

Alpha-Bits

September, 2003

Linda's Fem/Mail

Last month for our August meeting we had our once-in-a-while discussion amongst ourselves. Our discussion ranged from story telling to philosophical arenas. When we finished our main discussion, by our own volition, we broke up into smaller groups. That evening it just seemed the right thing to do. It seemed to me and others as well to be a nice intimate transition (not *that* transition).

This month our September 13th meeting will feature as

our speaker Gina Lance, Editor in Chief of *Girl Talk Magazine*.

Gina is a fine speaker and has spoken at many transgender events. I'm really looking forward to seeing and listening to Gina. Naomi, General Manager of Club Girl Talk, will probably be there as well.

Club Girl Talk is responsible for many TG venues for us to go to and enjoy. So it seems appropriate now to list those here.



◇ TG Wednesday night **Encounters**: No cover, starts about 9:00 P.M. 203 No. Sierra Madre Blvd. Pasadena, Ca Phone # (626) 792-3735

◇ Thursday night **Moonshadow** no cover. starts about 9:30 P.M. 10437 Burbank Blvd. Burbank, Ca Phone # (818) 508-7008

◇ Friday night **Oxwood** No cover starts 10:00 P.M. 13713 Oxwood St. Van Nuys, Ca Phone# (818) 997-9666

(Continued on page 2)

About Alpha

Alpha meets on the second Saturday of each month. We offer safe caring support for heterosexual crossdressers and their wives or partners.

If you have any questions regarding meetings, contact Linda Wade at (310) 798-5637 or E-Mail at damelindatg@hotmail.com

For couples issues Ginger Rogers is available at xxxxxxxxxxxxxxxxxxxxOR E-Mail at xxxxxxxxxxxxxxxxxxxx

Visit our web site at <http://geocities.com/alphatriess>

This newsletter is available on our web site. Ask an officer how to access it.

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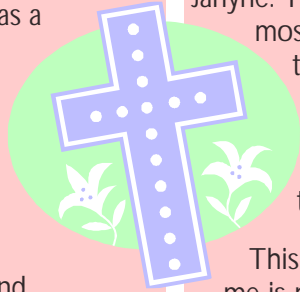
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Being

Many of you know that I am very active in my church. I believe that my path includes my being transgendered, it is part of the spiritual transformation I am on. You also know I attend church as a woman. I am on the board of directors of my church and in that capacity have spoken to the church members from the stage and, in short, am well known to all who attend.

We have had two male board members. One guy finished his term and since he has held his office for two terms he gave up his position. The church members elected a woman to replace him. That left us with one guy. We had a board meeting two weeks ago and that guy resigned for personal and family reasons. Because he left a term unfinished we can replace him with out an election. The board members were discussing the situation and several people said, "We should find a man to fill the spot. We need the male energy." I cleared my throat and said, "I would do my best I could to stand in". The board just looked at me and two women said at the same time, just liked it was rehearsed, "Janyne, you are a woman". We all had a good laugh at this, and I got some kidding from the ladies like "She forgot she was a woman, geeze!"

I have been thinking about this for a few days, and it occurs to me that this is a very high form of acceptance. This church, these board members, the ministerial staff, and



all who know me know I am a genetic male. Many have met the masculine (or as masculine as I get now days) me. To these wonderful people I am Janyne, I serve as Janyne, I function as Janyne, and I look like Janyne. To these wonderful people my identity is as a woman named Janyne. They don't see what is almost painfully obvious at times to me. They don't see the uncertainty or the lingering fear. They see a confident capable woman with much to share and much to give.

This much acceptance of me as me is more than I ever expected when I started this road. I am very grateful to be in such a beautiful and supportive place in my life.

Janyne

Linda's Fem/Mail (cont'd)

- ◇ Saturday night **The Lodge** \$5.00 cover Starts at 9:00 P.M. 4923 Lankershim Blvd. No. Hollywood, Ca Phone# (818) 769-7722
- ◇ Sunday night **The Lodge** no cover starts at 9:00 P.M. Same address as above.

Our dinner choices for our September 13th meeting are: Chicken Marcella OR Swordfish Brochettes

Please get back to me by Wednesday September 10 as to your dinner choices and how many in your party.

Linda: damelindatg@hotmail.com OR call (310) 798-5637

See you on the 13th.

Linda [[[[]]]]

Energy

From childhood to young adulthood I, as we all did, used a lot of energy. We had school work, extra curricula activities, relationships, and wondered what the future would bring. This all took a lot of energy, but at least we are young then.

If this wasn't enough though, there was my desire to portray myself as a female. One learns quickly that wearing dresses is a no-no. This was especially true in the 50's. So I worried about who I was and where this was leading. I had to keep my desires hidden and to be careful not to be caught. I did take some chances and dressed when my parents were away and enjoyed it immensely, but fear was a huge factor in doing so. More chances were taken in college and in the army. Talk about use of energy.

As I grew older and went into the real world of working for a living, paying bills, losing loved ones, and more serious relationships, all that stuff alone took physical and mental energy. I was also getting older. Then in the next few years there came for me a relinquishing of social activity. I was angry and a big part of that was because I did not act upon my desires. I needed a rest and I just didn't find the fulfillment of not going out as I wanted to. I had in fact used a lot of energy and it didn't seem to be getting me anywhere. So I took a partial break from social interaction. I concentrated on my teaching and the interaction that came with that. In the evening I would have a few brewskies. What that did was numb me, but in the morning my concerns and worries were back and magnified.

I was losing patience and energy and needed some answers. The only person

(Continued on page 3)

who could provide the answers was me, but I needed guidance to accomplish it. I sought and found professional help. Not everyone needs that intensive interaction, although there are many who don't seek it who should.



I was not totally alone anymore I had someone to talk to and with. Some energy found its way back. I was on a mission and it was good to be on that mission. I was into feeling again.

I found out that I wasn't fragmented and in fact,

was working towards becoming a whole person. I felt fragmented because I hadn't let all of me out. When I let Linda out I was older and had spent a lot of energy. One might think that all the hiding and worrying would have taken a toll. Not the case. I found new energy, positive energy. I was out and about wanting to get involved in helping other transgendered people, to go out to dinner, shopping, movies, traveling, etc. I just wanted to be out. It has been like being in that proverbial candy store. I wanted all that I missed, and found that positive energy to go for it.

I have been and am doing things that I have done before and gone places like I used to, and I am enjoying them more and adding new ones all the time. I, of course, am doing those things as Linda. The added bonus is that my confidence keeps building.

It seems to me that positive energy is rampant when one enjoys being one's self.

Linda [[[[]]]]

Bigotry

- By Rita Marston

Let me first start by saying that before I met my husband I was a card-carrying, banner-waving bigot of the first order. I belonged to a national organization that believed that any form of self-expression contrary to teachings of the Bible (their text selection, of course) was a perversion. I was not just a member; I fully embraced this organization to the extent that I actively participated in writing letters to Congressmen, Senators, and, oh yes, let's not forget the hotel chains.

Yep, I'm one of those that helped sway these chains into denying room access to groups such as Rho Tau for their "lewd and lascivious" meetings. I believed the pabulum fed to me, because I didn't know anyone (other than my gay neighbor – whom I dearly did and do love) from this seamy side of iniquity on which to make my own judgment or base an opinion.

Bigotry is just another word for IGNORANCE. We accept the word of our parents, our friends, and our pastors, without question. They know what's best for us, don't they? Surely "Those People" are reprehensively perverted and pull wings off of beautiful and innocent butterflies and frighten small children! *Well, don't they?*

It was only after meeting, getting to know, and falling in love with one of "Those People" that I began to realize that regardless of a person's lifestyle, who he/she loves or what manner of dress is aspired, we are still all very much alike. Some are just made to feel guilty, or even sinful, for wanting to be different.

It should be our goal, no, our *duty*, to help educate those who are still bigots out of ignorance. Some we will never be able to convince that underneath it all, we are still all God's children. Those we will have

to stand united against to maintain our individualism.

Pursuit of our personal freedoms and happiness is still one of the cornerstones on which this country was built and

should not be denied because of those whose beliefs do not coincide.

To paraphrase the words of Mr. Jefferson, it is only through public education that a Democracy can be built.

(By the way, Dear Hubby, thank you for the education.)

From the *Rho Tau Newsletter*, official publication of the Rho Tau Chapter of Tri-Ess, Richmond-Tidewater, VA. Reprinted by permission.

...it is only through
public education
that a Democracy
can be built

Next Meeting

Saturday, September 13

7:00 pm Social

7:30 pm Dinner

AT: xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxxxxxxxx
xxxxxxxxxxxxxxxxxxxx
Phone: xxxxxxxxxxxxxxxx

Menu: Chicken Marcella
OR
Swordfish Brochettes

Program: **Gina Lance**, Publisher of
GirlTalk magazine

RSVP: Please RSVP to Linda by
Wednesday, September 10
Contact Linda at
(310) 798-5637 or
damelindatg@hotmail.com

Please tell us the number in
your party and your dinner
choice(s).

Cost: \$21.00 single
\$36.00 couple

Two gender-friendly companies let us know that their services are available to the transgender community. Layla and her daughter attended our August meeting and Cheryl provided flyers for our members

Layla's Electrolysis & Skin Essentials, in West L.A. (310) 473-8979, jmashayekhi@hotmail.com, www.laylaselectrolysis.com

New Image Transitional Specialist, Cheryl Y. Hoffman, (818) 241-8401

The Counselor Has No Clothes

When I retired from my 40-year career in Aerospace / manufacturing / engineering / supervision I entered a new career that I have wanted to be in for many years. Before I retired I returned to school to complete the requirements to qualify to be a substance abuse counselor. I graduated, interned in a hospital program and was offered a position in outpatient chemical dependency recovery in 2002. My motorcycle accident and resulting injuries and recovery speeded up my retirement and put a temporary halt to my counseling. The injuries are healing. I did retire and have become a paid counselor.

I have never kept my gender expression a secret although I do not crossdress at work. Counselors are a pretty free-spirited lot, and dress is somewhat casual. My clothing choice is, well, for lack of a better word, eclectic. I was asked to lead a family group as a fill-in for a counselor on vacation. I wore jeans a tee top and clogs. The clogs got me in trouble. They are women's shoes but could pass for guy shoes too. They do have cross straps across the top, and yep my toes were visible, not to me but to somebody. This somebody, rather than come to me, told the day senior counselor. This senior counselor, rather than telling the somebody it was none of his business or he needs to talk to me about it, spoke to the director about the need for a dress code. The decided-upon dress code is not too bad, in fact it is almost nothing. No jeans, men counselors must wear socks, shirts must have collars, and ties are preferred. I have yet to wear a tie. The sock rule takes care of those pesky toenails. Friday is a casual day

and if we pull a Saturday, I guess anything goes.

I did confront this senior counselor in a team meeting. In spite of the cheers I got from the other counselors, the dress code stands. I also heard from another counselor that this senior counselor thinks or thought I was homosexual. This senior counselor said that homosexuality would make no difference in his decision.

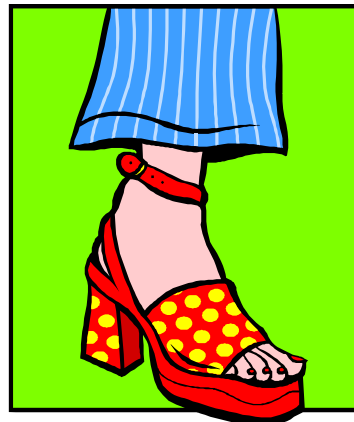
Now I just know that is a lie, but I also know he said what he had to say. I took the issue up with the director and lost there also.

I really don't mind the dress code. What I do mind is that someone who is a senior counselor doesn't understand the difference between homosexuality and transgender, even after it was explained to him. I think

my very lovely toenails and the small bit of shaved leg that shows beneath my jeans offended him because of his own homophobia. I think that homophobia is often the root cause of crossdressers being mistreated and misunderstood in society. At a more personal level, I am saddened that a professional counselor could be so ill informed about gender expression and sexuality. To me it really points out the need for more education for anybody who counsels at any level.

I don't know anything about how this senior counselor handles his groups, but I do know that in my groups diversity is accepted and encouraged. My clients are expected to rejoin society clean and sober, and that means getting along with people who appear different. I am disappointed in this counselor and disappointed in my new career.

Janyne Cresap C.D.C.



"It's All About Wives"

An Invitation to Wives, from Linda, a Wife and Mother

So, your husband has come out of the closet. That took a lot of courage; he must love and trust you a lot. You may be feeling relief now that you know what has been on his mind. You may enjoy his feminine expression. Your sex life may have improved. If so, then that is wonderful for both you and your husband!

Many wives will probably not feel this way, at least initially. Are you feeling alone, isolated, confused, hurt, depressed, afraid, etc? Are you asking yourself "Why me", "If I was a better wife and sexier woman would he still be like this", "Is he going to turn into woman", "Is he gay", etc.? Do you suddenly feel ugly and unattractive? Did you tell your closest friend and now wish you hadn't because she just doesn't understand? Did you tell your family and now they are not speaking to you? If you answered yes to even one of these questions, then welcome to the group.

My husband came out to me a year ago, after 20 years of marriage. We have two school age sons. During the past year, I have had experiences I never dreamed of, learned a lot, and experienced a great deal of emotional turmoil. I was disappointed by the lack of support for wives of TG (transgender) husbands, especially in such a huge and diverse area as LA. So, I decided to try to start a wives support group with a professional counselor experienced in gender issues. Although this group is being established for wives, women in committed relationships with TG partners are welcome too.

I hope you will come out of the closet and join this group.

Please see the attached flyer for the details – when, where, etc.



"It's All About Wives"

Support Group for Wives of Transgender Husbands

Women in Committed Relationships with T G Partners Welcome

Mission Statement

Provide a safe and supportive place for wives of TG (transgender) husbands to share their feelings without fear of reprisal or condemnation. Empathetic and caring traveling companions for the journey that most wives must take to find happiness and fulfillment with their TG husbands and marriage. A forum for asking questions and learning, listening to and being heard by others, providing and receiving emotional support, discussing and exploring our own needs and desires.

Vision

To become and be recognized as the model of what a wives group should be. Be seen as the group husbands want their wives to join and will support with their hearts and wallets. For TG people and service providers to recognize and support wives as being vital and important constituents of the TG community. Open the closet door for every wife and accompany her on the road to happiness and fulfillment.

Values

Honesty
Teamwork

Integrity
Caring

Compassion
Respect

Empathy
Responsibility

Co-Founders

Founding Member – Linda, a wife and mother

Group Facilitator - Elise Turen, M.A. (Clinical Psychology), Los Angeles Gender Center, Five Changes Foundation

Introductory Meeting

- ◇ Date: **Saturday, September 27**
- ◇ Time: **10:00 – 11:30 a.m.**
- ◇ Address: Women's Club of Hollywood, 1749 N. La Brea Ave., Hollywood, CA 90046
- ◇ Directions: On La Brea just north of Hollywood Blvd. (See www.mapquest.com for map).
- ◇ Location: Upstairs Room (sign by room will say "Wives Group")
- ◇ Fee: \$40
- ◇ For more information, questions, and/or to RSVP please contact us.



Contact Information

- ◇ Contact Linda via email at lindaannegf@yahoo.com.
- ◇ After August 26 – Contact Elise Turen at **310-475-8880, ext. 2**.