactive support and discussion)
- Talking sex (FTM's only)
- Young Men's Discussion Group (under 25's)
- Talking Transgender (Open forum)
- Video Screening (Open throughout the day)

Hopefully, we can receive the information earlier next year and publicize the conference. Those with questions can write (US mail) to BM Network, London WC1N. 3XX, England, (UK).



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writer. They do not necessarily reflect those of Ingersoll
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-----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])

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