

The Lamp Post

Shining the light in the dark
for trans service members + veterans



Issue No.

13

**AUGUST
2025**



Addressing the Community

We stand in the midst of a chaotic turning point for ourselves, our community, and our country. What starts with us will not stop with us; for better and for worse. We have stood in defense of truth, honor, and freedom. Now we must continue to do so, but on a front none of us ever envisioned.

Our new fight is a war of logistics, influence, politicking, and statecraft. When we are failed by those who promised to support us, we support ourselves. We have built infrastructure for ourselves where none existed. Our task now is to keep that going. Do your part: leverage your skills, networks, and resources. Exercise your rights - both federally and locally.

Preservation of life and the facilitation of prosperity are the goals. We have a long road ahead of us, and the eyes of history are upon us. Together, we will survive, resist, and thrive.

As I always say:

Expect the worst; Hope for the best; Fight to bridge the gap.

-Catie

TMH Town Hall

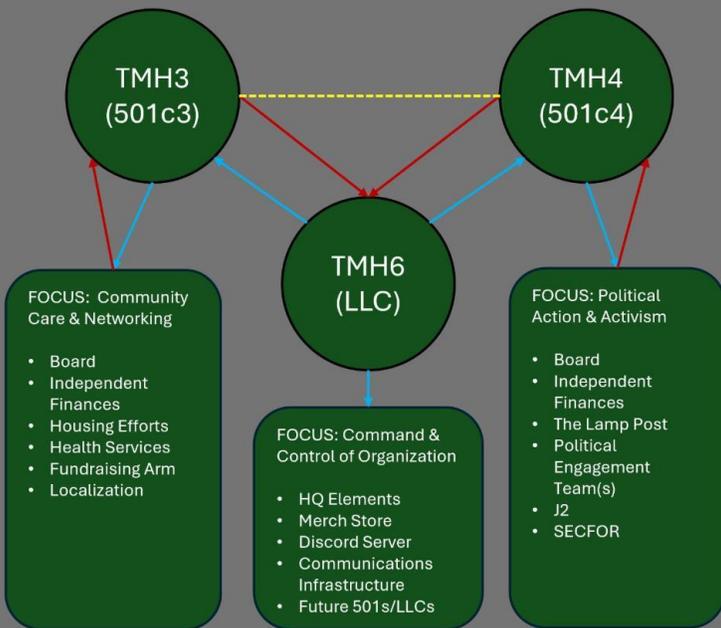


August 2025

TMH Updates

- Newsletter Tomorrow!
- Merch
 - We're now out of the hole!
 - Not by much
 - Funds can start going towards projects
 - Teepublic page under construction
 - Compiling Designs
 - Localization Logos & Artwork
 - Shirts, Magnets, Hats, etc.
- militarytransrights.org - Coalition Site (TMH, SPARTA, ONS, MMAA, MV, etc.)
- New Structure
 - Looking into creating a network of entities to take on different lines of effort
- Localization is holding strong
- Army-Navy Game Watch Party
 - 1545EST on 13DEC25

TMH LLC/501 Structure



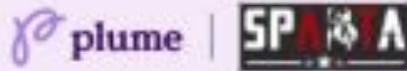
Oversight & Guidance Accountability Interoperability

- Product is subject to change as the situation demands
- Intent:
 - LLC serves as the HHBN to the different BDEs (501s)
 - This structure allows for the maximum benefits of all types of organizations & enables future efforts.
 - Funding and employment opportunities are maximized.
 - The unified identity and community of TMH is minimally disrupted.
- Predicted Issues:
 - Specific ownership of Lines of Effort
 - Interoperability SOP (to be established)
 - Funding deficits between organizations
 - Membership management
 - Planned solution is to have a website where people can register & use that as a hub
 - LLC Volunteers (call it an internship in the meantime until employment opportunities can be established?)
 - Order of establishment
 - LLC first, with 501s outlining the LLC in their charters?

Situational Awareness

- **Army**
 - 98% Confidence - SECARMY is giving seven months from the day that the PAR is signed until separation.
- **Air Force/Space Force**
 - TERA off the table (old news at this point)
 - Fight is ongoing to bring it back and/or mitigate negative outcomes. Reach out to Logan Ireland.
 - VOLSEPs are being frontloaded to make INVOLSEPs faster
- **Navy/Marines**
 - Emails have been going out saying that SMs have 60 days to separate. If you are affected, come up on the net for assistance.
- **DHA**
 - Healthcare is still on the “push to civilian market” track.
 - Look into referrals & informed-consent providers (i.e. Planned Parenthood)
- **National Guard**
 - Deploying to 19 States: repeat of DC.
 - Alabama, Arkansas, Florida, Georgia, Idaho, Indiana, Iowa, Louisiana, Nebraska, Nevada, New Mexico, Ohio, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Wyoming

PLUME x SPARTA



Get trans-centered care from a trusted source of community and support.

\$32/mo + copay with insurance (\$99/mo self pay)

Plume Membership:

- Transition and gender-inclusive health educational resources
- Support groups and opportunities to connect with others in the trans community
- Recommendations of local and national organizations for other aid or assistance
- Exclusive community platform for trans-focused events, discussions and more

Copay (or included with self-pay):

- Video appointments with a healthcare provider
- Provider-written prescriptions for related medications
- Ordering, analysis, and cost of certain labs in applicable states
- A trans-focused clinical team to support you at every step
- Ongoing medical progress monitoring



Get started at getplume.co

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Full TMH Announcement [HERE](#)

CONTACTS/LINKS

Elise, Pathfinders/VA: kelleyt2024@gmail.com

Berry Law: andy.blevins@berrylaw.com

PTSDlawyers.com

Benefits Delivery at Discharge: [BDD - Veteran Affairs](#)

TLP Submissions: marcie.kulp.tmh@gmail.com

The “Memo”

As of yesterday:

Unless this is something you will desire if your ETP is denied, ensure you contact TDS or <https://www.nimj.org/trans-rep-project.html#/> to amend this memo that suits you. Don't rush and be deliberate. Your chain may try to press you but know your rights.

Will update as advice comes through from legal counsel but many of us elected to do the TERA ETP and if denied execute involuntary.

BLUF, this doesn't make sense. I've never seen a memorandum ever requiring for a memorialization for anything. First off, all the original memorandums originally stated, you know, that you would voluntarily separate if your ETP got denied. They just sent this new requirement up and asking service members who put in TERA ETP to sign this memorandum. Many specifically requested involuntary if get denied. My take is they want a bunch of people to sign this now so that when they do the blanket denial like the Air Force did, then they can go and say, look, you elected to voluntarily separate. On top of that, it then closes the door for us to be able to come back in four years from now if there's a reversal in policy because they have seen that happen with the COVID vaccine refusals. An update from HRC is that these packets have had some come back already approved, but they are holding on to them for a new requirement that's going to be explained on Monday, which sounds like it is this memorandum that's going to be released. This seems way out of line for any due process, continues to be a means to kick people out without having to do boards of inquiry or any sort of admin separation board. Many lawyers have already reached back individually and told some Soldier not to sign this. Any thoughts on this would be greatly appreciated.

The "Memo"

.docx File

Office Symbol

Date

MEMORANDUM FOR Record

SUBJECT: Election of Voluntary Separation if Temporary Early Retirement Authority (TERA) Exception to Policy is Denied

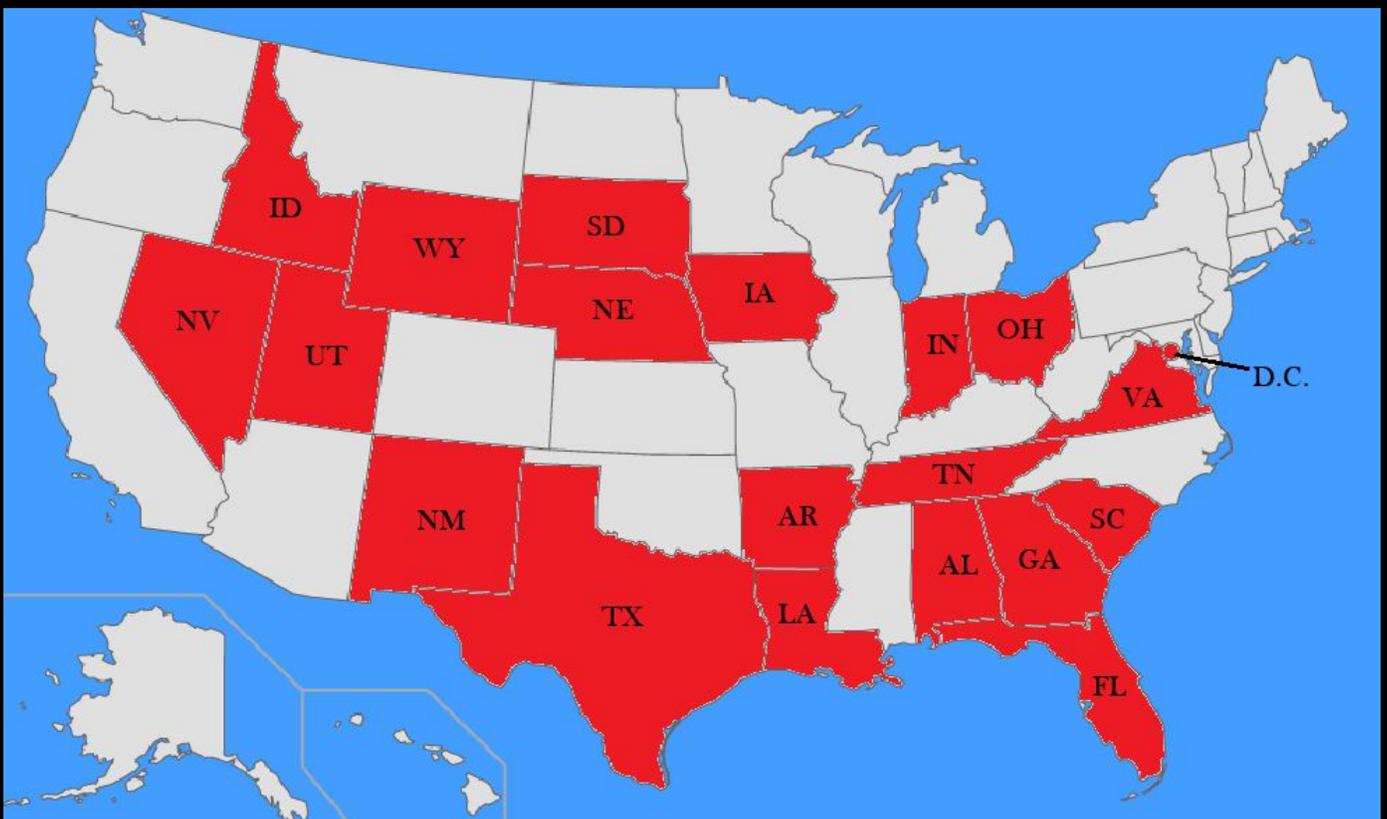
1. I, (rank, first, last name), am memorializing my intent when I requested an exception to policy to retire under TERA in accordance with EXORD 175-25.
2. I submitted my request on (date). Upon submission, I also intended to request voluntary separation in accordance with EXORD 175-25 and AR 600-8-24, paragraph 3-5 in the event my request for early retirement was denied.
3. The POC for this action is (rank, first, last name) at (e-mail address) or (contact phone number)

FIRST LAST NAME
RANK, Branch
UNIT

STATES DEPLOYING NAT. GUARD

At the time of writing, 23 AUG 2025, 19 states have declared the decision to deploy, or have already deployed, National Guard troops. This is intended to carry out operations to “crackdown on illegal immigration and crime”, with Texas being highlighted. Operations are to be carried out from AUG to NOV. The President noted that he may extend this to the state of Illinois, as he says “Chicago is a mess” and that he’ll “probably straighten that one out next”. 1,700 estimated troops are set to deploy across all 19 states, focusing on more metro/highly populated cities.

While targets have mainly been BIPOC, trans folx are still anxious about driving from state to state, or in many cases, across multiple states. At this time, checkpoints have only been reported in D.C., and it is unseen if any new checkpoints will become obstacles for trans folx travelling. Be mindful of your surroundings, know your rights, and drive safe.



Something AWESOME!

[Lambda Legal, a nonprofit supporting LGBTQ+ rights, exceeded fundraising goal by \\$105M \(LINK\)](#)

While it IS the end of August, one of our own Staff members highlighted this particular article, stating that the community could use some GOOD news with all these awful things and rough times happening to us.

Lambda Legal started with \$25 and a band-aid, and has fought for equality since 1973, starting the fight for the right to even exist as a nonprofit. The current CEO is Kevin Jennings, who has been helping LGBTQ+ folx since 1988. He also served as an Assistant Secretary of Education for President Barack Obama, and afterwards led the Arcus Foundation (world's LARGEST foundation for our rights, by the way) for five years.

He is actively engaged in the community, and is an accomplished author, and has also produced a couple documentaries, to include "The Lavender Scare".

Queer History

Happy Birthday Charles Busch!

23 AUG 2025 marks Charles Busch's 71st birthday! Busch was born Hartsdale, New York to Jewish parents, and had two older sisters. His mother passed away when he was seven, his father owned a record store and wanted to be an opera singer. Busch's aunt brought him to live with her after the passing of his mother.

As a child, Busch had always had interest in film. He particularly enjoyed female leads from the 30s and 40s. When he was older, he majored in drama Northwestern University in Illinois, and received his B.A. in 1976. He faced many obstacles and had difficulty being cast in plays. So he decided to write his own.

Busch typically played the lead – the female lead. He did this in drag, and said “Drag is being more, more than you can be.”

His style has been described as “campy”, to which he responded “I'm not sure what [campy] means, but I guess if my plays have elements of old movies and old fashioned plays, and I'm this bigger-than-life star lady, that's certainly campy.”

Queer History

Happy Birthday Charles Busch!

Movies that Charles Busch has done include “Psycho Beach Party” (2008), “The Lady in Question is Charles Busch” (2005) and “Trouble on the Corner” (1997). He also played the Countess Cousin, Aphasia du Berry in “Addams Family Values” (1993) ! “Enchante. Have you seen any of my films?” she said to Debbie.

Plays he wrote include “Vampire Lesbians of Sodom” (1984), “The Tale of the Allergist’s Wife” (1999), and “The Confession of Lilly Dare” (2019). “Psycho Beach Party” and “Die Mommie Die!” both started as plays and went on to be movies.



Community Spotlight:

Support From San Diego LGBT Community Center

Advocates for Trans Troops and Veterans held a workshop on 18 AUG to support those being forced out of service. This was held at the San Diego LGBT Community Center, and was also supported by the California Department of Veteran Affairs (CDVA). Legal, housing, and other resources were featured for those in attendance.

Speakers in attendance included Co-Chair of LGBT Veterans Wall of Honor Veronica Zerrer, Undersecretary Keith Boylan of the CVDA, Director of BH at the LGBT CC Pamuela Halliwell, and Todd Gloria, who is the current Mayor of San Diego.

The Mayor shared with everyone afterwards, “to make one thing clear: San Diego and California stand with our transgender servicemembers and veterans. You served our nation with honor,” to his social media.

Upcoming Events

- **Friday Night Gaming**
 - TMH Discord - Every Friday @ 1800 EST
- **Pathfinders T4T**
 - Veterans Group | Hang-out Night
 - **Saturdays at 2100 EST**

- **TMH Town Hall Schedule**
 - **27SEP25 @ 1530 EST**
 - 25OCT25 @ 1530 EST
 - 22NOV25 @ 1530 EST
 - 27DEC25 @ 1530 EST

- **The Lamp Post Publications**
 - 28 SEP 2025
 - 26 OCT 2025
 - 23 NOV 2025
 - 28 DEC 2025
- **ARMY-NAVY Watch Party**
 - 13 DEC 2025 @ 1545 EST

Dear TMH,

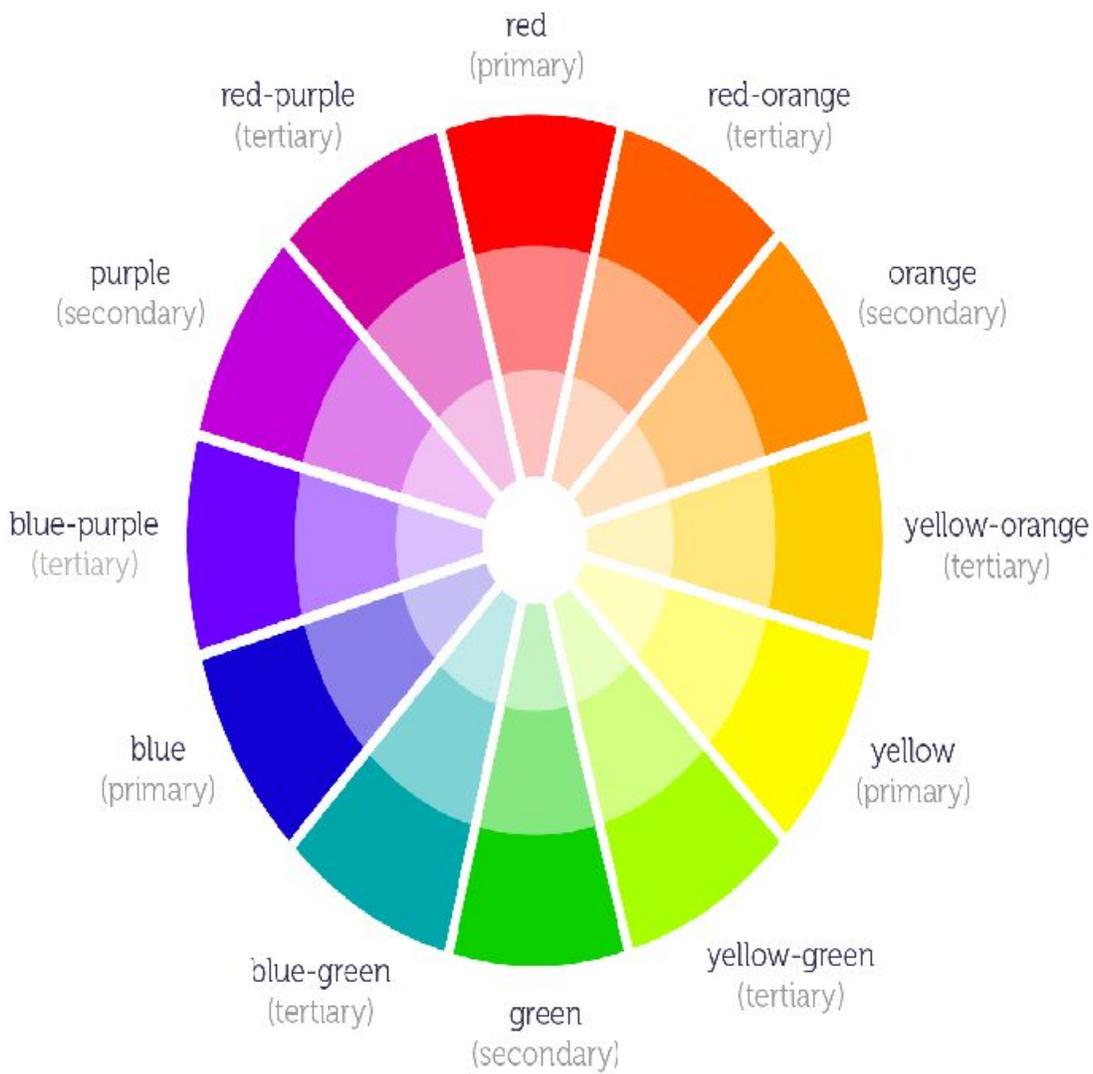
Thank you for your continued support and the few submissions I have received to be included in this new version of The Lamp Post. Between work and home life, finding time to sit down and focus on the important stuff feels good.

I hope you all have been doing well and taking care of yourselves. You need to. Whether your fight is direct, on Capitol Hill, or even with just the military, or your fight is simply the act of existing and waking up, you need to be kind and gentle to yourselves.

Existence is resistance.

Love, Marcie

FASHION & COSMETICS



So You Wanna Know About Colors ...

“What does this color wheel have to do with anything? I know what colors exist!”

Yes, you do. But the color wheel is a helpful tool when visualizing where colors exist. It doesn't even have to be the one pictured there! There are TONS of color wheels with varying complexities.

But why are we talking about colors?

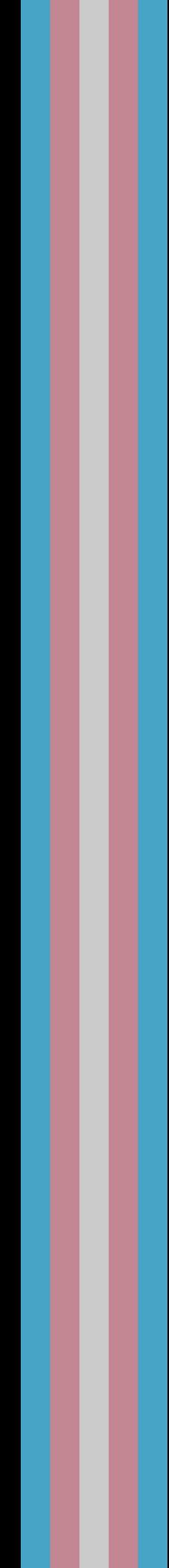
Because we like to wear clothes, and some of us like to do our makeup. Now, while you can literally *do whatever you want because you're a grown adult and there are no rules to fashion and cosmetics*, there are basics that everyone should be on the same page about.

Red / Blue / Yellow: We know these are *primary colors*. You can't separate 'em anymore than that.

Then we have Green / Purple / Orange, which are *secondary colors*. They're made up of two primary colors. Mix all three and you get brown.

Then the elusive *tertiary colors*. You get these by combining a primary with a secondary. Think of red-violet, yellow-orange, or blue-green.

Complimentary colors are just colors that sit opposite on the color wheel. Think about red and green. Even outside of holidays, don't those two go so well together? Or how about purple and yellow? I think my art project in 7th grade was actually purple and yellow... Geaux Tigers!



“Yeah, yeah, yeah, so what? This is literal grade-school information.”

I know, I know. I’m just making sure we all start off on the same foot!

—

So now you have everything you need so you can decide EXACTLY what colors go into your wardrobe, or what makeup to buy, right?

Not quite. There’s a little bit more that goes into it.

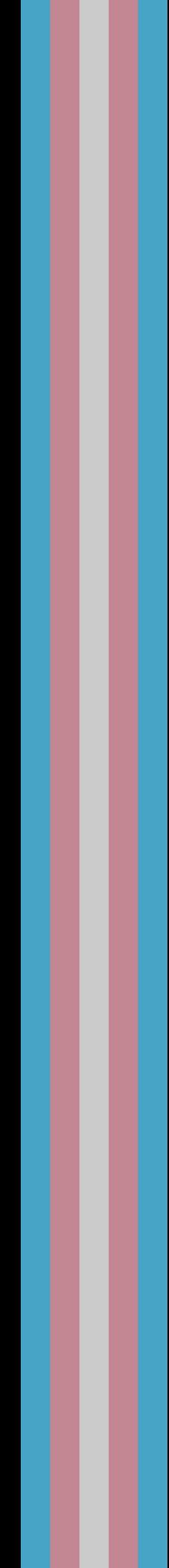
Warm / Cool / Neutral / Olive

Light / Fair / Medium / Dark



What's your skin tone? Think about the jewelry you know you look best in. The colors that suit you. Heck, look at the veins on your wrist. These are all things to consider when trying to figure out what your complexion and/or undertone is.

Look good in silver, and gold just looks... wrong? You're more than likely cool toned! Gold jewelry looks AMAZING on you? Awesome! You're probably warm toned. Do both look good on you? Neutral, I'd bet. What about... olive? What's good-looking on THAT undertone? Honestly, I find that pewters and bronzes look fantastic.



“Okay, okay, okay, you showed me some rainbow stuff and now I’ve looked at my veins. Now what?”

Now you have the basics to finding what makes YOU pop. Granted, like I said before, you’re literally grown. You wear whatever makes you happy. But SOME of us have a REALLY hard time figuring out what to get and where to start.

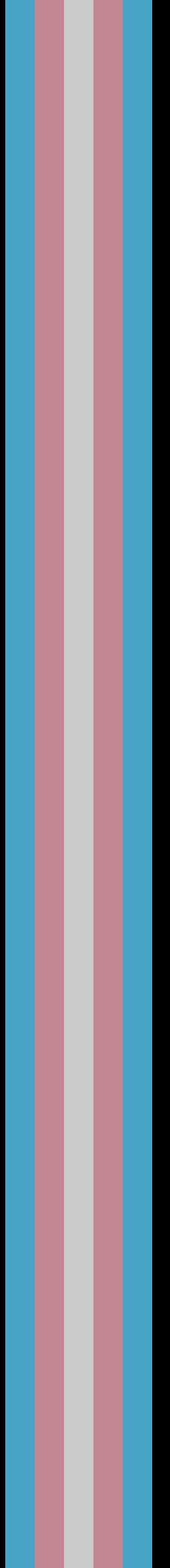
... Need some inspo?



^^^ Monica Ravichandran is AWESOME for the olive girls and guys!

Golloria frequently tests out and reviews the DARKEST shades of foundation by beauty brands. Also such an awesome creator!

Makeup and fashion is so much fun to play with. Literally just play dress-up with yourself. Even if you look at the scraps of stuff I wrote here today and go “mm, I’m still hungry”, go play! You might be a medium, olive-toned girlie, but you can step outside the “conventional” parts of color-coding your style to your skin-tone. This was just an easy place to start, by starting with *you*.



HOME / KITCHEN

Progress, Not Pressure

Small Tasks That Lead to Big Productivity

Chores are daunting. Who even folds laundry anymore? And don't mention the dishes, never, ever mention the dishes.

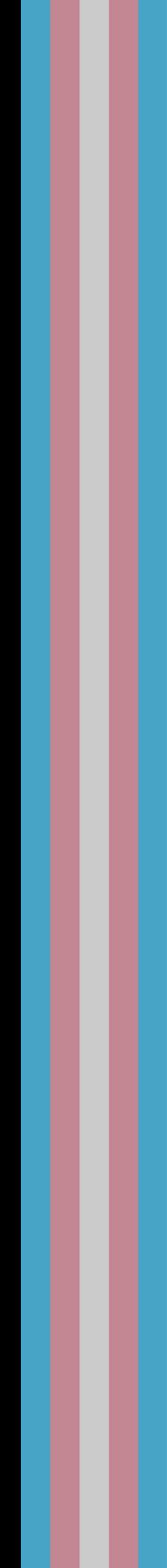
It's easy to fall into the "I'll do it later" mentality. After all, it's 2025, we're getting kicked out, and now we have to find new ways to stay active and productive, but also house hunt, job hunt, and generally figure stuff out all over again. Who has the energy at the end of the day?

It's rough, I know. But there *are* little things you can do that stack up and make your deep cleans quicker, your home tidier, and your mind more peaceful. At least I'm confident that these tasks do, anyways. For me, I'm managing being a parent, being dual-mil, two pets, and balancing my self-care and social time. Doesn't seem like a lot on paper, but oh man, does it *pile*.

These are things I do DAILY to maximise my productivity, even on weekends between TMH, social time, personal time, and spending as much time with my little dude as possible. PERSONALLY, it makes me feel like I've earned my wind-down time at the end of the day, even though I know I deserve relaxation no matter how much or how little I do that day. And so do you! But I know it's hard to believe that.

On a DAILY basis, whether it's a work day or not, these are things that I mandate myself to do:

1. Check laundry. Are there clean towels? How are my clothes? Are my kid's clothes clean? Can I even find matching socks? Gotta check the lint trap in the dryer. Am I good on laundry supplies?
2. Dishes. Gods... the dishes... I really hate touching dirty dishes because quite often my spouse forgets to rinse them when done, or sometimes fills a bowl or pot with water to soften/loosen cooked on stuff, and the idea of touching the water just... disgusts me to no end. But it must be done. Anything wooden (cooking utensils, cutting boards) get put aside for hand washing because I refuse to lessen their lifespan in a dishwasher, and the rest are sorted as needed between top and bottom rack.
3. Flooring. I walk around my house barefoot, so this might not be the same for you, but if I can FEEL stuff on my hard floors (tile, vinyl, hardwood), it's getting swept or vacuumed. (NOTE: Vacuuming my floors have been a time and energy saver, though make sure you're not too rough on some of the more high-maintenance floors.). I mop IF it really needs it, but normally I mop at least my tiled floors, as they are the most foot-traffic heavy area in the house.
4. Kitchen. Gotta make sure that stove top is clear and clean. Doesn't have to be perfect, but you don't want to accumulate all those seasonings you're shakin' while you're bakin'.
5. Bed. Simplest task I do every day, honestly. I make my bed. Every. Single. Day. Sometimes I don't actually make it until I'm home from work because my spouse is still asleep, but it is ALWAYS made well before I lay down. I dunno, just makes the room actually look put together.
6. TRASH. I go around and round up all the random junk I see. Forgotten soda cans, junk mail, that Amazon packaging from last week I left on the dining table... All tossed out. Also, even if the trash isn't full yet, I still make sure it isn't stinky, because no amount of scented cleaner and scented candles is going to mask a trash can with food garbage from 2+ days ago.



It seems like a lot, yeah, and like even more when you factor in your family and their needs, making dinner, while also taking care of YOUR needs. You get your own groove. You get faster, you have less to do each time because it's not as dirty or as piled up as last time. By the weekend, all you're washing is maybe your bedding because fresh sheets are so nice on a Monday morning, and any additional cleaning you're doing is cut in half because you already maintain the basics throughout the week.

I have a little Sunday-Saturday whiteboard that I write reminders on, basically only for my cleaning. Since I already do the daily choring, I might tack on an extra task I want to tackle, because I know I have time. Then, I get more of my weekend.

So, blast your music, light a good candle, throw on some cleaning gloves and cleaning shoes if you're sensory-sensitive like me (Crocs and dishwashing gloves are my LIFESAVERS), and knock a couple things out. Breathe and rest easy because when your home is tidier, so is your mind.

ART

I'll Be Okay

Christine (Chrissy for short) has served in the U.S. Navy since 2008 as an Electronics Tech. Her service has been dedicated to making her sailors into better leaders. She has been with us in TMH since April 2023. For those familiar with SPARTA, she was even one of the Navy Assistant Chapter Leaders!

Her hobbies includes a LOT of music, and she often plays/practices in our very own VC! She enjoys producing music, and she likes to play guitar, drums, and piano. She's a very social lady and is a kind soul through and through.

This issue of TLP, she has shared some of her with us, something she's been working hard on, with of course more to come! Links will be available after we share her words about her new song, "I'll Be Okay". Make sure to check it out and support one of our own!

What the Song Means

A Journey Toward Authenticity: Reflecting on my own internal emotional landscape—the tension between fear and the longing to live truthfully, and the intense vulnerability of stepping into that truth publicly.

A Declaration of Strength: Saying “I’ll be okay” becomes a powerful affirmation, both a reassurance to herself and a defiant statement to the world: despite the uncertainty or potential backlash of coming out, I am determined to stand firm, unbroken.

A Beacon for Others: Beyond my own story, the song can resonate as an anthem of courage for anyone navigating the unsteady terrain of self-revelation—whether it’s coming out or revealing another part of your true identity.

In Summary:

“**I’ll Be Okay**” is not just a song—it’s a personal testament. Written about my literal, all-encompassing moment of coming out, it embodies the mix of fear and empowerment that defines such experiences. It’s a vulnerable, defiant, and ultimately hopeful affirmation of self.

Chrissy's Links

YouTube: <https://youtu.be/-4Y3KXzINBM>

Spotify:

https://open.spotify.com/track/7yzvEQPxXnZop0buCmF4Tk?si=dc74afa73d454de_a

Chrissy's Spotify Page:

<https://open.spotify.com/artist/0eIGTeyCGI7ztWfLBd0v4Y?si=E1DOpPrBQLGwZUw6Vl1giw&nd=1&dlsi=99f306ef9b294bf8>

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Thoughts of an Optimistic Nihilist

Sage (She/Her)

To look up at the stars is to look at everything we once dreamed of. To see from a distance the death and destruction that created everything and that guided us for millennia across our planet so we could find our way, but in a much different manner now. To see what is out there, to understand the.. beautiful nothing.. that lies just beyond our thin atmosphere. The expansion that we could never cross fully even if we harnessed the power of a star. How small and insignificant that makes everything around us is.. terrifyingly beautiful. But it is lonely in a sense, because it feels like sometimes I am the only one, even if I'm not. But if others could see it, if they could look at the wonders and stop seeing inside our world and look at the truth of them.. there's no way of measuring what could be achieved.