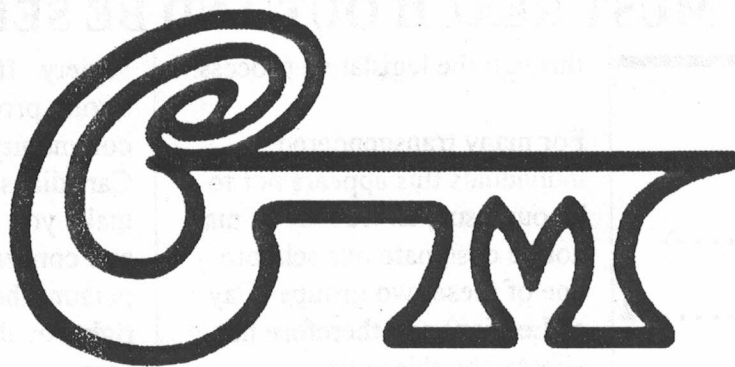


# **Notes From The Underground**



**POWER AND PRESENCE  
IS YOURS  
HOWEVER YOU MUST REACH  
OUT AND BE SEEN**

**A FREE PUBLICATION  
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# Notes From The Underground

A FREE PUBLICATION

## POWER AND PRESENCE IS YOURS - HOWEVER

## YOU MUST REACH OUT AND BE SEEN

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### WHY IS BILL C-23 IMPORTANT TO YOU? By Margo Ross

You may or may not have been following the progress of Bill C-23 or other wise known as the "Same Sex Equality Bill"

through the legislative process.

For many transgendered individuals this appears not to be our issue, as we may or may not be designate our self into one of these two groups (Gay or Lesbian) and therefore not affected by this initiative.

**You have never been so wrong!**

The bill is about the fair and equal treatment of all individuals in Canada, as it impacts on and relates to just about every aspect of life from birth, illness, death, taxes and that ever so often sought after issue a partner to love and care for. If this Bill is defeated or is permitted to be altered to clearly define relationships into two categories of acceptable ie. marriage and almost acceptable as in domestic partners or common law then you have just witnessed the authorization of a segmented and discriminatory

society. If this occurs to the strong proud and very out community of Gay and Lesbian Canadians then would ever make you believe that the issues and concerns of the transgender person, their family and their rights in all of these critical areas would and could not be so easily relegated to a similar second class status.

I am not saying that you must approve of all of the components of the Bill or even like each or specific initiatives but can you afford to live with the outcome if it fails or the government is permitted to entrenches a two class rights system with you on the non privileged side, would you want any Canadian to be so designated.

Oh, true it can be challenged in the courts and Human Rights tribunals, but at what cost to those that must endure the public fight.

Just look around you we already have far too many bruised and drained community members fresh from legal battles, court and diagnostic rulings.

Now is the time to lend you voice to support equal rights and access to the full services for all Canadians to the standards that we always though should just have been there.

The question remains, will they be available if you remain silent and do not call your MP?

**Presidents' Report**  
by Margo Ross

Your Executive Committee has been actively developing topics of interest for the monthly meetings (see back page) in addition to restoring our committees structure. So expect to be asked to get involved and please accept a role. The issue is not how much time you invest, it is that you believe that Gender Mosaic is worth your time and energy.

It is important for you to be aware that there are several initiative which involve our community in the form of a Health Needs Study, Programs directed at the Schools in educate about GBLT issues and the Hate Crime initiative. We

are trying to press for your rights and protection but we need your involvement.

**PAIN**  
by Kaitlin Acres

The following are not the authoritative words of a professional. While I have given considerable thought to the following it should be received as simply the opinion of one individual. Perhaps it can be used to continue a discussion that will not soon end. I have no intention or interest in starting a debate, however I would be interested in receiving comments.

Pain is something we are all familiar with. We hit our thumb with a hammer, that is pain.. Kidney stones produce pain. We are told childbirth produces pain. When I think of the experience of pain I think of my mother, I do not mean that she was a pain, (well at times) but she experienced constant arthritic pain for all the 60 plus years I knew her. I think she was heroic considering what she accomplished in spite of the pain she experienced. She died a few years ago at age 96. However the constant pain did take its toll. Looking back at our family life I have to say that in many ways it was dominated by her pain. Our lives were conditioned by her disease. Her life was conditioned by her pain and so was our

relationship to her. The result was that she became quite ego-centric. Also she expected the rest of the family to be focussed on her and her health. Looking back at her Life I have come to the conclusion that her response to her pain was quite understandable. Pain was the dominant reality of her life. Pain has its effects.

Does this have any relevance to us as Transgendered persons? I think so. There are more types of pain than purely physical pain. When we have to live as a perceived oddity, or unacceptable misfit in our society we suffer. If we feel we have to deny, or keep secret an essential aspect , or perhaps the dominant aspect, of our personalities, there is pain. Call it "gender pain" like all constant pain it has its effect. It saps our energy. It begins to dominate our lives. It can affect our sleep, our eating habits, our ability to work and our ability to relate to other people. Like the pain my mother experienced we can become ego-centric.

Some of us get to the point where we can no longer cope. No longer can we deny who are, no longer can we pretend. Tragically some feel the only way out is to end our lives. Some of us get to the point that we can no longer "play the game" and effectively, shout to the world "I AM A TRANS GENDERED / TRANSSEXUAL PERSON,

**YOU HAVE TO UNDERSTAND, ACCEPT AND LOVE ME".** And so the world should! The trouble is there is yet another kind of pain.

The spouse of the TG/TS person was born as a very young infant, as are the rest of us, and she began her long experience of learning how to be a girl, woman, wife, mother etc. She learns what men are supposed to be like, and what to expect from them. Society, the great teacher, teaches her all of this and much more. Then comes the time when her husband says "Dear I have something to tell you. Even though you have always known me as a man, even though I look like a man, in fact I am a woman".

The wife's world explodes. Everything she has experienced denies the possibility of what she is hearing. She can no longer trust anything about her world. She feels like she has been kicked in the stomach. She is in pain, a pain that overwhelms her it becomes the only reality in her life. In a distorted way she hears words attempting to explain a new kind of reality she has never experienced and the words are meaningless.

We now have two desperate people, driven to being ego-centric by pain. Both deserve compassion, neither are to blame. Can these two people be helped?

I am certainly not qualified to speak in any authoritative manner. However it is my sense that little can be done until their pain is recognized, and dealt with. First I think their pain must be recognized in some manner. They need to be allowed to feel and to have those feelings understood. . Eventually the mind can be released so that it can begin to do its essential work. Depending on the individuals the relationship may or may not continue. However it will never be the same. It may become deeper with greater commitment. It may change its course and become a significant friendship. It may not be able to continue, but each person may go on a stronger more aware person. In many cases the services of a competent, compassionate therapist may well be necessary.

### **TRANSGENDER LINEAGE**

by Christina C.

Breathing in, breathing out. We do it all the time. Seems pretty simple actually. So simple that we forget about breathing. We take breathing for granted. But what would be the consequences of not. Of not breathing. Pretty drastic actually. So something so simple, but so important that our very life depends on whether or not there is a next breath...we forget about. We forget about a lot of things. Sometimes we

forget about our life...and what it is like to be living this life. Just as it is. Just like breathing in and breathing out. We forget to notice what it is like to be alive.

With each breath we take in the sky and then a little while later we put the sky back into the world by breathing out. Are we breathing the sky or is the sky breathing us? Hard to say actually. The sky has been around a long time. It has lent itself to the breathing of a lot of beings over the years, and some of those beings are our transgender kin. It is interesting to ponder what our kin may have left in the sky for us to breathe. Our kin have in fact left a lot of things for us to breathe in...to live... in their footsteps. With each breath we assert that we are alive. And that is what our kin do for us, they assert that to live, any life, including the challenges and the clarity of a transgender life is to assert the miracle that we are alive. We are alive with the clarity of vision that lifts the fog of obsession from the notion of gender. Our kin leave that message in the sky for us to breathe. It is one of the responsibilities of our lives to perpetuate that message.

Every transgender being leaves the mark of what they do from moment to moment on the world. Every word, every act that we extend into the world causes a ripple across humanity that



extends for all time. Today, you stand up and speak with clarity to someone who needs to know the Truth of what it is to live a transgender life. No hype, no sticky web of feelings, just the Truth. The signature of Truth is its irrefutable clarity and so that person passes on that clarity to another, and so on and so on. Mother expresses to child, who expresses to friends, to parents, to relatives, to strangers, to historians, and on and on and on, across all generations, all cultures and all time. The Truth dissolves oppression and changes the world. What we do is vitally important and taking responsibility for our actions is a serious commitment. What we do, lasts forever.

Someone who recently took the time to learn the Truth of transgender life pondered this new information for a while and then expressed: "If I weren't careful I could become envious of all that transgender people are able to experience in life." Our lives are a gateway to infinite possibilities of experience. So many choices behove us to be wise. After all, the world is counting on us to do our part.

When we look out into the world we can see the signature of all the transgender beings that have preceded us as well as those still alive. Their every act of clarity has lasted and impacts directly on our lives. We can find pride in

our history, we have more choices, things are better than they once were, things are different because of the acts of Truth of our kin. This transgender signature upon the world is our lineage. A lineage not of ancestral blood but of ancestral mind ...of ancestral being. The lineage survives and is perpetuated by living the only life we have any control at all over...our life...with clarity. In so doing, the lineage is ours for the living. Like breathing in and breathing out, you have to notice what is there. A pillar of strength and clarity. A guidebook on the clarity of transgender mind. Useful. To see it, to use it, you must notice it is there and has always been there. You have to pay attention.

Paying attention, we notice that not every breath is the same. Every moment of our lives is fresh, new and different. Feelings come and go, but the one feeling them is always there to notice... if we pay attention to what is actually going on. Our lineage leaves clarity in the sky for us to breathe, to notice that our lives arise fresh in every moment. To notice that life, our life, arises perfectly free. To awaken to the clarity that if we don't pay attention to our life as it is, we create a gap. It is within that gap that clarity and freedom are lost. Yet, clarity and freedom are always there to be

recovered when we remember to pay attention. To see through the endless silly notions that float in society but which we all Know are hollow. To stop "wanting" things to be different even when we haven't actually noticed how they are! Right now, in this moment, how are you, what is really going on? To breathe in and breathe out and actually notice what that's like. To notice how life is, to notice our lineage, just as it is. Perfectly free. To be enjoyed!

### **BEING TRANSGENDERED**

by: Joanne Law TG PMS

Because of the misinformation being used about our community. I am going to try and relate to you, some of the extremely complex personality traits we have grown to accept. Because of my devotion to the gay, lesbian and bisexual communities here in Ottawa, I want to relate to you and let you know why we are here as part of this wonderful community. I want to tell you who we really are and who I am. You have accepted me and my transgendered brothers and sisters with a little bit of reluctance and not really trying to understand what we are really saying. All too often a person, to whom a transgendered person is trying to explain the phenomenon is not interested in putting forth the effort to understand what is being said due to the complexity. That's person motto is "My mind

is made up. Don't confuse me with the facts". I want to remove some of the misconceptions and explain the difference between the transgender community and the gay community as well as our similarities. I will try and simplify the facts and explain the phenomenon. Gender and sex is a bit easier to understand if we look at the four major aspects of personality involved. There are a great number of lesser aspects that relate to it as well but the four major ones will be discussed in this essay.

We have; 1) Sex, 2) Gender, 3) Sexual Orientation, 4) Gender Identity or Preference.

**Sex:** Sex is male or female. It defines physical anatomy and is about as close to black and white as one is likely to get in anything dealing with human beings. Sex is defined at birth by a doctor that plays God, they have the right to identify a persons sex, placing all the legal requirements on a birth certificate or legal document. The transsexual is a person that does not identify with their birth identified core sex. Transsexuals (crossing the sex) have a strong and persistent feeling that they are living in the wrong sex. This is known as Gender Dysphoria, "DSM-4" the desire to move from one sex to the other through a surgical procedures, known as sex reassignment surgery. Transsexuals also require medical and

psychological evaluation before any surgery is completed.

**Gender:** Gender is masculine or feminine. It defines personality traits and actions which society has arbitrarily assigned to a specific sex. Men are supposed to be strong macho and aggressive, GI JOE types. Females are supposed to be soft, smooth, warm and kind (sugar and spice) Barby types. If a male is caring and doting, he is looked at with raised eyebrows and labelled effeminate. if a female is assertive, aggressive and butch she is labelled masculine. Society looks at these traits as contrary to what we should be. Gender is not black and white but varying shades of gray which can change from day to day, hour to hour.

We have a double standard. Its OK for a female to go to her partners closet and put on his work shirt and work boots to work in the garden or wear his bath robe in comfort but the minute the spouse goes to his partners closet and puts on one of her blouses and skirts or any lingerie, because he feels comfortable, divorce is in the air. He is labelled sick and weird, weather he is on not.

**Sexual Orientation:** is heterosexual, homosexual or bisexual. feeling. It's the sexual attraction for another human being. Working with this murky world of the transgendered, we

have found that one in ten concept, is out there. 10% of the population are cross-dressers, 10% are homosexual, 10% are bisexual, and 90% heterosexual. 90% of homosexuals do not cross-dress. How many times do you have to be in a same sex relationship before you identify as gay or lesbian? Once, twice, ten times? These statistic change all the time.

**Gender Identity or Gender Preference:** is how we wish to be received by the world around us. It can, and does, include femininity, masculinity, and androgyny. Its some what of a sliding scale with an infinite number of stops along the way. Its also the change in the attitude of who we really are. Some have adopted their true identity and live their new identity full time. It may also be a change from morning to night. At the office the transgendered person has to identify as the person that the company employed, out side the office they may identify as their true self, depending on circumstances. This changing back and forth can ruin strong and vibrant personalities, to the point of self-destruction.

The four major areas, together with many minor areas which will blend, blur, or sharpen as the image is projected, can and do occur in all their variations in the people that comprise the transgender community. One hundred different combinations in

one hundred different individuals. It does not imply that some are right and some are wrong, some are straight and some are homosexual. It merely means that each individual is unique.

We are a very diverse community trying to be accepted as human beings, and each one of you know what its like to be different and alone, trying to cope with societies standards of what we are and what we should be.----  
Be unique strong and proud.----

### **HETEROSEXUAL TEST**

**by Looking at life from the other side**

What do you think caused your heterosexuality?

When and how did you decide you were a heterosexual?

Is it possible that your heterosexuality is just a phase that you may grow out of?

Is it possible that your heterosexuality stems from a neurotic fear of others of the same sex?

If you never slept with a person of the same sex, is it possible that all you need is a good gay lover?

Do your parents, friends and roommates know you are heterosexual

Why do you insist on flaunting your heterosexuality? Why can't you just be who you are and keep it quiet?

Why do heterosexuals place so much emphasis on sex?

Why do heterosexuals feel so compelled to introduce others to their lifestyle?

A disproportionate majority of paedophiles are heterosexual. Do you consider it safe to expose children to heterosexual males and females

Just what do men and women do in bed together? How can they truly know how to please each other, being so anatomically different?

With all the societal support marriages receives, the divorce rate is spiralling. Why are there so few stable relationships between heterosexuals?

Statistics show that lesbians have the lowest rate of sexually transmitted diseases. Is it really safe for a woman to maintain a heterosexual lifestyle and run the risk of disease or pregnancy?

How can you expect to become a whole person if you limit yourself to compulsive, excessive heterosexuality?

How would the human race survive if everyone was

heterosexual?

Could you trust a heterosexual therapist to be objective? They might be inclined to influence you in the direction of their own orientation.

Would you want your child to be heterosexual, knowing the problems they would face?

### **DOING and BEING**

**by I am, one of you/us/them**

The question "Are you a cross-dressed" is one which causes me considerable distress. The question needs to be looked at carefully before it is answered. My problem is that the question attempts to define a person in terms of what they do. This is not uncommon in our society. It seems to me that we have problems in understanding who we are. If a person at a cocktail party is asked who s/he is, the answer might be "I am a lawyer". The response could well be "No, that is how you earn your living,. Who are you?"

If asked who I am, depending on circumstances, I might respond in part, "I am a gender enriched person." The conversation could continue with me saying "As a gender enriched person I often express my female personality by wearing feminine clothing and makeup." We declare who we are in the way we dress.



It is unfortunate and distressing that many of us cannot give expression to our whole selves without risk of losing much of what we value. It means we must suppress an essential dimension of our personality. Activity that attempts to change that reality forms a part of our lives. Some of us, thankfully, give a much greater portion of our lives to that end than do others. How much of our lives we give to this is a very personal decision. No one should attempt to pressure another person as to how s/he should live their lives. Hopefully we can support one another in deciding how we will live our lives, as well as in living out those decisions.

Our agenda is yours and mine, no-one else. Thankfully we have communities like Gender Mosaic where we can receive support in living our Transgendered lives.

### Did You Know?

The Gender Mosaic, PO Box 7421, Vanier Ontario. K1L 8E4 can be used by all members for their packages, delivery of books or magazines.

Your Executive Committee will pick them up and get them to you some way. Just let us know it is coming

### Upcoming Events

#### Monthly Meetings

**May 13** - Beach Party (season opener and a chance to gain information of bathing suits for the TG community)

**June 10** - Transitioning (what is involved, highs /lows and the benefits)

**July 8** - GM Swap Meet (your chance to trade, barter for and just be silly as you clean out your closet)

**Sept 9** - Hate Crime Unit & How the new Chief can assist our community

**Oct 14** - TGBL building strength with the university, colleges, PRIDE and Pflag

- **GM Support & discussion Group** fourth Thursday of each month contact Margo \$5 to cover the food - BYOW

- **TS Support & discussion Group** third Sunday of each month - contact Gwen 828.7988

- **Partner's Support & discussion Group** on hold depending on your involvement - contact Jan 236.9110

### MEMBERS OPPORTUNITY "Transgender Spa"

at the Bay Place d'Orleans (Private Room)

Facial - \$25.00  
(cleansing, moisturizing, revitalising & light massage)

**Manicure** -\$15.00 (if you wish nail extension you must bring them)

**Eyebrow Shaping** - \$10.00 (learn how to create beautiful eyes)

**Facial Make over** - \$25.00

"Or free with the purchase of any products for the Estee Lauder Counter"

Call - Joanne Stuart to Book appointment Place d'Orleans  
Voice: 613. 837.8274 Ext 6002

### Executive Committee

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**THIS IS YOUR  
NEWSLETTER**