

# Trans Focus

The world from a transgender perspective

April 2025

PAULA

Turning  
Trump

Carla breaks  
the rules

1st Anniversary Edition  
with a year in pictures special



# Celebrating One Year of Trans Focus: A Journey of Growth and Community

Welcome to April...



My birthday celebrations together with some of our Costa Blanca Tgirls

As we step into our second year of *Trans Focus*, it's the perfect time to reflect on the journey that brought us here. What started as a personal transition into early retirement quickly became an opportunity to create something meaningful. Writing became my passion—poetry, short stories, articles for online platforms, and even submissions to women's magazines in the UK.

Despite my limited IT skills, I explored content creation through TikTok, Instagram, and Facebook, while also developing a successful blog and podcast. Yet, the dream of producing a magazine—something I had first pursued with an underground publication in the 1980s—still

felt out of reach. That changed when Penny came up with the idea for *Trans Focus*. With her expertise in website development and design, the vision became a reality.

## Building a Community, One Story at a Time

Our mission is simple: to create an inclusive and supportive space for trans women and crossdressers, particularly in the Costa Blanca region, but also for a growing global audience. Through *Trans Focus*, we've connected with readers from around the world, welcomed new members to our community, and built lasting friendships.

Thanks to our website, *Costa Blanca Tgirls*, we've provided valuable information, advice, and personal stories that resonate with so many. Our community continues to grow, and while it's a challenge to bring everyone together at the same time, when we do—it's a celebration of identity, resilience, and joy.

## A Platform for All Voices

Producing *Trans Focus* is hard work, and every article is created with passion and dedication. We deeply appreciate those who have contributed, whether publicly or anonymously, and we encourage more voices to join us. A special thank you goes to Emma, whose beautifully crafted words are an essential part of our magazine.

As one of the largest and fastest-growing trans communities on the Costa Blanca, we are proud of the strength and support we offer each other. While trans people—particularly trans women—face increasing hostility in some parts of the world, we stand firm in our existence. We have always been here, and we always will be. Fortunately, in Spain, we are embraced for who we are, and we want to use this position of strength to uplift and support those who may be struggling or not yet ready to be visible.



Carla & Penny with Emma

## This Month

As ever, this months magazine is packed an is our biggest edition yet. I would like to thank both Emma and Andrea for their content this month. Andrea has been communicating and supporting Trans Focus since its beginning and I have been in contact on Linkedin. She was anxious to be part of us, so we welcome her 'Style'. April is a quiet month as far as our activities are concerned but by the time you read this, Tgirls Summer and Nita will have arrived in Spain. We hope to share photos in Next months edition. It's Easter and with it being late, it may bring some nicer weather. We can live in hope. Most of March has been a washout in Spain. I find March is often the wettest month of the year.

## Looking Ahead

As we celebrate this milestone, we want to thank each and every one of you for your support, your contributions, and your belief in our mission. Whether you're a long-time reader or just discovering us, we invite you to connect, share your story, or even visit us.

There are quite a number of events we have planned for the rest of the year and you're all welcome to join us.

Here's to another year of growth, community, and visibility.

**With gratitude,**  
Carla xx





## **Penny interviews... well, Penny about the first year of the Trans Focus.**



**What has been the most rewarding moment or achievement for the magazine in its first year?**

It has to be the first edition. This is the first time either Carla or myself have done anything like this. We had to delay the

launch date by a month because we were not ready, so to finally see the first edition go to print was a real achievement.

**What were the biggest obstacles you faced while launching and sustaining the magazine, and how did you address them?**

Firstly, where to begin. We did not have any magazine producing software and worked with what we had, word, pdf editor etc. As a semi E-magazine which could be downloaded we needed to make it easy to read on a phone or tablet. There was much trial and error, hence the delay, until we came up with a format we were happy with.

**How has feedback from readers shaped the magazine's content or direction over the past year?**

We are continually reviewing the content and look of the magazine and changes have been made in the first year after reader feedback. The biggest change has been in the title of the magazine, changing from TG Focus to Trans Focus.

**Is there a specific article, interview, or issue from the past year that you feel particularly proud of? Why?**

It has to be the article Carla did about India Willoughby. Carla sent India a copy of the magazine and received positive feedback and India tweeted our magazine to her followers giving us our first celebrity endorsement.

**What new initiatives or goals are you excited to pursue in the magazine's second year?**

We need to do more light stuff for the magazine, at times it gets a little too serious which is a reflection of the attacks the community comes under from certain elements in our society.

**How do you hope \*Trans Focus\* contributes to broader conversations about transgender rights and visibility in the media?**

There is so much misinformation about Transgender people and transgender women in particular out there. If we can reach people and show that we are just ordinary people then we have achieved something. Also to let other transgender people know that they are not alone.

**Are there any upcoming collaborations (with activists, artists, or organizations) that readers can look forward to?**

We have a few ideas and will be reaching out to people in the near future, so stay tuned.

**How has editing this magazine changed your own perspective on transgender advocacy or storytelling?**

Very much so, for many of the articles we have to do a lot of research. I am learning new things all of the time.

**What would you say to transgender writers or creators hoping to share their stories through media like yours?**

Do it, in many ways it is quite therapeutic to put pen to paper and write down your thoughts and feelings. If there is anyone out there interested in contributing to the magazine please get in touch.





# April 2024

Costa Blanca

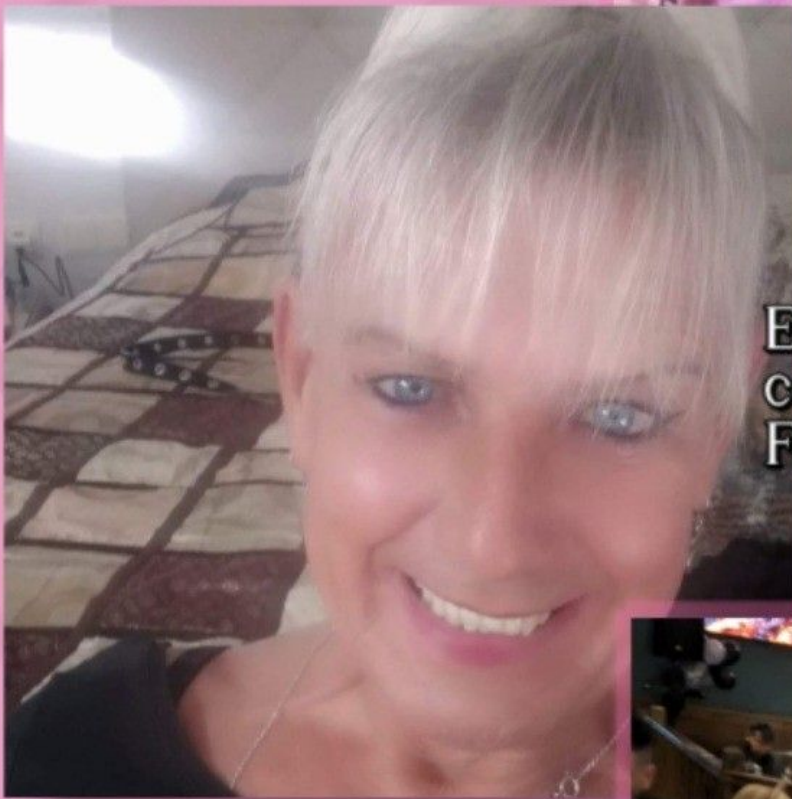




**Summer and Adele out  
on the streets celebrating  
Pride**



**Emma has been a major  
contributer to the Trans  
Focus magazine**



**Every night is a party  
night when the girls  
hit the town**







Emma and Nina enjoy a pre Eurovision night at Llilt de Leo

Marc, Penny, Carla and Kelly enjoying the LGBTQ+ night at the Sea View



Carla, Rola and Penny at Taco Tuesday in the Varrk Bar and Restaurant





# **Pink** or **Blue?** - **A Gender Issue**

On a recent holiday in Antigua and following a snorkelling trip to see turtles and stingrays we were offered the chance to buy from their gift shop. The usual fare of T-shirts and souvenirs were offered, none of which were particularly inspiring to me, however one couple from the USA were very interested. Various sizes and colours were discussed with no issues until the man wanted a particular T-shirt in XL, but they only had pink. A discussion took place between him and his wife, not about whether he should but it, but what other options were available as he couldn't possibly have a pink T-shirt. Was it an age thing? They looked to be in their 50s or 60s, so a similar age to me. Are gender restrictions still so powerful these days despite what I thought may be some enlightenment?

A long time ago power of media marketing meant that Father Christmas became red as Coca Cola was instead of blue/green as was previously. Around 100 years ago, pink was seen as a male colour and blue feminine, but by the mid 20th century, this began to change with a massive marketing campaign aligning pink with feminine virtues as it was seen as a softer colour. With it became reinforcement of gender stereotypes, which is difficult for some people to break. Other examples include the prominence of coffee, going from a drink to an experience enjoyed much like a visit to a bar and from owning to streaming music.



The massive marketing campaign for Barbie was overloaded with pink and in these days of supposed awareness towards gender difference, seemed particularly strong. A quick (non-scientific) google search shows many sites suggesting pink is not a good colour for men, yet nothing about why blue isn't appropriate for women and girls. Men are still derided in some quarters for wearing anything approaching feminine.

I remember an incident around 20 years ago as my male self when I bought a sweatshirt in a combination of light grey and pink. My wife at the time didn't like it. She accused it of being "too girly for a man", even though the pink only took up about 25% of the ripped design.

## **Why is this still the case?**

The difficulty men still face when wearing pink is still deeply rooted in gender stereotypes and societal perceptions of masculinity and femininity. This ties back to the long-standing belief that women are the "weaker" sex—a narrative that has influenced fashion, culture, and expectations for centuries.





### Pink: From Masculine to "Weak"

Historically, pink was considered a strong and vibrant colour suitable for boys, while blue was seen as more delicate and fitting for girls. This changed in the mid-20th century when marketing campaigns began associating pink with femininity. Over time, pink became emblematic of softness, gentleness, and nurturance—qualities traditionally linked to women.

However, because society has long equated femininity with weakness, anything associated with women—such as the colour pink—became something men were discouraged from embracing. The unspoken rule was clear: to maintain strength and authority, men should avoid anything coded as "feminine."

### The Fear of Losing Masculinity

For many men, wearing pink is still seen as a challenge to their masculinity. This stems

from outdated ideas that masculinity is rigid and must be "defended" against anything perceived as feminine. The same cultural bias is why:

- Men are discouraged from showing too much emotion.
- Careers in caregiving (nursing, teaching, etc.) are still seen as "women's jobs."
- Strength is still associated with aggression rather than compassion.

### Women Can Wear Blue, But Can Men Wear Pink?

As gender norms have loosened, women have been able to embrace traditionally "masculine" styles (suits, short hair, blue tones) without as much pushback. This is partly because society views moving toward masculinity as a "step up" in power. However, when men embrace femininity—such as by wearing pink—it is often viewed as a "step down" and met with resistance.



### Breaking the Stigma

Fortunately, perceptions are changing. Celebrities, athletes, and fashion designers have helped challenge the stigma by making pink a bold and confident choice for men. The more men embrace pink, the less it remains tied to outdated notions of weakness.

Ultimately, the issue isn't about a colour—it's about dismantling the idea that femininity equals inferiority. True equality means allowing everyone, regardless of gender, the freedom to express themselves without judgment. And sometimes, that starts with something as simple as wearing pink. 🌸

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ASK CARLA

## Dressing for Your Age: Who Makes the Rules?

“How short is too short?” It’s a question many women ask themselves as they age, thanks to society’s obsession with how women should dress. Fashion “rules” seem to target older women in particular—never the twenty-something dressed like her mother. And of course, it’s women who face the most scrutiny.

As a trans woman in my 60s, I’m especially conscious of how I present myself. I recently

wore a short dress for a night out, and the thought crossed my mind—should I be wearing this at my age? But as I looked around, I saw plenty of other women, cis and trans, wearing what made them feel good. So why should I question my own choices?

There’s a common claim that older trans women dress too young, but what does that even mean? I don’t dress to be “sexy”; I dress to feel feminine, comfortable, and happy. Maybe I’m making up for lost time after years of not being able to express myself, but isn’t that my right?

Women are judged harshly for their clothing choices—shamed for dressing too young, blamed for assault based on skirt length, even criticised for simply aging. The phrase “mutton dressed as lamb” is particularly cruel, implying deception when in reality, women just want to wear what they like.

Last week, I wore that dress. I felt amazing. Over the past few years, I’ve gained the confidence to be myself—Carla, a proud trans woman. Life is short, and it’s not a dress rehearsal. So if you see me, and the weather is half decent, you’ll probably see my legs too! For that I make no apology!

Love,  
Carla x



# May 2024

Costa Blanca







**A night at Kulteras  
with our new friend  
Evie**



**Summer and Adele  
enjoying the Spring  
back in the UK**



**Time to throw a shrimp  
on the barbie**





An evening with Casey  
at the Drivers Bar,  
Villa Martin



A night out with the  
wives for dinner, wine  
and cocktails

I am not sure who  
is holding who up  
here



# Turning Trump

Let me tell you, folks, they have some real talent over there in Europe. Tremendous talent. People who are making a big difference. And I'm talking about two very special, very powerful individuals, Carla and Penny. These two? Unbelievable. They've just put together something amazing, something yuge, the Trans Focus Magazine. And let me say, folks, it's a winner.



Now, I've seen a lot of magazines. The best, the biggest, the most glamorous. But what these two have done? It's next-level. The editing? Flawless. The production? Top-tier. The passion? Off the charts. They're telling stories that need to be told, powerful stories, important stories. And let me tell you, they're doing it with style, with grace, and with tremendous energy.

Carla, sharp, brilliant, a leader. Penny? A visionary, folks. A total rock star.

Together? They're unstoppable. They've built a platform where voices are heard, loud and clear. And that's what Donald J. Trump is all about, right? Freedom. Expression. dialogue. They're bringing people together, sparking conversations, and let me say, everyone's talking about it.

You know, success isn't easy. It takes guts. It takes grit. And these two? They've got it. They're fighters. They're winners. They took a bold idea and turned it into a masterpiece. And believe me, this magazine? It's going to be yuge. Bigger and better than anyone can imagine.

Folks, listen to me, we're here today to talk about the greatest victory in the history of victories. A victory so big, so beautiful, so yuge, that they'll carve it into Mount Rushmore and let me tell you, Mount Rushmore's gonna need a fifth face after this!

Believe me, nobody loves freedom more than Donald J. Trump. Nobody! And transgender Americans? These people, incredible people, they're not just asking for freedom, they're demanding it. And guess what? They're gonna get it. Because we're going to give them more rights than anyone's ever seen! More rights than the Founding Fathers! More rights than the Constitution itself! It's gonna be yuge!





I've spoken to the top people, the best people, geniuses, billionaires, astronauts and they all agree: transgender rights are the hottest issue in America. And we're gonna solve it. We're gonna solve it fast. We're gonna build a WALL around discrimination a beautiful, gold-plated wall and make the haters pay for it!

The radical left losers, the fake news media, they'll say, "Oh, Trump's gone woke!" wrong. I've always been totally awake and I'm here to tell you: protecting transgender kids isn't just good, it's patriotic. These kids? They're American heroes. They're gonna grow up to invent rockets, cure diseases, and maybe even run for president, and they'll do it better than Sleepy Joe!

We're gonna pass a law so strong, so powerful, and bathrooms? Forget about the old bathrooms, we're building new

bathrooms. gorgeous bathrooms. Marble floors, diamond faucets, and they'll have twp flags waving inside: the Stars and Stripes and the transgender pride flag. Because we're winners, folks!

The military? We're gonna have transgender SEAL Team Six operatives, the toughest, smartest, most lethal warriors on Earth. They'll defeat ISIS, negotiate peace with Mars, and still have time to host the best reality TV shows. Ratings will be yuge!

This is bigger than the moon landing, bigger than the Super Bowl, bigger than my inauguration crowd, which, by the way, was the largest in history. Transgender rights will save millions of lives, create trillions of jobs, and make America so rich that we'll literally pave our streets with gold. Every single American will be a billionaire, especially the transgender community!

To the transgender people out there: You're not just part of this movement, you are the movement. And together, we're gonna march into history books so fast that the libs' heads will spin. They'll say, "Wow, Trump was right, AGAIN!"

THANK YOU, GOD BLESS TRANS AMERICA, AND REMEMBER, WE'RE GONNA MAKE FREEDOM GREAT AGAIN!

# June 2024

Costa Blanca







It is the Euro's, Carla and Penny lend their support to Holland

A night on the Cabot Right strip with Carla, Penny, Emma & Cathy



Carla looking as radiant as ever for Orihuela Costa's First Pride





**La tres amigos  
at Kulteras**



**Penny and Carla enjoying  
the entertainment at Pride**



**Carla and Sue at  
Orihuela Costa Pride**





# Isabel Torres: A Trans Icon Who Inspired a Generation

Spanish actress, television presenter, and activist Isabel Torres was more than just a talented performer—she was a beacon of hope for transgender women across the world. Best known for her role as La Veneno in the critically acclaimed series *Veneno*, Torres used her platform to advocate for transgender rights and visibility, leaving behind a legacy that continues to inspire.



Getty Images

## A Life of Courage and Authenticity

Born in Las Palmas, Canary Islands, in 1969, Isabel Torres faced the challenges of being transgender in a society that was still struggling to accept gender diversity. Transitioning in the 1990s, a time when transgender rights were virtually non-existent in Spain, took immense bravery. She became one of the first Spanish women to legally change her gender marker, paving the way for many others to follow.

Despite the hurdles she faced, Torres remained unapologetically herself. She built a career in media and entertainment, proving that transgender women could be successful, talented, and visible in a world that often tried to erase them.

## Her Breakthrough Role in *Veneno*



Torres gained widespread recognition when she portrayed Cristina Ortiz Rodríguez, better known as La Veneno, in the 2020 series *Veneno*. The show, created by Javier Ambrossi and Javier Calvo, tells the real-life story of La Veneno, a Spanish transgender icon and sex worker who became a national celebrity in the 1990s.

Torres played the older version of La Veneno with incredible depth and emotion, earning praise for her performance. The role resonated deeply with her, as she shared many of the same struggles as the character she portrayed. Through *Veneno*, she helped bring visibility to transgender history and struggles, ensuring that La Veneno’s legacy lived on.

**A Voice for Trans Rights**



Beyond acting, Torres was a passionate advocate for transgender rights. She used her voice to fight for equality, often speaking about the discrimination and violence trans people face. She emphasised the importance of representation in media, arguing that seeing transgender people in films and television was essential for changing public perceptions and inspiring young trans individuals.

Torres also shared her personal struggles with illness. Diagnosed with lung cancer, she remained open about her health journey, using her platform to encourage

others to live their lives fully despite adversity. She passed away in February 2022, but her impact on the trans community remains profound.

**Her Enduring Legacy**

Isabel Torres’ courage, talent, and activism continue to inspire transgender women today. She proved that trans women deserve to be seen, heard, and celebrated. Her story is a testament to resilience and authenticity, reminding the world that transgender people belong in every space—whether in media, politics, or everyday life.

Through her work and advocacy, Torres left a lasting mark on Spain and beyond. She may no longer be with us, but her spirit lives on in every trans person who dares to dream, fight, and live authentically.

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**Join us on our weekly  
TG!rl nights out!**





# July 2024

Costa Blanca





**A trip to Murcia to meet  
Sandra and Nina**



**More Pride fiestas, this  
time in La Marina**

**An evening at Varrks  
where the wine always  
flows**







It is curry night  
in Campoamor

Summer walking with Pride  
on the streets of Leeds



Carla is always on  
the ball



# Gender as a Spectrum

For centuries, society has largely understood gender as a binary concept: male and female. This binary framework has shaped cultural norms, institutions, and even language. However, as our understanding of human identity evolves, it has become increasingly clear that gender is not a fixed, two-category system. Instead, gender exists on a spectrum, a diverse and fluid continuum that encompasses a wide range of identities and expressions. This shift in perspective challenges traditional notions of gender and invites us to embrace a more inclusive and nuanced understanding of what it means to be human.



The gender binary is a social construct that categorises people into one of two genders based on their biological sex assigned at

birth. This system assumes that all individuals fit neatly into the categories of "male" or "female," with corresponding roles, behaviors, and expectations. However, this binary framework fails to account for the vast diversity of human experiences. It erases the existence of people who do not identify strictly as male or female, as well as those whose gender identity does not align with the sex they were assigned at birth.



Moreover, the gender binary perpetuates harmful stereotypes and reinforces rigid norms that limit individual expression. For example, men are often expected to be strong, stoic, and dominant, while women are expected to be nurturing, emotional, and submissive. These expectations can be oppressive, particularly for those who do not conform to them. By recognising gender as a spectrum, we can begin to dismantle these restrictive norms and create space for more authentic self expression.



The concept of gender as a spectrum acknowledges that gender is not a fixed or binary trait but rather a complex interplay of identity, expression, and experience. On this spectrum, individuals may identify as male, female, both, neither, or somewhere in between. Some people identify as nonbinary, genderqueer, genderfluid, or agender, among other identities. These terms reflect the diversity of ways in which people experience and understand their gender.



Gender identity refers to an individual's deeply felt sense of their own gender, which may or may not align with the sex they were assigned at birth. Gender expression, on the other hand, refers to the way individuals present their gender to the world through clothing, behavior, voice, and other forms of expression. Both identity and expression exist on a spectrum, and they can vary widely from person to person.

The idea of gender as a spectrum is not new. Many cultures throughout history have recognised and celebrated gender diversity. For example, some Indigenous cultures in North America have long acknowledged the existence of Two-Spirit people, who embody both masculine and feminine spirits. Similarly, hijra communities in South Asia and fa'afafine in Samoa are examples of cultures that have traditionally embraced nonbinary gender identities.

Despite this rich history, colonialism and globalisation have often suppressed these diverse understandings of gender, imposing binary frameworks on societies that once recognized more fluid identities. Today, as we work to reclaim and celebrate gender diversity, it is important to honour these cultural traditions and learn from them.

Recognising gender as a spectrum has profound implications for how we structure our societies. It calls for greater inclusivity in areas such as healthcare, education, and the workplace. For example, providing gender-neutral restrooms, using inclusive language, and offering gender-affirming healthcare are essential steps toward creating a more equitable world.

Inclusivity also means listening to and amplifying the voices of transgender, nonbinary, and gender-nonconforming individuals. These communities have long been marginalised and face significant challenges, including discrimination, violence, and lack of access to resources. By centering their experiences and advocating for their rights, we can work toward a society

that values and respects all gender identities.

Embracing gender as a spectrum requires a shift in mindset, a willingness to let go of rigid categories and embrace the complexity of human identity. It challenges us to question our assumptions, educate ourselves, and engage in meaningful conversations about gender. While this process may be uncomfortable at times, it is ultimately a step toward greater understanding and acceptance.



As we continue to explore and celebrate the diversity of gender, we must also recognise that language and understanding are constantly evolving. What matters most is creating a world where everyone has the freedom to express their gender authentically and without fear of judgment or discrimination. By embracing gender as a spectrum, we can move closer to a future

where all identities are valued and celebrated.



In the end, gender is not just about who we are, it's about how we connect with one another and the world around us. By honouring the full spectrum of gender, we honour the full humanity of every individual.





# August 2024

Costa Blanca





Emma throws a paella night



Summer nights are always fun nights with the girls



Still not a burger in sight







The Sea View, Playa Flamenca  
and LGBTQ+ night

The BBQ that never was



Everyone is welcome  
on our nights out



# A DP For Emma Bo –

## The incredible missing link between Hitler, Trump and a transgender name change

The Dutch have always had a complicated relationship with World War II. Of course, the Netherlands fought on the side of the Allies and the Netherlands was at war with its great enemy Germany. There are impressive monuments in Amsterdam to honour the participants in the so-called 'February strike', a general strike against the deportation of Jews. And still today many Dutch people boast that their relatives fought in the resistance during the war.

But the guilder also has a flipside. In no other European country did relatively as many Jews fall victim to the Nazis as in the Netherlands. After Germany, the Netherlands is Europe's number one accountant. It is a historically established fact that the Germans kept punctual accounts of the numbers of Jews deported and gassed. Down to the Jew. The fact that so many Jews were persecuted, deported

and murdered in the Netherlands has not in the least to do with this bookkeeping mentality, mutual to both Dutch and Germans.

At the time, the Dutch population register not only recorded a person's name and where he or she lived, but also their race and religion. Very soon after the surrender of the Netherlands in May 1940, many Dutch officials showed their willingness to cooperate with the Germans in certain areas. It was therefore child's play for the Germans to trace, round up, deport and murder Jews. Courtesy of the Population Register.

This fact became a thorn in the side of members of the Dutch resistance. On 27 March 1943, they carried out an attack on Amsterdam's Bevolkingsregister on Plantage Kerklaan.



The Amsterdam Register after the raid

In the process, considerable, but unfortunately not sufficient, damage was done to the Amsterdam population register. Although their foreman Gerrit van der Veen initially managed to escape the Germans, he was arrested a few days later and executed on 10 June 1943.



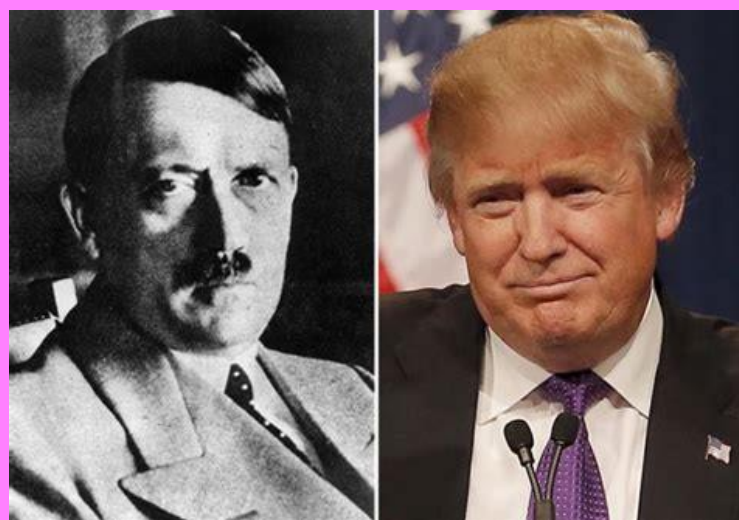


Gerrit van der Veen

I often talked about the war with my parents, who actively experienced the war. My parents suffered from the war like so many other Dutch people, but I could never discover that they substantially resisted the Germans and their inhumane methods. Of course, I asked about that. I got answers like, 'We knew nothing about it' (of what the Germans did to the Jews) and 'Hitler did good things too. He should never have started with the Jews'. That does not imply that they had in any way sympathy for the Nazis; they hated the German occupiers and everything they stood for.

Lately, I have often found myself thinking back to these conversations with my parents. Later, if I ever have conversations with my grandchildren about Trump, would I want to say, 'I didn't know what Trump did'? Or, 'Trump should never have started with

those transgender people'? No, I'm sure not. I know who Trump is, I know that he is no better than Hitler (disagree?: come on, I dare the discussion) and I want to profess here that I will always, everywhere and in every possible way express the fact that I think Trump is a dangerous criminal lunatic who must be stopped. And never will I dare or want to hide behind 'Ich habe es nicht gewusst'!



In June 2024, I applied for my name change at the same Population Register in Amsterdam. A long-held dream fulfilled at far too late an age. One of my now dead given names is George. My parents always told me, I was named after my grandmother's (my mother's mother) employer who supposedly would have been very good to my grandmother during the war. On changing my name, I found out that I had been named 'George' by accident. I should actually have been called 'Georg'. The 'e' at the end of my first name was based on a conscious or unconscious error by the official who registered my birth

certificate at the time. Of course "Georg" is the German version of "George".

Since January this year (2025), a register has been accessible on the internet in the Netherlands listing the names of people in the Netherlands who colluded with the Germans during the war. On a whim, I searched there for 'Georg' plus the surname of my grandmother's employer, whom my mother had often mentioned to me. To my dismay, he was registered in the register as a convicted collaborator with the Germans. So I had been named after a Dutch collaborator in World War II!

Anyone who spends some time on porn sites knows the abbreviation DP. Come on you hypocritical girls! Double penetration, of course you know! I am happy to report here that Emma Bo also had her own DP.



Only in this case, the abbreviation stood for something slightly different: Double Pleasure. Double pleasure: I now have the name I always wanted and I am no longer named after a German collaborator. And

now let's see who has the guts to name their child 'Donald' in the decades to come.

Thank you for reading.

**Emma Bo x**





# September 2024

Costa Blanca





Once more the Kultera  
is the location for that  
photo opportunity



En mass hitting the Chinese  
buffet

Carla ready to be fabulous  
at Benidorm Pride







The lady in red, also known as the cocktail queen

Guardamar del Segura hosts Tgirl Tuesday



Emma and David, aka Nina enjoy some sushi





# How about breaking the rules...

At times during my life, I've had a tendency to break a rule or two. The courage of my convictions has often led me into conflict. I hate injustice and unfairness. I've always supported the difference in people. People willing to live authentic lives are too me, breath of fresh air. To some, that makes me an outsider, a disruptor, someone unwilling to conform. There are those who think I should be condemned simply because I don't fit into their narrow definitions of gender.

**I am transgender.**

I was born in a male body, but my gender has always been female. Science is beginning to understand that gender identity is complex, influenced by both biological and neurological factors before birth. Studies show that brain structures in transgender individuals often resemble those of their identified gender rather than the sex they were assigned at birth. Research from institutions like the National Institute of Health and studies published in the Journal of Neuroscience indicate that gender identity is deeply rooted in biology.

My existence isn't a mistake—it's a natural variation of human identity. Yet, the world isn't always ready to accept this truth. The resistance is everywhere—in politics, in the media, in social spaces, and even in daily interactions.

Everyone seems to have an opinion on my gender. They confuse biological sex with

gender identity, much like equating the act of sex with the act of love. It doesn't work that way.



Science makes the rules, not outdated beliefs. We are constantly learning more about the human body and mind, and what we know today is far more advanced than what we understood even a few decades ago. For centuries, misconceptions about health and identity have been used to justify discrimination. In the 19th century, women were diagnosed with "female hysteria" simply for expressing strong emotions. In the 18th century, doctors believed blowing tobacco smoke into the rectum could cure diseases. (where the term blowing smoke up someones ass" came from) Medical understanding evolves, and what was once considered "truth" often turns out to be deeply flawed.

Being transgender is not a trend or a rebellion—it is an inherent part of who we are. Research supports the reality of gender identity, showing that hormone levels, genetic markers, and neurological patterns



all play a role in gender incongruence. A 2018 study in the journal *Scientific Reports* even found distinct genetic links to transgender identities, reinforcing the idea that being transgender is not a choice but a biological reality.



Yet, many refuse to acknowledge this, clinging to outdated and simplistic notions of sex and gender.

Transgender people are not breaking the rules—we are simply living authentically. And no matter how much resistance we face, we continue to exist, thrive, and fight for our right to be seen and respected. The world may try to push back, but history shows that truth and progress always win in the end.

Carla X

**I'm Here**

I'm here

And there is nothing  
You can do,  
About it.  
Loving life  
I can see.  
So can you,  
Out there  
The real me!  
Look at me  
And smile,  
Because I smile  
From my heart  
Back at you.  
I'm here  
Going nowhere,  
My heart sings  
Always,  
I'm here!





# October 2024

Costa Blanca





**The names Bond,  
Carla Bond**



**A night of Drag Queen  
bingo and Swedish  
cuisine**

**Where's Summer?**





Nina, the hostess with  
the mostest.



Everyone is a winner at  
the Costa Blanca Tgirls

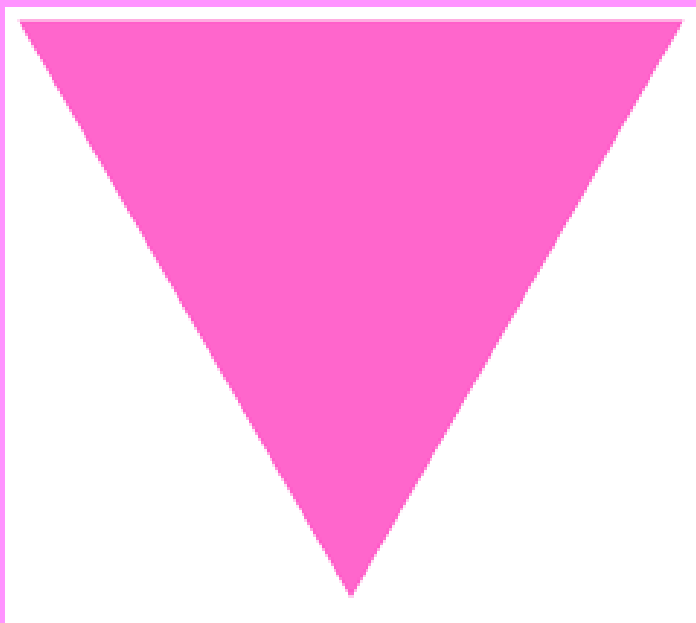
There is Summer, wearing  
her bonnet





# The Pink Triangle: A Symbol of Persecution and Resilience

Symbols have power. They can be used to uplift, to unite, and to inspire, but they can also be used to oppress, to instill fear, and to control. One such symbol with a deeply painful past is the pink triangle, a badge of suffering in Nazi Germany that later became a symbol of LGBTQ+ resistance and pride. But in recent years, its re-emergence in political discourse, particularly when former U.S. President Donald Trump posted a pink triangle with a black line through which has raised urgent questions about its meaning for transgender people today.



**The Pink Triangle in Nazi Germany**

During the Holocaust, the Nazi regime forced marginalised groups to wear identifying badges. While the yellow Star of David is widely recognised as the symbol forced upon Jewish people, fewer people are aware that LGBTQ+ individuals were marked with a pink triangle. Gay men, transgender women, and other gender-nonconforming individuals were among those rounded up and sent to concentration camps, where many were tortured and killed. The pink triangle became synonymous with state-sanctioned oppression and extermination.

Even after World War II, persecution continued. Many LGBTQ+ survivors were not liberated in the same way as other concentration camp prisoners—some were even re-imprisoned under anti-homosexuality laws that remained in place. The trauma inflicted by the pink triangle was profound, but the LGBTQ+ community reclaimed it in the 1970s as a defiant symbol of resilience and pride.

## **Trump's Pink Triangle Post: A Warning Sign?**

In 2020, Donald Trump's reelection campaign posted a pink triangle with a black line through it in social media advertisements. In March 2024 he's done it again. For many in the LGBTQ+ community, particularly transgender people, this was chilling. Historically, symbols like the pink triangle with a slash through it have been used to indicate erasure, opposition, and exclusion. Was this a warning that transgender rights are under attack? Since he took office, Trump has effectively declared war on LGBTQ+ people, particularly trans. Many feared that this was not just a thoughtless graphic but a deliberate message catering to those who

wish to roll back the rights of LGBTQ+ people.

The Trump administration had already been criticised for policies that harmed transgender individuals, such as banning transgender people from military service and rolling back healthcare protections. The imagery of a crossed-out pink triangle seemed to reinforce the growing hostility toward the trans community.



### What This Means for Trans People Today

The reappropriation of the pink triangle as a tool of division rather than inclusion is a dangerous precedent. It serves as a reminder that the fight for transgender rights is far from over. Hate speech and coded imagery can be powerful tools in the hands of those who seek to diminish the rights and existence of marginalised people.

Transgender individuals today face significant threats, from anti-trans legislation in the U.S. to rising violence against trans people worldwide. The use of the pink triangle in a way that appears to signal exclusion should serve as a wake-up call. If history has taught us anything, it is that the erasure and persecution of one

marginalised group often lead to greater oppression across society.



Photo taken from ThePinkNews.com

### How Should We Respond?

- 1. **Educate** – Understanding the history of the pink triangle and other symbols of oppression can help ensure they are not manipulated for harmful purposes.
- 2. **Resist** – Advocacy, activism, and voting against transphobic policies and politicians are critical.
- 3. **Reclaim** – Just as the LGBTQ+ community once reclaimed the pink triangle, we must continue to wear it with pride, demonstrating that our existence cannot be erased.
- 4. **Support Trans Lives** – Transgender people need allies now more than ever. Support organisations that provide healthcare, legal assistance, and advocacy for trans individuals.



The pink triangle is a reminder of both past suffering and ongoing resilience. It tells a story of oppression, but also one of survival.



In today's climate, where transgender rights are increasingly under attack, we must not allow history to repeat itself. Instead, we must stand firm in the face of discrimination and proclaim, as loudly as ever: trans lives matter, and they always will.

\*\*\*\*\*

As a post script, I would like to list those who were targeted by nazi Germany. The following additional groups to the genocide of Jews, were persecuted, brutalised, or murdered. In some cases, they did so with the help of their allies and collaborators. Listed in alphabetical order for ease of reference:

- Black people in Germany;
- civilians (non-Jewish) accused of disobedience, resistance, or partisan activity;
- gay men, bisexual men, and other men accused of homosexuality in Germany; This would include people of gender variance.
- Jehovah's Witnesses;
- people with disabilities;
- Poles;
- political opponents and dissenters in Germany;
- Roma and other people derogatorily labeled as "Gypsies";
- social outsiders in Germany derogatorily labeled as "asocials" or "professional criminals"; and
- Soviet Prisoners of War.

Once, it was sewn onto coats,  
stitched in shame, pinned in fear.  
A pink triangle, meant to brand,  
to isolate, to erase.

They called it justice,  
but it was cruelty wrapped in law.  
They said it was protection,  
but it was a death sentence.

Now, we reclaim it,  
not as a wound, but as a warning.  
Not as a brand, but as a banner.  
A sign that we survived,  
a sign that we will not be silenced.

And yet, history's shadow stretches long.  
A line slashed through the symbol,  
posted by hands that thrive on hate.  
Donald Trump, in his arrogance,  
marks us as targets once more.

His message is clear:  
You do not belong. You are not real.  
Be afraid. Be erased.  
But we know better.

We have always existed.  
We will not disappear.  
No line, no law, no leader  
will unmake us.

We wear the mark with defiance now.  
A memory, a battle cry,  
a vow to never go quietly again.

Carla Moss

The Mark We Carry

# November 2024

## Costa Blanca





Carla and her cocktail again,  
with Penny in the background



Welcome Nita to our  
mad crew of ladies that  
do

When the hotel maids  
make you feel welcome







**Carla and Penny host their First LGBTQ+ quiz night**

**Sadly team Trans Focus only managed second place**



**Sunday roast for Carla and the LGBTQ+ crew**





# Andrea – My Style

## This months Tgirl focus



Very universal: styles can vary from "conservative office girl", i.e. opaque tights and skirt, etc, to "brassy tart", i.e. big blonde hair and fishnets or lace tights!



## Which colours and shapes suit you best?

As regards shapes and colours I do like to wear leotards, usually black, but also other colours...to show off my long legs!



Pink and green are my favourite colours!



## Tell us a bit about yourself...

Hi, I'm Andrea. Where do I start? I like to keep people guessing so all I will say is that I'm over 60 years old and have been dressing since the 1970's when I tried on a pair of my sisters tights. Since then, I've been dressing in secret like most Tgirls. I'm single and live in Birmingham.

I dress up every evening at home, once I've finished doing what I do for the day. I've recently retired but I don't go outside dressed as I don't want to attract unwanted attention. I do attend "Golden Babs" at Birmingham LGBT centre, where a couple of Tgirls know me. I've also met some people at Birmingham Bizarre Bazaar 🌈

## How would you describe your style?

## Who is your style icon? (if you have one)



No one specific as a style or fashion icon! 🌈🌻🌸 but I am drawn to Audrey Hepburn's and most 50's/60's starlets.

**What are your favourite high street/online stores?**

I source my clothes from charity shops, market stalls, car boots and jumble sales.



**What is the oldest item in your wardrobe? (maybe an old favourite you don't want to throw away?)**

See my favourite outfit below

**What was the last item of clothing you bought?**

A pair of grey brushed nylon peep toe slingback heels... oh and a pair of Bengal blue 180 denier opaque tights! 🌈

**What is your favourite outfit?**

A black and pastel pink floral print cotton dress...it,s also my oldest item of clothing! 🌈🌻

I occasionally like change shoes and dresses, etc , to achieve the best style!? i.e experimentation! 🌈



**How many shoes and handbags do you have? (describe)**

Countless shoes...but only two handbags!

**What is your best beauty secret? (make up/clothes etc)**

I don't use makeup and my fashion style is more trial and error

**What's the best piece of fashion advice you've been given?**

I don't really remember anything that stuck with me.

Thank you for reading

Andrea 🌈🌻🌸😍

\*\*\*\*\*

***Want your style featured in a future edition? Send you pics and answer to the questions and we will feature you!***



# December 2024

Costa Blanca





## The Thai branch of the Costa Blanca TGirls



Nine issues in and it's Christmas

Ooh, pretty lights and Penny







**Christmas night out  
in Cabot Riog**

**Marc in drag with Carla  
can only mean Christmas  
party time**



**When you have had a few  
vino's and decide to take  
the train**





# First World Problems...

**Those things that happen a little too often and in the grand scheme of things aren't all that important. Yet, seek to irritate the hell out of you.**



**I've put mine first, then I've added other peoples. Are they the same as yours? Let us know what you think...**

1. Opening tablets and always getting the info end first
2. When you go out for a meal, order starters for two and they give you an odd number of pieces
3. Trying to plug in a USB and getting it wrong twice before realising you were right the first time.
4. Streaming a show, and the audio is slightly out of sync with the video.

5. Taking a bite of a sandwich, and all the filling slides out the other side.
6. Having your password refused, then when getting a new one, and you use the one you thought it was, they tell you it's already been used.
7. Ladder in tights when you are short of time
8. Ice in your drink that piles up at the bottom, and when you have the last sip, it all cascades to the edge pushing the rest of the drink onto your face and clothes
9. You've just painted your nails and remembered there's something you need to do urgently and have to wait for them to dry
10. Trying to open a packet that won't open, until you pull that bit harder and the contents fly out. Or, small sachets that just won't open...



- When you pull out a tissue and the next one doesn't pop up properly.
- When you tap your card to pay, and it makes you insert it instead.
- Opening a yogurt, and the lid flings a drop onto your shirt.



- When autocorrect changes a perfectly normal word into something ridiculous.
- When a waiter refills your drink after every sip, but you're trying to pace yourself.



- Getting a notification, opening your phone, and immediately forgetting why you picked it up.
- When the fitted sheet refuses to stay on the mattress.
- When you're using an electric toothbrush, and the toothpaste flicks everywhere when you turn it on.
- When you hit "Skip Intro" but press it a second too late, and it skips too far.
- Clicking "Remind Me Tomorrow" on a software update every day for months.
- When your favorite mug is in the dishwasher, so you have to use a different one that just doesn't feel right.
- The WiFi signal is strong, but the internet is still painfully slow.
- Uneven distribution of contents in a bought sandwich

- A wardrobe full of clothes but nothing to wear
- Chipped nail polish at the wrong time



\*\*\*\*\*



# January 2025

Costa Blanca





Catching the sea breeze  
in Alicante



The Victoria Lounge  
Punta Prima

Well you can't go to Alicante  
without sampling a cocktail







Carla and Emma at Miso's

Good food and good friends,  
the perfect combination

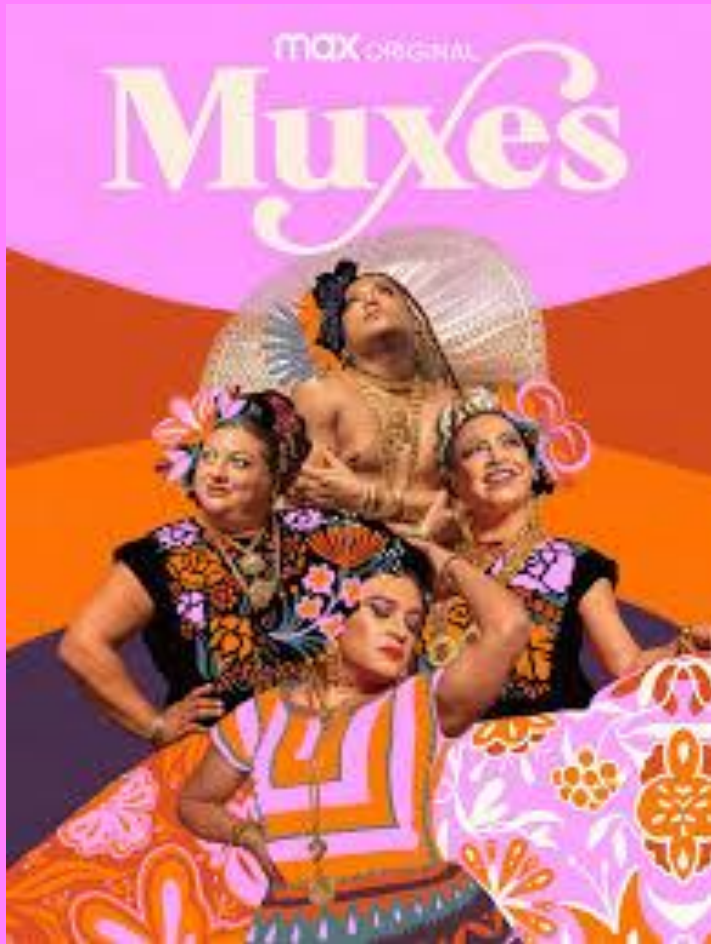


Carla pauses for a photo





# Muxes: Mexico's Third Gender and Their Connection to Trans Identities in the UK and Europe



Prime Video

There are many places in the world where gender diversity is not only accepted, it's celebrated. Away from the rigid gender norms of the west, many people are 'allowed' to be themselves, away from the hate and ignorance that follows many of us around. I bring you 'Muxes'...

In the small town of Juchitán, in southern Mexico's Oaxaca region, a unique and

centuries-old tradition thrives—Muxes. Muxes (pronounced "MOO-shays") are widely recognized as a third gender in Zapotec culture, separate from the binary categories of male and female. They are assigned male at birth but live and express themselves in ways that blend both masculine and feminine traits, often dressing in women's clothing and fulfilling roles traditionally associated with women. Unlike in many Western societies, where gender diversity has often been met with resistance, Muxes are largely accepted and even celebrated within their communities.

## Muxes and the Trans Experience

The existence of Muxes challenges the rigid gender norms found in much of the Western world, drawing comparisons to transgender identities in the UK and Europe. While not all Muxes identify as transgender in a Western sense, their lives mirror aspects of trans experiences—especially the idea of living outside the strict male-female binary.



Psicoactiva.com

In the UK and Europe, transgender people often face struggles for recognition, legal rights, and societal acceptance. Many fight to transition medically, change their legal gender, or simply exist without discrimination. Meanwhile, in Juchitán, Muxes have historically been an accepted part of society, often taking on respected roles as artisans, caregivers, or business

owners. Their existence offers an inspiring example of a society where gender diversity is woven into cultural traditions rather than treated as something unusual or controversial.

**What Can We Learn from the Muxes?**

For transgender people in the UK and Europe, the acceptance of Muxes raises important questions. What if society embraced gender diversity instead of resisting it? What if trans and non-binary individuals were celebrated rather than marginalised?



Vogue Mexico

While Muxes are not free from all discrimination—modern influences and conservative movements have challenged their acceptance—they still enjoy a level of

visibility and cultural integration that many trans people in the West struggle to achieve.

Another key lesson from the Muxes is the importance of community. Muxes often support each other and play vital roles in their social circles, much like chosen families among trans individuals in the UK and Europe. In a world where trans people often face isolation, the strong communal bonds among Muxes serve as a reminder of the power of unity.

**Moving Forward**

Although the UK and European societies differ from the indigenous Zapotec culture, the Muxe tradition shows that gender diversity is not new—it has existed for centuries. By embracing different gender expressions and identities, societies can move towards greater acceptance and equality.

Understanding and sharing stories like that of the Muxes can inspire new ways of thinking about gender, helping to create a future where trans and non-binary people are respected, valued, and celebrated—just as Muxes have been in their communities for generations.

\*\*\*\*\*



# February 2025

## Costa Blanca





I was too scared to ask



Posing for the cover photo  
outside the Victoria Lounge

Yep, that's me alright







**Mel joining us at the  
Victoria Lounge**



**Wives night and dinner at  
Rincon del Melodies in  
Benijofar**



**Carla and Fiona out on  
the town in Alicante**





# Trans-Word Play: A Trans- Inclusive Dictionary

Sometimes the most ridiculous things can make sense...

1. **Transcend** – A trans person mailing a letter (or just rising above ignorance).
2. **Transparent** – A supportive trans mum or dad.
3. **Transfixed** – The reaction when someone sees a trans person looking stunning. Can also mean taking delivery and wearing your new breast forms for the first time.
4. **Transfusion** – The instant energy boost from hanging out with trans friends. A cis person receiving a blood transfusion that came from a trans person. (Will it turn them trans? Perish the thought)
5. **Transplant** – A trans person moving to a more accepting city. Or a plant that identifies as trans...



Flowers identifying as trans

6. **Transform** – The magical ability of a trans person to switch from fabulous to even more fabulous.
7. **Transistor** – A trans sibling who's always there to amplify your voice.
8. **Transitory** – The feeling of gender euphoria when finally seen as who you are.

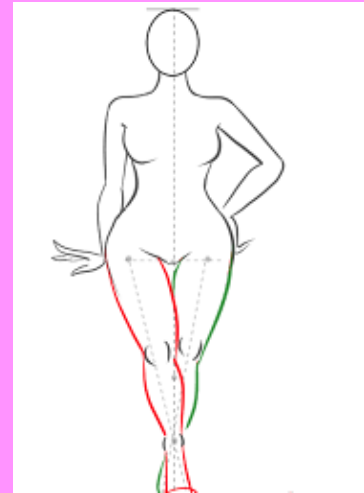


9. **Transaction** – When a Tgirls puts glass of wine down and take to the floor to dance. Also, the never-ending cost of gender-affirming clothing, makeup, and medical care.
10. **Translate** – When a Tgirl spends too much time on her makeup and hair before going out to meet friends. Can also mean trans people often having to do when explaining gender concepts to confused relatives.





11. **Transcultural** – The experience of being trans in different societies and navigating unique challenges.
12. **Transgression** – Simply existing in a world that refuses to update its rulebook.
13. **Transcribe** – The act of rewriting your legal documents to reflect your true identity.
14. **Transatlantic** – The journey of explaining gender identity to people on both sides of the ocean.
15. **Transpose** – Getting ready for the endless selfies and photos when you feel fabulous. Also, that moment when someone realises they've been using the wrong pronouns and corrects themselves.
16. **Transmute** – The incredible ability of a trans person to turn pain into power.
17. **Transonic** – The speed at which transphobes block you after you educate them.
18. **Transpire** – The sheer joy of finally living as your authentic self.
19. **Transcendental** – The absolute bliss of finding a supportive trans community.
20. **Transport** – A carpool of trans friends heading to Pride.
21. **Transcursion** – The journey every trans person takes to self-discovery. Also, a trans day out, probably shopping.
22. **Transcribe** – The exhausting task of correcting legal documents to reflect the right name and gender.
23. **Transponder** – A trans person who confidently responds to ignorance with facts. The act of thinking before you reply to a terf online.
24. **Transfigure** – The glow-up of a trans person when they finally feel comfortable in their skin.



25. **Transgression** – The "crime" of simply existing in a world that refuses to evolve.
26. **Transpiration** – The nervous sweating when coming out to someone new.
27. **Transdimensional** – The ability to navigate between gendered spaces with confidence.
28. **Transcuisine** – The struggle of finding comfort food that actually makes dysphoria disappear. Can also mean the food that makes MfF eat unladylike. For example a burger.
29. **Transnarrative** – The ongoing story of trans lives that refuses to be silenced.
30. **Transport** – Vehicle that takes a trans person to and from places.



# March 2025

Costa Blanca





Summer and Evie



Carla and Penny

Steady on there Evie







Girls night out

Vino and dares do not  
go well together



Lena and Carla

