

# Trans Masculine Alliance Houston

Vol. 1, Issue 2

November 2021

[www.transmasculinehouston.com](http://www.transmasculinehouston.com)

[transmasculinehouston@gmail.com](mailto:transmasculinehouston@gmail.com)

[Facebook](#)

[Discord](#)

[Meetup](#)

[Zoom](#)

## Leadership Team

**George Zemanek**

**Nexus Arrant**

**Myles Steelman**

**Derek Gaffney**

## Want to get involved?

As we move forward to in-person meetings, more than ever we need folks to help present or co-lead meetings, as well as tell us what topics they'd like us to focus on. If you'd like to help out or want to share an idea, please contact one of the members of the leadership team. Also if you're good at making newsletters, email us!



## What we've been up to...

Hi all! October was an awesome month. Show director of the H-Town Kings, Mister Texas USofA MI Classic, and proud drag dad Ian Townsley attended our October 21st meeting and showed us how to dress our best for every occasion. The notes from his presentation are at the end of the newsletter. Mad props to Myles Steelman who stepped up to lead our social gatherings. Nexus and Myles are working on our first zine, *Metamorphosis*, which will showcase transmasculine art and writing. Amazing! We are continuing to hold regular meetings on the first and third Thursday of the month, 6:30-8:30pm, in room 111 of the Montrose Center, unless otherwise specified. The Zooms are also continuing on the 3rd Friday of the month, 7-9pm.

## November Calendar

**November 4 Regular Meeting:** Dr. Amelia Averyt from Legacy Healthcare will be discussing health and wellness as related to the transmasculine experience. Bring your questions!

**November 9 Hangout:** Poison Girl Cocktail Lounge  
1641 Westheimer Rd. Carpooling encouraged

**November 18 Special Meeting:** Cutthroat Barbers on 1508 Westheimer has invited us to their shop for free cuts and styles. If you're wanting to clean up a starter 'stache, explore a completely new look, or just trim your already amazing hair, come on out! We are meeting at the shop at 6:00pm, then heading to Cafe Brasil down the street afterwards. RSVPs are required. Text George at 281-827-5350

**November 19 Zoom Meeting 7:00-9:00pm**  
Meeting ID: 235 915 5813

## TMAH Zine

TMAH will be hosting our first ever zine to fundraise for members wanting surgeries! The zine will feature creativity of all sorts, from art and photography to poetry and essays. This issue will be titled "METAMORPHOSIS" and focus on the process of transition and becoming your most authentic and happiest self. Create art or writing that represents what being trans, coming out, or transitioning means to you. This zine focuses on the concepts of happiness, self-actualization, and the concepts of rebirth/divinity in being trans. This can include healing, conquering your traumas, daily victories and happiness, and the process of becoming. Straightforward, abstract, all is welcome! We just ask to keep it all ages appropriate and do not use any copyrighted characters, franchises, etc. For more information, please reach out to Myles or Nexus via the discord server of Facebook, and see related posts going into further detail.



## Annual T-giving Drive Thru Celebration

Register: <http://bit.ly/tmctgiving2021>

Registrar: <http://bit.ly/tgivingesp2021>

The annual Transgender Thanksgiving Potluck is a tradition started in the mid-90s by Brenda Thomas, a fierce activist in Houston's transgender community. Brenda unfortunately passed away in 2006, but her legacy remains today. For the past few years, the Montrose Center has worked alongside the transgender community to continue this tradition every year on the Tuesday before Thanksgiving, and this year we will continue a little differently.

Due to ongoing COVID-19 pandemic, socializing with our friends and chosen family is still not safe. As a community, we have decided to continue that tradition of "togetherness" by hosting our TGiving Drive Thru Celebration on November 23 from 4 - 7 PM at the Montrose Center. This event is open to all members of the transgender, non-binary, and gender non-conforming communities, regardless of financial need. For this event we will be following all the CDC recommendations to ensure the safety of everyone taking part in this event. Our top priority is the safety and well-being of our community members!

Volunteer: <https://montrosecenter.galaxydigital.com>

This year, instead of our trans community supplying the meal items, we will be offering pre-packaged Thanksgiving meals, fun care bags, handwritten holiday cards, COVID-19 resources, and shelf stable food boxes upon request. We understand the value of chosen family and support during the holidays and recognize that 2020 has only deepened the need, especially for those whose given families are not as supportive.

## Notes from Ian Townsley's Presentation

### What are the various categories of clothing and what fits into them? Example-- what does business casual look like?

Business-3 piece suit and tie, muted colors such as grey or black.

Evening wear-3 piece suit and tie with color pop, either in the suit itself or the shirt/tie combo. Don't have bright colors in both suit and shirt, choose one to accent. Shoes and belt can complement color choice as well.

Business casual-Dress slacks or chinos (similar to khakis, but come in a wider range of colors, have hidden pockets, flat fronts, are considered dressier.), button down shirt, dress shoes.

Casual- fitted tshirt, light blazer, dark denim pants or chinos, and loafers or boat shoes

**Note: When wearing a jacket or vest, the bottom button should always be left undone. Unbutton jacket when sitting, and button when standing.**

### How do you get clothes tailored for a better fit? When does clothing need to be tailored? Also asked: How to hem pants or get clothes tailored to get a better fit.

Finding a good tailor is crucial, and isn't cheap. Take recommendations and learn how to ask for what you need, and specify that you want your clothes tailored for a male fit.

Tailoring should be reserved for items you cannot find in your size outside of a store, especially blazers. Slacks, shirts, jackets, almost anything can be tailored. If you find something you love for the right price, don't hesitate!

Most items need to be close to your size to be correctly fitted. For blazers and shirts, no more than one size up is best. For pants, try to get a comfortable fit in the waist, hips, and butt and just look to get the alteration in the length. Crotch length cannot be easily altered in pants.

When being fitted, wear the same type of underclothing you'll be wearing with the outfit. Binder, packer, underwear, and even socks can all change fit. Properly fitted clothing hugs the body and is not loose or baggy, so you'll want to get measured the right way.

### How long should long sleeves be on a dress shirt? Do the sleeves go to your wrists or longer?

If worn with a jacket, halfway between the wrist and first knuckle of your thumb. If worn alone, just below the crease of your wrist. Your shirt cuff should always show ½ inch below your jacket sleeve. Jackets should always fall just below the crease in your wrist when arms are hanging at your side, and at the wrist line when your arms are bent.

For pants, when standing your cuff should sit on top of your shoes with no more or less than one "break". The "break" is a fold in the bottom front section of your pants.

### What measurements do you need to buy "off the rack" stuff at a generic clothing store?

Unfortunately, this will change depending on brand, clothing item, or body type. Waist, chest, inseam, and neck are all important and don't change often, but make sure you try on everything and have a rough idea of what sizes you wear in regular clothing. Once you find a brand that works well for you, don't be afraid to stick with it. If you know you like one type of dress shirt, you'll likely find any color or pattern you could want in the same brand.

### How to dress for different scenarios.

Note: Never wear pleated pants.

Ask attendees to give scenarios and answer from there. Wedding, funeral, office party, etc...

**tips for bigger men, Both casual and more formal.**

Don't buy clothing that's oversized, you won't hide anything you'll just look sloppy.

Embrace the dad bod, and remember that men come in all shapes and sizes.

Stretch fabric is your friend! Jeans, shirts, slacks all come in stretch fabric options.

Don't buy online if you can avoid it, you'll only frustrate yourself and trigger bad feelings.

An American XL is a XXL for most of the world.

Macy's has amazing menswear options for all shapes and sizes, but will trend to small.

Try things on, and ask for help. If you find something you love that isn't in your size, find

anything of your size in the same brand, try that on, and ask for what you wanted to be

ordered for you. They even ship to your house!

Al's formal wear often sells previously rented wedding attire that can be used for many functions, and is very "big guy" friendly. They also fit menswear on afab bodies often, so are more likely to have things that will work for you.

Collar extenders can be found at any menswear store and will help if your shirts fit everywhere except the neck. Can only be used when a tie is worn.

**Tie tying and accessorizing are on my list too.**

Your belt and shoes should always match, and sock choice is more important than you'd think.

A nice watch will make an outfit, and goodwill is your friend!

Cufflinks are old school; I've never seen anyone under 65 wear them.

Collar stays are a crucial part of a proper shirt.

Don't be afraid to wear a button on tie if you know you won't wear it often. Make sure it goes around your neck and no one can tell.

Half Windsor knots are best for rounder faces, full Windsor for thinner. Fancy knots are fun!

Use tie clips to keep your ties looking neat, but don't use the pin type because it will damage your tie.

**How to pick a tie that matches your shirt color. Like what color tie goes with a peach colored shirt?**

Ties and shirts are often sold together, but don't be afraid to mix and match! If your tie is a very bold color, consider matching belt and shoes while wearing a shirt that is muted, like a grey, white, or black.

Google is your friend when it comes to complimentary colors. Start with one item that you found and love, and build from that one thing. Buy items that you can wear over and over again, spending money on a one-time wear can get pricey.

Get familiar with the color wheel. In general, colors opposite each other will compliment.

With peach, it goes with blues and browns.

**What color looks best on me?**

The better question is, what color do you feel you look best in?!

In general tho, red tones in skin should avoid red/pink it will make you look flushed.

Yellow tones in skin should avoid yellow and oranges. Blue or brown looks great on everyone, and for darker skin tones don't be afraid to go bold with a yellow or bright green.

## **Clothing care**

*Wash every time*-underwear, socks, shirts.

*2-3 wears*-binders, slacks, chinos

*3-5 wears*-jeans

*Never wash*-blazers, jackets, ties, scarves

If you cannot wash an item, don't pay for dry cleaning. You can do the same thing at home with no caustic chemicals that will wear out your clothes. Spot clean stains with a shout wipe or similar product. 50/50 mix of vodka and water in a spray bottle, mist inside and outside until lightly damp, hang outside or in well ventilated space to dry. Follow cologne guidelines, and never febreze garments.

Garment bags are your friend, and so are suit hangers. Wider hangers for dressier shirts and all jackets will help them keep their shape.

Put a dryer sheet or baking soda bag in your shoes and jackets to keep them fresh.

Keep a dehumidifying gel in your closet, moisture is not your friend.

## **Binding advice/tips**

Never bind with ace bandages, no matter what. Broken ribs, punctured lungs, permanent skin damage can all occur.

Don't bind too tight, it won't help you look smaller it will just create a lumpy appearance and put you in danger.

Binding is uncomfortable, but shouldn't cause pain. If you hurt, something is wrong and you should get out of your binder asap.

Invest in proper binders designed for the purpose

Experiment with trans or KT tape, but always have extra on hand in case you lose adhesion

*Remember that you are valid, whether or not you bind.*

**These next sections will be very personal and may use anatomically correct language. These are things I wish someone told me when I first started T.**

## **How to not stink**

Testosterone is funny, and it changes more than you think. You all have heard about how you'll smell different, but no one warned me about my pee and my junk. The difference was so weird for me that I went to my doctor and had to be reassured that it was normal. Showering every day became more than a habit, it became crucial. And the sweating!!! The way your soap and deodorant react to your body will change, so pay attention if you notice things not working and try different products.

The PH balance of your "parts" will also change, and not caring for yourself can result in bacterial and yeast infections. Summers eve wash only if needed and bathroom wipes regularly will help you maintain and stay healthy. NEVER use body soap on your bathroom areas! Hair is...crazy. We all want a huge beard, but don't think about where else it will grow. Hair in any area will trap odor, so keeping it clean and groomed will keep your friends and family from running away lol.

## **On that note: Personal grooming tips**

Buy a nose hair trimmer guys. I had to be taught to use one by one of my drag sisters, and it was hilarious. I couldn't figure out why my nose itched so bad all the time, until she told me. Your personal areas are supposed to have hair, so don't stress if you like it that way. Clean first, groom second. But, with that in mind, please don't use a razor to shave those areas, the pain is so real. Your hair will get very course, and shaving it

causes problems like infections, itching, bumps, broken skin, etc. a good beard trimmer with short guards is best if you prefer a smoother look.

Don't use the same trimmer on your face and your junk. No matter where you use it, clean with alcohol and qtips then oil after every use. Use trimmer oil, not the kind you cook with. If you shave any part of your body, go with the grain, never against. Again, the coarser hair will thank you. To help prevent acne, use a good quality face wash no more than twice a day, morning and night or after you remove makeup. Moisturizing your skin will help more than over washing. Human bodies are weird and gross but also wonderful, so if you ever come across something strange, have someone you can go to with the personal stuff. Don't be afraid to talk about anything that happens, its good to normalize these things we all have in common so that others don't have to go thru it the same way.