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Crossport Schedule of Events

The Monthly Schedule of Events for Crossport for January and February are as follows:

1st Friday Social Dinner, Fri. Jan 3, 7:00 pm, Tostados
January Board meeting, Tue. Jan 7, 7:00 pm, Mt. Auburn Presbyterian Church
2nd Saturday Social Dinner, Sat. Jan 11, 7:00 pm, Boswell's
Transgender Peer Support, Mon. Jan 13, 7:30 pm, Mt Auburn Presbyterian Church
3rd Thursday Dinner, Thur. Jan 16, 7:00 pm, The Rusty Bucket 2692 Madison Rd
4th Saturday Night Out, Sat. Jan 25, 7:00 pm, TBD (see Facebook or website)
Transgender Peer Support, Mon. Jan 28, 7:30 pm, Mt Auburn Presbyterian Church

February Board meeting, Tue. Feb 4, 7:00 pm, Mt. Auburn Presbyterian Church
1st Friday Social Dinner, Fri. Feb 7, 7:00 pm, Tostados
Transgender Peer Support, Mon. Feb 10, 7:30 pm, Mt Auburn Presbyterian Church
2nd Saturday Social Dinner, Sat. Feb 8, 7:00 pm, Boswell's
3rd Thursday Dinner, Thur. Feb 20, 7:00 pm, The Rusty Bucket 2692 Madison Rd
4th Saturday Night Out, Sat. Feb 22, 7:00 pm, Location TBD
Transgender Peer Support, Mon. Feb 24, 7:30 pm, Mt Auburn Presbyterian Church

Other TG Support meetings may also involve a theme or speaker. Stay in touch with our website and Facebook for the latest changes. Suggestions for themes, venues and events are always welcome.

Crossport.org is posting additional meetings by other Trans- related groups.
Please check out the website for more information

If you have questions or comments on meeting locations or times, contact Crossport at 513-344-0116 or at CrossportCincy@yahoo.com or post them on the CrossportCincy Facebook group

NOTE: Please Check the CrossportCincy Facebook group for updates on Social Event locations, as they are subject to change

NOTE FROM THE EDITOR**Sing a New Song**

Growing up, I always loved music. While I am not a great musician, I did play a few instruments for awhile. To this day, I entertain the fantasy of playing a particular song I love before an audience, even though I seriously lack the talent. A by-product of this fanciful love of melody is that bits and pieces of songs, whether a lyric, riff or title, float through my head and attach to events and situations around me. This past month is no different, and several tunes dealing with change keep coming to mind. Given the penchant for people to look back at events of the past year, it makes a lot of sense.

Over the last year, I have seen a lot of changes in my life, and the lives of those around me. Some of them have been small, and others momentous. Buddhism teaches as long as there is attachment to things that are unstable, unreliable, changing and impermanent, there will be suffering –when they change, when they cease to be what we want them to be. In short, not accepting change results in suffering. One reason change is difficult for people is fear: fear of what may happen, fear of loss, fear of the unknown. Sometimes these fears are well founded, but other times the fears are based on uniformed speculation and projections of our insecurities.

Something major happened this Thanksgiving. My oldest child took a big step in her transition about a year ago by going on HRT. The effects have gradually added up over the past year, and in the past year and a half a limited number of close family members have been confided in. The bulk of the family had not been informed. We were going to my sister's for the holiday dinner, and knew several extended family was going to be present, including my parents. Both my wife and I had some trepidation about this, since my folks tend to be on the conservative side in regard to relationship issues. Up to this point we had avoided the subject especially with our parents.

But this Thanksgiving, the turkey would be out of the bag. There was no denying the changes. About two weeks prior, I had taken Roz to Layne Bryant to purchase her first bras. That is a story in and of itself, but suffice it to say, it was successful...and needed. In preparation for this eventuality, I did what I typically do, seek council from those I respect. I considered the suggestion to pre-inform my parents, to avoid shocking them at the event. The best advice I got was to talk to my sister first. My sister was already aware of the situation and has a daughter who

is openly gay. She is also a pediatrician, and has about a dozen patients that are Trans. My sister had a lot of perspective and both personal and professional experience to share.

My sister's advice was very sound for our family situation. She said that we really didn't need to pre-warn my parents. She felt that the likelihood of anything controversial or negative being said was very low. She felt that giving Roz the opportunity to make an announcement after the blessing would be appropriate. Roz would have to rise to the occasion and had done so in the past. It was Roz's story to tell, who she was, where she was going, how she wanted to be addressed. My sister suggested key points for Roz to mention and suggested she have a script ahead of time. But the most poignant bit of advice she gave was "If you go in expecting the worst from people, that might be what you get. If you go in with a positive attitude, people will often meet you there."

Before heading up, I discussed this with Roz. Roz had also been talking to a friend or two about it and wanted to drive separate to make an escape if she felt she needed it. My wife and I encouraged Roz to be presentable as possible, so she showered and wore a new top she had purchased the week before.

We got there an hour before dinner. Roz and her brother drove up separately from my wife and me. It was a small gathering from my family's standard, only about 16 people. Roz started the evening a bit off to the side.

Finally after the blessing and before everyone started filling their plates, my sister created the opportunity for Roz to speak up. Starting a little quite and timid, she told everyone she had an announcement. She stated that her being trans was something she was aware of for a few years, that she was in transition, and had adopted the name Roslyn, and preferred the pronouns she, her and her's.

Almost instantaneously another of my sisters told Roz that we all loved her and she was brave to let us know, and immediately gave her a hug. My hard of hearing father had to ask my mom what was just said. After repeating to Dad, my 85-year-old mother went over to Roz and told her "I love you" and gave her a hug. Mom follow up with a toast of "Cheers to Roz".

It was all anybody could do to hold back the tears. I'm fighting them back even as I write this now. I told Roz she had done just fine. Roz later told me she was surprised that there weren't a lot of ques-

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tions. I did have some discussion with the other sister that had just found out. She really got it and was very supportive. The rest of the evening was pretty typical, and life went on as normal.

This revelation is not the end of the story, but rather just a beginning. Roz has a long road ahead of her. But Roz is not the only one on a journey. Those around her will accompany her for various segments. There are plenty of other steps to take. Some of these steps will be positive, and some of them will be difficult. Roz is looking at a legal name change.

Back at home, my wife and I started putting up the Christmas decorations. That involved pulling out boxes of decorations and knick-knacks we have collected over the years. There are so many items from when the kids were born, or things they made in school that we couldn't bear to throw away. With their names on them. The names we gave our children. My wife looked at me and said "So what do we do with this? Just throw it away?"

My wife is really trying. She struggles to use Roz's name and pronouns. She at least is attempting to use them both in Roz's presence and when we are alone. I think it is very telling that she asked me to go shopping at Dress Barn for a top as a gift for Roz. I was going to suggest this, and was pleased when she asked me before I did.

I don't have an answer for everything. But I think Thanksgiving should serve as a lesson. Change is going to come, like it or not. Our happiness is largely a result of how we choose to live with the changes. Many of our fears may be founded on our limited imagination. We need to let people accept us, and we can influence that acceptance by our own attitudes. In doing so, we may be surprised and delighted beyond our expectations.

Your Editor,
Meghan Fournoit

Board Member Profile:

"Mick" McKinsey Spivey

-Meghan Fournoit

Late last fall, Crossport historically added the first Transman to the Board. It came as no surprise to anyone who already knew "Mick" McKinsey Spivey. Since joining Crossport, Mick has been a very active member, attending several events on a monthly basis. Mick is a fun loving and pleasant fellow who is quick with a joke and smile. Always helpful, it seemed natural that Mick would step up to join the board when the opportunity arose. Since both Mick and I have been busy, setting aside a time to interview him was a challenge, so I waylaid him at the Holiday party for a few questions.

About a year ago, Mick showed up at Tostado's for the "First Friday" karaoke event. This was his first time meeting with Crossport. Prior to this, Mick had researched Crossport online. His Therapist and best friend had also highly recommended Crossport as a support group. So taking a chance, Mick ventured out, regardless of singing talent. Mick was not disappointed, and mentioned Crossport was "The most welcoming bunch of people

that didn't know each other. I made instant friendships that night."

I asked how Mick's singing was. He replied, "Well I don't really sing. Maybe 'Ring of Fire'. Anyway, thanks to testosterone, my days of car singing are over."

Interested in Mick's journey, I asked how long he was aware of his alternate gender. For the longest time, he had a general feeling that he didn't quite fit. He couldn't quite articulate what he was feeling, until he saw a documentary on Trans-men. Previously he had been aware of Male To Female Transwomen, but seeing that film, it finally clicked. Mick has been on testosterone for 14 months, and has seen a lot of changes: Hair has popped up in places he hadn't imagined. His voice has deepened noticeably. He has the appetite of a rabid bear.

When asked about the effect on his mental and emotional state, Mick related that he is on mood stabilizers. For some men, "T" can promote aggressiveness known as "Roid-Rage". Because Mick is also managing Bi-Polar symptoms, he spent a great deal of time with his doctor. They went through a process to figure out the right course of medication that

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Crossport Board Meeting Minutes

3 December 2019

Callie was meeting facilitator

Board members present: Callie, Cathy, Joni, Mick, Wendy

Board members absent: Gina (written notice of absence), Laura Ann

Guests:

Meeting called to order: 19:08 (7:08 PM)

Old Business:

Minutes: Joni submitted the Minutes from the 5 November 2019 meeting. They were accepted unanimously in toto by voice vote.

Holiday Party Planning: Cathy signed the contract, and a final guest total must be given to DeSha's a week in advance. Cathy will secure the raffle tickets from Stacy before the party. Due to Meade's injury, Joni and Tonya will shop for gifts and prizes. Joni and Mick will do Split the Pot, and Cathy will do the check-in with help from Joni and Tonya. The menu for the event is the same as the previous year

New Business:

No new business

Monthly Reports:

P.O. box: Callie submitted a report to the Board that it has not been checked but will within 24 hours.

Hotline phone: Wendy submitted a report to the Board of a couple of folks leaving messages but getting only voicemail on return calls. A Butler County social worker called about support meetings for underage people. Wendy informed them that any underage people for needed to be accompanied by a parent or legal guardian.

Membership: Cathy submitted a report to the Board that Crossport currently has 40 paid members.

Finances: Cathy submitted a report to the Board that Crossport currently has \$1400.35 in their checking account as of 30 November 2019.

Website and Social Media: Cathy submitted a report to the Board that the Crossportcincy Facebook page has 354 followers, 328 total page likes, 217 members, and 44 posts. Unfortunately, Crossport.org

had a total crash on 14 November and was not returned to service until 21 November. All analytics were lost and had not been reestablished as of 5 December.

Email Correspondence: Cathy submitted a report to the Board that there would be no email report this month due to constraints from the website crash.

CD/TS Peer Support Group: Callie submitted a report to the Board that the meetings continue to be very well attended. Combined attendance was 19.

First Friday Social: Mick submitted a report to the Board that 13 friends attended in November.

Second Saturday Social: Mick submitted a report to the Board that nine friends attended the social in November.

Third Thursday Social: Cathy and Joni submitted a report to the Board that for November, 25 friends attended at The Rusty Bucket in Rookwood!!

Saturday Night Out: Mick submitted a report to the Board that eight friends came out in November.

Library: Jill submitted a report to the Board that in November there was no new activity.

Outreach:

Cathy submitted a report to the Board.

TDOR update: Please read Cathy's article in the December issue of The InnerView.

Mount St. Joseph University Transgender Panel: Jill reported to Cathy that she and Vicky attended in addition to two others she had never met before the panel date.

Newsletter: Cathy submitted a report to the Board.

--The November issue was emailed to 347 addresses. There were two bounces, both soft, and zero unsubscribes. 117 unique emails had been opened (47.1%) and increase of 48 from the previous report, and 94 had clicked through to access the InnerView (28.6%) an increase of 32 from the previous report. Six had clicked through to the TDOR event, seven had clicked through to the Holiday Party event, one had clicked through to the Crossport Cincinnati FB page, and zero had clicked through to Crossport.org

--The December issue was mailed to 355 addresses. There were three hard bounces which were cleaned, and zero unsubscribes. 144 unique emails had been opened (40.9%), and 71 had clicked through to access the In-

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nerView (20.2%). Seven had clicked through to the Holiday Party event, zero had clicked through to Crossport Cincinnati Facebook page, and zero had clicked through to Crossport.org

Between 6 November and 5 December five more emails were added to the list bringing the current number of subscribers to 353. All subscribed themselves through the Crossport Cincinnati Facebook page, and all were subsequently sent a link to the latest issue.

The meeting was adjourned at 20:22 (8:22 PM). The Board agreed that Cathy would facilitate the next meeting. Joni will submit minutes for this meeting.

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met his needs. Mick said that this is a vitally important reason to work with a medical professional.

When the opportunity to join the board came up, Mick volunteered. He is still learning the ropes, as this is his first time in a leadership role with an organization. Mick said that answering the phone has been quite the adventure.

Crossport does not have as much experience serving Trans-Men, and their needs had not been well represented. Mick reflected on his experience with Crossport: "The best part is that everybody is so accepting, regardless of whether an individual is MTF or FTM. I think that even though the most members are MTF, they can relate to Transmen because of the similar journey. However, there are definitely some differences in needs and background. While we are traveling a similar road, we are going different directions. Because Crossport is predominately MTF, Trans-men can feel intimidated. I joined the board to be able to make a difference and help with others like me. I hope through my visibility, I can encourage others to come out and be who they are. So much of who we are is tied to visibility. And remember Crossport isn't just for girls!"

When asked about the challenges he encounters, Mick said the largest one is being taken seriously as a man. Facing a similar problem as Transwomen, there is the ubiquitous problem of passing. Even though the HRT is helping with some issues, there are certain physical characteristics that are harder to overcome. Mick feels that top surgery would certainly help. I asked Mick about the use of body shaping aids, like binders (for chest) and packers (use your imagination). He said that he hadn't

Happy Birthday!

Alistair K	Jenny F	S L
Cathy A	Tonya P	Judy H
Leo R	Shelly B	Cleo H
Terry S	Noah L	Amber M
Maggie M	Marcie R	Aluna K
Gina S	Marsha D	

If you would like to be added to our list, please send the month and date of your birthday along with your name to: Crossportcincy@yahoo.com.

found a binder he likes yet. As he put it, they tend to fit like a weird bra and end up creating a strange "Uni-boob".

Mick reflected on his experience with some of the "Part-Time" gals in Crossport. Having a friend that he could ask guy type questions is really important. Mick feels like he can't ask his brothers some of these questions. It is too awkward for them both, especially with his brothers still retaining memories of their sister in their minds. Mick is out with immediate family, but not the extended family. At Thanksgiving this year, everyone thought that his voice was the effect of a really bad cold.

Mick joked about his favorite thing about being a guy was, "My extensive collection of boxer shorts! But seriously the best thing is that my girlfriend treats me like a guy. She lets me do the male role."

Mick did have a few worries about going through transition. His biggest fear was that his cat would reject him. Like for many of us, his pet is that source of unconditional love and companionship. As it turned out, his cat still loves him and they are still best friends.



Earning “Cred”

-Lorie W.

I went in drab to a community dinner of people who don't know Lorie, except for one person who was sworn to secrecy. Another person, Nancy, was commenting (she commented on it at the previous monthly dinner) on my nail polish (an iridescent green-blue polish). Nancy considers herself a rebel and enjoys arguing (hey, some people do!). She said that the nail polish gave me “cred.” She said that up until I wore the nail polish, I was just this really normal guy. I got embarrassed and flustered at the attention to my nails, and didn't try to deflect or continue the conversation. I let it peter out. No one else had any comments on that, so eventually the topic shifted.

The comment stuck with me, and as is my tendency, I began to play it back in my head with a new script that included my input. I thought about getting “cred,” and realized that I spent most of my life pursuing it, even back to school days when I wanted to be part of the cool crowd. And here I was being told I get “cred” for being different. Interesting.

And then I wondered what the “cred” was for; what aspect of the nail polish gave me cred and what kind of cred was it? Was it because it was a feminine expression? Was it the rebel cred? Was it a state-

ment of independence? Self-awareness? Authenticity? I wish I had those questions in my pocket when she brought it up.

I've gotten weary of trying to time my nail polish days around communities or events where I will be seen. I like to wear nail polish for my Crossport (crossdressers and transgender support group) events as I go en femme for those gatherings, both in support meetings and outings at restaurants. At first I would wear them for a couple more days if I knew I was going to be around people who I believed would accept me the way I am. Gradually the nails stayed through more and more conservative groups, including business groups. I kind of like the idea that I'm a little weird, unusual, bold. I don't rush to the polish remover after each Lorie event. It's a visual clue to my true nature: genderfluid.

Maybe it Does give me cred. As I get more and more comfortable with my gender(s), I gain cred in my own mind. And people begin to treat me the way I treat myself.

As I related this to a friend of mine, he quipped, “you can say, ‘I am not my nail polish!’” Works for me.

Board Election News

Crossport currently has an open Board position that needs to be filled (Crossport Bylaws, Section 2.7)

At the Holiday Party held December 19, Callie Liszkay announced to those attending that she would be moving to Cleveland and sadly must resign from Crossport's board, a position she has held beginning January 2019.

Her fellow board members are sad to see Callie go. She has been a valuable member of Crossport's board. Please make sure you thank Callie for her past efforts on Crossport's behalf and wish her well in her new city.

It is important that Crossport have a full and functioning board, therefore we encourage you, our voting members, to consider volunteering to fill the open position. The term to be filled runs through December 2020 (12 months).

According to the Crossport Bylaws, Section 2.6 and Section 2.8:

An open seat on the board can be filled by any voting member in good standing with 6 months paid membership in the organization. The board may,

by a simple majority plus one, vote to waive the six month paid voting membership requirement for a replacement board candidate they feel is particularly well qualified to serve CrossPort as a board member.

A voting member may volunteer in person at the next scheduled board meeting, and may be voted in to officially fill the position, by a majority of the board present. If more than one member volunteers, board members will give the candidates an opportunity to each make a statement at the board meeting, after which there will be a vote by board members, via written ballot. The candidate with the majority vote will be elected to the position.

Crossport's next scheduled board meeting is 7pm, Tuesday, January 7, 2020.

Please let us know if you are interested in this position and/or have any questions regarding this position, the duties and responsibilities of a board member or the process in selecting a new board member.

Your Crossport board members,
Cathy, Gina, Joni, Laura Ann, Mick, Wendy

Article from:

<https://helloclue.com/articles/cycle-a-z/chest-binding-tips-and-tricks-for-trans-men-nonbinary-and-genderfluid>



Illustration by Marta Pucci

[Cycle A-Z](#)

Chest binding: tips and tricks for trans men, non-binary, and genderfluid people

by [Jen Bell](#), Writer; and [Nicole Telfer](#), Science Content Producer — March 04, 2019

This article is also available in: [português](#), [español](#)

Chest binding (compressing breast tissue to give the appearance of a flat chest) is a common practice among transgender men and masculine-presenting AFAB (assigned female at birth) people.

For some trans and nonbinary people, breasts are a source of [gender dysphoria](#), as they're a visual reminder of a person's birth-assigned sex (1). Binding can reduce gender dysphoria and improve mental health, but it can also cause negative physical health symptoms (2).

How do people bind their chests?

People bind in many different ways: Some people wrap their chests with elastic bandages, duct tape, or plastic wrap. Some wear a sports bra, neoprene or athletic compression wear, or layer several sports bras or shirts. Others wear commercially-available *binders* specially designed for this purpose (2).

Everyone binds differently. Some people bind only for special occasions, others every day. One study survey-

ing people who bind reported that the average person bound their chest for around 10 hours per day, with the most popular methods being commercial chest binders, followed by sports bras, shirt or bra layering, and bandages or elastic materials (2).

Risks and side effects of binding

Like many things people do to modify their outward appearance (wearing high heels, or shaving facial hair), chest binding comes with some risks.

Binding can affect skin, muscles, and movement, particularly over long periods of time. Tightly covering the skin and chest with materials that don't allow free-flowing air can create warm, moist environments for bacterial and fungal infections to develop. Wearing binders that are too tight can cause underlying tissue and muscle damage, prevent free movement, and even restrict a person's ability to breathe.

There haven't been many studies about the health effects of binding, so it's important to listen to experiences of others, and to talk to your healthcare provider. (Here's a guide for finding a [trans-friendly doctor](#) and how to seek better care from the ones you do have.)

Two studies have been completed that focus specifically on people who bind. They were *cross-sectional studies*, observing a specific population (people who chest bind) at a specific point in time, and were published in 2017 and 2018. Both of these studies are based on data from 1,800 responders to an online survey.

Across both studies, the majority of people (89-97%) reported experiencing at least one negative symptom from chest binding (2,3).

Common side effects of chest binding

- 76-78% of people in studies reported skin/tissue problems, like tenderness, scarring, swelling, itching, infections
 - 74-75% of people reported pain in chest, shoulders, back or abdomen
 - 51-52% of people reported respiratory problems (like shortness of breath)
- 47-49% of people reported musculoskeletal symptoms, like postural changes, muscle wasting, or rib fractures (2,3)

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Binding isn't all bad though—a lot of people feel better mentally and emotionally when they bind. According to these studies, chest binding helps people decrease their gender dysphoria, as well as feelings of anxiety or suicidality, while increasing feelings of confidence in public and self-esteem (2).

Risk factors for binding side effects

People who bind their chest more frequently (every day) are more likely to experience negative symptoms. For this reason, taking days off between binding may help decrease this risk. Long term binding (over years) was also more likely to be associated with negative symptoms, particularly skin, tissues, and musculoskeletal problems (2). People with larger breasts were more likely to experience skin and soft tissue issues (2).

What people use to bind their chests with is a very personal choice, and finding a standard “best type of binder” for everyone is unclear. One study showed that people who used commercial binders experienced increased risk for the highest number of negative symptoms from binding, followed by those who used bandages, and plastic wrap or duct tape (2).

The high amount of negative effects found from commercial binders in this study were a surprise to the researchers, since blogs and other [informal resources](#) dedicated to trans men and healthy binding often recommend commercial binders (2,4). This could be due to people wearing binders that are too small, wearing them for longer periods, or wearing more than one at a time. More research is needed, but if you choose to wear a commercial binder, do your research, read reviews online, and make sure it is the right size for you.

Healthcare and chest binding

The 2017 [study](#) found that almost 9 in 10 people experienced at least one negative effect from binding, and 8 out of 10 felt that it was important to discuss binding with a healthcare provider. But only 3 in 20 (15%) sought medical care for binding-related health issues (3).

Over half of participants report that their healthcare practitioner is aware that they bind their chests, but among those, less than half actually discussed their binding practices with their provider. People who felt

safe and comfortable about starting a conversation about binding, were more likely to seek help for any negative binding side effects (3). This highlights the disparity between the healthcare that transgender people need, versus the healthcare that they have access to or feel safe to pursue. Almost everyone, regardless of their gender, manipulates their body to feel good, whether it's binding, smoking, wearing make-up, or waxing their pubic hair—we all change ourselves in some way to feel like our “true selves.”

Sometimes these activities have some risks that require medical help (for example, smoking can cause lung cancer and many other health problems, or waxing your pubic hair can lead to ingrown hairs or infected follicles). There is no shame in talking to your healthcare provider if you experience any side effects. It's your body and your life—you deserve safe and judgement-free healthcare.

People should consider both the mental health benefits and the potential negative physical symptoms when making decisions about binding (2).

Tips for healthier chest binding

Everyone binds differently, the trick is to figure out what is safest and best for you.

1. Limit the amount of time you bind. Don't wear binders for longer than 8-12 hours. Don't sleep in your binder. Don't bind every day. Schedule binder-breaks/days off. People who bind their breasts more frequently, such as every day, are more likely to experience negative side effects (2,4).
2. Avoid binding while working out. This is when you need to breathe deeply, move freely, and you are more likely to be sweating. If you want to flatten your chest while exercising, try to find a sports bra that has this effect.
3. Get the right fit. If you wear a commercial binder, make sure that it fits correctly and that it is not too small. When buying a commercial binder, do some research to find the perfect binder for you. Try not to buy one that is too tight—if it causes pain, cuts/trauma, or restricts your breathing, then you need to go up a size or two. A binder should allow for breathing normally and allow for air circulation (look for breathable fabrics). Wet, clammy, sweaty skin conditions provide the perfect environment for skin rashes and fungal infections (4).
4. Don't bind with plastic wrap, duct-tape, or band-

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ages. These are associated with increased negative symptoms. Duct tape can damage your skin, and bandages may tighten as you move. Sports bras, layering shirts, or wearing athletic or neoprene compression gear, are the options associated with the least amounts of negative side effects (2).

5. Planning top surgery? Bind less. If you plan on having top surgery, don't bind as often, as this can affect your skin's elasticity and have surgical impacts (4,5). Some FtM (Female to Male transgender) mastectomy researchers feel that longterm binding may cause a decrease in skin quality, specifically elasticity, which can actually make performing a mastectomy more complex (5).

Listen to your body. If you feel pain or have any difficulty breathing, remove your binder (or other restrictive garment). Maybe what you were wearing was too tight, or you have been binding for too long without a break.

Much more research about the health and needs of transgender men and genderfluid people is needed. These populations have different healthcare needs, and everyone deserves access to adequate and personalized healthcare.

If you're experiencing any negative symptoms related to binding, we recommend that you see a healthcare

provider. Check out our guide to [how to find a trans-friendly OB/GYN](https://helloclue.com/articles/cycle-a-z/how-to-find-trans-friendly-obgyn).

<<https://helloclue.com/articles/cycle-a-z/how-to-find-trans-friendly-obgyn>>

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MEMBERSHIP DUES ARE DUE

As a reminder, Membership dues cover the period of one year from the time you submit payment. Crossport no longer prorates dues to a calendar schedule.

Crossport members can choose to become a member at an increased level. Those donating to the organization through the higher levels will be acknowledged quarterly in the newsletter, much like donors to the symphony or other non-profit organizations. The levels of membership are:

\$30 - Basic Membership

\$50 - Bronze Level

\$75 - Silver Level

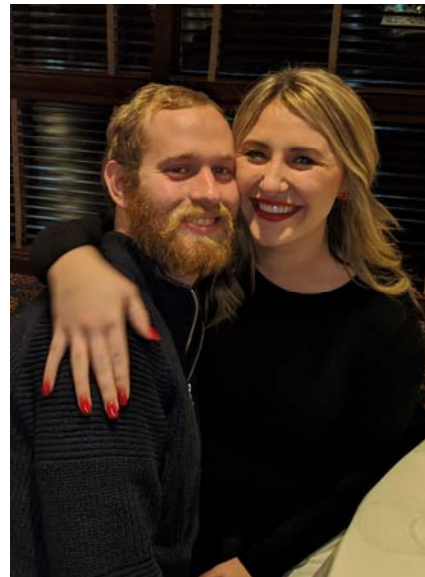
\$100 - Gold Level

Please consider a donation at the higher levels to support Crossport's mission to the transgender community in Greater Cincinnati.

Refer to the last page of this newsletter for the membership application and payment methods. You may want to use the application to update any of your contact information.

Crossport Holiday Party Pictures







Experienced and sensitive practitioner specializing in psychotherapy for trans and gender non-conforming people.



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PHOTOGRAPHY FOR ALL OCCASSIONS
ARYKAH.COM

phone: 513-666-7769
email: arykah.carter@gmail.com



LGBTQIA+ | SAFE | TRANS OWNED | PRIVATE



A BIG THANK YOU TO

Samantha S.

For becoming a

Gold Level Crossport Member!!!

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Ralph Waldo Emerson

Scott E. Knox Attorney at Law

13 E. Court St., Ste. 300, Cincinnati, OH 45202
(513)241-3800; scottknox.com; scott@scottknox.com
2011/12 "Best Lawyer", CityBeat

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estate planning; GLBT legal issues



Darts, Pinball, Big Screen TV,
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Size	Price Per Issue
1.825" x 3.625" Business Card	\$3.00
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4.655" x 3.625" 1/4 Page	\$7.50
4.655" x 8" 1/2 Page Horizontal	\$14.00
9.313" x 8" Full Page	\$26.00

Images should be .JPG or .PNG (32), and should be no wider than 300px for half page width or 620px for full page width. RGB or adaptive pallets are recommended. File size should be kept to under 256Kb for 1/4 page or less, and under 1.2Mb for full page. Other file formats and sizes may be possible.

To place an ad contact:

Mail: Crossport P.O. Box 19936 Cincinnati, OH 45201

Email: crossportcincy@yahoo.com

Crossport Social Meeting

The social is held on the *third Thursday of each month at 7:30pm* at a local restaurant and its purpose is to provide an opportunity for all transgender individuals to get out and socialize at a safe environment. Often following dinner, some members proceed to another location for social engagement.

Combined Peer Support Meeting

Meets 7:30pm on the second and fourth Mondays of each month Mt Auburn Presbyterian Church. The meeting, which focuses on female-to-male and male-to-female transition as well as crossdressing issues, and living your authentic gender identity, offers an opportunity to network in a supportive forum. (For more information call the Hotline Phone listed below.)

Crossport Board Meeting

The board typically meets on the *first Tuesday of each month at 7:00pm*, Mt Auburn Presbyterian Church, to discuss club matters. All members are welcome to attend.

Crossport Saturday Night Out

This is an evening out at a local nightclub. It is scheduled for the *fourth Saturday* evenings of each month. The time and location of this event will change with each occurrence.

Crossport Second Saturday Social

This is an evening out at a local dining establishment. Similar to Third Thursday, but for those of us who can't get out during the week. It is scheduled for the *second Saturday* evenings of each month. Held at Boswell's in Cincinnati's Northside neighborhood, dinner is at 7:00.

Karaoke Friday Nights

The *first Friday* of the month Crossport meets for a social engagement to share fellowship, music and merriment at a Tostado's, dinner at 7:00pm and music at 9:00pm. Spouses, Significant Others and family are also welcome and encouraged to attend all meetings and events.

For more information on all meetings please email Crossport: crossportcincy@yahoo.com, visit the Crossportcincy Face Book group, or call the Crossport Phone number listed below.

Contacting Crossport

Mail: PO Box 19936, Cincinnati, OH 45219

Email: crossportcincy@yahoo.com

Phone: 513-344-0116

Current Board (Jan 2109-Dec 2020)

Cathy Allison - Cathyallisonxp@gmail.com

Joni Andrews - Joni.andrews@yahoo.com

Wendy Le Cross - Satinwow@yahoo.com

Gina Marie

Laura Ann Weaver

Mick Spivey

Open Slot

Crossport Website: <http://www.crossport.org>

Message us through Facebook, either through the Crossport Cincinnati page or the Crossportcincy group.

MEMBERSHIP APPLICATION

All membership information will be held in strict confidence.

Our goal is to better serve your needs!

PREFERRED NAME: _____

(+LAST INITIAL) (used at gatherings/newsletter)

MAILING NAME: _____

MAILING ADDRESS: _____

*EMAIL: _____

NEWSLETTER: YES ___ NO ___

PHONE: _____ OK TO TEXT? ___

SPECIAL EDUCATION/CAREER/SKILLS? (TELL US ABOUT YOU!)

YOUR INTERESTS: TS ___ TG ___ CD ___ GAY ___ FRIENDSHIP ___

EVENTS ___ OTHER ___

*YOUR DATE OF BIRTH: ___/___/___

MUST BE OVER 18 TO ATTEND, UNLESS PARENT/GUARDIAN IS PRESENT

SPOUSE/SIGNIFICANT OTHER'S NAME: _____

TODAY'S DATE: ___/___/___

HOW DID YOU FIND CROSSPORT? _____

MEMBERSHIP TYPE: NEW ___ RENEWAL ___ INFO CHANGE

(\$30/YEAR, JAN-DEC)

TYPE OF PAYMENT: CHECK _____ CASH

PAYPAL accepted via our website: Crossport.org

FULL MEMBERSHIP @ \$30/YEAR**Voting, hold office**

PLEASE CONSIDER DONATING AT A HIGHER LEVEL, TO SUPPORT CROSSPORT EVENTS AND SERVICE TO THE TRANSGENDER COMMUNITY IN THE GREATER CINCINNATI AREA

BRONZE LEVEL @ \$50/YEAR

SILVER LEVEL @ \$75/YEAR

GOLD LEVEL @ \$100/YEAR

MAIL TO: Crossport, PO Box 19936, Cincinnati, OH 45219

Or pay at any Crossport meeting or event

Or via the website: Crossport.org