

The Rho Tau Newsletter

"Girls of the Mid Atlantic"

January Issue



The stillness of the winter evening draws the day to a close – crisp, yet serene, the peace of the moment settling all around. [R.M.](#)

This Newsletter is dedicated to the expression and education of “Ladies of Duality”, a forum for the feminine side . . . *in us all.*

From the President

BY
ANNABELLELEE

I HAVE BEEN TRYING TO FIGURE OUT WHAT TO SAY FOR THE FIRST NEWSLETTER FOR 2004. SHOULD I TALK ABOUT HOW OUR MEETINGS ARE GETTING SO LARGE THAT WE ARE NOW LOOKING FOR A LARGER MEETING PLACE? NAH! SHOULD I TALK ABOUT HOW WE ARE INTERVIEWING MORE NEW PROSPECTIVE MEMBERS? NAH! OR SHOULD I TALK ABOUT THE NEW PLANS FOR THE UPCOMING YEAR? NAH!

THEN I THOUGHT, SHOULDN'T I REPORT ABOUT THE MOST IMPORTANT ASPECT OF OUR CROSSDRESSING? YES, I SHOULD DO THAT!

AND WHAT IS THE MOST IMPORTANT ASPECT OF OUR CROSSDRESSING? IT IS OUR WIVES. WITHOUT THEIR SUPPORT AND UNDERSTANDING, WE WOULDN'T BE DOING WHAT WE LOVE TO DO. I KNOW THAT IF I DIDN'T HAVE THE SUPPORT OF

MY WIFE, I WOULD NOT BE HERE WRITING THIS ARTICLE AS YOUR PRESIDENT. I WOULD BE SITTING AT HOME AS ONE VERY FRUSTRATED CROSSDRESSER. OUR WIVES LOVE US ENOUGH TO UNDERSTAND OUR NEED TO DRESS UP AS LADIES AND FEEL OUR FEMININE SIDE. THEY ARE THE ONES THAT HELP US TO LOOK BETTER AND FEEL BETTER AS LADIES. GRANTED, SOME OF US DO NOT LOOK AS LADYLIKE AS WE WISH BUT THEY HELP US TO BE THE BEST THAT WE CAN.

I, FOR ONE, AM VERY GRATEFUL THAT MY WIFE LOVES ME ENOUGH TO TRUST ME TO LET ME BE THE LADY I WANT TO BE WHEN I DRESS. I WANT HER TO KNOW THAT I LOVE HER FOR ALLOWING ME TO DO WHAT I DO AND I AM SURE ALL OF US FEEL THIS WAY.

THANKS DEAR!

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Executive Committee 2003 - 2004

President: Anna

Program Co chairpersons: Audrey Carol and Shirley

Vice President: Angela

Web Mistress: Tiffany Michelle (non-voting member)

Secretary: Catherine

Editor: Rita (non-voting member)

Treasurer: Robyn

Rho Tau Meeting Schedule

Most regular chapter meetings are held on the third Saturday of each month. Sometimes adjustments are made for holidays, so always consult *The Rho Tau Newsletter* for the latest updates. The schedule for 2003 is:

January 17th **Movie Time** – Joan and Lucy are bringing the popcorn, but the pizza is to be provided by Rho Tau – just bring yourself and an appetite

February 21st - Thanks to the efforts of Catherine, we have a new home – We will have more room and a very CD friendly staff to cater to our needs. Don't forget to ask for the RHO TAU discount rates if a room is needed for your stay.

For more detailed directions to the meeting location(s), please contact [Anna](#) or [Robyn](#) (click on name to send email).

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Special Events in the Transgender Community

Dignity Cruises - Cross-dressing events (For more information write melpg@mindspring.com)

Jan. 24, 2004	7 Days	New Orleans to Grand Cayman, aboard Royal Caribbean's <i>Grandeur of The Seas</i>	From \$410
Sept. 18, 2004	7 Days	Barcelona Spain to Nice/Monte Carlo, Florence/Pisa. Rome, Naples and Malta aboard Royal Caribbean's <i>Splendor of the Seas</i>	From \$644
Sept. 24, 2004	12 Days	Vancouver to Hawaii, aboard Carnival's <i>Spirit</i>	From \$910

Tri-Ess and its Chapters

Holiday En Femme - November 5-9, 2003 in Denver, Colorado – Sponsored by Tau Sigma Kappa - for more information: <http://www.holiday-enfemme.org/>

Please help us by contributing information about additional events.

Relationship Myths

Excerpt taken from a listing by Dr. Phil

This is the seventh of the ten Relationship Myths by Dr. Phil, a well-known psychologist who now has his own TV show.

MYTH #7: A GREAT RELATIONSHIP HAS NOTHING TO DO WITH SEX

The belief that sex is not important is a dangerous and intimacy-eroding myth. Sex provides an important time-out from the pressures of our daily lives and allows us to experience a quality level of closeness, vulnerability and sharing with our partners.

Sex might not be everything but it registers higher (90 percent) on the "importance scale" if it's a source of frustration in your relationship. If your sex life is unfulfilled, it becomes a gigantic issue.

On the other hand, couples that have satisfying sex lives rate sex at only 10 percent on the "importance scale."

Don't restrict your thinking by considering sex to be something that only consists of the actual physical act. Touching, caressing, holding hands and any means by which you provide physical comfort to your partner can all be viewed as part of a fulfilling sex life.

Editor's Comments:

All too often we get caught up in the business of day-to-day living and forget that sex does not start in the bedroom, but is merely a culmination of the preparations downstairs before ever coming up the steps. It is those little things we do for the other that make a good "couple foundation". It's the call to let her/him know you are going to be late and the little kiss when you finally do get home. It's helping to clear the table when you'd rather go read the paper or turn on the TV, just because you know your partner is tired, too. It may be something as simple as holding hands when entering a room, letting her know you are always right beside her to defend or support, whatever may be ahead of you.

As Dr. Phil states, sex is so much more than a physical act; it is the blending of two persons, joining, giving as well as receiving, and an expression of continued love and commitment to the other.

Marriage is not a ritual or an end. It is a long, intricate, intimate dance together and nothing matters more than your own sense of balance and your choice of partner.

-- Amy Bloom

A good marriage is one which allows for change and growth in the individuals and in the way they express their love.

Pearl Buck (1892 - 1973)

Thanks to wonderful members like Joan and Lucy, we are getting the word out to the community – something that all of us should make our goal for this New Year.

Reaching Out to College Students

By

Joan and Lucy Stone

At our last chapter meeting, the assistant manager of the hotel where we meet asked whether there was someone in our group that his wife could contact to learn more about cross dressers. He said that she was enrolled in a course on human sexuality at Thomas Nelson Community College in Hampton, and they were just starting to learn about members of the transgender community. Her professor, Dr. Beverly Battle had wanted to find a cross dresser to come talk to them, but she had been unable to do so. We agreed to call and determine how our chapter could help.

We talked with the manager's wife, and with some apprehension, we agreed to appear before her class. In the past, we have talked to graduate students, interns and residents, but we had never met with a group of undergraduates who were being exposed to our community for the first time. And while we had always gotten a good reception from more advanced students, we had some concern about how we would come across with students whose prejudices and misperceptions were in some cases being

confronted with fact for the very first time.

As the class gathered, we were seated at the front of the room. We got a lot of quizzical looks, and later, we learned that none of the students had any advanced notice about us. When we were introduced, we gave a brief introduction about ourselves and provided a summary overview of our journey through life and then asked for questions and comments. From the range of the questions, it was apparent that most of the class had little prior knowledge, but most of them seemed to be genuinely interested in learning more about crossdressers and their spouses and how we go about our lives. Afterward, the professor told us that one boy volunteered that he would never have suspected that Joan and Lucy were anything but two older ladies. And several of the girls indicated they were going to take a closer look at their fathers.

Both of us found our meeting with young college undergraduates to be very rewarding. It is wonderful to get the opportunity to dispel myths and ignorance and to have your message warmly received. When Professor Battle invited us to come back and meet with her human sexuality classes next spring, we readily accepted.

WINE MAKING

By
Marcia Elaine Rinkenberger

Wine is the nectar of the Gods. When wine is consumed in small amounts the effects on the body include; lowering of bad cholesterol and reducing free radicals in the body. Almost all wine today is made with grapes, white grapes and red grapes. Wine made with fruit, is made with white grapes and has the fruit added to it for flavor. I have always been interested in wine. Since about age 11 I Became interested in the process of making wine and started making my own wine in my room. I got a gallon jug from the apple juice mom got and gathered up a bunch of cherries from our next-door neighbor. I used a 5-gallon bucket for mixing up the cherries and water, bread yeast (mother always kept in the cupboard for making bread) and sugar, lots of sugar. Mixing every day for about a week and then dumping the liquid into the apple jug and putting a balloon over the top to keep the air out. After a week the balloon would fill up and fly off and would need to be replaced on top of the jug. I kept the mixture in my closet for a few weeks and then drank some. It was wine, better by far due to the fact that I made the wine myself but not very good. That was then, now wine making is more of a precise science so that I can make the same flavor each time instead of guessing how it will turn out. Wine is food for the soul when taken in moderation. Because almost all wines are made with grapes, I don't make my wine with grapes. My

wines are made with anything else that I can conceive of. I have made Onion, Dandelion, Rose-Petal, Banana, Lemon Balm, Blackberry, Cherry, Honey (mead), Clover, Beets and Mulberry. My favorites are banana, Dandelion and rose-petal. The tools needed for wine making are few and can normally be found in any household. I make 2 sizes of wine because the containers are readily available. 1-gallon jugs that you can get from any store that holds juice and 5-gallon carboy that I got from the Williamsburg pottery. When making wine you want to have your primer (crock) be larger than what you're making due to the foaming that occurs when yeast is eating the sugar. I use a 2-gallon crock for making 1 gallon of wine and an 8-gallon crock for making 5 gallons of wine.

The following are the tools that I use for making wine:

- A 2-gallon and an 8-gallon crock (ceramic)
- A wooden Spoon
- A 6ft Plastic tube
- A Pair of panty hose (to cover the crock for a week)
- Knee-high stockings (to use as a straining device for fruit)
- A 1-gallon jug or A 5 gallon carboy
- An airlock (balloon, stopper with tube and water)

I use a rubber stopper with a hole in the center and use a plastic tube and place that into a glass of water.) The objective is to prevent air from getting into the wine while allowing the gasses created by the yeast to escape.

The ingredients of wine making include:

Fruit (3 lbs / gallon), Herbs (1 qt bag full / gallon), Vegetables (varies by recipe)

Yeast

Water (1 or 5 gallons)

Sugar (2 lbs / gallon for dry 2.5-3 for sweet)

Lemon Juice (3 lemons / gallon)

Wash everything before starting.

If you are using fruit, it should be sliced and placed into a knee-high stocking to keep most of the pulp from getting into the wine, which will have to be strained off later. And you will want to add the nylon sock with the pulp during the first week to add more taste.

Bring half of the water to boil, in the case of making 5 gallons I only boil 1 gallon of water. Using a large pot bring the half gallon of water to boil and add the fruit/herbs/vegetables. Turn down the heat and let it simmer for a half hour to an hour. Pour this into the crock. Heat the other half of the water, but not to a boil and add the sugar, dissolving by stirring with the wooden spoon. After the sugar is dissolved add it and the lemon juice to the crock. Orange juice can be substituted for the lemon juice (1 pint / gallon) to add a hint of orange. You can also grate the lemon/orange peel to add

additional flavor to the wine, the fun is in the experimenting and finding out what appeals to you. Cover crock with the panty hose to keep out any gnats or flies. You can keep the crock anywhere it is cool and dry, since during this stage you should stir the wine with your wooden spoon 2 times a day, I do it when I get up and when I get home from work. I just leave it in the kitchen so that it's easier to get at. The yeast will create froth on top and you need to stir this up. What you want to have is fresh foam while stirring; this indicates your yeast is doing its work. After 1 week clear out any pulp, stocking or leaves that may be in the wine with your spoon. Take the plastic tube and siphon the liquid into the jug/carboy. You can use a knee-high stocking in jug to prevent most of the pulp from getting into the jug. Push the stocking into the neck of the jug with the tube before starting.

After siphoning off the wine, put the balloon or airlock onto the jug. You may want to place the jug into a plastic bag for the first 2 weeks to reduce the risk of wine frothing onto the floor. Two weeks later you will want to siphon the wine to another jug because there will be some settling of pulp, you will want to try and leave the sediment behind. After 4 months more the wine is ready for drinking. Most of my wines never get bottled because; well, they just don't last that long.

RECIPE CORNER

Baby, it's cold outside, and it's time to curl up with a piping hot bowl of winter's best. It's also a great dish to double for those Super Bowl get togethers.

SPICY BEEF CHILI WITH BEANS

1/4 pound bacon, coarsely chopped
2 pounds lean ground beef
1 28-ounce can Italian-style tomatoes, tomatoes chopped, juices reserved
2 15 1/2-ounce cans hot chili beans (with chipotle peppers) or other canned chili beans
1 1.48-ounce package chili seasoning mix

Grated cheddar cheese
Chopped onions
Sour cream

Sauté bacon in heavy large pot or Dutch oven over medium-high heat until brown, about 4 minutes. Drain off fat and discard. Add beef to pot and sauté until brown, breaking up clumps with back of spoon, about 7 minutes. Add tomatoes with juices, beans and chili seasoning mix. Bring chili to boil. Reduce heat to medium-low and cook until thickened to desired consistency, stirring occasionally, about 40 minutes. Season to taste with salt and pepper.

Ladle chili into bowls. Serve, passing cheese, onions and sour cream separately.

And what's a Super Bowl without those snacks to munch. Here's one of Shirley's favorites.

RITZ CRACKER SNACK

16 oz Ritz Crackers
3/4 Cup Vegetable Oil (any cooking oil)
1 Packet Original Ranch Dressing
1/2 T Garlic powder
1 T Dill Weed
1 T Lemon Pepper

Heat oven to 375°
Place crackers on 9X13 pan
(I use a cookie sheet, placing crackers leaning on each other).
Thoroughly mix remaining ingredients in a bowl.
Pour this mixture over crackers making certain that all crackers are fully coated with oil and spices. It takes a bit more than just pouring.
Put in oven.
Turn oven off.
Leave until oven cools.

From the Editor

It hardly seems possible that another year has quickly drawn to a close, a year that, I am delighted to say, has seen many sisters evolving and finding newfound courage in their female persona. May their journey continue to its fruition.

For the Holidays as well as the coming year, I wish you and your loved ones only the best of things – to be surrounded by family and friends and the loving acceptance that each of us deserves.

Here's to the New Year and all of its possibilities!!



Rita equinelover2@hotmail.com

TG FRIENDLY VENDORS

Associates At York, INC.

142 W. York Street

Suite 915

Norfolk, VA 23510

Phone: 757-313-5700

Fax: 757-313-5702

Email: <mailto:ally4u@pinn.net>

Maggie Chubb, L.C.S.W.

Speechtx

P.O. Box 2637

Virginia Beach, VA 23450-2637

<http://www.tgvoice.com/>

Jennifer Mitchell, CCC-SLP

Act II

10253 Warwick Blvd.

Newport News, VA

Phone: 757-595-0507

Consigning Women Apparel

6691A Backlick Road

Springfield, VA 22150

Phone: 703-569-2054

Email: consign1@erols.com

Bruce's Wig Gallery

2131 N Jamestown Drive

Petersburg, VA

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(Also does custom wigs)

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203 Harpersville

Newport News, VA

757-591-7220

Backstage Hair Designers

2878 Virginia Beach Blvd.

Virginia Beach, VA 23452

757-463-8598

(Ask for Michael)