#### "BE A GENTLE MAN"

by Christopher

Gentlemen,

It should come as no surprise to you as to how important women are in our lives, coming from what we were (biological females) and becoming what I hope we'll be: gentlemen.

"Be a gentle man" was the end of a pun on the word gentleman said to me by a lesbian I worked with (at the start of my process 12 years ago in a situation I would eventually be asked to leave because "people couldn't handle" what I was doing) and who, on the whole, was intimidated by my existence ... but her words and the gentle way she said them stayed in my mind and when remembered began to give me a perspective that I've slowly learned to encompass and appreciate.

I'm sure we are no harder on the women in our lives than we are on ourselves, but remember, we are extremely rough on ourselves. I know I was. I guess I presume with the word "we." I. I was very discontented with my biological and physical self ... I was very critical of the behavior of men around me ... I had a chip on my shoulder about not being born male ... the list went on. I now know my feelings were reflected in and on the women I chose to be with, friends and lovers. That need to be accepted for who I knew I was becoming ... for them to please please please try to see beyond the dissatisfaction, the impatience, the demanding righteousness of my initially learned role model behavior and to understand the emotional roller coaster at the early stages of my hormone therapy. What we ask the women in our lives basically is to emotionally invest in our futures market. A relationship begun before or during our process has no guarantee of continuation as we get closer to realizing our physical maleness ... there are no guarantees in any relationship. But along with us goes what will the family, friends, coworkers, et al, think? about a subject covered by sensation-oriented media, more often than not, in a country becoming so frightened by differentness it gets closer to abolishing the Bill of Rights with every session of Congress.

"What will they think?" What they think depends on what you think, and in how you present it. Silence doesn't solve it. Forbidding her to talk to parents, friends, anyone about you doesn't work. I know. I did exactly that. And that enacted a series of events that lead up to the end of our marriage. She stopped talking to me, because I cut her off way back. Her leaving me was the biggest favor anyone had done for me up to then. We had started therapy too late for the relationship, but I continued, and slowly began to learn how to undo, unlearn, those role model

[continued on next page]

#### JUNE GET-TOGETHER IN GOLDEN GATE PARK

FTM Get-Together #10, held Saturday June 24 in San Francisco's Golden Gate Park, was a delightful success. All the trappings of an All-American picnic ... hot dogs sizzling on the grill, bags of potato chips, an ice chest full of soda and beer ... made the event fun for all. Twelve female-to-males, four guests and two children attended the summer social, some traveling from as far away as Los Angeles.

And what picnic would be complete without pesky insects, in this case, bees: five-year-old Morgan, the shy daughter of an FTM member, howled after being stung while playing with little Sandy, the gregarious daughter of another FTM member, in the adjoining glen.

We later heard that a few FTM's wandered the Park in futile search of our location, but most found the site and enjoyed good food and good conversation. New friends and contacts were made, extending beyond the scheduled Get-Together.

Unfortunately we are now in search of a new location for our meetings, as Chez Mollet has declined to rent space to us in the future. The reason? The management complained that we weren't spending enough money at the bar; not surprising when you consider that many of our FTM members are in alcoholic recovery.

Our next Get-Together, scheduled for Sunday, September 24, will be a "Generic Get-Together," i.e., no speaker, no program ... just a chance to, well, get together!



Female Joe Clark (left) performs her male impersonation of Michael Jackson in "An Evening at La Cage" at San Francisco's On Broadway Theater. Clark is pictured here with a police officer at San Francisco's recent Gay Freedom Day Parade.

behaviors that created all the rough in my life and in my relationships. It's taken a few more years of therapy progression, a couple more women and subsequent endings to get here, sitting, writing to you guys knowing I can't, nor would I stop you, from 'mistakes,' but hopefully offering something that will make getting through the rough easier.

Women can't read your mind ... and to know your mind you'll need to get beyond what you interpret a man "should" be. You are a person before you are a man or a woman. Begin to learn who you are, go beyond the obvious female to male. And with yourself and her, try a little tenderness.

#### FTM "MALE" BOX

Dear Readers of FTM.

In this case I will tell you a bit about the situation in The Netherlands. We have here a "men's group" with 150 members. Every three months there is a meeting somewhere in the country. In these meetings 70 to 80 members get together, some with their wives, others alone or with their family.

Twice or three time a year we have a theme, varying from hormonal treatments, side effects, social problems or operation-technics. There are several speakers and one of them once was Walter Bockting. So it was very amusing to read he had also spoken at your meeting in April.

The most important reason for people to come to our meetings is the possibility to meet others, change information, hear the news about operations technics and be available to the new generation of transsexuals. They have a long road to go, and it's easy for the older ones to give some warnings and attention. We don't have a magazine especially for our members. Our meetings are based on charity, this means that I will send letters to our people. They who will come to the meeting pay me back for the stamps. If somebody wants something to eat or drink they will bring it with them.

There is no real difference in our group between transsexuals or transvestites. Most crossdressers are not sure enough about themselves. After some talkings with others, they are sure about the life they want. If it is only crossdressing, they don't need our group anymore. It is for a woman easy to dress in men's clothes in this world. Some of them sometimes will return, just because they like it to meet friends.

There is also a special group here for transsexuals of both directions and transvestism. This group has 200 paying members and is named TenT (transvestism and transsexualism). I also am the chairman of this group. Not all people can stand transvestism. This group gives out a magazine named Transformation. Perhaps one of you would like to write a letter in this?

One of your members wrote in FTM about the differences between here and The States. His experience with hormone shots I have never heard before, although I have met around 150 FTM's during the last 10 years. The lump where the injection had been given is only painful if it has not been done well. It's an oil-based substance and it's

very important to give the injection very slowly. It's true that there are many people here with just a little hair growth. The hormones which are used here are Andriol and Sustenon. Which are used in The States? Perhaps we can change information about this?

For so far my writing about our men's group. I'm waiting for your response. With kindly regards,

Jean van Aarle Hemelsbleekweg 10 5425 PB Mortel The Netherlands

Dear FTM Members,

I am a 23-year-old FTM in London and am writing to you on behalf of myself and members of the GDT (Gender Dysphoria Trust), formerly SHAFT. The GDT is for MTF as well as FTM but the ladies greatly outnumber us.

In the GDT we don't meet as a group as you do. People are more secretive here in the U.K. I think generally we have more problems legally than you do. I believe that in the States you are allowed to get your birth certificate changed, which we can't do, so in the eyes of the law we are still females. It makes life difficult with regards to employment, marriage, etc. How long has it been allowed in the States to get the birth certificate changed and did it take a lot of lobbying? Our problem is a lack of people willing to put themselves in the public eye and stand up to the government and our laws. That's what it really needs, but obviously people want to try to be anonymous and live a normal life when they change over and have surgery. I have to admit that I don't want my name all over the papers as I'm training to be a doctor and don't want to be conspicuous.

I haven't actually begun my therapy yet, but will soon, and I have the full support of my medical school. At the moment I am investigating what surgery is available. We have a selected few people over here who do good mastectomies, but almost without exception none of us have any genital surgery done. I was hoping that in the States the state of surgery is better than here. That is one of the reasons I'm writing to you: to find out if you have more information than we do, or if any of your members have had phalloplasty done and would be willing to give us some details of exactly what they've had done. Also, do you have the names and addresses of any good surgeons in the States who do phalloplasty and how much it costs?

I and probably other members of our group would like to correspond with some FTM's in the States.

#### FTM NEWSLETTER

The only newsletter exclusively for the female-to-male transvestite and transsexual; published quarterly by FTM, 1827 Haight St. #164, San Francisco, California 94117

Editor: Lou Sullivan

### WOULD YOU LIKE TO RECEIVE FUTURE ISSUES OF "FTM"?

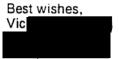
## WRITE TO US AT 1827 Haight Street #164, San Francisco CA 94117 !

Are any of you interested in setting up a link between FTM's in the U.K. and U.S.A.? Also, do you know of any other similar groups in the States?

Like I said, we don't meet as a group as we are spread out all over the U.K., but we write to each other and meet individually, although we're hoping to get together for a weekend in the near future. I myself don't feel nearly as alone now that I have other transsexual friends.

We'd also like to hear not only from the FTM's themselves, but their lovers and partners.

I hope to hear from you and hope you'd like to set up a link.



London NW3 2YT England



BI ASSOCIATED !

BILLY TIPTON

#### BILLY TIPTON MEMORIAL QUARTET

Four women saxophone players have formed a quartet honoring the late Billy Tipton, a female-to-male who died earlier this year after passing as a man for nearly forty years. The Billy Tipton Memorial Saxophone Quartet is becoming quite popular in Seattle's musical community. The quartet's repertoire ranges from Hendrix to Faure, and includes some of their own original numbers. "A lot of people think it's really campy that we honor Billy Tipton in this way, but we're really very serious," said quartet member Marjorie deMuynck. "We also really care about the music. As a matter of fact, three of us have seen Billy's spirit with us when we play the saxophone. It is pretty incredible."

#### F-M MEETINGS IN PHILADELPHIA

by Erik von Schmetterling, M.D.

The female-to-males here in Philadelphia are meeting at my place because of an accessibility issue—and it is working out very well. Our attendance is about 10-15 persons (recently it's been a little lower, but I figure that's because it's summer and people are doing other things). The meetings are mostly social, but we have discussed serious topics, like surgery, insurance coverage (the possibility thereof?), hormones and their effects, as well as the all-important issue of - Sexuality! Most of our people are heterosexual males, however two (myself included) are admittedly gay (maybe there's more who haven't come out yet).

Persons are encouraged to bring their "significant others" because they need support also, especially when their mates are actually starting the physical process to change (hormones and/or surgery). Unfortunately we do not have, at the moment, anyone among us who is completely post-op (bottom surgery completed).

One of our FTMs' significant other is compiling a list of information about FTM surgery all over the nation and, perhaps, even Europe. She estimates it will take her about a year to finish this project, due to other responsibilities that she has. The lists will be one to two pages long for each center, with contact information, prerequisites, types of surgeries performed, and cost. When this is all completed, I will make copies and forward it all to FTM so the transgender community in California can be beneficiaries of this work also.

# THE 11th INTERNATIONAL SYMPOSIUM ON GENDER DYSPHORIA

Case Western Reserve University Department of Psychiatry and The Harry Benjamin International Gender Dysphoria Association, Inc. will sponsor the Eleventh International Symposium on Gender Dysphoria in Cleveland, Ohio, September 20-23. Professionals from The Netherlands, Germany, Sweden, France, Turkey, Venezuela, Canada and the U.S. will address the medical, psychological and sociocultural issues related to gender dysphoria, and presentations will be made in childhood gender development and disorders, endocrinological and hormonal aspects of transsexualism, surgical management and techniques, psychological studies, cross-cultural studies and outcome studies.

Recently retired psychologist Paul A. Walker will attend the symposium in order to accept a humanitarian award.

FTM will update readers with information from the symposium in future issues.

# SENATE EXCLUDES TV's/TS's FROM BILL BANNING DISCRIMINATION

On September 7, the U.S. Senate approved a bill, the Americans with Disabilities Act, banning discrimination on the basis of disability by a margin of 76-8. The bill bans discrimination on the basis of physical or mental disability in the areas of employment, public accommodations and telecommunication systems in both public and private sectors. Sen. William Armstrong (D-Colo.) and Sen. Jesse Helms (R-N.C.), a notorious bigot, introduced amendments specifically excluding as disabilities "homosexuality, bisexuality, transvestism. pedophilia, transsexualism, exhibitionism, voyeurism, compulsive gambling, kleptomania or pyromania, gender identity disorders, current psychoactive substance use disorders, current psychoactive substance-induced organic mental disorders ... which are not the result of medical treatment or other sexual behavior disorders." The amendment passed. In 1988, Heims successfully attached an amendment excluding transvestites from the Fair Housing Act.

However, a Human Resources Committee lobbyist claimed to be pleased, saying, "Homosexuality and transvestism and bisexuality are not disabilities, and we are very happy to hear that Sen. Helms has taken this posibion, and we agree with him 100%." But a lobbyist for the National Gay and Lesbian Task Force stated, "Nobody considers homosexuality and bisexuality a disability. But as far as the other categories are concerned, I think that any time that people are removed from protection, I don't necessarily think that's a good situation. I'm not happy anyone is excluded from protection."

The bill is making the rounds in House committees through September and is expected to be passed before the Fall recess.

# QUAD S MEETING FEATURES FEMALE-TO-GAY MALE PRESENTATION

Dr. Eli Coleman and Walter Bockting will present findings of the Dutch and American study of female-to-gay males at the Annual Meeting of the Society for the Scientific Study of Sex to be held in Toronto, November 7-9, 1989. For more information, contact SSSS, P O Box 29795, Philadelphia PA 19117.

# "Rites of Passage" A Newsletter for Female-to-Males

Published irregularly, a subscription costs \$20 for 8 issues; \$3.50 per individual issue. Write to S. G., P. O. Box 615. Tenafly NJ 07670, or call John A. at (201) 224-7843 anytime.

## Products & Resources for the Female-to-Male

Edition 1.0, 20 pages. Includes breast binders, clothing, media, and other products and resources available to the female-to-male. Send \$3 to cover postage and photocopying to:

K. Hollinger P. O. Box 215354 Sacramento CA 95821

#### AN FTM STARTED THE STONEWALL RIOT!

The Stonewall Riot of June 1969, considered the birth of the gay rights movement, was prompted by the arrest of a woman dressed in men's clothing. "It has never been covered correctly," said Harry Beard, a former Stonewall bar employee and organizer of the Stonewall veterans contingent in this year's San Francisco Gay Freedom Day Parade.

When five plainclothes and two uniformed vice squad officers came in to make the usual raid on the gay bar, checking everyone's identification, including their draft cards, Beard said, they found a lone woman dressed in a man's black leather suit. In New York State there is a law requiring that one be wearing at least three pieces of clothing appropriate to his or her biological gender. The officers handcuffed the crossdressed woman and ordered her outside. When yanked by the arm, she turned to the policeman and said, "Don't be so rough!" He responded by hitting her with his billy club. "Hey, you can't do that!" Beard protested, and thus began the Stonewall Riot and the start of the gay rights movement.

"Ridiculous laws, such as the crossdressing law and laws preventing three or more 'undesirables' from meeting on the street, were no longer enforced regularly," Beard said.

#### ANOTHER F-M NEWSLETTER IS BORN

"Adam's Word" is a new monthly newsletter published by The Adam Society, a nonprofit support group for female-to-males and their significant others in the New England area. The first issue (August 1989), one 8-1/2 x 11" page printed on both sides, relied heavily on reprinted material from FTM. Subscriptions are \$10 for 12 issues (make check out to "Dan Riley") to: Adam's Word, Dan Riley, Editor, 6 Cushing Street, 2nd Floor, Waltham MA 02154.

#### **VACATIONING IN MEXICO?**

One of our members asked us to inform any FTM's visiting Tijuana, Mexico, that he was able to purchase Depo-Testosterone in a 10 ml vial over the counter for \$18. Just bring your original prescription bottle to show them.

#### AN OPEN LETTER OF ENCOURAGEMENT AND SUPPORT FOR THE PRE-TRANSITION FEMALE-TO-MALE

by Kevin R.

First of all, congratulations for your decision to be true to yourself! There are a few rocky places ahead of you, but your new sense of confidence and enjoyment will more than make up for those. The changes that come with hormone therapy will make a huge difference in your life. I used to be a very feminineappearing female. Nobody, including myself, thought that I could ever pass as a man. Without hormones that very masculine guy inside me never could have shown his face. After about 10 months on Depo-Testosterone I became quite passable due to thickening of the jaw area and neck, wrists and forearms, voice change and the beginnings of muscle and fat redistribution. Now after 2-1/2 years I am not only 100% passable, but a rather attractive and sexy man! Physical changes are still continuing very slowly, though for others it happens much more rapidly. Recently I completed my breast reduction -(YEA!!) - I don't plan to have any genital surgery so I am now "finished" ... I think of myself as "just another guy" and loving it!

Since well before my transition, I've lived in a small town, where gossip is rife and everybody knows everybody else's business, so I have plenty of experience with the reactions of people who know a transsexual "before" and "after." To your close friends you should make it clear that you're happy to answer any questions they might have. Most will be curious. But I've found that it does no good to go around trying to explain your feelings and reasons for a sex change. Some people (about 25%) instinctively understand what it's like to be "trapped in the wrong body," others (about 75%) cannot or will not understand no matter how you explain it. Don't bother beating your head against a wall trying to change their opinions, just enjoy being yourself!

The most awkward stage for you will be midtransition when you are not clearly one thing or the other. For instance, shocked looks will soon prevent you from using the ladies' restroom, yet you may be nervous about using the men's. The most important advice I can give is just to be absolutely sure in your own mind who and what you are. If you believe beyond a shadow of a doubt that you are a man, others will too. Of course that's easier-said-thandone for a new man unsure of himself in the male world. Careful observation and the advice of your close male buddies will help you figure out the unspoken rules of manhood ... did you know, for instance, not to look at or talk to other guys in the men's room? (male homophobia) or that it's incorrect to offer a handshake to a lady? (she should offer first). In this age of anything-goes, however, you shouldn't even worry about minor blunders (probably no one noticed but you) and as you become passable your confidence will grow by leaps and bounds.

A sad thing which I've found to be true is that you will probably tend to "outgrow" your old circle of friends. A special few will completely accept the new

you and make the "sex" change in their own minds. Others will forever regard you as the woman they once knew, no matter how you change physically. (Maybe they see you as a woman in a man's body - I don't know!) But as you become more settled in a male role, you will probably find it more and more disturbing not to be able to break out of people's old perceptions of you as a female. At least I've found it to be so. Even though I'm well-liked in my little town and love the location, I'm now thinking of moving to a new area. because many fellow residents persist in thinking of me as "she" even though I look, sound and act completely male.

For that reason it's not a good idea to tell new acquaintances (after you become passable) about your past as a female. Big mistake! In my desire for honesty I used to tell new contacts about my sex change, but I found that even if they don't give an outwardly negative reaction, they will ever afterwards judge you as "she." Many men will feel uncomfortable with you, unsure how to treat you; they do not think of you as one of them. Many women will be fascinated with what you've done but still tend to think of you as a "sister" who is beating men at their own game rather than a member of the opposite sex.

Of course there are courageous individuals, like Lou Sullivan, who have made their gender choice public and whose unselfish efforts have made it infinitely easier for the rest of us. But if you are a transsexual man who just wants to blend in with the rest of society, there's no reason new contacts need to know about your past, any more than you would tell them about a past prison record, or having been adopted. Therefore, I recommend waiting until you are well-established and comfortable with your new male role before making new friendships, changing jobs, moving to a new home, etc. You are going to find it an immensely satisfying feeling to be accepted at face value by a group of men as "just a regular guy." Women will say, "What a sensitive man, he really understands women!" The fact that you truly like yourself will be infectious to everyone you meet.

I hope your path is as relatively smooth as mine was. All in all my transition was really rather painless and easy. Virtually all my close friends and relatives accepted my decision when they saw how much happier, more confident and obviously content I was. The medical/psychiatric system, though it may seem like a tedious pain-in-the-neck at times, presents no real obstacle to the true transsexual (except money). For me, the hardest part of the transition period was simply dealing with my own insecurities about being acceptable as a man. Just remember: every man has to go through adolescence, a time of adjustment and development when he feels awkward and unsure of himself. For you, that time was longer in coming, but for you it will be over much more quickly than for most teenage boys. During those low spots, try this trick that always made me feel better ... Picture every male you know who is "a poorer excuse for a man" than you are, by your personal criterion of masculinity. You'll probably find that you are much more manly than you thought!!!

#### RUPERT RAJ: GENDER WORKER

Counselor, educator, researcher, writer, reviewer, compiler and book distributor. P O Box 1224, Station 'A', Toronto Ontario Canada M5W 1G7

#### STUDY OF TEENAGE CROSSDRESSERS

A physician and Board Specialist in OB-Gyn is organizing a research project to study teenage cross-dressers, ages 13-19. "Even though the problems of most crossdressing (confusion, fear, guilt) are rooted in the teenage years," researcher Sheila Kirk explains, "the teens are a time period which has not been looked at too closely. Much valuable information, i.e., feelings, reactions to their needs, the keeping of their secret, their quiet guilt and more, is not revealed, perhaps submerged, forgotten. I want to tap into that information, those experiences, those intense emotional periods." Unfortunately, because of legal concerns, only teens with parental consent can be included in the study. Contact Sheila Kirk at P O Box 3214, Pittsburgh PA 15230, phone 412-781-0257.

### WINGTIPS IN WOMEN'S SIZES

Thanks to Emmon for informing FTM that Boston Proper's fall catalog offers classic English wingtip oxfords for women with uncompromised men's styling. Emmon writes, "It doesn't look from the picture as if they've been style-changed and femmed-out. A tad expensive, but lasts a lifetime." Made in Italy in women's sizes 6-10AA, 5-11B, in brown or black, \$230.00. Order by phone with credit card, Wingtip Oxford Item #9198, by calling 1-800-243-4300. Allow 4-6 weeks for delivery.

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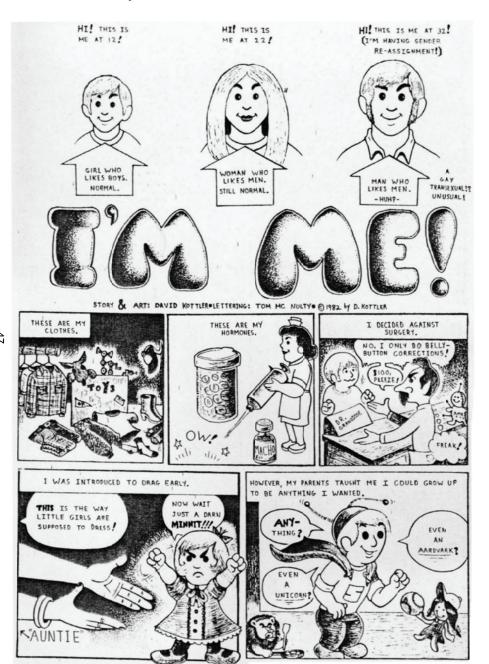
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### from Gay Comix #3

#### December 1982











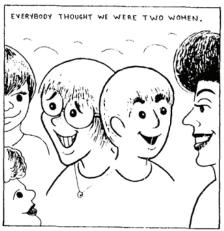
















#### F T M NETWORKING

I am a male-to-female transsexual, age 35, white, Swedish-Dutch, 5'2'', 120 lbs. with blue eyes, light brown hair. I am a very quiet person, enjoy the arts, ballet, cooking and a clean house. My feelings have never been masculine. My desire is to correspond with and meet a female-to-male person from 30 to 60 who will love me as their little girl, rather than be with a male who is crude. Write Berne (Betty) Lewis, P O Box 209, New York NY 10003.

I am a woman in my mid 40's, single and am seeking a beautiful hardworking feminine, well-organized, sincere, loyal, charming, single virgin lady whom I would like to have fun, pleasure, travel and possible long-lasting intimate one-to-one "husband/wife" relationship for life. Please send full view picture, complete address and phone. J. Jordan, P O Box 42262, San Francisco CA 94101.

Want to correspond with FTM's who would like to live with, help support a FTM. Will be leaving the service in early 1990. Will relocate in the Reno area. Georgia Bryant, HHC 2/66 AR, P. O. Box 14, APO N.Y. 09355-6009.

White female, 30, interested in meeting charming female-to-male for social dating and friendship. Enjoy dining out, long walks, plays and boating. If interested, send response to G.I., 21881 Sherwood Dr., Fairview Park, Ohio 44126.

Send your personal ad to FTM Networking, 1827 Haight Street #164, San Francisco CA 94117

It's FREE and it works!