

Trans Focus

The world from a transgender perspective

NOVEMBER 2024

YOU ONLY LIVE TWICE

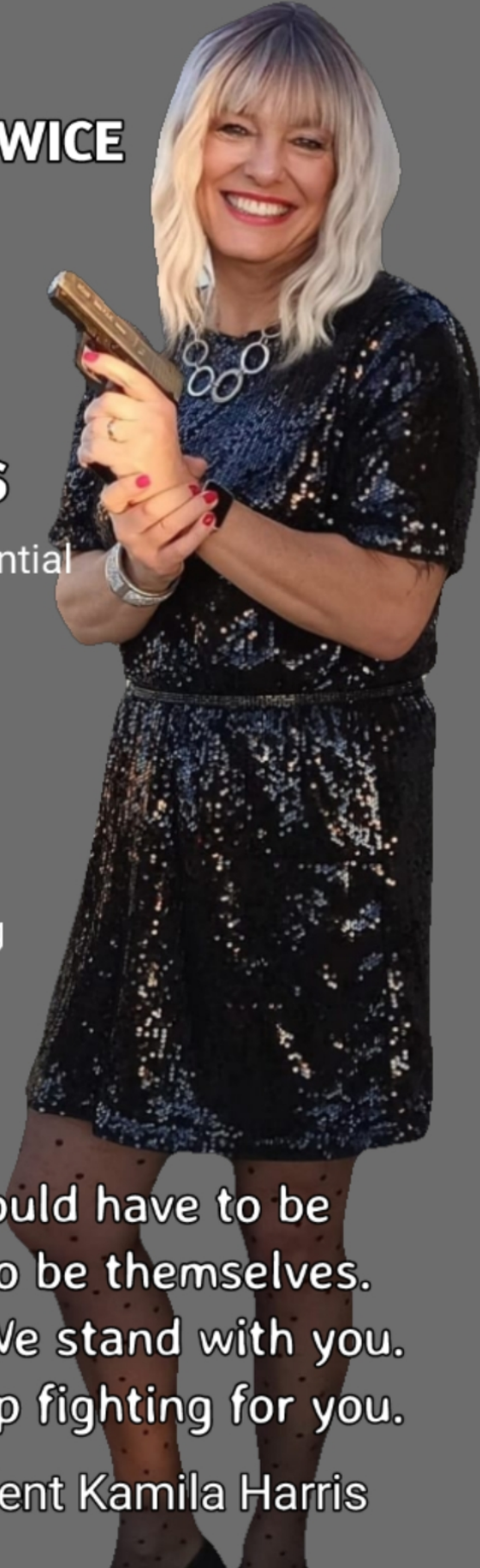
The names Bond,
Carla Bond

TRUMP V HARRIS

Where to the US Presidential
candidates stand on
Transgender rights

THIS IS ME

Summer shares her song



No one should have to be
brave just to be themselves.
We see you. We stand with you.
We won't stop fighting for you.
– Vice President Kamila Harris

Welcome to November!



Halloween has come and gone for another year and now we look ahead to the next event of the calendar. I enjoyed a fabulous (early) Halloween party at the weekend and made effective use of the extra hour due to the clocks going back. Then I saw that a whiff of Christmas was in the air. I swear Christmas comes earlier every year as some of my favourite music channels have been playing non-stop Christmas songs for weeks. Enough about that though, here's what's coming this month...

November sees our biggest edition yet. This month's edition includes:

Spain first trans football team

From Vietnam to The Voice (profile of trans singer, Ace)

Profile on Spanish trans icon Daniella Santiago

Trans history timeline

'My Song' This is me (from The Greatest Showman)

and much more... 🍷

Feel free to contribute to future editions. Anyone is welcome to contribute, so long as the article or photos have a transgender link.
thanks for your support

Carla & Penny xx

You Only Live Twice



It's 9.30 and she wakes from her slumber. A slight headache from the night before and a slight thirst that is a hint at the amount of wine she drank. After coming to terms with the sunlight that slips through the small gap in the blinds, she sits up, turns and places her bare feet on the floor.

A quick reach for the razor, is the only drawback to the mood. A necessary evil to allay the very fine facial hair that threatens to peek through to her face. At least until she can find the rarity that is electrolysis treatment. She then slips on her underwear, skirt and blouse before attending again to her face.

Her daytime makeup only takes five minutes. A result of five years of perfecting her art speedily, in order to present her femininity to the world. Suitably understated

yet feminine. Finally, her hair, fitted and brushed. She is ready to face the world and the feeling is intense. The feeling never leaves her, despite having completed this process numerous times before. The feeling of being complete, in a way she barely knew for most of her life. She goes downstairs and enters the lounge.

Carla has arrived!

I've been asked so many times to explain the feeling of dysphoria and the difference between before and after my transition started. It's impossible to answer. It's not an excitement in the usual sense. It's not anticipation, like you feel when you attend an event you've been looking forward to for so long. Excitement and anticipation still have their place, but they don't describe the feeling of being 'just right'.



Before I told the world and unburdened myself of my male ball and chain, I was living a lie. The guilt you feel when you accept you've kept this secret from your loved ones your whole life is a weight I carry constantly. That those people now support me is a gift of infinite value.

How did I live for so long that way? In a way other trans people can identify with. That probably, no one else can ever fully

understand. When I looked in the mirror, I saw Carla. I always do, and always did.



It was about six years before I came out, I settled on my name. That was so I could cement my identity, even though it was secret. It was also to join some of the many trans/cross dresser groups. The name felt right and now, every time I hear my name called, it fills me with joy.



The first tentative year

From dabbling with makeup to make myself look more glam, via a couple of certificated makeup tutorials/course, I started to make up for over 50 years of hiding away.

My dress sense and style have changed quite a bit as my confidence has increased. Clothes I bought then are now consigned to trans heaven as I move forward. I've lost a fair bit of weight, which helps as well.

One of the biggest changes is my mental state. As well as feeling (that word again) 'complete' in my identity, I'm much more confident in public. From choosing venues that were or likely to be 'trans friendly', I now choose venues like I always did in life. Trans friendly isn't an issue, I just avoid place likely to be frequented by idiots, like most people do.



Most of all though, I have made some wonderful friends. The local LGBTQ+ group are some of the most friendly and positive people I have ever met. Having started off with just myself, and a trans friend, I met Penny, and we are now a significant and increasing transgender community. Costa Blanca TGirls have well and truly arrived.



Transgenderfocus@gmail.com

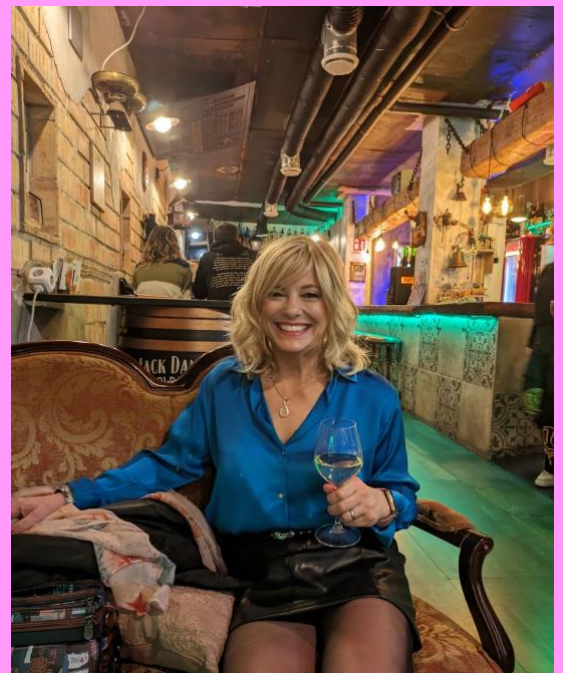
There are still issues of course. I still have dysphoria (as it's been labelled). There is still transphobia about, some of it quite close to home, but it is thankfully a rarity. I can count on the fingers of one hand, the negative transphobic issues I've had in nearly five years. I still get nervous going to the toilet in some venues, a result of the negativity from the media and politicians who love to push their bigotry onto others. But it's a positive and exciting new world out there for myself and others who dare to be themselves.



My recent video conference at the request of Devon & Cornwall Police was extremely positive (Beyond the Rainbow) and we've had amazing feedback over this magazine.

Penny and I are also venturing into video making soon. Having taken so long to get where I am, I want to put something back and help our community. Penny feels the same way.

You can't look back, but you can look forwards. We are here for anyone who wants advice and support. Just reach out, and we will be there.



Oh, and if you are stuck, hidden away, have a think and see if you can make the step outside. Remember...

You Only Live Twice!

Carla x

TRUMP V HARRIS

Where the candidates stand on Trans issues

As this month's issue of Trans Focus hits the internet we are a few days away from the US Presidential Election. We thought we would take a quick look at each candidate and what it would mean for the Transgender Community in the United States.



2009.

"The left -wing gender insanity being pushed at our children is an act of child abuse. Very simple. Here is my plan to stop the chemical, physical and emotional mutilation of our youth," Said the long term friend of Jeffrey Epstein, who once referred to his daughter as "voluptuous" and a "piece of ass".

Former President Trump has promised to rollback on the Trans rights brought in by the Biden Administration. He will undo the Biden policy that offers protections for transgender students

under the title IX federal civil rights law. He fully intends to restrict LGBTQ rights if elected for a second term.

Trump has said that on "day one" he would reverse the Biden administration's law that would prohibit federally funded schools from preventing transgender students from using bathrooms, locker rooms and even pronouns that align with their gender identities.

In a video released by Trump he detailed a range of policies targeting gender affirming care for minors along with several measures to restrict federal funding for trans issues.

He stated that he would block doctors who provided gender affirming care from receiving Medicare and Medicaid funds. Forbid federal agencies from actions to "promote the concept of sex and gender transition at any age. He would order the Justice Department to investigate the medical industry to see if they "deliberately covered up horrific long-term side effects of sex transitions in order to get rich."

Trump attacked Biden for recognising Transgender Day of Visibility which fell on the 31st of March, the same day as Easter Sunday. Trump's team falsely claimed that Biden "chose" Easter to mark the advocacy day, even though Transgender Day of Visibility has fallen on the 31st of March since

As the election race enters into its final days the Trump campaign has spent at least \$17 million on ads highlighting Vice President Harris' support during her 2019 presidential campaign for access to gender-affirming medical treatment for transgender people.

Kelly Robinson, president of the Human Rights Campaign, which advocates for LGBTQ rights said, "when MAGA extremists are under attack and feeling like they're not going to win, they go to this old playbook of trying to sow fear and transphobia in our communities.

You would think that with the anti trans rhetoric coming from the Trump campaign it would be an opportunity for the Harris team to put some clear blue water between the rivals. Vice President Harris, unlike in the 2019 campaign, has been quiet on the subject. Choosing to focus on the abortion debate.



There are correlations between the two topics as they are both about body autonomy.

She has skirted direct questions about transgender rights in recent interviews and fallen short of offering a forceful rebuttal to the Trump campaign's ads. On gender-affirming health care, Harris has said it is settled law that individuals should have access to medically necessary care, and treatment should be left to doctors and their patients.

The Trump team see Harris's responses, or lack thereof, as proof that their messaging is working. Some democrats and LGBTQ advocates argue that Harris's reluctance to enter this arena is strategic.

"The Trump campaign understands that transgender care is not a top issue for voters - that's not the point," a former Trump aide said. "This is a stark reminder for the remaining undecided and low propensity voters in battleground states that Harris is no moderate."

Transgender issues are among the least important issues among voters. Most voters polled said that



the anti-trans ads aired in this election were "mean-spirited" and have "gotten out of hand"

Imara Jones, founder of TransLash

Media, described Harris's responses to Trump's campaign as "contained" and "measured."

"There seems to be an overall reticence to match the scale of the attacks in the Democratic side," Jones told the Hill magazine.

That could be intentional, she added, and Harris, who has been a longtime supporter of LGBTQ rights, may be being deliberately vague in a bid to win over moderate Republicans.

"It is a strategy to try to minimise the possible attack vectors that your opponent can make, and that the more specific policies you put out there, the more you are giving your opponent the opportunity to pick them apart and find one sentence or bullet point that they can use to undermine what you are trying to say or do."

Others, though, think Harris needs to show more conviction on the issue.



"If she truly believes in something like transgender rights, then say it, show some damn strength already," one Democratic political consultant has been quoted as saying.

Those of us in, or from, the UK will have seen similar tactics employed by the Conservative party in the recent General Election. Rishi Sunak constantly goaded Sir Keir Starmer on Transgender issues. Starmer refused to rise to the bait and remained mainly silent on the matter. May we hope for a similar reaction from the American people next Tuesday to the politics of hate and division.



The US Election will be held on the 5th of November 2024

First all-transgender Football Team debuts in Spain



Picture taken from Fenix FC's Instagram account

If it wasn't for people taking a chance and putting themselves in the line of fire, there would be no progress in the world.

Incredibly, a group of people have formed a football team in defiance of the discrimination they faced, just for wanting to play football.

Sport is at the centre of trans warfare, with many sports authorities appearing to take the stance of banning transgender people first and asking questions later.

This is a story of positivity, so much needed in the world of sport.

Fenix FC, a football team of transgender men, has debuted in a regional league in Spain — overcoming administrative challenges and prejudice to become the first all-trans squad to achieve federated status in Europe.

Fenix FC, named after the mythical bird symbolizing rebirth, started by playing friendlies and seven-a-side matches last season. This year, they have advanced to

compete in the fifth tier of the league in Catalonia, after merging with a local club in Sant Feliu de Llobregat, a suburb of Barcelona.

Sadly, despite Spain's new laws simplifying the changing of your legal gender, discrimination remains a significant issue, with Catalonia recording 302 cases of anti-LGBTQ incidents in 2023, 25% of which targeted transgender people, according to the region's Observatory Against LGBTphobia.

Hugo Martinez formed the team when he was forced to leave the women's team he was playing for once he began transitioning. He was not allowed to play in the women's team because he was transitioning to female, even though he was legally female. He also wasn't allowed to play for the men's team. It's 'interesting' to note that those in authority like to manipulate rules to suit their agenda.

Hugo would receive abuse and threats from other teams' players, coaches and supporters for being trans.

Hugo then set about forming a team of trans men to play in an inclusive environment, which took him three years. The club, created by trans men is inclusive. Their captain Luke Ibañez describes the club as a 'family' and a 'safe space where you can be free and express yourself however you want and how you really feel'.

The club is registered in Catalonia, which has welcomed mixed leagues for the last two years, stating that any gender can play.

Fenix FC's first game though in the 5th tier of the league was sobering. Their first game of the season ended with a 19-0 defeat. However, for the team and its fans, transgender athletes having the right to play

their favourite sport on equal terms is far more important than the score.

When many sports organisations are banning trans women due to the apparent unfair advantage, despite no trans women being prominent in sport, or a danger to cis women, its interesting that a team made up of largely trans men, isnt considered a safety issue in this case. Many would call it hypocritical. All those involved should be applauded as sport in the first case, is about enjoyment, participation and inclusivity. Well done Fenix FC.

Transgender Icon

Daniella Santiago: A Trailblazer for Transgender Visibility in Spain

Daniella Santiago, a rising star in Spanish television, has become a symbol of empowerment and visibility for the transgender community. Born and raised in Málaga, Daniella rose to fame for her portrayal of La Veneno, the iconic transgender TV personality, in the critically acclaimed series *Veneno* (2020). The show, which tells the life story of Cristina Ortiz Rodríguez (La Veneno), was a turning point in Spanish media, shining a light on the struggles and triumphs of transgender individuals.

Daniella’s portrayal of La Veneno was widely praised, not only for her talent but also for bringing authenticity to the role, as a transgender woman herself. Her

performance captivated audiences, and her presence on screen has opened doors for more trans representation in the entertainment industry.



Getty Images

Beyond acting, Daniella is an advocate for transgender rights, using her platform to challenge societal norms and promote inclusivity. She often speaks out about the need for greater understanding and acceptance of trans people in Spain and beyond. Her influence extends beyond television, as she inspires countless individuals with her courage, resilience, and determination.

Daniella Santiago is a powerful voice for change, breaking barriers and paving the way for future generations of transgender people in the media and beyond.

Penny: My life as a woman

A rose by any other name...

In the September edition of TG Focus, now Trans Focus, I looked at my early years, it would be easy to carry on telling my story in chronological order but to be honest there is little of note for many years as my life was consumed by work and raising my son.

Instead, I am going to look at questions I am often asked as a trans woman. Last time we covered the question "when did you start dressing?" A second question often asked is "are you a full time trans woman?"



The answer to this for me and most other trans women I know is yes. I say most as I have on occasion met someone who identifies as transgender but only feels like a woman when dressed as a woman.

Being a trans woman is not about what I wear, it is about who I am. I am reluctant to use the term "a state of mind". A state of mind is fluid and changes from time to

time. If I think about the good things in my life I will have a positive state of mind. On the flip side, if I look at the cruelty and suffering happening in the world, I will likely have a negative state of mind.

Being transgender is who and what I am. It is a state of being regardless of the clothes I am wearing at any given time.

The question the enquirer probably really wants to know is, "do I present as Penny 24/7." To this the answer would be no.

People I have spoken to have the image of a trans woman who wears short mini skirts, cropped tops, heels and heavy make up and the use of over the

top camp language and gestures. While this may be a bit of a parody, as portrayed by Kenny Everett's creation Cupid Stunt, of a trans woman, they do exist as they do among CIS women. They are still valid transgender women, everyone is free to present as they please. Equally valid is the trans woman in jeans, tshirt with little or no make up.

After all no one would think Taylor Swift was a man if she wears jeans, tshirt, no make up with her hair tucked up in a baseball cap.

On a work day I wear the appropriate clothing for



the job I do. Which is normally cargo shorts and a tshirt. I spend much of my day on my knees under kitchen worktops so a mini skirt would not be appropriate. It is my work uniform. I have run my business now for over 15 years, long before Penny became the prominent part of my life.

Every day when I have finished work I shower and more feminine clothing is adorned.

These days, even when I work, I am rarely without some makeup on. Some foundation, eye shadow, mascara and nude lipstick, normal daytime makeup. Look around you at the CIS women you see everyday, it is highly unlikely they will be wearing heavy makeup to run to the store for groceries.

If I wear makeup daily, dress appropriately for work, change into more flattering clothing when I get home in much the same way any CIS woman

doing a similar job would, why then did I answer I no" to presenting as Penny 24/7?

It is in the name! I still use his name and for me that is the line. It is his name on my driving license, passport and identity card. He pays the taxes. My gender dysphoria might appear on my medical records but it is still his name at the top.

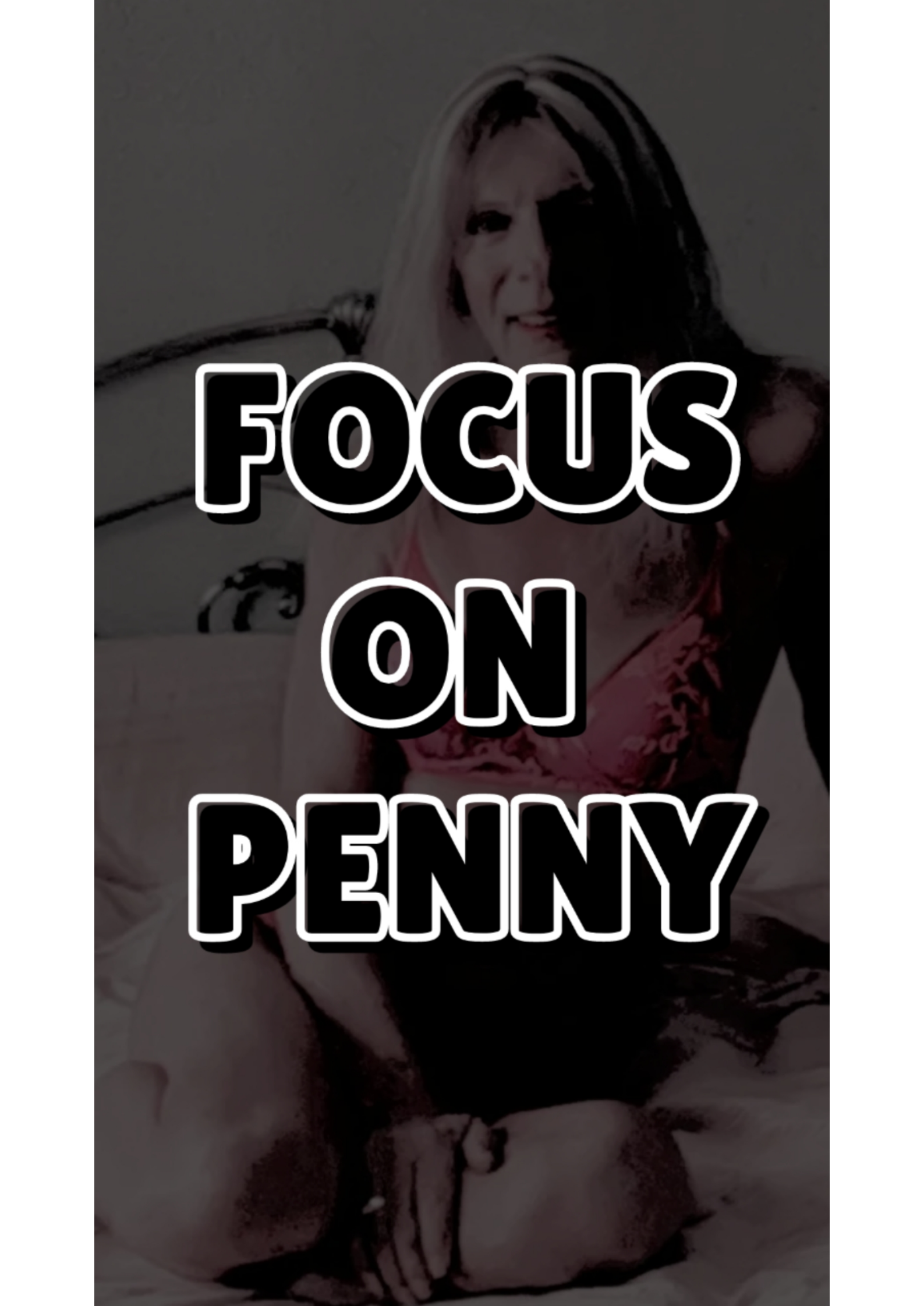
For me, and I emphasise this is my personal opinion, I cannot claim to be living as Penny 24/7 unless it is her name on every official document. Saying I was would feel fraudulent to me.

I might feel differently if I was from a country where changing your name was difficult, or even impossible. I am from the UK where changing your name is as simple as writing a declaration, having it witnessed and sending it the passport office etc.

Am I a transgender woman 24/7, yes. Clothes do not define who or what we are. Do I present as Penny 24/7, no. Our documentation does to a certain extent and in certain circumstances define who we are. Will I change my name? I have no plans to do so at the moment as I am happy with my life. Does it make me less of a woman?

"A rose by any other name would smell as sweet."



A woman with long blonde hair is sitting on a bed, looking towards the camera. A man is lying on the bed in front of her, with his head resting on his hands. The scene is dimly lit, and the overall tone is intimate. The text 'FOCUS ON PENNY' is overlaid in large, bold, white letters with a black outline.

**FOCUS
ON
PENNY**



Name: Penny Nite

Born: London

Lives: Costa Blanca, Spain

Age: 60

Status: Married

Occupation: Digital Content Creator





MY SONG!

THIS IS ME

From 'The Greatest Showman'

Sometimes a song speaks to us and moves us so much it can explain so much about what is going on in our lives. Summer shared her fabulous fashion secrets in our August edition and I met her recently when she shared her passion for this song. These are her words...



Summer: My song by Mrs Summer Varney

I'm not great with words in either gender

Always finding it hard to put into words how I feel

In one of my been single phases I'd started going to cinema ever Tuesday afternoon billy no mates how sad lol.

Film of the week the greatest showman - at the time shockingly now not too critically acclaimed - it blew me away great story some very decent songs a good afternoon.

(So impressed I took 2 friends to it within a week - only other film I've done that with is Paddington 2 says a lot about my movie type)

Never took much notice to the lyrics to the songs though. Kept over next few months - the film by now massive must have been word of mouth- hearing some of the songs on the radio. Knew this one, heard it a few times still didn't really take in the lyrics.

One day driving I took them in - I had to stop my car - I was a bit emotional lol - which is unusual for me. I searched lyrics totally blew me away virtually every word describes how I feel when I'm Summer

It's my song 🎵

We all still I presume get a little nervously excited going out going anywhere new - I guess we've all 'turned the car around' and bottled it going home to clean the make up off feeling stupid - might just be me lol

So this is my go to happy song always
playing it in the last ten minutes of a journey
before stepping out into the big bad scary
wonderful exciting world of been our true or
true other selves

Now one of my funeral songs those who
know will know why those who don't will
benefit from hearing a bloody good tune lol
I'm not scared to be seen I make no
apologies.

This is me ! Xx

Love summer x

So here goes...

THIS IS ME

I am not a stranger to the dark
"Hide away, " they say
"Cause we don't want your broken parts"
I've learned to be ashamed of all my scars
"Run away, " they say
"No one'll love you as you are"

But I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me
down
I'm gonna send a flood, gonna drown 'em
out

I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh

Another round of bullets hits my skin
Well, fire away 'cause today, I won't let the
shame sink in
We are bursting through the barricades and
Reaching for the sun (we are warriors)
Yeah, that's what we've become (yeah,
that's what we've become)

I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me
down
I'm gonna send a flood, gonna drown 'em
out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh
This is me

and I know that I deserve your love
(Oh-oh-oh-oh) there's nothing I'm not
worthy of
(Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh)
When the sharpest words wanna cut me
down

This Is Me



"This Is Me" from *The Greatest Showman* resonates deeply with the transgender experience, capturing themes of self-acceptance, resilience, and pride in one's identity. The song's message of defying societal rejection mirrors the journey many trans individuals face—overcoming discrimination and stigma to live authentically. For a trans person, the lyrics reflect the fight for visibility and validation, embracing who they truly are despite being judged or misunderstood. The bold declaration of "I am who I'm meant to be" aligns with the trans community's pursuit of self-realisation and the right to exist unapologetically, making the song a powerful anthem of empowerment and pride.



I'm gonna send a flood, gonna drown 'em out
This is brave, this is bruised
This is who I'm meant to be, this is me

Look out 'cause here I come (look out 'cause here I come)
And I'm marching on to the beat I drum (marching on, marching, marching on)
I'm not scared to be seen
I make no apologies, this is me

Whenever the words wanna cut me down (oh-oh-oh-oh)
I'll send a flood to drown 'em out (oh, oh-oh, oh-oh)
I'm gonna send a flood (oh-oh-oh-oh)
Gonna drown them 'em out (oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh)
Oh
This is me

Songwriters: Benj Pasek / Justin Paul

This Is Me lyrics © Kobalt Music Publishing Ltd., Peermusic Publishing, Sony/ATV Music Publishing LLC

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<https://pinkfogtransinspain.wordpress.com/>

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<https://spotify.link/FhWLMteyFJb>

TikTok
[@carlamoss80](https://www.tiktok.com/@carlamoss80)

From Vietnam to The Voice: Ace's Journey of Dreams, High Heels, and Self-Discovery



Pictures taken from BBC.com

Ace, a 20-year-old singer who moved to the UK from Vietnam as a teenager, has captivated audiences on *The Voice (ITV1)*, reaching the semi-finals with her powerhouse vocals and unapologetic authenticity. Originally from Oxford, Ace made a splash during her blind audition, where all four coaches turned their chairs for her stunning rendition of Aretha Franklin's "Ain't No Way." In the end, she joined the team of none other than legendary Welsh singer Sir Tom Jones.

Reflecting on her journey, Ace shared that her success didn't fully sink in until she received heartfelt messages from friends, family, and even long-lost relatives. But for her, it wasn't just about the applause. "I'm just a lowly transsexual with a dream and some high heels," she said with a laugh,

adding that she's on a mission to tell her story.



Growing up in the vibrant cities of Hanoi and Hoi An, before moving to Oxfordshire, Ace had been invited to audition for *The Voice* years earlier but declined. "I wasn't ready to face the spotlight," she admitted. "I needed time to figure out my sound, my identity, and my boundaries."

This year, however, with age and newfound wisdom, Ace felt the time was right. During her audition, all four coaches turned their chairs—an overwhelming moment Ace described as "unreal," but she chose Sir Tom as her mentor, who praised her performance as "refreshing" and "wonderful."

Ace's music, she says, is a reflection of her "21st-century journey"—one shaped by her experiences as an immigrant, a trans woman, and a multicultural individual. While she may not have made it to the finals, her bold spirit and extraordinary talent have left a lasting impression. It's clear that for Ace, this is just the beginning of a remarkable career.

UK National Hate Crime Awareness Week

Carla goes live!



I was honoured to be asked to contribute to UK Hate Crime Awareness week in October. Last month I explained that the aim of the month was to shine a light on the need to tackle hate crime in all its forms. Running in October each year, the week-long event encourages communities across the country to come together, raise awareness, and take action against prejudice and hatred. What makes this campaign so significant is its focus on promoting positivity, unity, and understanding, fostering an environment where everyone feels safe, valued, and respected.

Together with the Intercom Trust, an LGBT+ charity and Devon & Cornwall Police, who led the event we delivered our awareness programme to over 40 people from different areas via a video link.

After a presentation by the Intercom Trust, we discussed many of the areas where LGBT+ people may come into contact with the police and ended with a question and answer session.

The event lasted over two hours and was extremely positive. In fact it was so positive that we may work together again in the future.

Just for the record, we at Costa Blanca Tgirls are experienced public speakers and would be happy to speak, advise or engage with any of your LGBTQ+ events. Just drop us an email or message.

Carla

transgenderfocus@gmail.com

Minecraft Musician Speaks Out: “Trans Lives Matter”

I’m not a gamer. I havent played a video game since I downloaded something from the internet where you had to hit a penguin with a bat around 20 years ago. That said, we have a trans ally in the gaming industry, soundtrack department.

Daniel Rosenfeld, known to many as C418, the talented composer behind Minecraft’s iconic soundtrack, is making headlines again for all the right reasons. Taking to social media, Rosenfeld shared a strong message in support of the transgender community, urging people to stop harassing trans individuals.

Daniel Rosenfeld



Picture taken from Instagram

In a fiery post on X, formerly Twitter, (how long will we be saying ‘formerly twitter’?), Rosenfeld didn’t hold back, stating: “Trans lives matter, and anything less is unacceptable. You’re talking about a tiny

percentage of the population, leave them the f**k alone.”

While primarily known for his contributions to the beloved sandbox game, Rosenfeld has been an outspoken advocate for social justice issues. His recent posts also expressed support for Black Lives Matter and criticized political figures like Donald Trump. These tweets, he explained, were part of an experiment to gauge how the platform handles controversial content.

“Now that Twitter is just a shell of what it used to be, I’m going to post things that are considered normal elsewhere but somehow cause outrage here,” he remarked.

Rosenfeld’s activism contrasts sharply with the views of Minecraft’s original creator, Markus “Notch” Persson, who has been criticized for his anti-trans rhetoric. Rosenfeld, on the other hand, remains a steadfast supporter of LGBTQ+ rights, standing firmly with the transgender community.

For those of you who remember the penguin game and are itching to play again, and those who havent a clue what I’m talking about, here’s the link to the game...

<https://www.miniplay.com/game/hit-the-penguin>



ASK CARLA

How do I cope with sore toes when I wear my heels on a night out?

Ah, sore toes in heels—the struggle is real girls! But don't worry, lovelies, you're not alone in this glamorous battle. We've all been there, teetering in stilettos, trying to look fabulous while secretly planning the murder of the person who invented heels.

I have to be honest here, and avoid the really big heels (unlike some of my girl friends). That said, I love a heel.

First, let's address the inevitable: **preparation is key**. Think of your toes like VIPs at a fancy club—they need proper care before hitting the dance floor. A little stretch and wiggle before slipping into those tall beauties can work wonders. And don't skimp on the **gel inserts**! They're like little clouds for your feet, minus the actual floaty comfort, but still better than nothing. They may be offered to you every time you buy a pair of shoes, but sometimes they can be a godsend.

Now, if you're halfway through the night and your toes are screaming louder than a banshee, **sit down and give them a break**. Grab a cocktail, pretend you're deep in thought, and casually slip those piggies out

of the shoes for a minute. Trust me, no one will notice (or judge—they're doing it too).

Lastly, **embrace the pain**. Remember, every fabulous woman from Cinderella to Lady Gaga has endured sore feet for the sake of beauty. If they can do it, so can you. It's a rite of passage. Plus, it's a great excuse to give your shoes a "glamorous fling" across the room when you get home.

Stay fab!—heels and all!

Carla

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Ten Songs from the distant past...

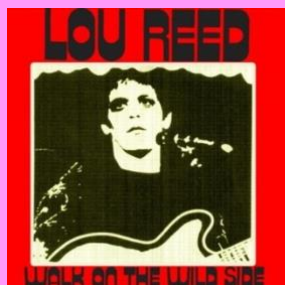
whose lyrics can be interpreted as positive for the transgender community

Interpretation of lyrics is individual, but lately, I've been listening to older songs and reinterpreted some of the lyrics. Here's a sample...



"Lola" – The Kinks (1970)

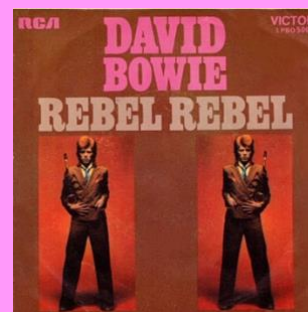
This song features a relationship with a trans woman, offering a positive and non-judgmental portrayal of gender fluidity.



"Walk on the Wild Side" – Lou Reed (1972)

Reed candidly sings about transgender figures from Andy Warhol's circle, celebrating their identities and embracing gender nonconformity.

"Rebel Rebel" – David Bowie (1974)



Bowie's gender-bending anthem challenges gender roles, celebrating nonconformity with the line "not sure if you're a boy or a girl."



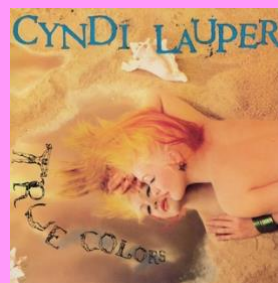
"Lady Stardust" – David Bowie (1972)

Another Bowie track celebrating gender fluidity, "Lady Stardust" is about a performer who blends masculinity and femininity, breaking gender norms.



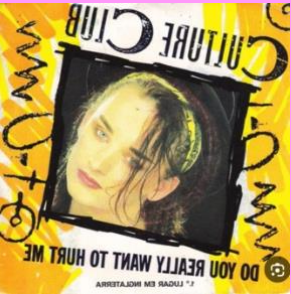
"Glass of Champagne" – Sailor (1975)

Not immediately obvious. Its themes of luxury and self-indulgence can connect with the idea of freely embracing one's identity and desires, particularly relevant to the freedom in gender exploration.



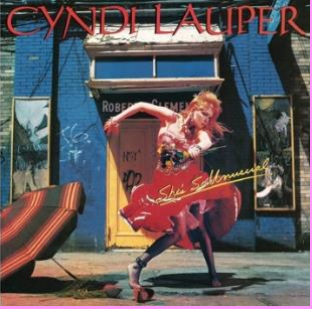
"True Colors" – Cyndi Lauper (1986)

A heartfelt encouragement to embrace and reveal one's authentic self, this song is widely adopted as an LGBTQ+ anthem, including by the trans community.



"Do You Really Want to Hurt Me" – Culture Club (1982)

Fronted by Boy George, who challenged gender norms, the song deals with vulnerability and emotional expression, themes familiar to trans individuals navigating relationships and self-identity.



"Girls Just Want to Have Fun" – Cyndi Lauper (1983)

While not directly about gender identity, its celebration of freedom and fun without judgment can be empowering for trans women.



"Love is a Stranger" – Eurythmics (1983)

With themes of attraction and the fluidity of identity, this song challenges traditional expectations, reflecting on desire beyond gender norms.



"Let's Dance" – David Bowie (1983)

Though not explicitly about gender, its themes of freedom, identity, and expressive movement are key aspects of self-discovery, important in trans narratives.

Why These Songs Resonate:

Each of these tracks explores themes of identity, liberation, self-expression, and nonconformity, making them empowering anthems for the transgender community. Many songs challenge traditional gender norms, celebrate individuality, or embody messages of self-acceptance, providing affirming and positive representations that transcend gender boundaries.

Now My Song...

**Candy Says
The Velvet
Underground**



Released in March 1969, and written by Lou Reed, the song is one of a number that Reed wrote in the voice of a female character. It's the first track on the band's self-titled third album. This time it's in the voice of a transgender woman telling her experiences. The song was about Candy Darling's desire to escape her birth gender. Reed went on to say that the song was also "about something more profound and universal, a universal feeling I think

all of us have at some point. We look in the mirror and we don't like what we see...I don't know a person alive who doesn't feel that way."

Those words resonate so much with me and many other transgender people (Carla)

When I listen to the song I feel the sadness of her dysphoria, regarding her body and somewhat detached from physicality. It addresses the feeling that you could be continually treated with contempt, suspicion and disgust. Yet at the same time, certain of her identity. Does she doubt her own identity because of this?

'What do you think I'd see If I could walk away from me'

Could be about Candy judging herself, how she looks etc in some out of body experience.

Candy Darling



Candy Darling was a trailblazing transgender actress and muse of Andy Warhol, who became an iconic figure in 1960's and '1970's New York's underground scene. Known for her striking beauty and elegance, Candy appeared in Warhol's films *Flesh* (1968) and *Women in Revolt* (1971), gaining fame as a symbol of trans visibility in a time of rigid gender norms. Her boldness and glamour challenged societal expectations, making her an inspiration for the LGBTQ+ community. Though her life was tragically cut short at 29, Candy's legacy

lives on as a pioneer of transgender representation in art, film, and pop culture.

Candy Darling

By The Velvet Underground

*Candy says I've come to hate my body
And all that it requires in this world
Candy says I'd like to know completely (Candy says)
What others so discretely talk about
I'm gonna watch the blue birds fly
Over my shoulder
I'm gonna watch them pass me by
Maybe when I'm older
What do you think I'd see
If I could walk away from me?
Candy says I hate the quiet places (Candy says)
That cause the smallest taste of what will be
Candy says I hate the big decisions
That cause endless revisions in my mind
I'm gonna watch the blue birds fly
Over my shoulder
I'm gonna watch them pass me by
Maybe when I'm older
What do you think I'd see
If I could walk away from me?*

TRANS HISTORY TIMELINE

WE'VE ALWAYS BEEN HERE...

Here's a timeline of significant events in the history of transgender people, highlighting milestones in visibility, rights, and representation:

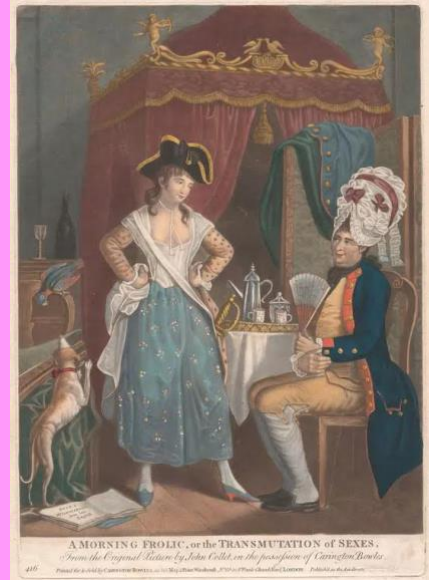
Pre-20th Century

Hijra Recognition (Ancient Times) – The Hijra community in South Asia, a gender-diverse group, has existed for centuries and is recognized in Hindu mythology and society.

1577 King Henry III France, frequently cross dressed and while dressed as a woman was referred to as her majesty by his courtiers. His male clothes were seen as outrageous despite the flamboyant standards of dress during that time.

1676 MTF 'transsexual' Abbe Francois Timoleon de Choisy attended Papal inaugural ball in female dress. His memoirs, published postmortem, offer the first written testimony of cross-dressing.

1700's 'Molly Houses' provided a space for the English gay community to meet, carouse and regale to one another. 'Mollies' were men who often cross dressed and developed their own queer culture.



Inside a Molly House

The Chevalier d'Éon (1728-1810) – A French diplomat who lived publicly as a woman in the 18th century, often considered one of the earliest well documented transgender individuals.

20th Century

Magnus Hirschfeld's Institute for Sexual Science (1919)

German physician Hirschfeld founded the first institute studying gender and sexuality, advocating for transgender rights and performing early gender-affirming surgeries.

Danish artist Lili Elbe undergoes one of the first gender-affirming surgeries (1930)

Lili Elbe, one of the earliest known recipients of gender confirmation surgery, brought international attention to transgender issues. Her story inspired the book and film *The Danish Girl*.

Christine Jorgensen's Transition (1952)

Christine Jorgensen, a former U.S. soldier, underwent gender-affirming surgery in Denmark and became the first widely known transgender woman in America, sparking global headlines.



Compton's Cafeteria Riot (1966)

One of the first recorded LGBTQ+ uprisings in San Francisco, where transgender women and drag queens resisted police harassment, predating the Stonewall Riots.

Stonewall Riots (1969)

Trans women of color, including Marsha P. Johnson and Sylvia Rivera, were key figures in this uprising against police raids on the Stonewall Inn, a pivotal moment in LGBTQ+ activism.

Sylvia Rivera and Marsha P. Johnson Co-founded STAR (1970)

The pair co-founded Street Transvestite Action Revolutionaries (STAR) to support homeless transgender people and fight for transgender rights.

Renée Richards Case (1977)



Tennis player Renée Richards, a transgender woman, won the right to compete in women's tennis after transitioning, in a landmark legal battle for transgender inclusion in sports.

First Transgender Pride Flag Created (1999)

The transgender pride flag, designed by trans activist Monica Helms, was flown for the first time, symbolizing pride and visibility for the transgender community.

21st Century

The Gender Recognition Act (2004, UK)

The UK passed this legislation, allowing transgender individuals to legally change their gender on birth certificates and other official documents.

The Death of Gwen Araujo (2002)

The murder of 17-year-old transgender woman Gwen Araujo highlighted the violence faced by transgender people and led to California's passage of the Gwen Araujo Justice for Victims Act.

Laverne Cox's Emmy Nomination (2014)

Laverne Cox, starring in *Orange Is the New Black*, became the first openly transgender person nominated for a Primetime Emmy Award, increasing trans visibility in mainstream media.



Caitlyn Jenner's Public Transition (2015)

Jenner, a former Olympic champion, publicly came out as transgender, bringing worldwide attention to transgender issues and inspiring discussions on gender identity.

Transgender Military Ban Lifted (2016)

President Obama's administration lifted the ban on transgender people serving openly in the U.S. military, though it was briefly reinstated under President Trump in 2019.

"Pose" Premieres (2018)

This groundbreaking TV series featured the largest transgender cast in television history, centered on trans women of color in New York's 1980s ballroom culture.

"Transgender People's Day of Remembrance" (1999, Global recognition in 2020s)

Initially started to honor victims of anti-transgender violence, the Transgender Day of Remembrance on November 20 has become a global event.

Elliot Page Comes Out as Transgender (2020)

Academy Award-nominated actor Elliot Page's public announcement was a landmark moment for transgender visibility in Hollywood, receiving widespread support.



U.S. Supreme Court Ruling in *Bostock v. Clayton County* (2020)

The Court ruled that the Civil Rights Act of 1964 protects transgender workers from discrimination based on gender identity, a major legal victory.

Historic Election Wins (2020)

Sarah McBride became the first openly transgender state senator in the U.S. (Delaware), and many other trans politicians gained offices, marking political progress.

Transgender Day of Visibility (March 31 annually, recognized 2010 onwards)

An international day to celebrate the achievements of transgender people and

raise awareness about the challenges they face.

Transgender-Inclusive Policies (2020s)

Countries such as Argentina, Germany, and India have implemented more inclusive policies regarding transgender rights, including gender self-identification laws and access to gender-affirming healthcare.

These events demonstrate the growing visibility, acceptance, and advocacy for transgender rights across history, as well as ongoing struggles for equality and recognition.



Henri III of France (1551–1589), known for his flamboyant lifestyle, was one of the most enigmatic monarchs of the Renaissance era. His penchant for cross-dressing and lavish attire sparked controversy and fascination. Henri often wore elaborate gowns, jewellery, and makeup, challenging traditional gender norms of his time. He surrounded himself with "mignons," young male courtiers who also embraced extravagant fashion, fuelling rumours about his sexuality. Though these behaviours caused scandal at the French court, Henri's actions can be seen as a bold defiance of rigid societal conventions. His unique expression of identity makes him a fascinating figure in LGBTQ+ history.

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**More about
Henri III**