

TG Focus

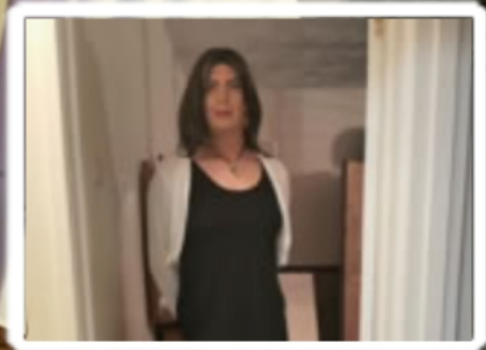
The world from a transgender perspective

TEAM TG GOES DUTCH



TRANSPHOBIA
- Are we doing enough?

ELEESE'S STYLE



"The longer transphobia goes on, especially anti trans-woman hype, the more hate and violence will happen to all women"

- Angela Abraham

TG Focus: July 2024

Hi Everyone,

Welcome to our July edition of TG Focus. Pride month has finished but we carry on with our activities, nonetheless.

Firstly, we would like to thank everyone who has downloaded the magazine and to those who have contributed. It's quite an undertaking to have the magazine articles ready for the 1st of the month. Thank you for your support.

This month we have the first in a series of 'Fashion Style' secrets, with the gorgeous Eleese. If you want your own fashion secrets to be featured in a future edition, send your replies to the questions together with half a dozen photos or so and we will feature you.

Carla guides you through the mental anguish of body shape/image and how to deal with the issues it raises. We also have a recipe with a difference and a personal account of a TGirl stepping outside for the first time.

Feel free to contribute articles, photo shoots or suggestions for future editions. Thank you for your support. Have a lovely month,

Carla XX

Welcome back to the TG Focus,

This month we have many interesting articles for you. We hope that you are enjoying the reading the magazine as much as we do producing it. A big thank you to those of you who have given us feedback on the magazines content.

It is amazing that we have readers from all over the world. We are conscious of the fact that our content can be very Spanish focused. We would love to hear from other communities and would be more than happy to share your experiences and adventures with our readers.

We are very proud of the community we have built here on the Costa Blanca and although it has not always been without its challenges, it is very rewarding.

Our website will also be undergoing a facelift over the next few weeks. If there are things you would like to see please let us know.

I know that Carla will join me in thanking the Costa Blanca transgender community for their support in producing this magazine. A special thanks to Emma who has contributed and shared so much with us.

Penny xx

TRANSPHOBIA

Transphobia does not start with a trans man or woman being attacked in the street. It starts with critical comments about their appearance. When this goes unchecked by those around them, the aggressor feels emboldened to increase their hate speech, Refusing to use preferred pronouns and other transphobic language.



Brianna Ghey
Murdered Aged 16

The use of transphobic language is not an attack on an individual; it is an attack on the whole transgender community. The aggressor is stating that they, that anyone, has the right to choose another persons gender.

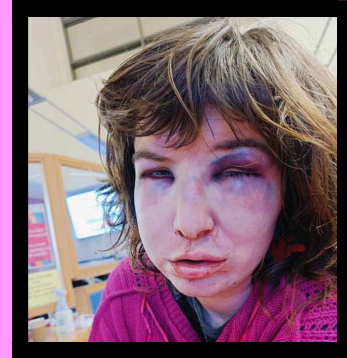
If this aggression is allowed to go unchecked, it will escalate to on line abuse, verbal assaults and eventually physical violence.

Our lack of response to this hate speech is passive acceptance of the aggressors behaviour. They take our inaction as condoning their behaviour and we become part of the problem of transphobia.

Where do you draw the line? Does the line move if it is your brother, sister, son or daughter? It shouldn't!

We all set our own moral compass and answer to our own conscious.

We know if we are guilty of passive acceptance of transphobic behaviour.



Jessica aged 31

Beaten up on a bus in Coventry

A wise person once told me, when a narcissist can not control you, they try to control how other people see you.

Most of us, if not all of us, would have been guilty at some point of pretending not to hear or choosing to not know to avoid socially awkward situations or even losing friends. By allowing this aggression to go unchecked and without consequences it is difficult to see how we can consider ourselves part of the trans community or allies of the trans community.



Nex Bennidict
Murdered Aged 16

Next time you open a newspaper or turn on the television and see a report of another attack on a transgender person, remember it all started with "harmless" words. Hopefully the victim will not be someone you love.

Does your body shape get you down?

Addressing the Challenges of a Transgender Woman's Body Shape

By Carla

Assigned male at birth, (AMAB) we must deal with the challenges to our body shape. These challenges come from societal expectations, psychological impacts, and physical limitations. There are certain things we can do however to combat many of these.

Hormonal differences are to blame, with fat distribution being less on the chest and hips, broader shoulders, and that Adams apple. Even after commencing hormone replacement therapy (HRT), the reversal is limited, especially for those transitioning later in life. The effects of HRT though vary greatly, and it may be distressing if you don't get the results you want. It can be a source of great discomfort that the greater muscle mass can be difficult to reduce. Bone structure cannot be altered and those larger hands and feet, together with the

width of the shoulders are often the source of dysphoria.

There are things you can do to offset this, for example your diet. Focusing on exercise to help lose weight can help, especially if you focus on cardiovascular exercises rather than weight training. Exercises targeting the glutes and hips can also produce minimal results.



Cosmetics

There are limitations to surgical procedures, for example, breast augmentation will require real life experience, hormone therapy and a combination of referral letters and gender recognition certificate in the UK. Facial feminisation and body contouring will also be available but very expensive.

These are not what I am concentrating on though. I include anyone on the feminine end of the gender spectrum, from cross dressers onwards.

Fashion and Styling

This is where we all start. For me, that euphoria when dressing for the first time, gave way to a quite depressing feeling when the clothes I wanted to wear just didn't hang or look right. The photos of you looking slightly top heavy meant a reassessment of your wardrobe.

The right sized breast forms are essential. One of the mistakes many people make is to go too large. I opted for a B/C cup which are still quite substantial despite me being 178 cm tall (just over 5'10" in old money). Then it was a decent wig. It's suggested you go as near to your own colour hair as possible, but I found that didn't work for me. It's worth trying many different colours and styles before you part with what could be a very expensive purchase.

Clothes

Getting to grips with clothes style and what suits your body will be one of your biggest challenges. Dresses for example will be shaped with the cis women in mind and no matter what you do, they will not align with your body shape. I got most of my first dresses

online and it became very frustrating when the waistband for example just does not look right. With that in mind, it's prudent to choose a store with a relatively cheap and effective returns policy while you learn what fits your shape.

It's amazing what you can pick up relatively cheap while you experiment. Once you are used to a brand you can be relatively confident with sizes.



A belt with a skirt does wonders.

Accentuating your waist gives you the appearance of the feminine shape, so straight dresses with a belt is a great way to start experimenting. Flared skirts have the same effect with a blouse or top tucked in. When you wear a tight skirt, it can accentuate the top half of

your body, but you can offset this with a V neck shaped top half.



A belt with a dress accentuates the waist.

There's little you can do about the size of your feet, but you will need to learn to walk again if you opt for heels. They look and feel amazing so if you can learn to live with that, it can be a real positive.

Psychological

Much of accepting yourself can be down to your mindset. One of the issues is that of 'passing'. I dislike the term. It suggests that there is an approved look for a woman. Women are continually judged on their appearance, and it also included transgender women. On a spectrum there are cis women who look male and there are

trans women who look female and everything in between. We are better having clothes that fit and look good than trying to fit into an ideal that doesn't exist.

I have accepted my body shape and would rather wear the clothes that make me feel and look good rather than conforming to what this ideal suggests. I prefer the term 'blend' if you need a term at all. You can't change your height and wearing just a two-inch heel takes me to just over six feet tall. I therefore stand out. I would rather stand out confidently than walk in flats with my head down.

Makeup skills can be hard to acquire and if you have someone willing to help you, it can make all the difference to your confidence. Many people try too hard and end up looking like drag Queens rather than the woman they hope to become. Most cis women have a daytime makeup regime, light, fresh and natural looking. Their party / evening makeup more dramatic, usually to combat the poorer light, like you would your choice of clothes.

This journey is personal and multifaceted. There are lots of issues

and choices to be made. You will make mistakes, but it will be fun finding out what suits you. It's hard to beat the feeling of trying something on and it looks great, sometimes better than you thought it possible.

A lot of the journey though is psychological. Once we get away from trying to look perfect, and 'passing', we have the freedom and confidence to be ourselves. I'm a transgender woman and extremely proud of how I have achieved my look.





TRANSMAXXING

While doing some research for the magazine I came across a term I had not heard before "Transmaxxing". So what is Transmaxxing?

Wiktionary defines transmaxxing as, "to undergo gender transition for the perceived social advantages that come with being the opposite sex, especially as regards the sexual marketplace".

The Channel 4 documentary series Life Uncovered went to meet transmaxxer Sammy. Sammy openly admits 'I am not a woman but I'll take the benefits'.

Transmaxxers do not have any gender dysphoria, although they may claim to do so to fit in with their chosen image or social group. The Transmaxxing manifesto, a blue print to being a transmaxxer, lists reasons to transition such as, "women's spaces are cleaner than mens, women attract high value men who pay for parts of their lifestyle and even that they can get cheaper car insurance".

A list of recommendations begins with voice training to taking hormones to develop soft sensitive breasts. It also recommends listening to sissyfication tapes. These tapes were developed by dominatrix's in the BDSM scene to hypnotise men into becoming sissy sluts. If a person is susceptible to this kind of hypnotic suggestion it is unlikely they will act in a female manner. Their language will become more camp than feminine, they will likely be sexually promiscuous and have

exaggerate body language. Their dress style will be more lascivious than feminine.

If a person transitions, male to female, without having gender dysphoria, it is likely that they will become gender dysphoric. As their body and lifestyle become more feminine, the man inside will cause an internal struggle. This may lead to unpredictable mood swing, erratic behaviour, depression and feelings of insecurity. They will likely have feelings of impostor syndrome. Seeking constant affirmation from those around them. They may project their inner feelings on to others and isolate themselves from anyone they feel is a threat to their female status.

Ben Zand, who made the Channel 4 documentary was interested to find out how the trans community reacted to the concept of transmaxxing. He took Sammy to Brighton to meet Julie, a trans awareness consultant. She was supportive of Sammy's decision to transmaxx. Julie would appear to be an isolated voice in the wider trans community. Others are very critical of the whole concept of transmaxxing. They feel it is harmful to the community as critics will point to transmaxxing as the only reason a male would transition to female. The anti trans media have certainly jumped on transmaxxing to this end and claim that it "explodes the myth of gender dysphoria".

My Fashion Secrets

Eleese



Hi, my name is Eleese, I'm 57 and live in the UK, South Yorkshire to be precise and nearly all my adult life I've worked as a roof slater.

I'm very happily married and have a son aged 30 and daughter aged 14. Both my wife and daughter know I'm transgender and are super supportive of me and are great sources of knowledge and advice on most things feminine, which helps.



How would you describe your style?

As for having style, then I'm not really sure I have, well, my head tells me what it wants me to look like, but my physical shape says the complete opposite at times. In essence,

I just love to experiment with different styles (however, I would secretly yearn to pull off some of the amazing Gothic looks that are out there).

Which colours and shapes suit you best?

As before, I don't think any particular colours or shapes suit me best, although having said that, as long as any top I wear hangs loose to cover my belly then I'm generally OK. I certainly can't wear anything tight around my midriff.



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

I don't really have a style icon, I just kind of roll with what things I see. I buy them and try them and if it works (my wife will be the judge of that) and if it doesn't, then she'll tell me.



What are your favourite high street/online stores?

I do buy most of my clothes from Shein. I think the prices are really very good and mostly the materials are superb, and they do such a varied range.



What is the oldest item in your wardrobe?

I honestly couldn't say what my oldest item of clothing is, certainly nothing feminine anyway.

What was the last item of clothing you bought?

I still have some items in my wardrobe, I haven't tried on yet. I have a couple of lace neck vests, a leather look mini skirt, a longish tight red tartan skirt and a drop sided long sleeve top.



What is your favourite outfit?

Again, I don't really have a favourite outfit per se. I have a lot of various types and styles that I just put on to match the mood I'm in at the time. Sometimes it can be quite a 'Eureka' moment when things I wouldn't think go together, actually do. On the flipside of that, there's the outfits that seriously do not look good at all.

How many shoes and handbags do you have?

I only have 2 handbags, 4 pairs of shoes, 3 pairs of boots, 2 pairs of trainers and one pair of sandals. Black being the most dominant colour. I definitely can't walk in heels, but I have a wonderful pair of ankle

stilettos (only 2") that I adore, but just look hideous trying to walk in them. My 'just below knee' boots, I love though.



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

I'm honestly not experienced enough with clothing or makeup to have a secret. I do my makeup to (again) suit my mood and I wear what my wife says matches my makeup haha!

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

As for advice I've received, I honestly would not be able to recall it due to having such a poor memory. I constantly have to pester Google for answers.



TRANS FACT



There is a biological basis for gender identity.

Medical literature, including studies of trans and intersex people, shows that there is a biological basis for gender identity.

Read more: <https://www.endocrine.org/news-and-advocacy/position-statements/transgender-health>

Follow Carla on Social Media

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

Listen to my podcast on
<https://spotify.link/FhWLMteyFJb>

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

Stephanie Steps Out!

A personal story about a first...



Stephanie had spent weeks preparing for this moment, although most of her life wanting it so much. She'd agonised over every detail: what to wear? the perfect dress, the right shade of lipstick, and shoes that were both stylish and walkable. Her apartment looked like a tornado had hit a department store, but she was finally ready. Today, she would venture out as her true self.

As she stepped out of her front door, her heart pounded like a drum solo that Sheila E would have been proud of. The elevator ride felt like a descent into the unknown. Despite the fact she had taken that route hundreds of times before, it felt different. She could feel every eye in the foyer on her,

though in reality, everyone was more focused on their phones.

The real test came when she hit the bustling streets outside. Stephanie walked with the grace of a new-born giraffe, wobbly but determined, despite the practice she had put in. She was super consciously aware of everything: the way her heels clicked on the pavement, the soft swish of her dress, the stares—or lack thereof—from passers by.

Then it happened, at once. At the same time as a car pulled up alongside her, sending her into a slight panic, a gust of wind turned her careful hairstyle into something resembling a bird's nest and sent her dress billowing like a rogue parachute. A young boy pointed and giggled. The car drove on, Stephanie's cheeks burned, but she took a deep breath.

"First time out?" asked a kind woman who had been watching from the doorway of a café.

"Is it that obvious?" Stephanie replied, laughing.

"Just a bit. But you're doing great. Keep going."

Stephanie smiled; her confidence bolstered. She took a step forward, then another. She was out in the open, and she was Stephanie. And that was more than enough.



The 'pleasure' of packing a T-Girls case for a getaway!



My tongue in cheek account of planning a getaway case...

My first fully feminine break after I came out was a treat. Not for me, any male clothes. Just pure female joy. With that though, came the responsibility of making each venture outside not only a treat, but a glamour fest of glamour.

A logistical feat of epic proportions for a trans woman. A planning feat to make Tetris perfection seem like child's play, and more case space than I ever needed before.

The delightful chaos is in stark contrast with packing a man's suitcase. A couple of T-shirts, shorts, maybe jeans, swimsuit, underwear, toothbrush, and that's it. Well, today's modern man would like to smell nice as well, so a few small smellies to fit into that small plastic airport bag. Ten minutes, tops!

Now the whirlwind starts. Decision making, and second guessing every outcome begins

and continues into the early hours. Like an interview process for a multinational company, the first draft, the selection process, commences. The weather, warm? cold? wet? We need to be prepared for all eventualities.

Daytime outfits require separate planning from night time. Casual dresses, skirts, and at least three tops for every bottom. Maybe one for the beach, one for sightseeing and one for the 'just in case' moments. Shoes? Ahh, my weakness (apart from bags), flip flops, trainers, sandals for the day. Add heels for the evening, a pair to match each outfit. Try picking one pair of shoes to match every outfit... Impossible!

Evening wear. Dresses, how many? You can never be too prepared for the spontaneous fancy dinner or glamorous night out. In fact, every night out is glamorous for us. The jewellery and accessories must be coordinated, meaning necklaces, earrings, bracelets and rings, specially selected with surgical precision. Then, there's those bags

I love a leather skirt, so if it's not too warm, I will be packing these as well, with the tops to match. And please don't forget the hosiery.

My makeup bag is filled with more beauty products than a small beauty store, with foundation, blush, mascara, multiple eyeshadows, and lipsticks in every conceivable shade. Never forget your skincare routine, with cleansers, toners, moisturisers, and sunscreens.

If you're on a regime of hormone replacement therapy? (HRT), don't forget those.



for adaptability to any situation, resembling a festival of fashion and foresight. I'm impeccably prepared for every delightful twist and turn my holiday may take.

TRANS FACT



There is more to sex and gender than XX and XY chromosomes.

Sex is more complicated than your GCSE biology textbook would have you believe. This fact is borne out by the existence of intersex people. In fact, it's incredibly complicated so do read the article below for more information.

Read more: <https://www.scientificamerican.com/article/sex-redefined-the-idea-of-2-sexes-is-overly-simplistic1/>

Us T-Girls need to keep hair free so a combination of wet razors for all over the body (or lady shave) as well as the post shave products, such as tea tree or baby oil for that flawless face.

Hair is a special area for us, and we are able to combine numerous hairstyles with a wig or two. If you have your own head of hair, you will need a myriad of items such as brushes, combs, hairdryers, straighteners.

After hours of intense packing, the suitcase is closed with both a prayer and a bit of sitting on top to zip it shut. Every bit of space is accounted for, but if you are flying, there's the carry-on bag, ready in reserve with the travel sized beauty products and snacks. Don't forget the entertainment, the iPad, kindle, magazines.

If I am travelling by plane, I make sure I have room in my hand luggage for a trip to duty free. Maybe to buy a fragrance or piece of jewellery. After all, that's what they are put there for.

Packing a T-Girls suitcase is more than just preparation, it's an art form. The readiness

Here are seven things you may not know about transgender people:



1. **Around 5000 to 3000 BCE.**, Gala, described as androgynous or trans priests of the Sumerian goddess Inanna, spoke their own dialect and took on feminine names.
2. **Sometime from 200 to 300 BCE.**, in ancient Greece, some gods were worshiped by galli priests who wore feminine attire, identified as women and have therefore been identified by scholars as early transgender figures.
3. **In the fourth century**, Anastasia the Patrician fled life in Constantinople, the capital of the Roman Empire, to spend the remainder of life dressed in masculine attire and presentation as a monk and has become viewed by some scholars as transgender.
4. **In South Asia, at least eight known gender expansive identities have historically been present in the subcontinent**, the most well-known being hijra – third gender people of historical, spiritual, and cultural significance in South Asian society. Hijra and other individuals of diverse gender identities have been well-documented in religious and cultural texts and legends.

- These individuals often form intentional communities for fellowship and survival.
5. **Around the 18th century**, the Itelmens of Siberia recognised a ‘third gender’ called ‘koekchuch’ to describe individuals who were assigned male at birth but expressed themselves as women.
 6. **The oldest Western institute studying LGBTQ+ identities was started in Germany in 1919.** *Institut für Sexualwissenschaft* (Institute for Sex Research) performed some of the earliest contemporary affirming medical services. It was eventually destroyed in the rise of German fascism under the Nazi party.
 7. **In Turtle Island (an indigenous name for North America), Indigenous communities use the term two-spirit as a modern, pan indigenous umbrella identifier for people of another societal and ceremonial gender identity.** This term was established in 1990 as a modern, collective term for a historical gender identity describing individuals not considered men or women in most, if not all Indigenous cultures of Turtle Island.

These seven facts barely scratch the surface of the trans and non-binary community’s history. To learn even more about transgender and non-binary communities, check out the various resources on HRC website.

<https://www.hrc.org/resources/seven-things-about-transgender-people-that-you-didnt-know>

Recipe for a Transgender Woman Getting Ready for a Night Out



Serving suggestion

Ingredients:

- 1 Outfit (fabulous and confidence-boosting)
- 1 Pair of Shoes (stylish yet comfortable, heels)
- Accessories (to taste)
- Makeup Kit (complete with foundation, eyeshadow, mascara, etc.)
- Wig, Hair Tools (curling iron, straightener, brushes)
- Skincare Products (cleanser, toner, moisturizer)
- 1 Confidence (preferably unshakable)
- 1 Playlist of Favourite Tunes (optional, but recommended)
- 1 Glass of Sparkling Water (or a favourite beverage, wine is particularly good for this recipe)

Instructions:

1. Preheat Your Confidence:

- Start with a relaxing shower or bath. Use your favourite scented body wash to set the mood.
- Put on your favourite tunes (this can be done later if preferred)

2. Prep Your Skin:

- Cleanse your face thoroughly with your favourite cleanser.
- Apply toner and follow up with moisturizer to create a smooth canvas for your makeup.

3. Begin Makeup Application:

- Apply primer to ensure your makeup lasts all night.

- Blend foundation evenly across your face, followed by concealer where needed.
- Apply eyeliner with precision, brush eyeshadow on your lids, and finish with a generous coat of mascara.
- Add blush to your cheeks and highlighter to your cheekbones for a radiant glow.
- Choose a lipstick that makes you feel unstoppable.

4. Hair Styling:

- Apply chosen wig and brush until set.
- If using real hair, Blow-dry or air-dry your hair as preferred.
- Style with your chosen tools: curl, straighten, or add volume as desired.
- Use hairspray or other styling products to set your look.

5. Assemble Your Outfit:

- Select an outfit that makes you feel fabulous. Ensure it fits well and reflects your style.
- Pair with shoes that are both stylish and comfortable enough for dancing or walking.

6. Accessorize:

- Add jewellery, a handbag, and any other accessories that complement your outfit.
- Don't forget to carry essential items: ID, phone, keys, and a bit of cash.

7. Final Touches:

- Spray on your favourite perfume for that finishing touch.
- Check your overall look in the mirror, adjust as necessary, and take a moment to admire your fabulous self.

8. Boost Your Confidence:

- (If not done previously) Put on your favourite tunes and dance around a bit to shake off any last-minute nerves.
- Sip your favourite beverage to stay hydrated and enjoy the moment.

9. Step Out with Pride:

- Take a deep breath, smile, and step out the door with confidence. Remember, you look amazing, and this night is yours to own.

Serving Suggestions:

- Best enjoyed with friends who celebrate you.
- Pairs well with a night full of laughter, dancing, and unforgettable memories.

Note:

- Adjust any step to suit your personal style and preferences. The key ingredient is confidence – carry it with you all night long!

Quick Fire - Get to Know You



Girl Dzeni Markovic (Sonja), From Belgrade, Serbia

What do you love?

Pure nature... Forest with small river, lake or any water, wild animals... with one word, Nature.

What makes you laugh out loud?

I can't remember what makes me laugh so much

The last thing I read was...

"Cargo monitoring system"... I am seaman (seagirl) what to do...

The best thing about summer is...

Swimming, diving, and fishing at sea

My favourite cocktail is...

Huhh... I drink wine

What song gets you up on the dancefloor?

Ohh... There is many... like... Soul II Soul, Back to Life, Aymee Nuviola, El Espacio. Boney M, African Moon. Gloria Estefan, Mi Tierra. David Bowie, Ricochet etc...

I would love to have dinner out with...

The best dinner is with friends. Ladies with ordinary ladies chatting.

My item of clothing that makes me smile is...

Long dresses, gowns.

The place I would love to holiday next is...

Some old city at sea, it's a summer.

If I was an animal, what animal would I be?

If we talk about land, Cat. If we talk about sea, Dolphin.

TGIRL DIARIES

June has been a quieter than usual month for the transgender community of the Southern Costa Blanca. Carla joined her family in Croatia for a vacation. Penny travelled to a windswept Mauritius for a holiday and Emma travelled back to her

native Holland to make some important changes to her documentation, more of that in a later edition. Other members of the community were also out of Spain for various reasons.



June did start with Orihuela Costa's first pride event complete with parade. The organisers did themselves proud. A few teething problems did little to take away from the enjoyment of the event.

When the ladies returned from their travels it was all round to Carla's bar for a catch up and to congratulate Emma on her new status.

This was followed on Thursday by a night out at Kultura's to put the world to rights over a meal and a few drinks.



It is Euro 24 and Emma invited members of the community around to her home to watch the Holland v France match. We were instructed to wear orange in support of Holland. Of course, as patriotic ladies of England, Carla and Penny had doubts about wearing orange. Then Carla realised it was a excuse to go shopping and Penny could wear her orange mini skirt which is far to short for every day wear.



The last Thursday of the month found the ladies on the Cabo Roig Strip. A popular night spot on the Orihuela Costa where they were joined by Cathy a US expat, now enjoying the Spanish lifestyle.

July promises to be a more busy month with many events planned and the arrival of a few of the community from the UK.