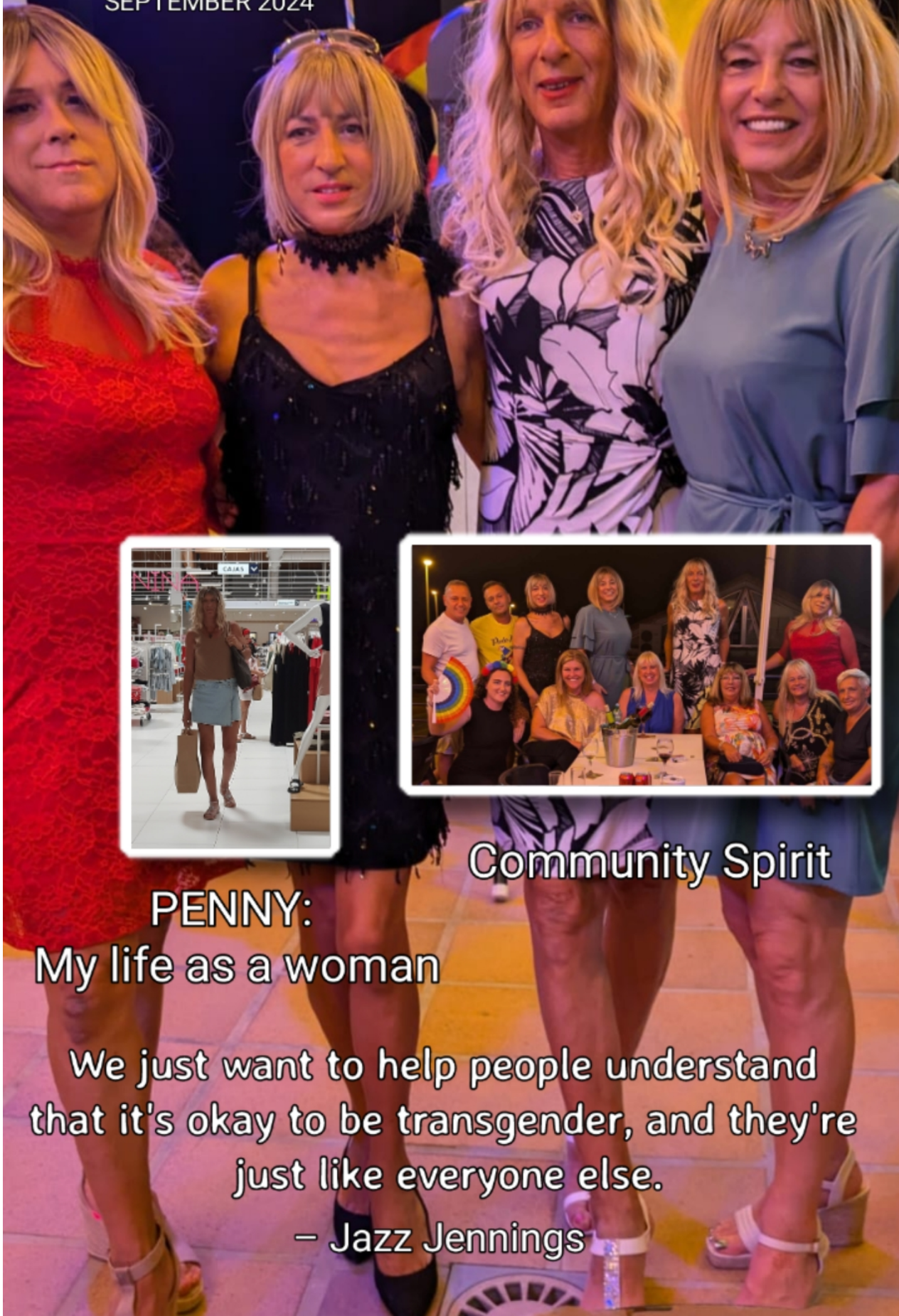


TG Focus

The world from a transgender perspective
SEPTEMBER 2024



Community Spirit

PENNY:
My life as a woman

We just want to help people understand that it's okay to be transgender, and they're just like everyone else.

— Jazz Jennings

TG Focus: September 2024

Welcome to the September issue of TG Focus.

Where did the summer go? Well, if you live in Spain, you will know that there is plenty of fabulous weather still to come and plenty of opportunity to get yourself out and about. There's the Benidorm Pride festival in the first week and we have a short preview. We will be there, so expect pictures and info in the October edition.

We have spent much of August preparing this edition ready for you and as usual it's packed with fun articles, tips and features.

We have Emma's guide to body hair maintenance, written in her own unique style, together with foundation, style and wig advice from Carla.

We have our take on the link between the issue with certain people wanting to ban trans women and historical banning of racial minorities from toilets.

Have you ever heard of Philippa York? The successful cyclist from the 1980's is now a trans trailblazer. Our Serbian friend Sonja has shared with us a letter she wrote to her younger self. It's written from the heart. I hope you enjoy this latest and biggest magazine and as ever, feel free to contribute to future editions.

Love Carla x

Whether you have a story to tell or would like to see other content in the magazine, we would love to hear from you. Please email Carla or Penny at costablanecatgirls@gmail.com and let us know what you think.

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Trans and the art of body hair maintenance

On my profile page on a dating site for trans girls, you can read the following sentence: the good lord pulled me a lousy trick by putting me into a boy's body, fortunately he made up for it by making it completely smooth.



Today is about one of the things almost every trans girl runs into and what many hate like cockroaches in a Spanish bedroom ;-)

When I first started dating as a t-girl, I was under the unworlly assumption that all trans girls are just like me: hairless, no stubble, they hardly ever shave. I was horrified when I kissed my first date and felt a beginning beard stubble... put my hand inside her bra and discovered hair (at least what was left of it) on her chest????! It was a painful but necessary confrontation with the fact that all trans girls in the end (or better: in the beginning) were physically born male and many who start their transition later in life will never get rid of the hair problem.

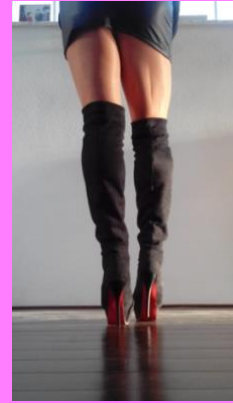
The most obvious hair problem, of course, is that of facial hair. Some are lucky and have a few hairs hanging under their chin and that's it. But unfortunately, most have more luxuriant facial hair, potential moustaches, beards, sideburns, they are all highly undesirable reminders of our biological manger. Shaving is the simplest but also, unfortunately, the shortest-lasting solution. You will want to shave at least twice a day if you want to keep stubble far from your face. But for many, due to the persistence of the hair, shaving alone is not enough anyway. You could then try camouflaging with an opposite-coloured make-up to achieve the desired effect. For instance, a dark hair creates a bluish glow on the hairy area. Applying the complementary colour of the spectrum (orange in this case) creates a camouflaging effect. Be careful though. Sometimes a solution that is applied with too much enthusiasm is worse than the disease. You don't want to look like a shaved carrot!

For facial hair, you can opt for laser treatment. This provides longer-lasting hair removal than shaving but has undeniable drawbacks. The treatments are expensive, with one treatment easily costing at least € 50 and requiring many repeated treatments. Also, the treatment is often not entirely painless and can leave red marks on the face, which will otherwise disappear over time. Finally, a major drawback for blondes and the elderly among us: the laser beam has virtually no grip on blond or white hair, making laser treatments of little use for this group anyway, although the very latest laser

equipment seem to work better on this type of hair.

Epilation is another option for hair removal in which case we usually think of mechanical epilation like for instance the Braun Silk-epil (I'm not sponsored!). Although this is not suitable for all areas of the body. I can heartily advise against trying to electrically epilate a moustache or beard. Surely this falls under the heading of crimes against humanity. But for places like arms, hands, legs, it is a particularly suitable hair removal method. The sting of each hair being pulled out is considered unpleasant by some, but it is a sensation you quickly get used to. Because of the perfect result, I also use epilation to remove my pubies. But given the density of the hair there, you will have to be somewhat resistant to pain, and I must be honest, I am not always in the mood for that. Even with epilation, the skin can sometimes get irritated and develop redness.

A hair removal method between shaving and epilation is hair removal with depilatory cream. It is a method closer to shaving because only the superficial part of the hair is removed, the hair follicle remains intact so the hair will also grow back relatively quickly. Not suitable for all areas of the body (not your face), and personally I don't like smearing this kind of chemicals on my body.



Finally, I would like to mention waxing, a special form of epilation where hairs are removed in relatively large quantities at once. Not everyone experiences this as pleasant, and you are also dependent on the skill of the practitioner and the quality of the materials used.

For the lucky ones among us who already use or are going to use hormones: using hormones later in life will at most make your hair grow a bit finer or a bit slower, disappearing through hormone use alone will not be the case.

Then of course there is also the opposite problem, a real agony for us trans women. Whereas most of us have hair in places where we would rather lack it, many lack the hair where they would most like to have it: on the head. There are solutions to this too, so perhaps I will come back to that in another article.

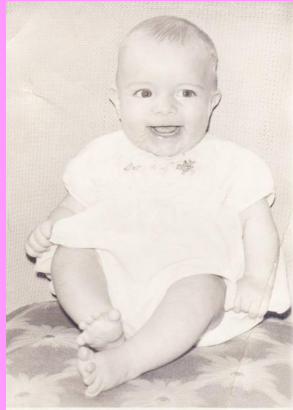
I may have forgotten some methods, please let me know! For now: make your choice and go for it!

Emma

Penny: My life as a woman

This is the first in a series of articles outlining my life with Gender Dysphoria. They say that everyone has at least one book in them and maybe this is mine. I hope you will find it entertaining and at times even identify your own past or feelings in my story.

A question I am often asked is "when did you start dressing?" I guess this question is not to be taken literally. I imagine that my parents put me in some kind of clothing when they took me home from the hospital, after all it would have been a cold February day in East London. Sadly it would not have been a pink baby grow, I had been born a boy.



The earliest recollection I have of presenting as a female was when I was four years old. Like many families in the East End we had moved out to one of the new council estates built on the outskirts of London. This was the end of the 60's and the baby boom had left the inner cities overcrowded.



The earliest recollection I have of presenting as a female was when I was four years old. Like many families in the East End we had moved out to one of the new council estates built on the outskirts of London. This was the end of

the 60's and the baby boom had left the inner cities overcrowded.

In our case it was Hornchurch, Essex. My parents had gone out for the night to the local Labour Club and my Nan (grandmother) was babysitting my sister and I. I remember I had a loose woven blanket, what I believe our American cousins refer to as a security blanket. I took my shorts off and wrapped the blanket around my waist like a skirt. I went downstairs to the living room and stood proudly in front of my Nan and Sister and declared "I am a girl". Of course they both laughed at me.

The only other occasion of note that I can recollect from that period was one time at school. I was five years old and for reasons I can not explain I had this overwhelming compulsion to use the girls toilets. Sneaking into the toilet block that was located in the playground I went into a cubicle. I sat down and peed because that is how girls did it. I can't explain the feeling I had, at five years of age, it certainly wasn't sexual. It just felt right, that this was how I should be doing it.

As I grew the compulsion to present as female was always there. I was fortunate enough to have a sister who was three years older than me. When I was alone in the house, I would sneak into her room and wear her clothes. I remember a pair of knee high leather boots my Mother had. I would walk around the house wearing my sister's skirt and blouse and those boots. This continued until my sister got married when I was sixteen.



My ready supply of clothing now cut off. I tried to suppress the desire to present as female. As I recollect that time now, I can still feel the pent up frustration she had. I tried to satisfy my need by wearing my Mothers clothing but it was not the same. My Mothers clothing were those of a middle aged woman not the fashionable clothing of my teenage sister.

I was now working so I had money in my pocket. I would often go to the shopping centre in the local market town of Romford. I would wander through the shops looking at the mannequins with envy. I wanted those fashionable skirts and tops. I wanted to choose a brightly patterned summer dress from the rail, go into the changing room and try it on. Of course, I never did. I was still living at home with my parents where would I store such clothing.

It was a confusing time for a teenage boy who had the need to wear female clothes. This was long

before I had ever heard of gender dysphoria or even the words transgender or transexual. There was no internet where you could google such feelings and get some answers to your questions. You were either a boy or a girl. Of course I was aware of homosexuality and I wondered if my presenting as female was somehow a sign that I was gay. I was not attracted to boys the slightest and had always had a healthy relationship with the girls I had dated.

Keeping her buried was hard, she was always there just below the surface demanding to be set free. One day as I wandered through Romford Market I noticed hanging on a stall a tightly woven fishnet body, In Fac. there were two, a red one and a white one, They had thin straps that went over the shoulders and clasps that did up under the crutch. I had to have them! I walked over and feeling the blood rushing to my cheeks asked the stallholder how much they were. I thought that he knew they were for me and would burst out laughing at any moment. I joked about not knowing which colour my girlfriend would prefer and so I had better take both.

I rushed home from the market and into my room. He quickly undressed and she slipped into the red body. I stood in front of the mirror admiring newly acquired feminine clothing. She was back! I would often go out with the body under my male clothing. Always scared that someone would notice the straps through my shirt but somehow and for some reason it just felt right.

It was not long after this that I met the girl who was to become my son's Mother. We moved in together soon after she fell pregnant. I still had those two bodies which I hid in the garage. Apart from the rare occasion I would sneak into the garage and put them on she was once more confined to the depths of my mind.

The relationship lasted for a total of nine years before petering out, looking back now at that and other relationships in my past. She probably played a big part in them not lasting. My son's Mother along with a few other women I had relationships with wanted to get married.

For some reason I could not explain then I was never able to commit. Although she was deeply buried she was never silent.

Single again I found myself at a crossroads. To my left was him, to my right was her and straight ahead was this hybrid life of confusion. I had still not heard of gender dysphoria and had no clue why I had this desire to present as female. I thought of myself as a "cross dresser" or a "transvestite", these were the only terms I had heard of for men who dressed as women.

I turned left to him. In fact I went all out him , choosing the role of some kind of alpha male, not the type who wears designer clothes and expensive aftershave, I did not have the money for that. I became the other type who dismisses anything that could be considered even slightly girly as "sissy". I did not take good care of my body, something I now regret when I look in the mirror.

I had the bad boy image and the gift of the gab, I became a Jack the lad womaniser. The Paul Young song "wherever I lay my hat" became my anthem. It was all to bury her. I am sure during this period I broke more than one heart and probably left a few women feeling used. If by chance you are one of them and reading this, and somehow recognize me then all I Can do is offer you my sincere apologies.

Looking back now to those times I feel a certain amount of sadness. I feel like I denied her her youth. I denied her the opportunity of being a beautiful young woman. Some people believe in the theory of alternative universes. Where other universes run alongside ours. Everytime we make a decision, we also make the opposite decision and create an alternate universe with a shared history but a different future. If this is so then when he turned left she turned right. I wonder if she is happy?

Although I look back with some sadness I do not have regrets. Every turn I have made, right or wrong, has brought me to where I am today. She now has a wonderful life and is married to her soulmate. She has wonderful friends and a great social life. How she got from the depths of his macho mind to now will be told in future articles.

Link Between Transgender Women Being Barred from Bathrooms and Racial Minorities being Banned from Toilets



We are fortunate here in Spain, that transgender women are treated better than the UK, where I lived for most of my life. It's progressive policies over gender, particularly recent developments making it easier for transgender people to self-identify. Sadly, this isn't the case in much of the rest of the world. Parts of Africa and Asia for example still has the death penalty for being transgender.

Many politicians and the media in the UK seem hell bent though on criminalising transgender people by using tactics commonly used during the dark days of racial segregation in post war Britain and the USA.

When we are talked about, we are spoken about as if we don't really exist as people. We are often referred to as "the transgender issue" and focus often centres on our basic

human needs. Start low level, like making it uncomfortable to trans women to use the toilet and work their way up to more serious behaviour.

In no way am I comparing historical racism with transphobia as they are completely different in historical

The exclusion of transgender women from public toilets today shares several similarities with the historical exclusion of racial minorities from public toilets. Both practices are rooted in discrimination, aim to control marginalised groups, and perpetuate social inequalities. Here's a detailed comparison using examples from both the UK and the USA.

Historical Context: Racial Segregation in the UK and USA

USA: Jim Crow Laws

- **Legal Segregation:** In the USA, Jim Crow laws mandated racial segregation in public facilities, including restrooms, from the late 19th century until the mid-20th century. Black Americans were forced to use separate, often inferior, facilities.
- **Impact:** This segregation reinforced racial hierarchy, dehumanised Black people, and limited their access to public life, employment, and education.

UK: Post-War Immigration and Discrimination

- **De Facto Segregation:** In the UK, while not legally enforced, racial discrimination was widespread in the 1950s and 60s. Signs stating "No Blacks, No Dogs, No Irish" were common, reflecting societal prejudice.

- **Impact:** Immigrants from the Caribbean, South Asia, and Africa faced significant social exclusion, including restricted access to public facilities, housing, and jobs, perpetuating their marginalization.

Modern Context: Transgender Women and Public Toilets

USA: Bathroom Bills

- **Exclusionary Laws:** In recent years, several states have proposed or enacted "bathroom bills" requiring individuals to use restrooms corresponding to the gender on their birth certificates. This effectively bars transgender women from using women's restrooms.
- **Impact:** These laws are justified by unfounded fears about safety and privacy but result in transgender individuals facing harassment, violence, and significant psychological distress.

UK: Societal Attitudes and Policies

- **Public Restroom Access:** In the UK, transgender women often face barriers to using public restrooms that match their gender identity. While there are no specific "bathroom bills," societal attitudes and discriminatory practices create hostile environments.
- **Impact:** Transgender women experience exclusion and discomfort, leading to social isolation and challenges in fully participating in public life.

Common Themes

Discrimination and Prejudice

- **Racial Prejudice:** Historical exclusion of racial minorities was rooted in racism, the belief in the superiority of one race over others.
- **Transphobia:** Exclusion of transgender women is based on transphobia, irrational fear, or hatred of transgender people.

Social Control and Power Dynamics

- **Maintaining Hierarchies:** Both practices serve to maintain social hierarchies. Racial segregation reinforced white supremacy, while barring transgender women from restrooms reinforces cisnormativity.
- **Controlling Public Spaces:** By restricting access to public facilities, dominant groups maintain control over public spaces and perpetuate the marginalization of minority groups.

Civil Rights Struggles

- **Racial Civil Rights Movement:** The fight against racial segregation was a major aspect of the civil rights movement in the USA, exemplified by actions like the Greensboro sit-ins.
- **Transgender Rights Movement:** The fight for transgender rights includes efforts to ensure access to appropriate public facilities, exemplified by protests against bathroom bills in the USA and advocacy for transgender inclusion in the UK.

Psychological and Social Impact

- **Racial Exclusion:** Denial of access to public facilities dehumanized and socially isolated racial minorities, contributing to mental health issues and reinforcing systemic inequality.

- **Transgender Exclusion:** Denial of access to appropriate restrooms leads to significant mental health challenges for transgender individuals, including anxiety, depression, and increased risk of violence.



It's a day-to-day experience here in Spain to have gender neutral toilets. When they aren't gender neutral, they are separated by a sign but often with communal wash facilities. When they are separate, they tend to be used by either gender without too much fuss.

It was on a recent trip to Finland that reminded me just how hypocritical the whole bathroom argument is.

The Olympic stadium, Finland was hosting a Coldplay concert and as I wasn't too bothered about missing the support act, turned up shortly before the main event.

By this time, the queues for the facilities were enormous. It's safe to say I've never seen such enormous queues for the toilets in my life. To supplement, the stadium had also provided mini portacabin toilets. Rows and rows of them. And like pretty much every event I've ever been to where these portables are in use, they were gender neutral.

I ventured into the main stadium area and as expected the queues for the women's toilet crept along the corridor and up the stairs. This imbalance is always an issue but with tens of thousands attending the event, it magnified the issue even more. I've never met a woman who has never queued for a toilet but I'm pretty sure it's a rarity for men.

It was then that I looked across to the men's toilet which was also very long and saw that (at an estimate) around a quarter of the queue were women.

Now, when I need the toilet, I use the women's. Being transgender, if I was to try and cross over to the men's toilet, I would likely be putting myself at best in a very

Conclusion

The exclusion of transgender women from public toilets today mirrors the historical exclusion of racial minorities from public facilities in both the UK and the USA. Both practices are rooted in discriminatory beliefs, aim to control and marginalize minority groups, and have profound psychological and social impacts. Recognizing these parallels highlights the importance of continuing to fight for equality and inclusion for all marginalized communities, ensuring access to public spaces without discrimination.

The bathroom issue and its hypocrisy

uncomfortable position and at worse, serious danger.

The reality is, that when there are mass events or even just busy events, many women, sick of the uneven toilet situation, choose this shortcut. I've never seen a man object to this, and I've never seen any of the so-called gender critical activists mention it either.

Men's and women's restrooms do have different rituals attached to them. Men rarely choose the urinal immediately next to them. The two ends and the middle are usually the first to go and anyone who varies from this, is treated with the utmost suspicion. It's a quick in and out for men with little time for chatting about the niceties of life. Again, you start chatting to the bloke next to you and you will be treated with mistrust.

Women's toilets are a much more sociable experience, probably based on the need for years of endless queueing. It can be quite a learning curve for the trans women who has recently come out, to get to grips with this. Small talk as well as compliments about your makeup or dress is not unusual.

The reality is, most people just want to pee, wash and leave. They don't want to inspect genitals; they don't want to discuss what they are in there for. They just want to go in, do, and come back out.

With gender neutral bathrooms, the whole bigoted transgender toilet issue would be solved, and gender toilet equality achieved. Seriously, would a woman rather use a gender-neutral toilet or endure endless queues?



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Basic foundation tips for newly out trans women and crossdressers

If you're new to the outside world and makeup, choosing the right foundation can make a big difference. Here's a quick and easy guide to help you find the perfect one.



1. Know Your Skin Type

- **Oily Skin:** Look for a matte foundation to keep shine under control.
- **Dry Skin:** Choose a hydrating foundation for a smooth, glowing look.
- **Combination Skin:** Go for a foundation with a balanced finish that works well for both oily and dry areas.

2. Find Your Skin Tone and Undertone

- **Skin Tone:** Match the foundation to the overall color of your skin (fair, medium, deep).
- **Undertone:**

- **Cool Undertone:** If your skin has a pinkish hue, pick a foundation labeled as cool.
- **Warm Undertone:** If your skin has a yellow or golden hue, go for a warm-toned foundation.
- **Neutral Undertone:** If you don't see much pink or yellow, choose a neutral-toned foundation.

3. Test It Before Buying

- Apply a little foundation on your jawline or neck and check it in natural light. It should blend smoothly with your skin, not stand out.

4. Choose the Coverage You Want

- **Light Coverage:** For a natural, everyday look.
- **Medium Coverage:** To even out skin tone while still looking natural.
- **Full Coverage:** For a flawless, polished look.

5. Pick the Right Formula

- **Liquid Foundation:** Easy to apply and works for most skin types.
- **Powder Foundation:** Great for oily skin and touch-ups.
- **Cream Foundation:** Best for dry skin and provides more coverage.

6. Use the Right Tools

- **Brushes:** For an even, smooth finish.
- **Sponges:** For blending foundation seamlessly.
- **Fingers:** Quick and easy, especially for liquid or cream foundations.

7. Set Your Makeup

- **Setting Powder:** Helps control shine and makes your foundation last longer.
- **Setting Spray:** Keeps your makeup in place and adds a fresh finish.

With these simple tips, you'll find a foundation that suits your skin and makes you feel confident and beautiful. Enjoy the process and have fun experimenting!

BENIDORM PRIDE 2024

2nd – 8th September



Benidorm Pride 2024 is an excellent destination for transgender women looking for an inclusive, vibrant, and unforgettable experience. Benidorm, known for its welcoming and diverse atmosphere, offers a unique blend of celebration and community that makes it a fantastic choice for Pride.

The event is not just about the parade; it's a week-long celebration packed with activities, from beach parties to cultural events, all within a safe and supportive environment. For transgender women, this means you can express yourself freely, surrounded by people who embrace diversity.

Benidorm's LGBTQ+ scene is lively and accepting, with numerous bars, clubs, and events catering to all identities. During Pride, the city becomes even more inclusive, with dedicated spaces and activities that celebrate transgender visibility and pride.

Additionally, Benidorm's stunning beaches and warm climate provide the perfect backdrop for a fun and relaxing getaway. Whether you're joining in the high-energy parties or simply soaking up the sun, you'll find the experience both rejuvenating and empowering.

Attending Benidorm Pride 2024 allows you to connect with a global LGBTQ+ community, make new friends, and create lasting memories in a place where you can truly be yourself. It's not just a holiday—it's a celebration of who you are, surrounded by love, acceptance, and joy.



A Letter to my Younger Self

By Sonja...

Writing a letter to your younger self can be a cathartic and extremely thought provoking experience. Do you have wisdom now that you wish you had back then?

If you wish to have your letter published, send it in to us. Have a go at reflecting and putting your thoughts to paper.

TGirl Dzeni Markovic (Sonja), From Belgrade, Serbia



English is not Sonja's first language, but she shares this letter from the heart. Oh, and she works on ships...

Hi there, my name is Sonia, next month I will be 54 years old and somewhere in the middle of the ocean.....Who am I, where I am, what I am doing, is this life worth, am I man, or am I woman, am I living right life.....and many many other questions I

asked myself like each of us do.....few years ago I have did hardest thing in my life. I have heard that as kind of therapy and founding some answers I should wrote letter to my younger self, when I was a little girl, about age 8.... Pfff piece of cake, I can even go there and talk with her, I am big girl now, smart, I can teach her and give some advice, some tips..... Oh, how I was wrong.....

I set my mind and I go there to visit me. I go there to that beautiful small town surrounded by nature like from fairy tales, where there's a big forest and crystal clean river with many other sources of water around..... and I saw me.....I saw that queen of the ruins and walls of our medieval city, I saw that brilliant girl who was talking with animals without saying a word, I saw me how I am touching that river and communicating with her, I saw that little funny girl trying to make first steps in high heels, trying to wear first dress and learn how to use makeup to look like our mom, preparing yourself to be a grown up woman one day and become mom by yourself..... I am watching her..... I am watching me..... She noticed that someone is there..... She sees me and she smiles I wish to say something, but I couldn't..... My tears just running after another watching myself..... What I can't say to me when I am so much me, when I am already perfect, what advice to give?

After that moment I need a bit of time to catch my breath..... How to tell this wonderful girl all that I know and to not hurt her? I know her every next step, her every day, month, year. Should I tell her anything of that?

I just hug her like nobody else before and kissing that smart head.

"Huh girl, it will not be easy, it will not be easy at all, but you already know that. Your life will be hard of road driving, and I know now that you will not accept anything less, I know you, you must know all, you must search all, you must see all before others, you will not be satisfied till you reach the biggest secrets of life.....

You will need a very strong vehicle for that kind of road, and very well armoured, maybe this is why you chose that body, soon will be a strong man so he can protect you..... Oh, you are so clever girl..... You will stay without friends one by one; they will feel that you are little bit a strange and people is afraid of strange, you will show the teachers in the school that this is not right knowledge and that you are smarter than that.

You will play guitar. You will have your own workshop and show all your creativity and art. You will be sent to the army to serve one year and live in the same room with fifty other men, but you will stay a woman and only you know the secret how..... One year later you will watch with your eyes how that big strong country where you are born, that last shelter of the South Slavic people broken in a million pieces, and that country will not exist anymore.

Whatever you see and whatever you feel, you should know one thing.... Your strong country didn't survive but you did because you are stronger than one whole country..... You will make some crazy things, oh yes you will, I know you.... But you will save some lives, you will save one whole family, your mother's instinct will always act to protect life, you will find food when nobody else can do, you will find always a way to smile and tell a joke, you will always find a way to survive any situation and see the light when others think

that is no way out, when others think that is the end.

You are the one who takes your skirt and rifle that night and without fear dressed like woman stop the trucks with tiffs and defend whole village of your friends.... I saw that, and sometimes I totally agree with your guardian angel.... girl.... you need a serious doctor..... But I've got your point. You wish to show that you are ready to live like a woman in all kinds of ways, and that you are ready to die like a woman no matter of what others will say. You wish to show all transgendered people how much they worth and what are they capable to do.

I totally agree, just don't repeat that girl please, I was scared to the death. You will learn, later, that "being a woman" isn't just a charming lady in high heels, perfumes, long dresses or short miniskirts, or lovely long hair..... Being a woman is a full spectrum of woman living, breathing like woman, thinking like woman, acting like women, care like woman, no matter how dressed you are, no matter if your nails are not a perfect.....

Oh, yes, you will be married too, and you will be a mother too. I told you; you are amazing, you will always find a way. There is nothing to worry about, you will be a great mother. You will travel. You will travel a lot. You will sail with big ships. Bigger than you read in your fairy tales. You will search for your faith. You will see Jerusalem. But that will not be enough for you. You will sail to the end of the world, I know how crazy you are, you will defy and spite to the huge waves of the oceans and pass through mad storms where others can't, just to find answers, just to find your faith and peace. Is this just because you lose your faith in love? Or is something more?

Anyway, you will learn a lot girl, so much that you can use your sarcastic jokes and tease your professors from the school. And you will become old one day too. Nothing to worry about, happen sometimes too. Actually, you will become me. Actually, I am you. Or you are me. Or, however it is we are, both of us, today proud of you. And today I am not so sure I am learning from you, or you are learning from me so I really don't know what's new I can tell you or how to advise you.

I just can say that you forgave your father long time ago, and you did that from another side of the world, somehow unexplainable he heard your voice. You forgive to your mother too. I saw with my eyes how much meant to her when you show up her last days. It will mean to you too, believe me. You will see that miracle and what will happen when you give her that Saint oil from one island and candles from Jerusalem that you collect on your journey.....

After all.... I am thinking.... should I mention that you will be married one more time or I should keep that as



surprise just don't do this anymore please, please not again.....Or better not to say what your angel guardian says when you buy motorbike..... I hardly calm him down, I must give him a some



serious pills . However, I think it's time to fulfil your dream and promise to yourself from the beginning, find your small home somewhere in the nature, drop your

anchor there, you know that you belong there, and live like a wise woman, forest fairy, with that collected knowledge from all over the world.....

Sonja

Terms to Know

TRANSGENDER - DESCRIBES A PERSON WHO DOES NOT IDENTIFY AS THE GENDER THEY WERE ASSIGNED AT BIRTH.

NON-BINARY - DESCRIBES SOMEONE WHO DOES NOT IDENTIFY WITHIN THE GENDER BINARY.

CISGENDER - DESCRIBES A PERSON WHO IDENTIFIES AS THE GENDER THEY WERE ASSIGNED AT BIRTH.

GENDER IDENTITY - THE INTERNAL SENSE OF ONE'S OWN GENDER.

GENDER EXPRESSION - HOW ONE PRESENTS THEIR GENDER; BOUND BY SOCIAL CONSTRUCT, EPOCH, CULTURE, ETC.

source: pinkmantary.com/terminology

Philippa York: A Trailblazer in Cycling and Transgender Advocacy

From inspirational cyclist to inspirational woman

Back in the 1980's I was a bit of a cycling fan. In an effort to get fit and give up the dreaded weed, I bought a bike and became a fan. Little did I know, that one of my heroes from that day would turn out to be a hero almost 40 years later.

Philippa York, formerly known as Robert Millar, is one of the most accomplished British cyclists in history and a trailblazer for transgender visibility in sports. Born in Glasgow in 1958, York became a household name in the 1980s for her extraordinary achievements in professional cycling, including a podium finish in the Tour de France and multiple King of the Mountains titles in the Grand Tours. Her transition later in life marked a significant moment in sports history and has since become a powerful story of courage, authenticity, and advocacy.

Cycling Career Highlights

Philippa York first rose to prominence as Robert Millar, a talented and determined cyclist known for her exceptional climbing ability. In 1984, she became the first—and remains the only—British rider to win the King of the Mountains jersey at the Tour de France, securing fourth place overall, which was the highest finish for a British cyclist at that time. Her success continued throughout the 1980s, with notable victories in the

Vuelta a España and the Critérium du Dauphiné, solidifying her reputation as one of the finest climbers of her generation.

Transition and Public Announcement



After retiring from professional cycling, Philippa York withdrew from the public eye for many years. In 2017, she made the courageous decision to come out publicly as transgender, revealing her true identity after a lifetime of living in secrecy. York's announcement was met with widespread support from the cycling community and beyond, marking a significant moment for transgender visibility in sports.

York's transition was not only a personal milestone but also a powerful statement against the stigma and discrimination faced by transgender individuals, particularly in the world of competitive sports. Her openness about her journey has helped challenge stereotypes and foster a more inclusive environment for future generations of athletes.

10 tips for trans women on how to style themselves sexier



Advocacy and Legacy

Since coming out, Philippa York has become an advocate for transgender rights and inclusion in sports. She has used her platform to raise awareness about the challenges faced by transgender individuals and to promote understanding and acceptance. York's story is a reminder of the importance of living authentically, even in the face of adversity.

Philippa York's legacy extends beyond her achievements on the bike. As a pioneering figure in both cycling and the transgender community, she continues to inspire others with her courage and resilience. Her journey serves as a testament to the power of authenticity and the ongoing fight for equality in sports and society.

Philippa York Walked Away From Fame to to Become Her True Self

Watch Philippa's interview with Lorraine Kelly on YouTube

<https://youtu.be/xFW3fnWDYpE?si=KEBTQ-vHApOXWtSY>

Styling yourself in a way that makes you feel sexy and confident is all about understanding your body, playing up your best features, and embracing your unique style. Here are 10 tips for trans women to help you look and feel your sexiest:

1. Find the Right Lingerie

- Invest in lingerie that fits well and makes you feel confident. A good bra and panty set can enhance your shape and give you that sexy, feminine feel. Look for styles that support and flatter your figure, like push-up bras or high-waisted panties.

2. Embrace Curves with Shapewear

- Shapewear can help create a smooth silhouette and accentuate your curves. High-waisted briefs, waist cinchers, and padded shapewear can enhance your hips and bust, helping you achieve a more hourglass figure.

3. Choose Clothes that Flatter Your Body

- Wear clothes that highlight your best features. For example, if you love your legs, show them off with a short skirt or fitted jeans. If you have a defined waist, try belted dresses or tops to draw attention to it.

4. Play with Heels

- High heels not only add height but also enhance your posture, making your legs look longer and more toned. Start with a comfortable heel height and practice walking confidently. Heels can instantly make any outfit feel sexier.

5. Opt for V-Necks and Plunging Necklines

- V-necks and plunging necklines elongate your neck and draw attention to your décolletage, creating a flattering and sexy look. They work great for adding a touch of allure to any outfit.

6. Experiment with Hair and Makeup

- Sexy styling isn't just about clothes—it's also about how you present yourself. Experiment with hairstyles that frame your face and makeup that enhances your features. Bold lip colors, smoky eyes, and soft waves can all contribute to a sultry look.

7. Accessorize with Confidence

- Accessories can elevate your look and add a touch of glamour. Statement necklaces, chandelier earrings, and elegant scarves can draw attention to your favorite features and complete your outfit.

8. Use Perfume to Enhance Your Presence

- A subtle but alluring scent can make you feel sexier and more confident. Choose a perfume that resonates with you and spritz it on pulse points like your wrists, neck, and behind your ears.

9. Wear Clothes that Make You Feel Empowered

- The most important aspect of dressing sexy is how it makes you feel. Wear clothes that empower you and make you feel like the best version of yourself. Whether it's a little black dress, a sleek pair of jeans, or a silky blouse, confidence is key.

10. Confidence is the Ultimate Accessory

- Sexy styling is as much about attitude as it is about clothes. Walk tall, smile, and embrace your body. When you feel confident, it shows—and that's the sexiest thing of all.

By focusing on what makes you feel good and accentuating your unique beauty, you can style yourself in a way that's not only sexy but also truly empowering.



How to Look Your Best in a Wig: A Guide for Male-to-Female Wearers

Wearing a wig can be a transformative and empowering experience for male-to-female individuals. Whether you're new to wigs or looking to refine your style, here are some tips to help you look your best and feel confident.

1. Choose the Right Wig for Your Face Shape

- **Oval Faces:** Most wig styles will suit you. Feel free to experiment with different lengths and cuts.
- **Round Faces:** Opt for longer wigs that add height and volume at the crown, with layers that frame your face.
- **Square Faces:** Soft, layered wigs with waves or curls can help soften the angles of your face.
- **Heart-Shaped Faces:** Try wigs with chin-length layers or a side-swept fringe to balance out a wider forehead.

2. Select the Right Colour

- **Skin Tone Matters:** Warm skin tones pair well with shades like auburn, honey blonde, or chestnut, while cool skin tones are complemented by ash blonde, platinum, and cooler browns.
- **Natural Look:** If you're aiming for a more natural appearance, start with a colour close to your natural hair color, or opt for shades that aren't too far from it.



Penny likes longer hair.

3. Invest in a Quality Wig

- **Synthetic vs. Human Hair:** Synthetic wigs are more affordable and require less maintenance but can look less natural. Human hair wigs are more expensive but offer a more realistic appearance and can be styled with heat tools.
- **Lace Front Wigs:** These provide a natural-looking hairline, which can make your wig look more like your own hair.

4. Proper Wig Placement

- **Wig Cap:** Always use a wig cap to flatten your natural hair and create a smooth base for the wig. It also helps keep the wig in place.
- **Adjust the Wig:** Make sure the wig is snug but not too tight. Most wigs have adjustable straps for a better fit.
- **Align Correctly:** Position the wig so that the front lace sits just along your natural hairline. Tug it gently to ensure it's even and secure.

5. Blend the Wig with Your Hairline

- **Natural Hairline:** If you have some natural hair at the front, consider blending it with the wig for a more seamless look.
- **Conceal the Edges:** Use makeup or a concealer that matches your skin tone to blend the lace with your forehead, making the wig's hairline look more natural.



I prefer a slightly shorter wig.

6. Style It to Suit You

- **Cut and Trim:** Have your wig professionally trimmed to suit your face shape and style preferences. This can make a huge difference in how natural it looks.
- **Styling Tools:** Use appropriate tools and products for your wig type. Synthetic wigs require low-heat tools, while human hair wigs can be styled like natural hair.

7. Care and Maintenance

- **Regular Washing:** Keep your wig clean by washing it regularly with products designed for wigs.

Overwashing can damage the fibers, so find a balance that keeps your wig fresh without overdoing it.

- **Storage:** Store your wig on a stand to maintain its shape and keep it tangle-free. Avoid exposure to direct sunlight and humidity when storing.

8. Confidence is Key

- **Own Your Look:** The most important aspect of wearing a wig is how you carry it. Stand tall, smile, and embrace your new look with confidence.
- **Practice Makes Perfect:** The more you wear and style your wig, the more comfortable and confident you'll become. Don't be afraid to experiment until you find what works best for you.

Looking your best in a wig is all about finding the right style, fit, and colour that complements your features and makes you feel confident. With a little practice and the right care, your wig can become a beautiful part of your transformation.



You can experiment with different colours and length.

The Costa Blanca TGirls is a community within itself. Now numbering over 20 Trans Women from more than 7 countries who live or spend time here in Spain.



We are also part of the wider LGBTQ+ Community. Here on the Costa Blanca and Costa C alida.



The Community centres around a facebook group run by Marc and Kerry called LGBTQ Costa C alida - Blanca

Anyone can post an event, from going for a beer to white water rafting on the Rio Segura, for members to join in with.



Carla and I have received fantastic support from this Community with many members joining us for a drink or meal when we have posted an event.



The group also organises a Christmas Party for members. You can also find out everything you need to know about Orihuela Costa Pride.

I highly recommend that anyone who identifies anywhere on the LGBTQ+ spectrum and spends time in Spain joins this group.

