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Buffalo Belles

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BUFFALO BELLES



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NOVEMBER 1998

Is the Transgendered Community (of which we are a part of) changing? Is it a national trend or a local phenomena? Is there a rift developing between TV's and TS's? Is there a division unfolding as well between the gay/lesbian community and the transgendered? Will we be better or worse off because of these changes?

These questions are posed, not because we have the answers but to get you to think about yourself and your relationship with the "outside" world. We would like to stimulate your thinking by presenting news articles that are of concern to members of our community - a 'Trans Community', if you will. In fact, that is what this section of our newsletter will be called "*Trans Community News*". In it we will present news, articles and items that hopefully will inform, educate, enlighten and entertain you.

Now that doesn't mean we intend to ignore the fun that our lifestyle entails. We will continue to offer make-up tips, advice on hair and wig styling, fashion do's and don'ts, and various 'tricks of the trade' - all this *for a better you...* (coincidentally the name of our section on beauty, fashion and lifestyles.

So kick off your heels, relax and enjoy a few minutes with your Buffalo Belles newsletter.

**NEXT BUFFALO BELLES
MEETING ON SATURDAY
NOVEMBER 7**

MEETING NEWS

The October meeting of the Buffalo Belles was supposed to occur at the upstairs location at our meeting place. As it turned out, we had the use of our regular room, but the heat was not working that chilly evening and we quickly retreated to the large living room (with the fireplace) down the hall. Unfortunately, we didn't have the fire going but the natural warmth of the room and the ensuing evening's conversation quickly put smiles on the eight Belles who attended.

The chief discussion of the evening was the Tri-Ess decision to put the Buffalo Belles on probation due to the majority of our members not being enrolled in their national organization. Currently there are only two members who belong to Tri-Ess. For those newer members who may not know, it costs \$35.00 a year to be a member of that organization.

That is only part the situation. The Buffalo Belles are and have been for most of their existence an 'open' organization. Meaning we do not restrict our membership to only heterosexual crossdressers and their spouses. Our membership criteria and rules have been simple: Dress and act appropriately, protect the security of other members, and enjoy yourself. That means, we will consider any crossdresser, transvestite, transsexual, transgendered individual be they male or female, and their spouse or significant other for possible membership.

(Continued on page 2)

We are contemplating affiliating ourselves with another national organization and will keep you posted of developments as they occur.

On another matter, I would like to thank Jennifer, one of our newer members, for her invaluable assistance improving the Buffalo Belles web page, which can be found at: <http://www.geocities.com/WestHollywood/Village/3339/>.

We will be continuing to upgrade the site over the next few months and I will inform you of the changes as they develop.

Well, hope to see you at the next meeting on November 7.

Hugs,
Camille

**ANNOUNCING
THE
NAME OUR NEWSLETTER CONTEST**

WE'RE LOOKING TO GIVE OUR HONORABLE NEWSLETTER A NAME. YES, THE FRONT PAGE SAYS *BUFFALO BELLES*, BUT THAT'S THE NAME OF OUR GROUP AND NOT THE NEWSLETTER (THE EDITOR HAS BEEN COMPLAINING ABOUT THIS LACK OF A NAME. FRANKLY, SHE BITCHES ABOUT A LOT OF THINGS!) SO IN ORDER TO HAVE SOME PEACE AT OUR NEXT FEW MEETINGS, WE ARE HAVING THIS LITTLE CONTEST TO "NAME OUR NEWSLETTER". TO ENTER, CALL THE HOTLINE (446-2661), OR WRITE TO THE BELLES BOX # OR TELL CAMILLE AT THE NEXT MEETING THAT YOU HAVE SOLVED HER DILEMMA OF THE NAMELESS NEWSLETTER.

THE INDIVIDUAL WHO SUBMITS THE WINNING NAME WILL RECEIVE:

- ♦ A FIFTEEN DOLLAR GIFT CERTIFICATE
(HEY, WE'RE A NON-PROFIT GROUP!)

DEADLINE FOR SUBMISSIONS IS NOVEMBER 25, 1998

SO DON'T DELAY! LET'S KEEP CAMILLE SMILING



The New Minority

Transgender people fight for acceptance of their sexual transformations

OVER the past five years, John Whiteway of Santa Cruz gave up dressing like a man, had his genitals surgically altered, switched the "M" to an "F" on his driver's license and became Melinda Whiteway.

Once, that kind of gender-bending might have ruined her career and gotten her ostracized. But while many "transgender people" like Whiteway still battle for rights as basic as using a bathroom of their choice, attitudes show signs of softening. The 54-year-old lawyer, reserve Santa Clara County sheriff's deputy and volunteer judge says her sex change rarely raises a brow.

"People," she says, "seem to be pretty understanding."

Indeed, aided by the political gains of gays and lesbians, the transgender community of transsexuals, cross dressers and others appears to be gaining acceptance as a bona fide minority group. A small but growing number of cities grant them special protections; some employers take pains to treat them sensitively; and the media has given them increasing visibility.

"In the last five or eight years, we've just seen a lot more openness," said 65-year-old Don Stake of Boulder Creek, who describes himself as a heterosexual cross dresser. "As we become more visual to the public, I think the public becomes aware that we're not child molesters. We're not hurting anybody."

Still, many transgender people -- defined by the National Journal of Sexual Orientation Law as those "whose gender identity or expression differs from conventional expectations of masculinity or femininity" -- remain frustrated.

They are routinely denied access to bathrooms and other public accommodations, according to a case before the California Supreme Court. Many complain that they are targets of hate crimes. And they continue to face resistance from the religious right.

Assemblywoman Sheila Kuehl, D-Encino, recently introduced a bill in Sacramento that would make it easier to prosecute hate crimes against transgender people. Its supporters include Attorney General Dan Lungren and the California Organization of Police and Sheriffs. But

the Committee on Moral Concerns -- a Sacramento lobbying group that claims many church-going backers -- is aghast.

"Giving extra legal protection to gender-confused individuals is dangerous and unwise," its executive director, Art Cronney, said in a letter to lawmakers. "These poor souls need help, not legal affirmation."

Yet, transgender rights also are problematic for some gays and lesbians. A spat recently broke out over the pending federal Employment Nondiscrimination Act, which as written would shield gays and lesbians from job bias. Some activists want it to also cover transgender people, who can be either gay or heterosexual. But to their dismay, the Human Rights Campaign -- a nationwide gay and lesbian lobbying group -- has opposed the idea.

"We absolutely agree that the transgender community should have employment protections," said Nancy Buermeier, the campaign's senior policy advocate. But getting support for gay and lesbian issues is hard enough, she added, without adding the still-volatile issue of transgender rights. "There just isn't the level of acceptance and understanding that needs to happen before (transgender) legislation on a federal level is viable."

Another dispute erupted at the Gay Games, the annual sporting event for gays and lesbians that was held this summer in Amsterdam. At issue was a first-ever mandate that sex-changed athletes prove they had "completed gender transition."

The policy stemmed from a fear that transgender athletes who hadn't undergone all of the medical procedures to make them completely female might unfairly dominate other female competitors. But transgender advocates were outraged.

"I think that's really sad," said Riki Anne Wilchins of GenderPAC, a national lobbying group. "The Games were invented because (gay) people were being stigmatized in one venue and now they've adopted the same sort of stigmas against another minority in their midst."

That cross dressers and transsexuals are objecting to such issues in public is itself significant. No longer willing to suffer in silence, transgender activists these days loudly

(continued on next page)

protest any perceived slight. They recently chastised FordMotor Company for its still-running ad with a male character who is forced to wear women's clothes after losing a bet about a Ford truck.

"We certainly don't want to offend any group," said Ford spokesman Bill George, who explained that "the ad was meant to be funny."

But groups representing transgender people weren't amused. In a letter to Ford, they said such ads "trivialize our lives and identities, and only make it harder for us to gain access to safety and equal rights."

The issue of access arouses serious concern. "Transgenders are denied access to lodging and restaurants, gyms, dressing rooms, public restroom facilities . . . health care . . . homeless shelters, rape crisis centers and battered women's shelters," according to the case seeking state Supreme Court review.

It was filed July 31 by Terri Nicole Hess, a San Francisco male in the process of becoming female. She claims that security guards at a Southern California hotel beat her last year after they objected to her using a women's bathroom.

Calling the mistreatment of transgender people "akin to the racial discrimination of the 1960s," Hess is asking the Supreme Court to declare that transsexuals and cross dressers are covered by the state's Unruh Civil Rights Act. If the justices agree, according to Hess's attorney, Larry Shockey, it would be the first time the law has been applied to transgender people and it would become much easier for them to sue their alleged harassers.

The hotel denies Hess's charges. And it's unknown if the Supreme Court will consider her claim, which an appeals court rejected on July 24. But even if they lose that battle for social acceptance, transgender advocates already have chalked up a number of victories.

While many cities ban job and other discrimination based on a person's sexual orientation, Santa Cruz, San Francisco, Seattle, Minneapolis and several others have concluded that doesn't go far enough. They have added "gender identity" or other language to specifically cover transsexuals and cross dressers.

California also lets people who have undergone a sex change alter the gender designated on their birth certificate. Similarly, a special Department of Motor Vehicles form lets transgender people switch "gender identification" on their drivers' licenses. Nearly 100 are filled out yearly.

Among other signs of a developing trend, the Random House Webster's College Dictionary included the term "transgender" for the first time last year. Hollywood is producing more transgender-themed films, including "Priscilla: Queen of the Desert" and "To Wong Foo, Thanks for Everything! Julie Newmar." And such businesses as AT&T, Hewlett-Packard Co. and Sun Microsystems Inc. win praise for their relative sensitivity toward transgender employees.

Transgender Web sites are cropping up, too. Some sell "beard concealer" and videotapes on how to apply makeup. Others -- including the Rainbow Gender Association in San Jose -- arrange church socials and excursions to "gender-friendly bars or restaurants."

Although Whiteway -- a transsexual -- supports more laws protecting people like her, she too is encouraged. A cross dresser by age 7, she grew up conflicted about her gender. She went through therapy, married and divorced twice, and at times became suicidal.

Series of operations

Then, beginning in 1993 and ending last year, she underwent a series of operations to transform herself physically into a woman. Among other things, it included painful electrolysis to eliminate her beard, the removal of her testicles and a procedure that essentially turned her penis into a vagina.

Whiteway had anticipated taking some abuse over her metamorphosis. After all, she says, her still-mannish voice often gives her transgender status away. Besides her law practice, she volunteers twice a month as a reserve sheriff's deputy. She also occasionally serves as an unpaid judge in Santa Clara and Santa Cruz counties, handling small-claims disputes.

But despite losing a few friends and getting some odd looks, Whiteway has been pleasantly surprised. "My mother naturally had a difficult time adjusting at first," Whiteway says. "She went kicking and screaming through the process." But her mother is supportive now, like most of the other people Whiteway knows.

"I don't think I've ever had any angry response or reaction to my face by anyone," she said. "Every single day there's a time when I go, 'I can't believe that I did this,' and in the next breath it's, 'Oh my god, it's so wonderful.' It's indescribably wonderful to be yourself."

By Steve Johnson
(Published September 1, 1998, in the San Jose Mercury News)

TRANS COMMUNITY NEWS

TEEN CROSS-DRESSER ATTACKED IN MADISON

AN 18-YEAR-OLD cross-dresser was attacked by a man wielding a broken beer bottle in Madison Tuesday evening, shortly after hundreds of people attended a vigil for a gay University of Wyoming student who was beaten to death. Madison police tentatively labeled the attack a hate crime because the victim was a man dressed in women's clothing. Police said they don't think the victim attended the rally.

The Madison man was hit on the back of the head with a full 40-ounce bottle of beer and then stabbed in the abdomen with the broken glass bottle, Madison police spokesman Dave Gouran said.

He was wearing women's clothing, including a padded bra, when he was attacked in a south side neighborhood as he walked with two friends. He apparently crossed paths with the suspect while walking across a convenience store parking lot, and the suspect followed him, yelling obscenities.

"Because he is a cross-dresser, the suspect referred to him as something like a 'he-she,'" Gouran said Wednesday. The comments from the suspect "didn't address his sexual orientation or the perceived sexual orientation."

Police were called to St. Mary's Hospital about 9:45 p.m. with a report of a female patient who had been stabbed. Hospital officials later discovered the victim was a man.

Between 50 and 60 stitches were required to close his wounds, officials said.

After giving police a fake name, the man gave his real name and later fled the hospital when officers discovered there was a warrant for his arrest on a traffic violation, Gouran said.

Police were searching Wednesday for the victim and attacker involved in the 9:30 p.m. incident, which occurred minutes after a rally ended for slain Wyoming student Matthew Shepard.

A candlelight vigil in Shepard's honor drew 750 people to the University of Wisconsin-Madison campus. Shepard died Monday from the injuries he suffered after

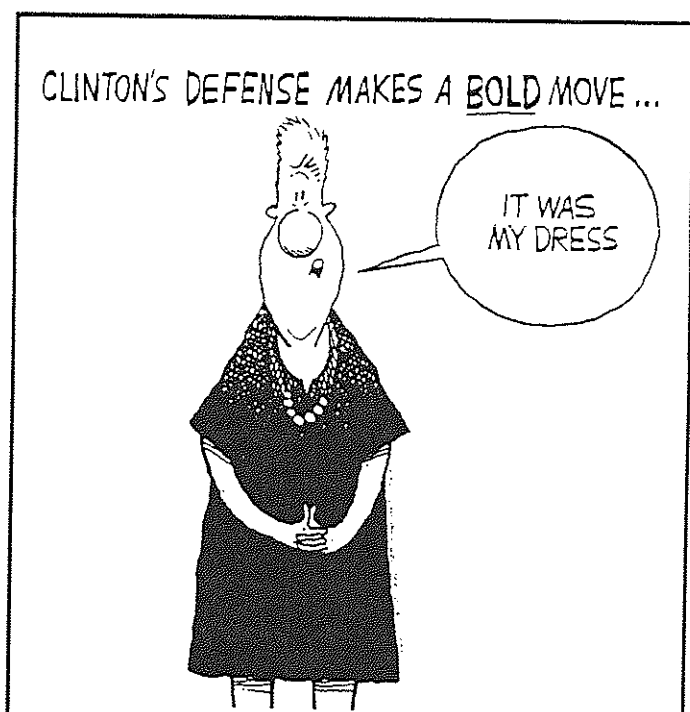
he was lured from a campus hangout, beaten and lashed to a split-rail fence near Laramie, Wyo.

The attack has spurred calls nationwide for hate crime legislation protecting gays. Police said robbery was the main motive but that Shepard apparently was chosen because he was gay.

DeEtte Tomlinson, executive director of OutReach, a Madison gay, lesbian, bisexual and transgender center, said crimes against gays are increasing. "It is very distressing to see it happen in Madison," Tomlinson said. "Unfortunately, this year an atmosphere has been created where this is happening more often, not only in Madison but across the country."

Madison police statistics reflect this. Complaints of crimes against gays and lesbians have jumped from 12 in 1996, to 16 last year, to 43 this year. Gouran said most of the hate crime complaints concerning gays and lesbians involve vandalism and disorderly conduct. An attack as serious as the one Tuesday is rare. Gouran said. "A lot of people were shocked," Tomlinson said. "They were very upset that this incident happened on the heels of such a tragedy" like the Shepard slaying.

By Meg Jones
Milwaukee Journal Sentinel, October 15, 1998



MORE THAN 500 GATHER FOR SOCIAL AND POLITICAL CONFERENCE

As dozens of attendees at last weekend's Southern Comfort transgender conference waited outside the event's host hotel Friday night for shuttles to Atlanta nightclubs, a group of about five Bible-carrying young people began shouting verses at the hotel's door.

Assessing the situation, Southern Comfort Board Chair Sabrina Marcus broke into song—a rousing rendition of "God Bless America" that soon had the crowd of about 100 transgendered people singing, and the tiny group of protesters fleeing.

Rather than disrupting the eighth annual event, held last weekend at Buckhead's Terrace Garden Inn, the incident exemplified the spirit that organizers said makes Southern Comfort the most popular transgender event in the country.

While they cite "phenomenal growth" and "cutting edge" seminars as hallmarks of last weekend's Southern Comfort Conference, they attribute its overall success to the sense of "home" and empowerment it provides to transgendered attendees from all over the world.

Organizer Terry Murphy described Southern Comfort as "what amounts to a transgender Pride event," providing the opportunity "to experience the joy of being a transgendered person in a group of transgendered people, where you are completely the majority." Murphy, a former Southern Voice editor, resigned as a member of the Southern Comfort board of directors on Sunday to accept a position as the event's first year-round executive director.

"I can't tell you what a profound experience [being in the majority for the first time] is," said Murphy. "As a gay person, when you find the gay community, and you walk into that gay church or gay bar for the first time—you're a fairly young person typically when you have that experience of dropping your otherness at the door and walking into a public space that's full of people exactly like you.

"Southern Comfort is the only place on the planet where transgendered people can have that experience, and even if you are doing something as silly as learning how to get your wig styled that is very personal and political at the same time. It's life changing," Murphy continued. "Laid on top of that very simple opportunity is the opportunity to learn a lot, not only about personal issues, but about intellectual ideas and political issues."

Conference co-chair Jennileigh Love offered similar reasons for her involvement with Southern Comfort, which she attended for the first time four years ago.

"A lot of people helped me when I got into this whole gender thing, and I asked myself, 'What can I do to give back, to save just one person?'" she said.

"Well, I'll take 400 to 500 over one any day, and I want to help people come to grips with who they are and build community. Southern Comfort is home, it's a great community builder, and it's a party. Imagine living your whole life in some little town where you always felt like you were the only one. Finally being one of the majority is a powerful thing."

According to Murphy, the "big story" from this year's Southern Comfort Conference was the attendance—515 registered participants, a 60-percent increase from last year's 320. Organizers said the record participation—which included male-to-female and female-to-male, pre-op, post-op, and non-op, transsexuals, transgenderists and heterosexual cross dressers—created organizational headaches while demonstrating the growing strength of the transgender movement.

"The growth this year was amazing—it was difficult to manage, it was just chaos, but we don't want to put a limit on it," Love said. "We want to help all of the folks who come down, and we heard so many stories of how we did that."

While exact numbers were not available, Love said a "significant number" of those attending Southern Comfort were female-to-male "transmen"—a segment of the transgendered community that has been less visible in mainstream media, but that is growing in visibility and political power.

Leslie Feinberg, described by Murphy as "the most celebrated living female-to-male queer theorist in the world, maybe ever in history," delivered Saturday's keynote address.

Maxwell Anderson, a "transman" who serves on the Southern Comfort board, said growing activism in the community has created some tension with male-to-female transgenders "who don't want to take us seriously," but praised Southern Comfort as one of the most inclusive transgender events.

Written by Laura Brown

This article appeared in the October 8, 1998 issue of Southern Voice (www.southernvoice.com).

FOR A BETTER YOU...



Great Lips That Last And Last

It's an age-old quest: Perfect looking lips with color that lasts. All it takes is a knowledge of the tricks the pros use and a little daring.

- **Moisturize.** Your lips have paper-thin skin and no oil glands. If you don't protect them from sun, wind, and cold you're asking for trouble. The first step to beautiful lips is the application of a lip balm with an SPF 15 rating. Let the lips absorb the balm for a few minutes, then tissue off any excess. This creates a good "canvas" for the color.

- **Always use a lip pencil.** It allows you to define your lip-shape and create a barrier that will prevent the lipstick from bleeding. Choose a pencil color that either matches your natural lip color or the color of your lipstick — a pencil that leaves a visible, contrasting outline is all too often unflattering. Outline your lips, then fill-in to create a "base-coat" that helps lipstick last longer.

- **Don't redraw your natural lip-lines.** Going too far beyond your natural lip-lines to create a "fuller" look can quickly give you a clownish look instead.

- **Use a lip brush.** Using a lip brush gives you perfect control of your lipstick. Apply the same way you used the lip pencil: outline first (just slightly inside the pencil lines) then fill-in.

- **Use lip gloss — sparingly.** If you use only a lip pencil to color your lips, you will need to coat it with a thin film of lip gloss otherwise it will bleed. Or, use just a "dot" of gloss over your lipstick — only in the center of your lower lip — then sweep the gloss toward the outer edges.

- Finally, don't expect your lipstick to last through a meal. Unless you want lipstick on your fork, food and the glassware, it's a good idea to remove it before you eat. If you can't bear the thought of being "color-less" even for a little while, then you'll probably want to try one of the new "transfer-proof" lipsticks.

Lip color has been part of our human experience since the times of Cleopatra. So, have fun with your lip color. Don't worry about matching your outfit. "Break" some rules — just for the fun of it — after all, nothing can lift your mood like a new color.

Eye Brow Do's And Don'ts

There are a few simple rules to follow that will help your eyebrows bring out the best of your facial features. Here's how to help your eyebrows work for you:

- **DO** let the shape of your eyes and brows be your guide — any radical reshaping will appear totally out of place.

- **DO** make certain that the beginning of your brow is even with the inside corner or your eye.

- **DO** shape your brows in such a way the "arch" peaks about three-quarters of the way to the outer corner.

- **DON'T** pluck or otherwise reshape the top of your eyebrows — you run the risk of permanently changing the natural appearance of your brow line.

Using these tips, you too can create proportionally shaped and regularly "groomed" eyebrows that will enhance your overall look and serve as the framework for eyes that look great day after day.

By Jayne Gray

Feminine Voice Techniques

Introduction

This document is a collection of practical suggestions and ideas for self-help in the feminisation of the voice, developed by a group of male-to-female transsexuals within the Looking Glass Society.

Neither hormones nor genital surgery will 'un-break' a male voice, and voice-changing surgery is widely regarded as inadvisable, in addition to being at best only a partial solution. Thus, speech training is necessary in order to produce a satisfactory 'female' voice.

At first, it may seem hard to concentrate on all the different facets of producing a feminine voice, and lapses will happen. The only solution is to practice and practice again until it gradually becomes second nature.

The Methods

Sing! To loosen-up the voice box, extend your pitch range, and help develop good control, it can be very helpful to choose a female vocalist that you like, preferably one with a relatively deep voice, and sing along. The musically-minded may also wish to perform singing exercises, such as singing scales.

Raise the position of the laryngeal cartilage : *up* raises your voice pitch and decreases the characteristic male resonance. (The laryngeal cartilage is the 'movable' piece of cartilage that you can feel rising if you place a hand on your throat and sing a rising scale ("doh, re, mi, fa, sol, lah, ti, doh")). The point of this is to try to gain a higher 'baseline' pitch than you have previously used, and then increase the pitch further when placing emphasis.

For example you might decide that if you pitch the "doh" as your baseline male pitch, raising your basic pitch to about "fa" or "sol" would be sufficient. But do not overdo the pitch-raising: a squeaky, falsetto voice sounds very

inappropriate on an adult woman. The pitch adjustment is a compromise --- for the technically-minded you should aim for above 160Hz; if you have access to a musical instrument that's about the G below middle C.

Of course, everyone starts out with a different original voice and some will be able to raise it more than others without sounding squeaky. You might find it slightly tiring on your voice-box at first, as you are unused to speaking in that register, but it should become comfortable with a little practice. If it does not, then you are probably trying to force your pitch up too high.

Partially open the glottis when speaking : The position of the glottis controls how much air passes over the vocal cords. When breathing rather than speaking, when whispering, or when producing an 'unvoiced' sound (where the vocal cords do not vibrate, like 'hhh' or 'sss'), the glottis is fully open and all the air bypasses the vocal cords. With the glottis firmly closed, all the air is forced over the vocal cords, producing a fully-voiced and typically male voiced sound. You need to try to find a 'semi-whispering' position that eliminates the fully-voiced sound with heavy resonance in the chest, and imparts a breathy quality to the voice.

You can hear the difference between voiced and unvoiced sounds by comparing S and Z sounds (say 'sss' and 'zzz' , and feel how your vocal cords vibrate on the Z but not the S). You're trying to find a midpoint between an unvoiced (whispered) sound, and a fully-voiced 'male' sound.

Try saying the word 'hay', and pay attention to how you change between the unvoiced H sound and the voiced A sound: say it very slowly ('hhhhhaaay') and feel the change in the vocal cords as your voice slides from the unvoiced 'hhh' sound to the voiced 'aaa' vowel sound. Then try to stop before you reach the fully-voiced point, and you should be producing a soft, breathy (feminine) 'aaa' sound.

Then try to learn to always use that half-open position for all voiced sounds. This is simply a matter of practice.

(continued on next page)

Place emphasis with pitch, not volume : Upward intonation places emphasis. Men place emphasis in their speech by varying the loudness, but keep their pitch within a very narrow range; on the other hand women tend to keep their loudness much more constant but vary their pitch a great deal to express emphasis.

Speak slowly, enunciate clearly : Especially consonants at the beginning and end of words. Don't mumble; clear voice requires fairly big lip movements. On the whole, women enunciate much more clearly and precisely than men.

Pace your speech carefully : Start and end sentences *slowly* and *gently*; do not sound clipped. Do not 'swallow' pronouns, articles or other 'little words' at the beginning or end of sentences. Male speech tends to be characterized by what speech therapists call 'hard attack' --- the first syllable is pronounced very hard, and quickly. Women usually start a sentence more softly.

Use appropriate content : Men and women tend to talk about the same things in different ways; *what* you say contains gender cues, just as much as *how* you say it. Women tend to concentrate more on thoughts and feelings, while men concentrate on objects and actions. Men generally use more 'short cuts', colloquialisms and bad language, too. A simple illustration is to imagine someone asking a friend if they are going to go for a drink after work. A male might say something like 'Coming down the pub?' : rather abrupt, using the minimum of words and concentrating on the desired action in a rather impersonal way. A woman might say 'Do you feel like going for a drink tonight?' : concentrating on her friend's feelings and desires, personal, and not abbreviated.

Pay attention to tongue position : The tongue is *higher* and *flatter* for female than for male. This gives 'dental' sounds (ones that involve the teeth, like T and D) a softer, breathier, almost sibilant quality in the female. Say 'tttt' in male mode, then 'ssss'; find the halfway position, that is the female position for the

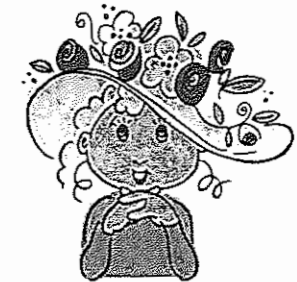
letters T and D; likewise for a TH sound, etc. Use plenty of air to get a breathy sound.

Hold your mouth in the right shape : A slight smile helps, and is the 'resting' facial expression for a woman anyway. 'Rounder' lips (a *slight* pout), and good lip movement, help produce a clearly enunciated voice.

Develop head resonance : One of the biggest problems facing TS women is, after learning to produce a soft, feminine voice, to then learn how to speak loudly when necessary without the voice returning to a masculine sound. Women gain loudness by using the cavities inside the head as a 'sounding box' whereas men use the chest.

To gain a louder feminine voice, develop head resonance rather than chest resonance --- open your mouth a little more, use more air, and 'push' your voice up into your head.

Use Feedback : Record samples of your voice and *listen* to yourself. Read a passage of text, listen to yourself and keep practicing. It can be helpful to actually read these notes aloud, practicing each point as you read it. Then listen to yourself and successively refine your voice.

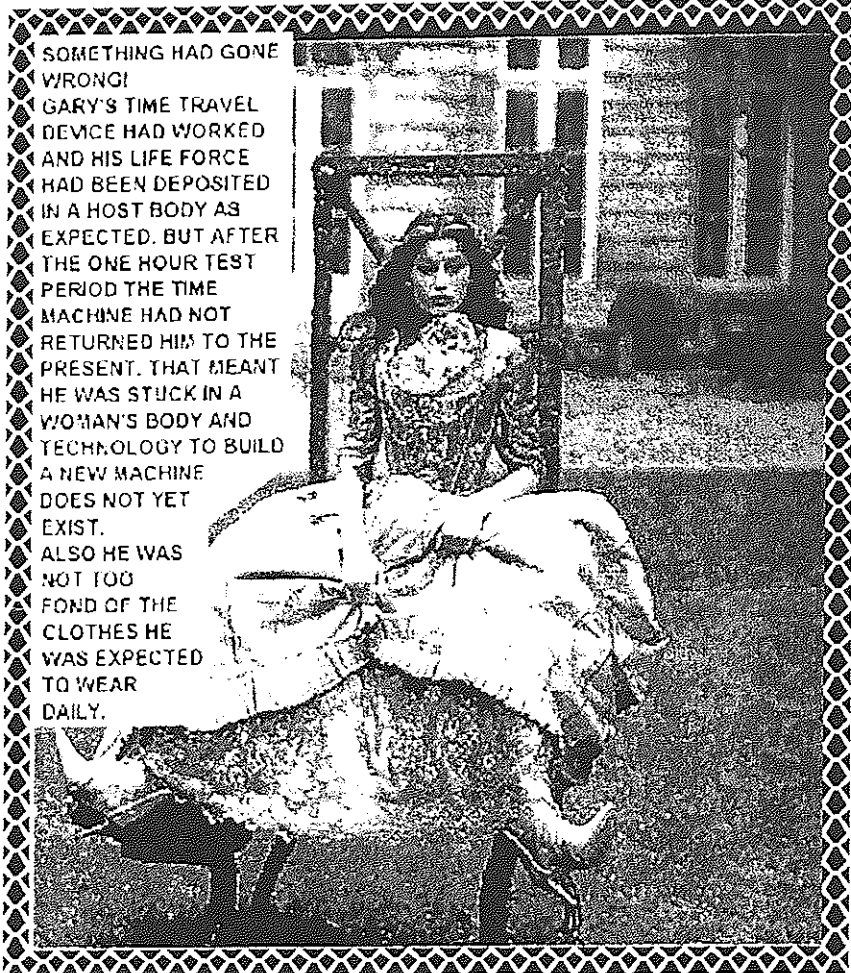


*Well, my dears, I hope you enjoyed
some of the items in this month's
newsletter.*

*Please let me know if you want to
see anything different or if you
didn't like something.*

*You know how to get my attention,
don't you?*

*Just put your lips together and...
call the hotline!*



COMING UP

IT'S NOT TOO SOON TO START PREPARING FOR THE BELLES ANNUAL CHRISTMAS PARTY ON SATURDAY, DECEMBER 5. HAVE YOU THOUGHT ABOUT PURCHASING THAT FABULOUS HOLIDAY DRESS? OR HAVING A CURRENT ONE ALTERED OR MODIFIED? DON'T WAIT TOO LONG! THE SELECTION IN THE STORES RIGHT NOW IS THE BEST IT WILL BE FOR THE REST OF THE SEASON.

SO GET GOING, GIRL!

- Are you concerned about your privacy when you send or receive e-mail at you home or workplace?
 - Looking for a way to send e-mail confidentially or anonymously?
 - Did you know you don't even have to own a computer in order to have an e-mail account?

The answer to all the above questions is to use a web based e-mail account.

And best of all, it's FREE !!

All you need is access to a computer that is hooked up to the Internet. It can be in your home, a friend's home, at work, school or library, an Internet cafe, etc.

Here are a few worth checking out:

www.hotmail.com
www.mailexcite.com
www.netaddress.com

Many more can be found at the following web site:

www.emailaddresses.com

If you've been concerned about e-mailing to other group members or friends, this is a safe and convenient way to enjoy the freedom of the Internet.