

# Gender Review

VOLUME 3, NUMBER 4

SPRING 1985

PRICE \$1.25

## THE CRY GOES UP : HOW LONG?

As this issue of Gender Review was being prepared, a news release was received from TranScend Counseling Services, Springfield, Massachusetts. Many of our readers will be aware of the discrimination to which sex-change airlines pilot Karen Ulane has been exposed. It is obvious that her treatment displays bigotry and the true religion of our neighbours to the south. Eastern Airlines feels that it cannot employ a transsexual pilot, however well-qualified she may be, for fear that the travelling public will not trust its skin to such a "strange" person in the driver's seat. In Jerry Faldwell's America, Mammon comes before God.

It is apparent that over 90% of the population of North America still does not know that sex reassignment surgery is between the legs and not between the ears.

Mr. Parent's article is published below in its entirety. On the brighter side of the International Border, I have on my desk as I write a letter from Ottawa which was received today. It concerns a Private Member's Bill to amend the Canadian Human Rights Act to include sexual orientation. A special Parliamentary committee has been set up to consider this matter and FACT has been invited to submit a brief. S.C.H.

Yesterday, April 15, 1985, the United States Supreme Court struck a blow that could eventually hurt many people when they let stand a lower court decision that transsexual airline pilot Karen Ulane was not protected from discrimination by Civil Rights Laws when fired by Eastern Airlines in 1981. We certainly cannot, as individuals or as a group of people, influence the decision of the Supreme Court. Logically, since they are not even elected officials we cannot even reach the august members of the court by the threat of withheld votes. Yet, however small the effort, there is a way in which our feelings and opinions can be expressed and felt.

In today's economic market finances are of utmost importance to major corporations. With airlines being bailed out, folding and with increasing competition, we do have a small but important voice in what has happened to Karen Ulane. In the name of our own moral convictions on the issue of Civil Rights we can boycott Eastern Airlines for both business and pleasure usage. We can influence employers, friends and relatives to fly the friendly skies without the aid of

an Eastern Airlines plane.

I certainly would not venture out in the belief that we can hurt Eastern Airlines to the point of bankruptcy or put them out of business, although, I would wish that we could. But, certainly we can hurt a little, for in today's economy  
(Continued on p.2)

### IN THIS ISSUE

The Cry Goes up: How Long?.....	1
Somebody Needs You.....	10
Editorial Page.....	3
FACTual News:	
Our Financial Situation.....	5
Here and There.....	6
FACT Toronto Reports.....	7
Beware of False Prophets.....	12
Clarke Institute Reports.....	2
Coming Events.....	2
Counselling Services.....	9
From Our Mailbag.....	4
Help! — Questionnaire.....	12

## THE CRY GOES UP (Continued)

even the lost revenues from a few can have an effect on revenue. That effect can hurt. Now, with petroleum products again on the rise, the price increases coupled with lost business can have its influence. We can take our business elsewhere and it cannot help but make another company's plight and finances easier. We cannot even hope to put Eastern Airlines out of the running, but we can help to make their flying a little harder — even the lightest of nose winds has an effect.

All minorities everywhere who know that they could be in Karen Ulane's shoes should take it as a personal affront that, in causing her to lose her rights to a livelihood, Eastern Airlines has managed to infringe on our rights, too. And so even though there is very little that we as individuals can do, as a collective effort there is certainly something that we can do. We have family, friends, business associates and acquaintances that we can influence. We can be subtle where necessary or direct and make these people think and feel. A second thought at the time of a ticket purchase could just sway an individual away from Eastern. If nothing else, we ourselves can and should think and our only decision can be

**BOYCOTT EASTERN AIRLINES!**

Stephen E. Parent,  
Director,  
Transcend Counseling  
Services.

## THE CLARKE INSTITUTE REPORTS

Many of our readers who are, or who have been, associated with the programme of the Gender Identity Clinic, Clarke Institute of Psychiatry, Toronto, will be interested to learn that the long-awaited report of the G.I.C. has now been published by Plenum Press, New York and London. Under the title Gender Dysphoria: Development, Research, Management, the book of over 420 pages is edited by Dr. Betty W. Steiner. Contributors are Allan Beitel, Ray Blanchard, Susan J. Bradley, Kurt Freund, John Hoenig, Stephen J. Hucker, Ron Langevin, Betty W. Steiner and Kenneth J. Zucker. The book may be obtained through The Medical Bookstore, University of Toronto 63A St. George Street, Toronto, M5S 2E5. Gender Dysphoria will be reviewed in the Fall issue of Gender Review.

\* \* \* \* \*

### MRS LEWIS RETIRES

FACT members who are, or who have been, on the Clarke Institute's programme will miss seeing Mrs. Krystyna Lewis on their visits. Mrs. Lewis "retired" on January 3 to take care of her growing family. In appreciation of her long association with the G.I.C., flowers were sent to her on behalf of FACT on her last day.

\* \* \* \* \*

"THE ONLY PEOPLE WE CANNOT HELP ARE  
THOSE WHO WANTED THEIR SURGERY  
YESTERDAY"

## COMING EVENTS

### MAY

- 10 FACT Toronto "Springfest"
- 11 FACTFORUM: "I'm Only Human..  
..But I'm Damn Good At It!"  
(FACTCARE)
- 17,18,19 Crossdresser's Weekend:  
Pocono Mountains (Joyce  
Dewhurst)
- 18 FACT Ottawa Monthly Meeting
- 18 50's Costume Party and Dance:  
Tiffany Club, Wayland, Mass.
- 24 FACT Hamilton Monthly Meeting
- 28-June 3 P-Town Outing: Provincetown,  
Mass. (Tiffany Club)

### JUNE

- 6-9 All You Can Be: Ann Arbor,  
Michigan
- 14 FACT Toronto Monthly Meeting
- 15 FACT Ottawa Monthly Meeting
- 28 FACT Hamilton Monthly Meeting

### JULY

FACT Toronto usually plans a picnic during the summer months. Details may be obtained by contacting FACT Toronto, 519 Church Street, Toronto, Ontario, M4Y 2C9.

## EDITORIAL PAGE

# DISCRIMINATION: HOW LONG?

On October 15, 1984, the Canadian Broadcasting Corporation made the following Radio News announcement:

"Officials of the Miss America Pageant are changing some of the rules dealing with so-called 'acts of moral turpitude'. But they don't mention anything about posing nude for photographs.

The 1984 Miss America, Vanessa Williams, stepped down when Penthouse Magazine published sexually explicit photos of her with another woman. But, a pageant spokesman says, the rewritten contract, which must be signed by contestants, doesn't deal with posing nude because every case must be dealt with individually. However, the new rules do rule out transsexuals — women must stipulate that they've always been female."

Our lead article in this issue is also on the subject of discrimination. As a counsellor, many other examples come to my attention on both sides of the border. Yet there are happy exceptions. Cases are known of transsexuals who are in government employment; others have made the change and retained the position that they had before sex reassignment surgery. Bigotry is apparently a common human failing, even among those who profess and call themselves "Christian".

Dr. Ray Blanchard, of the Gender Identity Clinic, Clarke Institute of Psychiatry, Toronto, constantly reminds his hearers that the surgery is between the legs and not between the ears. The fact is that, when SRS is successful, the sex-changed person should be a better worker after surgery than he or she was before. All the stresses and strains of the gender dysphoric condition have been removed when surgery follows an adequate pre-operative psychiatric (or psychologic) and hormonal work-up. With the release of these tensions, the "new" person should be better able to get on with the business of living and thus be a better employee. Because of the taboos

that still surround the subject of sex, society has still to learn this simple fact.

What is the natural human reaction to retaliation? We invariably counter force with force. An old proverb reminds us that "Rome was not built in a day". Much progress has been made since Christine Jorgensen's epic change over thirty years ago; far more still remains to be done. Rather than fighting for acceptance in the society in which we live, we need to instruct that society in our condition, just as do cancer and mental health societies. We need to forgive people for their lack of understanding of the transsexual condition. The person who has not suffered from a respiratory disease cannot experience the struggle for breath that is the lot of the chronic asthmatic. The person who has not suffered from gender dysphoria syndrome cannot experience the struggle for life that is the lot of the transsexual.

\* \* \* \* \*

Stephen Parent's article is critical of the U.S. Supreme Court. The learned judges would probably reply that it is their responsibility to interpret, to the best of their powers, the law as it now stands. No court has power to amend the laws of the land. Only Congress or Parliament can do that. The target of our wrath should be the politicians who make the laws, not the judges who administer them. And politicians are elected.

\* \* \* \* \*

### OUR NEXT ISSUE

The next issue of Gender Review will be published towards the end of June. Deadline for copy is Friday, June 7. This issue will feature female-to-male transsexualism and will include a contribution from Rupert Raj, the Executive Director of Metamorphosis Medical Research Foundation. A critique, rather than a review, of Dr. Leslie Lothstein's Female-

(Continued on p.4)

## EDITORIAL POLICY

Gender Review welcomes advertisers but reserves the right to refuse certain types of material. From time to time our office receives material which encourages sexual fantasy and/or sado-masochism. While the former material is simply erotic, the latter is distinctly pornographic, since it incites to violence against women and encourages bondage. When such material is received, it is examined and promptly consigned to "File 13".

The aims of FACT, and hence of Gender Review, are to encourage realistic thinking about sex reassignment. There can be little room for fantasy in undertaking so drastic a step as hormone therapy or surgery. The Editor recognizes that some of our subscribers are transvestites who explore transsexualism. Against this there can be few objections. However, since Gender Review is directed towards the gender dysphoric in general and also towards the helping professions that seek to alleviate this condition, Gender Review will also aim at the exclusion of erotica.

\* \* \* \* \*

Gender Review does carry advertisements as a courtesy for organizations and publications that extend the same privilege to FACT, GenderServe and its publications. We are therefore pleased to announce the publication of a new edition (1986) of Cayellow Pages by Renaissance House, New York. U.S. Price is \$8.95 or \$10 (postpaid) from Renaissance House, Box 292 Village Station, New York, NY 10014. The Canadian price is \$11 or \$13 (postpaid) from Glad Day Bookshop, 648A Yonge Street, Toronto, Ontario, M4Y 2A6. Gender Review is also available from Glad Day, whose support is appreciated.

\* \* \* \* \*

U.S. readers should note that the 1985 catalogue of Chosen Books may be obtained for \$1.00 from Chosen Books Dept. P.O. Box 65007, Detroit, MI 48205. This catalogue lists many excellent publications. Please mention FACT and Gender Review when ordering.

## FROM OUR MAILBAG

"I found the Winter 1985 (Vol.3, No.3) issue of Gender Review most interesting. Although we will be on research leave in Australia from Aug 1985-June 1986, I would like to maintain a personal subscription which can be sent to me c/o SIECCAN.....

"I will remind SIECCAN Newsletter readers about Gender Review in the Spring 1985 issue of the newsletter."

Michael Barrett, Ph.D.  
Chairperson, SIECCAN.

\* \* \* \* \*

"Enjoyed — fully — reading that very last edition of the Gender Review. I have dispatched it to a lady-friend of mine who resides in Virginia and she in turn is to remail — for me — to a good friend of mine in Brazil (an F-to-M TS post-op)."

Aldene, California.

\* \* \* \* \*

"I have just received the latest issue of Gender Review, and wanted to say how much I enjoyed the new format."

Robyn Bates  
Area Representative,  
Western New York.

### OUR NEXT ISSUE (Continued from p.3)

to-Male Transsexualism will also be included, together with a report on the efforts of Drs. David Gilbert and Donald Laub to give the sense of feeling to the neo-penis.

GENDER REVIEW, the official organ of the Federation of American and Canadian Transsexuals (FACT) is published by GenderServe, P.O. Box 291, Station 'A', Hamilton, Ontario L8N 3C3. Copyright 1985

Editor: Susan C. Huxford.

Subscription rate: \$7.50 annually (5 issues). Post free, by first class mail.

# FACTual News

A GENDER REVIEW Supplement

Spring, 1985

## OUR FINANCIAL SITUATION

In our last issue we published a full statement of accounts for both FACT and Gender Review for the financial year ended December 31, 1984. This statement shows us to be in a critical financial situation.

If FACT is to continue its present operations beyond the end of 1985, every member and lapsed (former) member of FACT must give careful consideration to the following budget, which is an estimate of the expenses that must be met in 1985.

Note 2 of p.6 of the Annual Report. Members must remember that only \$14 of each full membership goes into the FACT account. The remaining \$6.00 goes to Gender Review. There will be no problem with the Gender Review account if we can increase our membership to 160.

This means that every member must bring in one recruit. The only group which shows any real effort to get recruits is the Chapter of FACT Toronto.

If paid-up membership during 1985

### BUDGET FOR THE PERIOD JANUARY 1 — DECEMBER 31, 1985

Office supplies	\$ 55.00
Postage	180.00
Telephone	500.00
Printing	125.00
Rent	900.00
Deficit 1984	480.00
	<u>\$ 2,240.00</u>

Area Representatives and Haven leaders should be active in drumming up support.

At the time of writing we have only 80 members in good standing (i.e., currently paid-up). Although they have been mailed renewal notices, a further 20 persons have not responded and have allowed their memberships to lapse. This accounts for 100 persons. There are 200 names on our membership list. A few of these have died, but about half of those listed have simply dropped out of the picture. We need to re-establish contact and provide services on a local basis. This cannot be done from Head Office; the responsibility rests with each and every member.

These figures indicate that we must maintain a membership of at least 160 full members in order to meet our bare commitments. This includes repayment of the deficit of 1984, since \$480 has been advanced from other sources, vide

cannot be raised to 160, our membership must consider an increase in the full membership fee to \$25 annually. Even with such an increased fee we will still need 118 members in order to balance the budget. The budget cannot be pared, as a glance at the balance sheet for 1984 shows quite plainly. The largest item in the budget is Rent. The figure of \$900 represents one half of the actual rent paid for our office accommodation in the heart of downtown Hamilton. The other half is paid for by GenderServe.

\* \* \* \* \*

Members are invited to submit comments and suggestions concerning the above budget, and of funding in general, to the Executive Director, FACT, P.O. Box 291, Station 'A', Hamilton, Ontario, Canada. L8N 3C8.

**An ounce of prevention is  
worth a pound of cure**

# HERE AND THERE....

with the Executive Director

The last Here and There covered the three-month period September to November, 1984. The month of December was included in the Annual Report for 1984. This present report deals with the three months January, February and March, 1985.

## HEAD OFFICE

The work load in Head Office continued to increase. The amount of FACT mail received during the first three months of this year shows a 25% increase over the same period in 1984. FACT was listed as a self-help group in the February issue of Chatelaine. This has led to an increase in the number of enquiries received, both by mail and by telephone, from social services and others across the country. In addition, our listing in Tapestry brings in enquiries from the U.S.A. Our members should take heart from this. The credibility of FACT is on the rise, but if our reputation is to continue to grow, some serious thought must be given to additional office clerical help.

It is our aim to keep office hours from 10.30 a.m. to 5.30 p.m., but the Executive Director is usually late leaving at the end of the day. Our telephone answering service operates from 8 a.m. to 10 p.m. during week-days and from 9 a.m. to 4.30 p.m. at weekends. The FACT number is not a crisis line. If it is necessary that the Executive Director visit some person or make a presentation somewhere, the office must close while she is away. FACT is being increasingly consulted by professionals and Miss Huxford is in growing demand as a lecturer on both sides of the border. FACT's reputation is enhanced by all this, but the need for someone to "hold the fort" when Miss Huxford is away becomes ever more pressing.

A clerical assistant in the FACT office must possess skills beyond typing. Most of these can be learned, but there are some essential qualifications that are not easily come by. A clerical assistant must be thoroughly trustworthy.

Our members are justifiably concerned about the confidentiality of their records — membership application forms and personal correspondence. Both FACT and GenderServe are required to counsel in some very sensitive areas; it is essential that a filing clerk or a typist dealing with such correspondence, be thoroughly reliable. He or she will have to be left in sole charge of the office and files whenever the Executive Director is away. FACT cannot afford to pay such a person what (s)he is really worth. If GenderServe is involved, it would still be possible only to offer a minimum wage. An approach has already been made to the Canada Employment Services with a view to getting assistance towards the cost of such clerical aid and the Executive Director has discussed funding with both Dr. Richard Allen (M.P.P., Hamilton West) and with Dr. Betty Steiner. Fund raising itself can be a full-time occupation and the Executive Director is at constant risk of "spreading herself too thinly". We must raise funds for more help; most of our members have so great a problem in keeping the wolf from the door that they cannot afford to donate their services in voluntary work. Nevertheless, it is Miss Huxford's feeling that the most likely candidate for such a position in FACT will come from among those who have a first-hand experience of gender dysphoria.

## A NEW FACT SHEET

The old FACT Sheets Nos. 1 and 2 have now been replaced by a brochure which sets out in greater detail what FACT is all about. Seven questions are answered:

What is FACT?

Who may join FACT?

How is FACT organized?

What are the aims of FACT?

What types of membership are available?

What services are offered?

How do I subscribe to Gender Review?

Area Representatives, Haven leaders, Chapter secretaries and others may obtain copies on request from Head Office.

(Continued opposite)

This questionnaire was sent to you through a confidential mailing list affiliated with a Gender Dysphoria program or treatment center. The information requested will provide valuable data needed for publication research. A psychologist and Registered Nurse (both post-surgical reassignment female-male transsexuals), are writing articles on the subject of Gender Dysphoria. These articles will be geared to health care professionals such as doctors, psychiatrists, nurses, social workers, etc., who might one day come in contact with gender dysphoric persons. Other articles will be geared to the general public. The primary purpose of these articles is to educate and help others to understand the concept of Gender dysphoria.

All of the information requested will be confidential. You do not have to identify yourself in any way. Please answer all of the questions that apply to you. It is our responsibility as Gender dysphoric individuals to provide the information needed to educate people. Gender dysphoria has not been covered very extensively in the written media, and much of what has been is negative misstatement that does not apply to the majority of the Gender dysphoric population.

It seems that we are before our time. Maybe one day professionals will have the answer to what went wrong, causes of gender dysphoria, and improved treatment options, but until then, education is the goal. In order for people to help people like ourselves, they must first understand. Only we can tell them how it is. We have to teach people how to help others like ourselves. Please do your part and take time to answer the questionnaire. If you think we overlooked anything, feel free to add whatever else that you feel might be important. Do something for a fellow gender dysphoric out there. Help us to educate the public and health care professionals. Thanks much.

A. GENERAL INFORMATION

Please indicate if you are,

1. Male-female \_\_\_\_\_ Female-male \_\_\_\_\_
2. Your age \_\_\_\_\_
3. Pre-op (before surgery) \_\_\_\_\_ Post-op. ( Finished surgery) \_\_\_\_\_
4. Before hormone treatment \_\_\_\_\_ After hormone affects \_\_\_\_\_
5. How long have you been living full time as a member of your reassigned sex?
6. What is your line of employment?

B. INFORMATION REGARDING PRE-REASSIGNMENT PHASE

1. Did you dress according to biological (birth) sex requirements?
2. If you cross dressed, was it in public or private?
3. Were you attracted to members of your same birth sex, or members of the opposite to your birth sex?
4. Did you have sexual relations with same birth sex partners, opposite birth sex partners, or both?
5. Were you married?
6. Did you have any children? If so, how many?
7. At any time did you think you were gay?
8. How did you feel about the fact that you might be gay if you did?
9. Did you understand what you were?
10. When did you find out that you were Gender dysphoric (transsexual)?
11. How did you hear about or find out about transsexualism?



3. Are you gay?
4. If so, could you think of any reasons why you prefer members of your own sex.
5. Estimate if you can, how much out of your own pocket expense including drugs, treatment, surgery, doctors, medical related travel, legal costs, electrolysis etc. you had to put out to complete gender reassignment. Include insurance costs, but not any cost covered by insurance coverage.
6. Are you happier than before reassignment? Elaborate if you wish to.

E. ABOUT SURGERY

1. What procedure, or procedures did you have?
2. Doctor's name? (optional)
3. Number of stages?
4. Are you happy with the results? Please explain.
5. Can you achieve orgasm?
6. Are you sexually active on a regular basis?
7. Are you happy with your sex life?
8. Please mention any complaints or recommendations regarding your surgery choice, or surgical choice in general.
9. Have you lost any sensitivity? Gained any sensitivity?

Please provide any additional information that you feel might be helpful or interesting. We thank you very much for your cooperation and help.

## HERE AND THERE (Continued)

### MEMBERSHIP FEE INCREASES

The following increases in membership fees should be noted:

- Associate Members \$15.00 (was \$14)
- Supporting Members \$10.00 (was \$7.50)

In addition, a Life Membership may now be purchased for \$250.

### PUBLIC RELATIONS

In addition to the publicity accorded FACT by Chatelaine, the Executive Director was interviewed by M. Claude Forand for an article in the Courrier Medical (Montreal). This interview, conducted by telephone, had been suggested by Dr. Ray Blanchard of the Clarke's G.I.C.

Miss Huxford's visit to New York was covered in our last issue.

On February 27th. Miss Huxford lectured for three hours to senior students in the Department of Family Studies, University of Guelph. She will be returning to Guelph on June 19 to present a workshop on "Counselling Transsexuals" at the 7th. Annual Guelph Conference on Sexuality. Brochures for this event may be obtained from the Program Co-ordinator at the University, telephone (519) 824-4120, ext. 3113.

### CHAPTER MEMBERSHIP

Upon the invitation of the Executive Committee of the Chapter of FACT Toronto, the Executive Director attended their committee meeting on March 30. This Chapter is anxious to improve its own financial standing with a view to improving services to Toronto members. Miss Huxford made certain proposals to them which must be debated by the Committee and accepted by the Chapter members before they can come into operation.

- ELECTROLYSIS • FACIALS • MANICURES •
- ACRYLIC NAILS • PEDICURES •
- WAXING • BODY WRAP •
- PRIVATE LABEL COSMETICS •

VICKI BELLEFEUILLE  
COURSE DIRECTOR

488-9292

ELECTROLYSIS EDUCATIONAL INSTITUTE  
2890 YONGE STREET, 3RD FL. (AT EGLINTON)  
TORONTO, ONT. M4S 2B9

## FACT TORONTO REPORTS

Following a highly successful 1983/1984 season, in which FACT Toronto grew and developed with the co-operation of "The 519", we convened last September 14 for the commencement of the new 1984/85 season. Feelings ran high with enthusiasm towards a bright new season, a brighter future and perhaps more public acceptance towards transsexuals as a whole. 26 persons attended our September meeting happy to see FACT Toronto back for another year. Some of these people showed up at "The 519" front desk during the summer months, inquiring about FACT Toronto meetings, unaware that FACT Toronto recesses for July and August. We do take up the slack with summer picnics. Those persons who are FACT members in good standing receive notices to this effect. Those persons who are not members of FACT are normally out of contact with FACT Toronto during the summer months.

On October 12 we had what is hoped to be our first annual "Octoberfest", which was attended by 50 persons. Thanks to the generosity of many, "Octoberfest" was an unqualified success. The lights were low, the music swinging, the food plentiful and delicious, with the bar prices among the lowest, if not the lowest, in town. Our people are beautiful! You can scour this Earth and you won't find a more contented, relaxed, happier group of people anywhere. The stress and bigotry of daily living is gone. Here you can be yourself, here you are wanted, here you are accepted, here there are many friends to relax and talk with. Friends, just like yourself.

November 9 was a red letter day for FACT Toronto. We had our first election of Executive Officers to run FACT Toronto for the calendar year 1985. Since no one tendered any further nominations following the Executive Director's announcement to do so at "Octoberfest 1984" the following slate of Officers, proposed by the Nominating Committee, was declared elected: Chairperson: Roger Bramham, Secretary: Frankie Andresen; Treasurer: Jaimie Bridgman; Liaison Officer: Denise

(Continued on p.8)

## FACT TORONTO REPORTS (Continued)

Hudson; Social Convenor: Stephanie Mott; Members-at-large: Christina Ritchie and Candice Halston.

"The 519" having a full programme on the evening of November 9, our meeting was re-directed to the large downstairs room rather than the main floor east room where we normally have our monthly meetings. It worked out very well. Diana Gedge brought in some movies which were shown following the elections. FACT Toronto was graced with a pleasant surprise in the person of Ms. Nicole Boivin, visiting from the Ottawa Haven. Thank you, Nicole; it was nice meeting you. FACT Toronto hopes to see you again.

After a year of borrowing a coffee urn from the Dominion Store in Barrie, FACT Toronto now has its own coffee urn, donated by Vicki Bellefeuille, one of our staunchest supporters. Thank you, Vicki.

On December 14 we had our annual Christmas Party with 48 persons in attendance. This was a beautiful event, with beautiful people at a beautiful time of the year. There were ample refreshment donations and volunteers to assist with the various jobs. Christmas cards were passed out by members to members. The music ranged from groovy to Christmasy. Vicki Bellefeuille donated a splash of lipsticks with matching coloured nail polish as gifts for our lady members. Our Treasurer, Jaimie Bridgman, toiled hard, as always, to bring in the spirits. Jaimie is a natural and works 110% to make our parties the success they have been. Thank you Jaimie, we love you!

Starting the 1985 year on January 11, we had a guest electrologist, Miss Sarah Shrigley, who so graciously donated her valuable time to instruct and familiarize our members and guests with a seminar on Electrolysis, including the latest methods for hair removal. Sarah also donates the postage cost of the FACT Toronto monthly notices. Sarah is such a delightful person that the 27 people attending the seminar were so transfixed with her instruction, you could have heard a pin drop. That is unusual at a

FACT Toronto meeting. Those who attended can't thank you enough, Sarah. You made many friends; not many people have your humour. We loved it; we love you!

On February 8 we had our second annual Valentine's Party, attended by 40 persons. Our attendance could have been higher. It was apparent that many of our notices were not reaching our members in time. The food donated was a gourmet's feast. Someone even brought in a pot of hot chilli! I brought in a friend who had never knowingly seen a transsexual before. She had a wonderful time, telling me how beautiful our people are. She wants to return to our group and some of our events.

At their March 2 meeting, the FACT Toronto Executive Committee received the resignation of Stephanie Mott, our Social Convenor. Wanda Reilly was appointed in her place, her term to expire at the end of 1985. Wanda had been attending FACT Toronto Executive Committee meetings for some time, being no stranger to the Committee.

On March 8, Ms. Christina Ritchie, a member of our Executive Committee, gave a lecture on the problems facing the transsexual. Christina drew on her own life experiences as illustrations. Her story was so fascinating that she ran over time and the Social Hour was cut short. 33 persons attended this meeting. One person — a newcomer to our meetings — admitted that she nearly fell off her chair when she found out that Christina is an M-to-F transsexual. She couldn't believe it. Christina is a very feminine young lady, one that FACT Toronto is proud to have on the Executive Committee. Her talk was so much enjoyed that she was back to finish her story on April 12. At this latter meeting Miss Diane Gedge, a FACT Accredited Counsellor, gave details of FACTCARE, her counselling programme at "The 519", and distributed a questionnaire.

Looking to the future, on May 10 we plan to host the second FACT Toronto "Springfest".

On June 14 we hope to show "The Christine Jorgensen Story" on videotape, (To bottom p.9)

# COUNSELLING SERVICES

## ACCREDITATION

FACT is now able to provide counselling at a professional or para-professional level through the following Accredited Counsellors:

Miss Diane Gedge  
Miss Susan C. Huxford, B.A., B.Ed.  
Mr. Rupert Raj, B.A.

All other counselling offered by FACT is at a peer counselling level.

In addition to our own counsellors, FACT is pleased to recommend other services advertised on this page, together with:

TransCend Counseling Services,  
Springfield, Massachusetts.  
Jude Patton, PA-C, M.A.,  
Santa Ana, California.

## FACTCARE

A new service is now available to gender dysphoric persons living in the Toronto area. This is FACTCARE, a counselling service which operates directly under the authority of FACT Head Office. It is not operated by FACT Toronto, but its services are available to all members of FACT, regardless of their affiliation. Two programmes are offered, FACTCOUNSEL and FACTFORUM. Sessions are held at the 519 Church Street Community Centre on alternate Saturdays. This is not a drop-in programme. If you wish to avail yourself of this facility, you must 'phone (416) 848-5698 between 10 a.m. and 7 p.m. Monday to Friday.

\* \* \* \* \*

"PEER-EXPERIENCED IS THE BEST COUNSELLOR"  
("IT TAKES ONE TO KNOW ONE")



### Metamorphosis

GENDER COUNSELLING - EDUCATIONAL SERVICES

P.O. BOX 5963, STATION "A"  
TORONTO, ONT. M5W 1P4

RUPERT RAJ, B.A.  
DIRECTOR

## Gender Serve

COUNSELLING, EDUCATIONAL & RESEARCH SERVICES  
SUSAN C. HUXFORD, B.A. *Ed. Director*

Agent for **fact**

FOUNDATION FOR THE ADVANCEMENT  
OF CANADIAN TRANSSEXUALS  
Telephone: (416) 529-7884

P.O. Box 291, Station 'A'  
Hamilton, Ontario  
Canada L8N 3C8



ALISE MARTINEZ, R.N., B.A.  
Director  
License No. V352772

### TS COUNSELING

1550 California, #6201, San Francisco, 94109, (415) 387-6767



Ingersoll  
Gender Center

Washington Office  
4604 Stone Way North  
Seattle Washington 98103

Colorado Office  
406 First National Bank Building  
Box 402  
Trinidad Colorado 81082

Jennifer York  
Executive Director  
& Secretary / Treasurer

206 328-3544

## FACT TORONTO REPORTS (Concluded)

if the tape can be obtained from Christine in time. Following that, we will be into our summer picnic programming.

We are encouraged that many new faces are showing up at the FACT Toronto meetings; we welcome these people. We are

here to help, in a wise and effective way. To-day's new faces are to-morrow's new members.

Frankie (Barbara) Andresen.

(FACT Toronto may be reached through The 519 Church Street Community Centre, TORONTO, Ontario. M4Y 2C9)

# SOMEBODY NEEDS YOU

Each one of us who is, or who has been, gender dysphoric knows the agony of depression. It is so easy to slide into the feeling that nobody else has it as badly as we have. Each one of us tends to feel that our suffering is unique, that "I am the only one who feels this way" and that no one else can understand. In the depth of depression we may even feel that nobody cares. It is when we sink to this depth that each of us may ask ourselves "What is the use of going on?" One of life's tragedies is that many people see no positive answer to that question, and so end it all. FACT has had its share of such tragic members: our membership list has "deceased" written against three names.

Sometimes we may think that "depression" is a word invented by psychologists and used by psychiatrists in order to make a living by "treating" people to whom they apply the label "depressed". As a result, we object to anyone who wishes to "label" us and file us away in nice little tidy slots. Too many gender dysphoric people avoid any kind of counselling because they are afraid of being labelled. This fear is made far worse when the "tag" has been permanently recorded by a "shrink" who has failed to relate to, or understand, the sufferer. Let's be honest: we do suffer when we are in a fit of depression.

But is this anything new? Some twenty-five hundred years ago someone, possibly in Palestine, but more probably in exile, wrote "My God, my God, why hast thou forsaken me?" Another wrote "Out of the depths have I cried unto thee". These are the cries of a heavy heart in the depths of despair — the "Slough of Despond" as John Bunyan called it. The "Valley of the Shadow of Death" as it is called in another place. These are the cries of people who were experiencing depression. The psychologist has invented nothing.

In a fit of depression everything looks black. The way out seems insurmountable. How can we find a way out?

It has been said that it takes a certain amount of courage to take one's own life but, in the end, it is a coward's way out. Life is always a challenge, even a battle, but each one of us is called to win.

The loneliness of night is probably that time when we sink lowest into despondency. Some of us may be able to sleep in spite of our misery; we cry ourselves to sleep much as a baby does and wake up in the morning somewhat refreshed. But the depression will return unless we do something positive to battle it.

What can be done to climb out of the low state to which we have sunk? It seems to be human nature to feel sorry for ourselves, but this is no cure. Only when we start to think beyond ourselves, that is, of others, may we feel our spirits to rise. We may feel utterly alone, yet there are those who need us. That is not to say that each one of us is needed by all the people we shall consider; it is to say that, even in our darkest moments, somebody needs us. Somebody needs you. Let us look at some of those people who may need us.

Our parents, or those who have stood in place of them, need us. We may have been rejected by father, mother or both but, in spite of that, they do need us. A few years ago I stood at the graveside as one of our members, a truly "new woman", was lowered into it. Her mother was there and was terribly upset. All she could do was wring her hands and cry "Oh, my poor Jim!" "Jim" had undergone sex reassignment surgery and was legally Janice at the time of her death. Nevertheless, the mother needed her child. If we are callous, we may say that the mother brought it upon herself, but let us look upon it from the other point of view. The mother must have blamed herself in part for what had happened. Since Janice's suicide, she has had to live with a ghost.

Every parent of a transsexual must ask himself or herself at some time

(Continued opposite)

## SOMEBODY NEEDS YOU (Continued)

"Where did I go wrong?" In the case of a true transsexual the answer is "You didn't". The Freudian psychologist may pick out attitudes and episodes which he claims contributed towards the "identity confusion" (as he calls it), but in most cases the parent or parents were acting in a perfectly natural, loving, human and humane way. Without realizing it, because of their parental concern, they were providing the cement with which to join building blocks that were already there.

Janice's mother, in time, would probably have come to realize this. Now she is left with the knowledge that her own mismanagement of the case when Janice was a teen-ager and already showing every sign of gender dysphoria syndrome (i.e., transsexualism), together with her own rejection of Janice, have led to the permanent loss of her child. Today, if she has any human feelings at all (as her graveside behaviour proved to be the case) she needs Janice. As it is, she can never set her mind at rest. Janice herself was most upset by her parents' rejection. She had assumed a veneer of hardness as a result. Had she lived, it is possible that she could have been a comfort to her mother in her old age.

Our children, if we have been parents, need us. Needless to say, when a father or mother changes sex, a child feels robbed. The problem is probably not so acute when the child is very young, but once a child has reached what may be called the "formative years" the adoption of the cross-gender identity by one of the parents will probably be so traumatic as to retard some aspect of the child's development. Problems will likely show up in school progress due to mental confusion. The mid-teens are a disturbing enough period without having additional burdens laid on the young mind.

As the child reaches maturity, the transsexually-inclined parent may well find himself (or herself) rejected. Much of this will depend upon the relationship between parent and child. If parental ties have never been very strong, rejection is almost inevitable, even if

the young person's attitude is "Go and do as you like; I don't care". Even in this case, the child may need the parent at some future date. Life never works out quite according to plan. If the parent is a loving, caring person, it is possible that the child will return for support when he or she is "down". We cannot know in advance.

In a case when ties between child and parent are very strong, the chances are that they will survive, even though there be a period of traumatic re-adjustment. In this the transsexual must be very patient and appreciate that, although she (or he) feels the loss of a beloved child very deeply, that child's sense of loss is every bit as sharp. For a time the sense of estrangement may be very strong; it takes time to bridge the gap. The child's need is still there, however old he or she may be.

Even in the case of the transsexual parent whose divorce separates him or her "permanently" from a young child, the need is still there. "Blood is thicker than water" goes an old saying, and many young people, as they approach maturity, feel the need to seek out a lost natural parent. The younger generation finds it easier to accept transsexualism than did its forbears, especially when there are few emotional ties.

Other relatives and friends need you. It is something of a surprise to find grandparents who can accept a transsexual child more readily than do the parents, yet numerous cases are known. Brothers and sisters need you, even if they do not know it at the time. They must be forgiven is a new name confuses them; this is hardly surprising and some will take longer than others until they feel comfortable. As Shakespeare wrote:

"What's in a name! that which we call  
a rose  
By any other name would smell as  
sweet."

Finally, the world needs you. Unless life is completely meaningless, each of us has some purpose to fulfil. Although old friends and relatives may be lost, new friends can be made — in fact, are

(Continued on p.12 - bottom)

## BEWARE OF FALSE PROPHETS!

A well-known gay magazine included in its September 1984 issue a reference to North American Transvestite-Transsexual Contact Service (Seattle) and included their telephone number.

A member of the FACT Toronto Committee made contact with Gateway Gender Alliance (GGA) in Chicago and was cautioned about this service. Our member dialled the number listed in the magazine and states that she was offered hormones over the telephone. Our readers are warned that hormones are controlled drugs in Canada and that illicit trafficking of such drugs across the international border could result in action by the R.C.M.P. and the F.B.I.

Further investigation in Seattle itself by FACT Head Office has revealed that North American TV-TS is primarily a dating service run by a "Philip Salem". This dating service is apparently not illegal, but our source states that persons who have contacted it have given very unfavourable reports. It is reported that these persons were so disturbed by the description of the service that they did not follow through nor go on a date.

Unfortunately such services discourage serious enquirers from seeking assistance elsewhere for fear that they will encounter the same sort of treatment. FACT has already experienced such difficulties in Winnipeg and Vancouver. In both of these cities FACT is able to make referrals to responsible professionals and agencies.

-o-o-0-o-o-

## SOMEBODY NEEDS YOU (Continued)

made, even when we don't realize it. They need you, although you may not know it. FACT needs you: some member of FACT needs the support, comfort and understanding that you can offer. That is peer support.

FACT needed Janice. I needed Janice. The world is the poorer because she is not here.

Susan C. Huxford.

## HELP! - Questionnaire

Enclosed with this issue is a questionnaire. It has been compiled by a psychologist and a registered nurse, both of whom are post-operative F-to-M transsexuals and are known personally to the Executive Director of FACT. The purpose of the questionnaire is to "provide valuable data needed for publication research.....All of the information requested will be confidential. You do not have to identify yourself in any way. Please answer all of the questions that apply to you".

The articles to be published as a result of this survey are to be written for health care professionals, social workers and others who may be required to counsel gender dysphoric persons. Others will be written for the general public.

Please co-operate in this venture. Do NOT put your name on, or sign, the questionnaire. Do NOT put a return address on your envelope. Mail completed questionnaires as soon as possible to Gender Review Survey, P.O. Box 291, Station 'A', Hamilton, Ontario, Canada, L8N 3C8.

S.C.H.

-o-o-0-o-o-

## ANNOUNCING!

**Gender Serve**

has been appointed CANADIAN AGENT for

*The tv-ts**Tapestry*

Published quarterly

Special rates for FACT members

For details write GenderServe,  
P.O. Box 291, Station 'A', Hamilton  
Ontario, L8N 3C8 (416) 529-7884