

Polare

MAGAZINE OF THE NSW
GENDER CENTRE



Edition 68
July-September 2006



the Gender Centre Service Magazine

The Gender Centre is committed to developing and providing services and activities which enhance the ability of people with gender issues to make informed choices.

The Gender Centre is also committed to educating the public and service providers about the needs of people with gender issues.

We offer a wide range of services to people with gender issues, their partners, families and organisations, and service providers.

We specifically aim to provide a high quality service which acknowledges human rights and ensures respect and confidentiality.

the Gender Centre

The place to go for confidential, free services for people with gender issues.



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www.gendercentre.org.au

**The Gender Centre is
staffed 10am-5.30pm
Monday to Friday**

DROP-INS

***Friday 11am - 1pm
Wednesday 6pm - 8pm***

**All other times by appointment
only**



Our Services

- Support and education
- Social and support groups
- Drug and alcohol counselling
- Quarterly magazine *Polare*
- HIV/AIDS information
- Condoms and lube
- Needle exchange
- Accommodation
- REferrals to specialist counselling, medical, HIV/AIDS, education, training, employment, legal welfare, housing and other community services
- Outreach - street, home, hospital and jail
- Counselling and support groups for partners and family

Residential Service

For all enquiries relating to the residential service, please contact us.

Cover: Stefanie Imbruglia, whose article on strategies for transitioning at work will be found on p.30. Well done, Stefanie!

CONTRIBUTORS

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DEADLINE

for submissions to the next edition of *Polare* is the fifteenth of June 2006.

THE FINE PRINT

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Polare A Magazine for people with gender issues
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Editor: Katherine Cummings

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Elizabeth's Report



Accreditation

I am pleased to be able to report that after several months of engagement with the Gender Centre's accreditation process, and a great deal of time and effort from staff and Management Committee, the centre has received its Accreditation Report from Quality Management Services (QMS). The report has been extremely favourable with the Centre achieving a resounding endorsement from the auditor. The report examines in detail the Centre's responses and achievements in all of the twenty-two Quality Improvement Council Standards that were addressed. Seventeen of these standards were 'core' standards and five were additional standards drawn from the 'Community Services' module. Where relevant the reports on each of the standards are accompanied by recommendations on actions that the Centre can undertake to further improve the quality of our operations. In all, only nine of the twenty-two standards are accompanied by recommendations and most of these are relatively straightforward and have either already been implemented or are in the process of development.

Each of the standards was judged against a rating of either being 'Met', 'Met in part', or 'Not met'. Of the twenty-two standards addressed by the Centre, twenty achieved a rating of 'Met' and the remaining two a rating of 'Met in part'. Using our responses to the standards along with the report and its recommendations as a guide, staff and management of the centre look forward to acting on all recommendations to ensure that a system of Continuous Quality Improvement remains at the core of the Centre's service delivery. Since the report is lengthy it is not feasible to reproduce it in *Polare*, however, I would like to include the following which is an extract from the auditor's Overall Summary:

"The service has adopted principles of continuous quality improvement (CQI) and actively implemented changes to enhance this perspective for some time. There are several good examples of CQI provided, such as the review of the magazine and the input into strategic planning by people connected with all aspects of the service.

Areas for improvement have largely been identified by the service and are supported in the recommendations provided. All standards are met except for the knowledge management standard and

the standard about coordinating services and programs, both of which are met in part.

Within the limits of a desktop audit it is not possible to verify the depth of quality that a service claims. For this reason, although the service has identified some examples of leading practice, it is not possible to award this unless an on-site external review is carried out. What is clear is that the service works extremely hard to promote the needs of its very marginalised population and to educate the wider community, and its role in advocacy in particular seems most impressive".

While it is gratifying to all concerned that the centre has achieved such a positive outcome we are well aware that the 'proof of the pudding' lies in the day-to-day work that we do at the Centre on behalf of our clients and not in the pages of a report. I would, therefore, like to assure you all of the dedication and commitment of the staff and Management Committee to ensure that we strive to provide the best service possible to the transgender community.

Primogyn Depot

A brief note to inform users of Primogyn Depot (oestrogen injections) that this product has been removed from the PBS free list. Most users would probably be aware of this by now and should consult with their medical practitioners to determine what alternatives may be available to them.

WAGEC

The Women's and Girls' Emergency Centre (WAGEC) is working with transgender women in crisis in the Surry Hills/Darlinghurst/Kings Cross areas. The project has been funded by DoCS for an initial period of three years to assist these women with housing options following their recent exclusion from some of the traditional services in the inner city area. An advisory committee has been established involving representatives from a variety of agencies including the Anti-Discrimination Board and NSW Health and WAGEC is investigating housing options to meet the needs of women concerned.

The Gender Centre will work in partnership with Kate and WAGEC to overcome the disadvantage that transgender women in crisis in the inner city are faced with. WAGEC can be contacted on 9360 5388 or visit www.whitepage.com.au/Wagec

On a Personal Note

I will be taking a period of accrued annual leave and long service leave from the beginning of July.

I was keen to complete the accreditation before going on leave and now that is done I will make the most of the opportunity to do a bit of travelling to some of the more amazing parts of this country.

In my absence Phinn will act in the manager's role at the centre. He has been working closely with me for some time and I am confident that he will do a sterling job in the role. For my part, despite the travelling, I will be in and out of the Centre on occasion to lend a hand with reports and funding agreements as well as continuing to provide training to outside agencies when required.

On that note I would like to wish you all the very best in the coming months and to convey how privileged I feel to have had the opportunity to work with such a wonderfully courageous and committed community over the past ten years.

Much love to you all and bon voyage,

Elizabeth

Editorial - Katherine Cummings



The law of the land is not supposed to play favourites. It should be the same for everyone, regardless of their wealth, their religion or their cultural background. The only exceptions should be those made to help people who would otherwise suffer disadvantage in reaching parity with the rest of the population. Children and the

disabled, for instance, need special consideration but religions and ethnic groups do not. Nor should subsets of the population be actively disadvantaged simply in order to preserve the *status quo* or to glean a few more votes from the ignorant and bigoted.

The nations most like us are, arguably, Canada, New Zealand and Great Britain. The United States is too heterogeneous to be included and has, besides, blotted its moral copybook badly in the recent past. But Canada, New Zealand and Great Britain are now well ahead of us in the area of human rights, specifically as those rights apply to the transgendered. Canada allows same-sex marriages, New Zealand allows post-op transgenders to have all the legal rights of their affirmed genders and Great Britain allows the same rights to transgenders and includes the reissue of birth certificates. There are further steps which should be taken to make matters even better, including the removal of the need for surgical intervention but by and large these three countries have moved bravely in the right direction, ignoring the frantic protests of the fanatic right, the fundamentalist religionists and the generally dim who do not think any reforms are necessary.

Anti-Discrimination laws in New South Wales are better than those of some of the other States and certainly better

than Commonwealth laws, yet there are still a number of areas where they are unsatisfactory. Religious and sporting organisations are allowed to discriminate against us (and against GLBT generally) as are businesses which employ five people or fewer.

Surely a religion worthy of the name should be able to accept all kinds of people and should not be erecting barriers based on prejudice and superstition. I doubt if religions would be allowed to exclude Aborigines, or women, or the disabled, so why should they be allowed to discriminate against people whose gender history they condemn, or whose sexuality they do not share? It probably goes back to the furphy that people "choose" to be transgendered, or gay, or lesbian and that therefore these lifestyles need to be amended before these people are acceptable in the ante-room to the Kingdom of Heaven.

Why should small firms be granted an immunity not granted large firms? If a transgender misbehaves at work, discipline or fire them, but do not deny them employment for something which is part of them and in no way a choice or a lifestyle.

And why should sporting bodies care (some *don't* care, and I respect them and wish them well) if a person is transgendered? If they are afraid that females are going to be overpowered by male-to-female changelings then let them divide sports by weight. the way boxing does.

And, talking of boxing, if we are trying to improve our culture morally, why don't we eliminate sports whose only purpose is to hurt and incapacitate opponents? This would mean the end of boxing and other primitive spectacles. And a good thing, too. Boxing is neither noble, nor is it the art of self-defence. I will defend myself with anything handy and hard, not a padded leather pudding, thank you.

Katherine



News Items Of Interest

SPAIN LIBERALISES DEFINITION OF TRANSGENDER

Spain, which was the third European country after the Netherlands and Belgium to legalise same-sex marriage, has now made it easier for the transgendered to transition legally and completely to their preferred gender. A new law, intended for enactment in the Northern Hemisphere summer of 2006 will make it possible for transgenders to obtain legal identity documents in their new gender if they live in that gender role for eighteen months and gain the approval of a psychiatrist. Gender reassignment or affirmation surgery will not be a requirement, putting Spain ahead of most nations which permit legal gender reassignment.

Spain is to be commended for making a clear (and rare) distinction between sex and gender.

HITACHI EXECUTIVE SUES FOR HALF A MILLION

Jessica Bussert, a data analyst, with Hitachi, claims that following her gender affirmation surgery she was given demeaning tasks such as booking hotel rooms and organising meals rather than working on multi-million dollar contracts. Her business trips overseas ceased. She says she seriously considered suicide.

She joined Hitachi in the United States but moved to Britain where she thought there would be more tolerance but her expectations were dashed.

She is looking for a new job and suing Hitachi for £500,000 in Britain and has a £1.93m claim against Hitachi in the United States.

Hitachi is refusing to comment as the matter is before an employment tribunal.

BOY IN DRESS REFUSED ENTRY TO PROM

Kevin Logan, who self-identifies as gay and a drag queen and has been wearing female clothing to school for a year was refused admittance to the high school prom. dance because he arrived in a fuschia prom dress and high-heeled sandals. The school principal refused Kevin entrance and police were called after which Kevin left. He says he had been looking forward to the prom as tge most important night of his life and had spent more than \$200.00 on a manicure, pedicure and hairstyle.

Kevin's situation has created a lot of sympathy and his parents are considering legal action. A lesbian who attended the prom. in male clothing was not prevented from entering and proposed to her partner in the course of the evening.

A similar case in 1999 resulted in a court ruling that boys can wear dresses to high school proms if they want to, as a First Amendment right

NEW PENIS GROWN IN LABORATORY

Scientists at the Institute for Regenerative Medicine have reported success in growing a replacement penis in a rabbit.

First the penis was completely removed then replaced in a penis-shaped matrix seeded with cells from the rabbit's body.

The new penises have blood vessels and nerves and will be fully functional. The rabbits treated were able to have erections, mate with female rabbits and impregnate them, with normal healthy baby rabbits resulting.

Human trials will not be attempted in the near future but the goal is to treat infants and adult with birth defects, damaged penises or penis cancer. The research team is led by Anthony Atala.

FLORIDA POLICE OFFICER CROSSDRESSES TO CATCH TRAFFIC OFFENDERS

Officer Terry Golden, called "Officer Delicious" by his fellow patrolmen, put on a dress, jewellery, high heels and cosmetics in order to trap drivers running red lights. He used a two-way radio to inform other police when drivers ran red lights where he was stationed. The traffic offence carries a penalty of \$183.50.

VATICAN ATTACKS TUSCANY FOR ALLOWING FREE SEX CHANGES

Tuscany has passed laws providing for free hormone therapy for the transgendered and this has created a strong reaction from the Vatican. The Catholic newspaper *L'Osservatore Romano* has attacked the policy. Earlier in the week the Vatican condemned abortion, artificial insemination, same-sex marriage and contraception, stating that they all threatened society.

Simon Aronoff, of the National Center for Transgender Equality, responded by condemning the Vatican for ignorance of the health needs of transgenders and said medical decisions should be made by doctors, not theologians.

"Hormone treatment is a medical necessity and is a key part of maintaining our health and well being," he said. "When it comes to medicine, no one should condemn another person's access to health care based on politics, prejudice and religious belief."

The National Center for Transgender Equality is an American social justice organisation devoted to ending discrimination and violence against transgender people through education and advocacy on national issues of importance to transgender people.

FitX, the GLBT friendly gym

This community gym has been going since 1978, a little longer than Mardi Gras. In its current incarnation it is in the ACON building at 9 Commonwealth st, just off Oxford Street. We are open from Monday to Friday from 4.30-7.30 pm. Prices are \$6 casual or \$4 concession or \$50/\$30 for a ten-visit pass. Memberships are available and you can pay these off or volunteer and then you get the gym for free. Ingrid (me) is available for programs and advice Mondays and Wednesdays. We can organise other times or trans-specific training times if people think this would work better.

I think Erina pretty much summed it up in her interview last issue. FitX gym really is what ever you want it to be. It can be a stepping stone to feeling comfortable about going to the gym around the corner or a home away from home where you are bound to meet some like-minded people who want to get a bit fitter.



Below is a quickie workout that you can do at home to get you started. It is a program that should improve your posture and give you more energy. If you see results we may see you at FitX gym to take toning up, losing weight or building up to the next level.

Start by **1.** Marching on the spot, swinging your arms vigorously for one to two minutes, then change to

2. Tapping your heel as you raise both arms in front for another minute or two.

Now **3.** Push-ups on the back of the lounge, as many as you can. Keep your bum and stomach muscles tight to save your back.

Next **4.** Lean against a wall and squat down as far as you can. Hold the low position for ten to twenty seconds, then move up the wall and repeat.

Next **5.** Place your hand on the lounge seat and do as many dips as your arms can take.

Finally **6.** On to the floor and lie on your back (these are called dead bugs). Place your hands under your bum and alternately stretch one leg out straight then the other. The lower your legs are to the ground the harder you will find the exercise. Keep your back flat on the floor by pushing it into your hands.

Phone Ingrid on 0400 712 964

NCHSR and The Gender Centre Inc

**National Centre in HIV Social
Research (NCHSR) at the
University of New South
Wales and the Gender Centre**

**Sexual Health and Attitudes of
Australian Prisoners Project
(SHAAP)**

**Transgender Ex-Prisoner Sub-
Project**

Researchers from the National Centre in HIV Social Research are seeking people who identify as transgender and have been in prison in NSW or Qld in the last ten years. We would like to interview individuals on their prison and sexual experiences and treatment as a transgender ex-prisoner. Interviews are up to two hour long and will take place in the Gender Centre at Petersham, Sydney. Individuals interviewed will receive \$30.00.

Please contact Phinn Borg at the Gender Centre to see whether you fit the criteria and to arrange a time for an interview. Ph. (02) 9569 2366

RECEIVING *POLARE* ELECTRONICALLY

Hello Katherine,

I have been meaning to get around to sending this email since way back when you first proposed the idea. Please take me off the surface mail list for the magazine and please put me on the electronic one. It was very effective putting the idea as the full colour backpage of the last magazine and at last prompted me to do it.

Greetings to anyone at the Centre who I have met before and welcome to all those I haven't.

At the time of writing this email I am relaxing up at Yaroomba Beach on the Sunshine Coast of Queensland. This is the house I bought off my parents about five years ago that they built back in the late 1970s. It's a bit of shack on the outside but nicely snug and warm on the inside. I share it with my brother Pete (one of my six siblings) who works locally.

I am currently half way through a Bachelor of Psychology with lots of Philosophy subjects to keep it even more interesting. So far I have maintained my 7.0 GPA but with distractions of family and friends I may not maintain that this semester. I think those two reasons are the best I have ever had for not doing my absolute best especially when it is my nieces and nephews providing the

distractions or my closest friends (my ex-wife and her husband) convincing my that a skiing trip is more important that a week of semester.

Uni life itself is always interesting and I enjoy the company of both my eighteen- to twenty-year-old friends and of those "mature age" students closer to my almost forty. Speaking of which on May 8 this year I will be celebrating my fortieth birthday which I am sure others will appreciate is an age I that only five years ago I never thought I would make!

I offer my thanks to everyone at the Gender Centre and especially to Elizabeth, who was my first ever counsellor. Without you all I have doubts about whether I would be here today; in more ways than one :)

Bewell,

Serena

"Who wills, can. Who tries, does. Who loves, lives!" - Anne McCaffrey

AN OPEN LETTER TO MY FAMILY

To My Family:

This letter is not written through anger, hate, sorrow or a need for sympathy ... just a desire for understanding. How you react is out of my control. How you treat me after you read this is your choice. Whichever way it is I will accept it.

It seems that not much progress has been made by some family members in learning to understand my need to change every aspect of my life, because if I didn't change, my life would not have continued. Who knows, maybe that would have been preferred by some of you.

I have a few things I need to say.

Can any of you imagine what it would be like to live a lie or feel like a fraud for more than thirty years. I did. Maybe some of you do, who knows. Whatever you do, don't say anything because you could be treated like a freak or something worse might happen.

Anyway ... at the age of six I was given a nursery rhyme book called *Little Dream*. It's about a little girl about the same age as I was, in a place called The Land of Nod, up in the clouds. The little girl had a dream, a wish, but she was considered too young, so she had to wait. So she waited and did what she had to do, and helped all the other people in the Land of Nod when they came back from their night's work, being dreams for the people down on Earth. And one night her dream did come true.

Because she had done her work so well the Dreamkeeper granted her wish and she became a little girl's dream and left, never to return to the Land of Nod. The other people in

For Sale: *Katherine's Diary; the story of a transsexual*

Long thought to be out of print, a box of *Katherine's Diary* has turned up. These copies were misprinted, with four photo captions transposed. The errors have been corrected with stick-on labels so that now they are identical to the rest of the edition, which sold out in 1993. You can buy your copy for A\$10.00 (US\$7.50) plus postage, from the author, Katherine Cummings, C/o Gender Centre, PO Box 266, Petersham, NSW, Australia, 2049. These are the last remaining copies unless or until Katherine publishes an updated version. No extra charge for a signed copy.

***Katherine's Diary* won the 1992 Australian Human Rights Award for Non-Fiction**

240pp text 16pp photographs, published by Mandarin Press, Melbourne, 1993



the Land of Nod were sad that Little Dream had gone, never to return.

I am that little girl. I had to wait and six years ago my dream, my wish was granted and I left the Land of Nod, as well.

You all seem to think that what I have done with my life is something that I chose to do late in my life. Well, I didn't. It's not a choice.

If you had given it any thought at all, instead of trying to ignore it and hoping it would just go away, you would remember that to some extent I was a loner, not in a hurry to mix because "I didn't fit in" or at least that's how I felt.

I didn't understand the reason for my existence, because my mind never matched the way I was thinking. I was so envious of my sisters because their minds matched their bodies.

I watched them grow and develop, believing that I could never be like them and it broke my heart.

The times I sat in my room staring off into space wondering what the hell I had done to deserve this.

Now I know that medical research has revealed that it's a genetic mutation that caused this to happen to me. It's up to you if you choose to read this next bit as it will most likely make you feel embarrassed and uncomfortable. You may finally learn to understand how uncomfortable I had felt all those years, wearing men's clothes.

When we were in our teens I was seeing how my sisters were starting to develop and I could not understand why I was not developing in the same way. Hell, I so wanted breasts!

With the way my mind was working and thinking it made my life difficult to cope with and because I did not

understand why I was different and what was going wrong with my body I felt I could not talk to anyone about it. I figured if I didn't know, who else would? So I kept my mouth shut. One thing I did know was that if I had said something my life might have been in danger. Probably still is.

Because I didn't develop like you, I had to figure out a way for me to feel somewhat comfortable with my own self-image, if only for short periods of time.

This is where you will start to feel uncomfortable.

Think back to the times when all the family would go into town and I stayed at home by myself.

After all these years you may now realise that it wasn't only you who wore your clothes. While you were all out I used to go to your room and open your drawers and get some of your clothes out and wear them, so that for a short time at least I could feel like the girl I knew I was and my mind was at peace if only for a little while.

I would carefully note how they were in the drawers so that I could put them back the same way so you would not find out my secret. I always made sure I knew how much time I had before you all came home so I would not be found out.

I did this for many years living with the fear of being discovered and considered to be sick in the head and locked away in some hospital somewhere and forgotten.

For years I tried to do something about it, somehow suppress how I felt deep inside and as time went by I thought I had control of it.

I married, thinking it wouldn't come to the surface but on odd occasions

it did and I would try on my wife's clothes when she wasn't home.

I'll tell you now that it's because of who I am that my marriage failed. I never felt comfortable with my image and with another woman's help my marriage came to an end.

Eventually she left and returned to her homeland of Hungary, leaving me to find out who I really was, and it was a lesbian friend I had who helped me to realise who and what I was.

That's when all my fears hit me like a tonne of bricks. How do I tell the family? How will they react? Will I still have a family after they find out?

Try and imagine how you would feel if you revealed a lifelong secret ... I was terrified.

Even now, after all this time I don't think any of you really understand the mental anguish I went through. You can't see that, even now, the anguish I still suffer through the lack of effort you have shown in trying to learn anything about me and why I'm like this.

You all claim to be intelligent, yet this escapes your comprehension. It's not what you perceive as 'normal'. There is no such thing as 'normal'. There never has been and there never will be.

I don't think there is any more I can say but in closing I would like to say "Sorry!" to all those whose feeling I have hurt over this. My love for my family will never cease but as hard as it is for me to say this, I have to say it.

You never really had a brother. I just looked and acted like one. I had to, to survive.

Yours,

Glennise (Glenn)

The goal of the Organisation Intersex International is human rights, not identity politics which in our estimation have only further reinforced the sex dichotomies within our cultures, with a focus on defining differences, not commonalities.

These bipolar identity groups are often very hard for intersexed people to fit into because we often have bodies, genders and desires that simply cannot be included in such groups. This is, however, true of many other people who have questioned this state-controlled normalisation of our bodies, gender identities and sexual desires.

We are working for a world where people would come together and commune without being segregated by sex/gender/desire and in which we can work together to build alliances to bring about a new way of thinking about these important aspects of our lives by educating people that there are not just two pre-existent sexes and that each person deserves respect and protection from norms associated with sex/gender/desire which are imposed without their consent.

As a result, I have been in contact with more people all over the world who are eager to help OII in building bridges to advance human rights, not just narrow identity issues based on separation and male/female sex

dichotomies. They come from Spain, the USA, France, India and New Zealand.

I cannot thank the following beautiful people enough for having expressed a desire to help OII in its mission for human rights for all who do not meet these state imposed norms. I will be working on updating the website in the following weeks to add the following new members to OII:

Silvia García Dauder - Our bridge to the Queer Feminist Community (Spain)

Rara Startblanket - Our bridge to the Native American Two-Spirit Community

Rahul Karande - Our bridge to the Hijra community in India

Sophie Siedlberg - Spokesperson for the United Kingdom

Tom Reucher - Mental Health Professional with expertise in intersex/transsex clientele in France

Yann Hoffman - Will be organizing a taskforce on how different intersex people have coped with their intersexed bodies in becoming sexual beings and how treatments have affected our sexuality. (New Zealand)

Release by Curtis E. Hinkle President of OII [Apr 18, 2006]. Reprinted with permission. Contact OII through www.intersexualite.org

International Sex, Gender & Sexuality Clinic

Director: Dr Tracie O'Keefe DCH, RMCAPA, PACFA

Doctor of Clinical Hypnotherapy, Psychotherapist & Counsellor

Specialist in Sex and Gender Identity Issues

- Face to Face Consultations in Sydney
- Telephone & Videophone Consultations Available from Anywhere in the World
- Trans Life Coaching
- Hormonal and Surgical Referrals When Applicable
- Member of Harry Benjamin International Gender Dysphoria Association
- Author of *Sex, Gender & Sexuality: 21st Century Transformations* (1999) & Co-Editor of *Finding the Real Me: True Tales of Sex & Gender Diversity* (2003)

Ph +61 2 9562 6802

Australian Health & Education Centre, 3 Glebe Place, 131-145 Glebe Point Road, Glebe, Sydney, NSW 2037

www.healtheducationcentre.com

DO YOU CARE?

DO YOU OR DOES SOMEONE YOU KNOW PROVIDE CARE TO A PARTNER, RELATIVE OR FRIEND?

Does either of you identify as Gay, Lesbian, Bisexual or Transgender and live in the Sydney Metro Area?

Does the person you care for have a chronic illness, age-related disability or functional impairment?

Would you like to meet other carers in a relaxed environment?

ACON'S GLBT CARER SUPPORT PROJECT can help by:

- **Linking carers with each other**
- **Providing social activities and respite**
- **Helping to link you with the services you need**

**For more information contact
Kristin (GLBT Carer Support Officer)
Direct 9206 2032
Email jmagill@acon.org.au**



Noreen Colonelli's Story

When I was sixteen I developed a severe facial hair problem and this led me to study beauty therapy.. I opened my first beautysalon in Gladesville, and eight years later I moved to Blacktown where, for thirteen years, I built one of the strongest beauty salons in the West.

It was during this time that my passion for electrolysis developed. Being confronted by young girls with severe facial hair problems, I set out to provide a guaranteed solution, Thermolysis, the method I had been using for the past fifteen years, although permanent in the long term, did not deliver the final result that I wanted.

The frustration of unsatisfactory long term results, led me to ask many questions for which there were no answers. I decided to travel the world until I had the answers I needed.

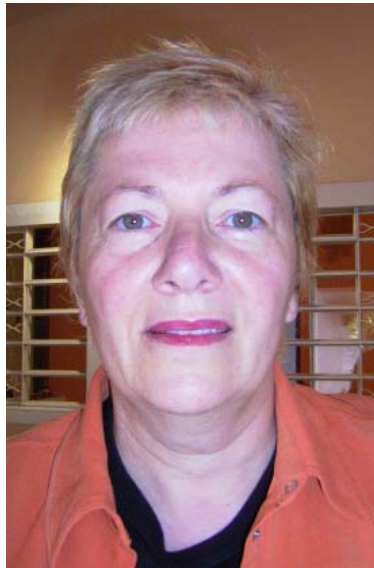
My search led me to many countries, including the USA, where I was fortunate enough to meet some of the world best electrologists. My questions kept rolling out, and the answers were always the same ... use galvanic. My curiosity was aroused because in Australia only Thermolysis and Blend were being used.

My search led me to the Guru of multi needle, a woman like me, who wanted results to be as perfect as possible. She invited me to her clinic, opened her library to me and taught me the foundations on which I have built my business.

Sixteen years ago when I introduced multi-probe to Australia, there was resistance at first. With consistency, belief and time, however, I was able to launch it successfully so that it is now the method of choice with most clients.

I was fortunate to be invited to several international conventions in the US, and contributed as a board member in the USA and Australia, advising on and developing education in the field of electrolysis.

This background created a solid base on which *Permanence* as we know it today was built. *Permanence Drummoynne* was established in the late eighties as the *Professional Electrolysis Centre* and renamed in the year 2000. In 2003 *Permanence City* was launched, and in November 2005 *Permanence Bankstown* opened its doors.



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Transgendered?

Would you like somewhere to go on Sunday that accepts you just the way you are?

I'm a Pastor looking to start a church in the Sydney area for CD/TG/TS folks.



If you or your SO are interested in attending services, please contact Ps Oliver McMahon at tg@ourlivinghope.info

Gender Centre Library

To borrow books you will need to become a member of the Library. You will need to supply personal details (phone number, address etc.) You can make an appointment to join and see the Library by phoning 9569 2366 on Monday or Wednesday. Ask for the Resource Worker.

Video tapes are not for loan but can be viewed, by appointment, in the Gender Centre.

The Library is now housed just outside the Community Space at the Gender Centre.

Books may be borrowed for 3 weeks

If you are isolated for any reason and would like to have material mailed to you, please let the Resource Worker know. Don't forget to include your mailing address!

Change of mailing list?

different Gender?
different Address?
different Name?
no more Polares thanks?

Mail to:

Polare - The Editor
The Gender Centre Inc
PO Box 266
Petersham
NSW 2049

All my OLD details

All my NEW details

All my OLD details	All my NEW details



Do you have questions?

Would you like to talk to others in your situation?

Do you need help coping?

GET-TOGETHERS for Parents, Partners, Friends and Family OF TRANSGENDER PEOPLE

will be held in response to demand. Phone 9569 2366 and ask for Sean to indicate your interest

In order to allow parents, partners and friends to talk freely and discuss their feelings it is preferred that transgenders do not attend

Want to compare notes?



Are Gummy Bear Implants Really So Sweet?

Issue Sixty-Eight

by Dr Tracie O'Keefe DCH

After my last article on breast implant care and safety I received an irate telephone call from a woman who had had cohesive gel implants (CGI Gummy Bears sometimes known as silicone gel implants) six years ago. In my article I said that CGIs were experimental and I would like to clarify and expand on that further.

The majority of our information on the long-term follow up of breast augmentation undoubtedly comes from America because the American Plastic Surgeons Association (APSA) has some of the largest collected data. The APSA also claims that more than 264,000 breast augmentations and nearly 63,000 breast reconstructions were performed in 2004 in America and such procedures are becoming much more frequent.

One of the major things to remember, however, is what we call research bias and that researchers often only research the kind of results they would like to find. Methodological flaws in research happen also because of what a researcher neglects to research. This is not necessarily research fraud but this is the innate nature of research.

CGIs do not currently have FDA approval and their use is only approved for people who will be part of a study to record the performance of the implant.

As any researcher can tell you, many people disappear from a trial during the process and results can be lost. Also to study the effectiveness of CGIs we need to look at their performance long term and, since they are a new product, that has so far been impossible.

CGIs are also not immune to the problem of necrosis (tissue death) and wound closure failure. This often happens when both client and surgeon collude to place implants that are too large to go behind the breast.

The pressure of the implants trying to escape can prevent wound closure and healing. If a woman wants large breasts it is often better to have a medium implant first, then have them changed to a larger size later, when the tissue has stretched sufficiently to accommodate the larger implant.

Thirty or more years ago people were jumping up and down about the liquid silicone-filled implants and then in 1992 the FDA restricted their use. This was mainly due to complaints about associated Connective Tissue Disorders (CTD) and autoimmune diseases that some patients claimed were due to those implants. While it has

been quantitatively impossible to establish that case, the manufacturer Dow Corning paid out compensation anyway.

Many women have reported that, having suffered those disorders, their health improved considerably when they had their breast implants removed. They have been

convinced that their bodies reacted badly to silicone, even if it was at a subclinical level that could not presently be recorded by allopathic medical research technology.

Even with saline implants one of the major problems was that the saline could become infected. This was solved by the surgeons filling the implants, while they were in place, with a sealed unit of saline solution as posed to the open delivery system. There are women, however, who have reported that they have also experienced symptoms of silicone poisoning and allergic reactions because the shells of the implants were made from silicone.

While the texture and durability of CGI is heralded by plastic surgeons, we really do not know what the future may bring. We do not know if crystallisation of the gel may take place in years to come or if any kind

of degradation of the implant may occur in the future. It is also possible that there will be leakages into the circulatory system that will affect the liver function and end up in the bone marrow. Substance contamination not only happens on a macro level but also on micro level with exposures of ppm (parts per million) having effects upon the body. Patients are often prescribed medications that are measured in ppm so why is it so hard for so many scientists to accept that the molecular binding sites in some people's bodies react abnormally to ppm of silicone?

Some people undoubtedly have an allergic reaction to silicone and no substance is totally innocuous to the whole human race. Even with the experimental CGI, one of my patients has reported a form of CTD and immune and body systems collapse and had the CGIs removed. It's possible that most breast implants will give rise to



Tracie O'Keefe

complications eventually over a period of many years as chemical and physical changes happen.

There are some laboratory tests that can be done to give basic idea of whether there is a reaction to silicone from implants, but they are not specific. A test can be done for the anti-polymer antibody levels; however, it is not specific for siliconosis. Another test that can be done is lymphocyte chemical sensitivity (silicone) test and it seems that the worst affected women may have the most sensitivity. Getting these tests done in Australia may be a process of dogged determination and detective work, often not being possible, and it may be easier for a blood sample to be couriered aboard. Also allergic reactions can also give rise to a prolonged low-grade fever.

If you have any kind of breast implant, ask the surgeon to provide you with the make, supplier, date of manufacture, batch number and serial number of the implants, being sure to differential between the right and left augmentation. Store that information as part of your medical history so if you do have any problems, your surgeon or toxicologist will have good information to investigate what might or might not be happening.

Breast implants are a reality in a society that focuses on women's validity often being measured by the size and shape of her breasts. For many women implants have been a gift from the heavens with their ability to aid in construction or reconstruction of a breast being psychologically life-saving. Some women have, however, found their breast augmentation experience littered with complications.

Patients may be able to get some surgeons to implant CGIs in Australia but that does not mean the research has been done and dusted. Even with CGIs there is a need for women to take constant care of themselves and have a continual assessment of the condition of their breasts implants and breasts. Medicine is lacking in educating women how to do that and it is up to all women with breast implants to do their research and educate themselves.

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Silicone Breast Implants and Injections

Doctormyhill.co.uk

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Dr Tracie O'Keefe DCH is a clinical hypnotherapist, psychotherapist, counsellor and director of the Australian Health & Education Centre in Glebe. She counsels people in the area of plastic surgery. www.tracieokeefe.com

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Hello All!

I'm Dan McKinley, the Outreach Worker at the Gender Centre. I will be writing health reports for this, and future editions of *Polare*.

In this issue you will find an important report on Hepatitis C, which will answer some common questions about transmission, symptoms, testing and support.

Next issue I will be covering treatment options that are available for people living with Hepatitis C. I trust you will take the time to read the article and share the information with those important to you. Remember 'Prevention is better than cure'. I've also chosen to focus on a new form of long lasting, injectable testosterone that is now available in Australia. This new form of testosterone can drastically reduce the number of injections from as many as twenty-six to as few as four. As usual though, not all medications are suitable for everybody so please talk to your GP about suitability and availability, and most importantly, never take any medication that has not been prescribed specifically for you.

Those of you who have been able to access the Centre may have attended some health information sessions that we have held here over the last few months.

In December 2005 and April 2006 Peter, from the Hepatitis C Council of NSW, kindly attended our Wednesday night drop-in to speak about Hep C. We have been lucky enough, on both occasions, to secure a C-eeen and Heard Speaker who accompanied Peter.

C-eeen and Heard Speakers are, or were, Hepatitis C positive and speak openly and honestly about their experiences with Hep C. The feedback from clients here was very positive. Rob from ACON also came out to the Centre in January 2006 to speak about HIV/AIDS. The feedback again was very positive.

In December last year we also had Maggie from Livingstone Road Sexual Health Clinic and Dash from

RPA Health Promotions come out to provide FTM clients with an informative session that covered all aspects of sexual health, as well as gynaecological issues such as pap smears that face FTMs who have not had total hysterectomies.

We hope that we can repeat this session for all who missed out. Please let me know if you'd be interested in attending. Dates and times will be confirmed at a later date (please check the website regularly for a listing of all the events the Gender Centre is hosting). On a side note if you are FTM and would like to be placed on a mailing list here at the Centre (so that we can provide you with information on sessions that the Gender Centre will be running specifically for FTMs. Please contact Sean or me and we will be happy to add you to the list.

Between October and December this year, we will again be asking Peter from the Hep C Council and Rob from ACON to speak about Hep C and HIV respectively. We hope that if you have not had a chance to attend these sessions you will coe to the drop-in, have a great meal, socialise, and learn about some issues that are really important in maintaining your health. Dates and times will be available on our website www.gendercentre.org.au closer to the time. At the moment, I have several ideas in the pipeline and hope to be able to offer some information sessions on recreational drug use, surgical outcomes and health and fitness.

In closing, if any of you have an interest in something related to trans-health that you would like to see either here in *Polare* or as an information session at the Centre, please let me know (9569 2366). As *Polare* is printed only four times a year I won't be able to research everybody's requests, nor hold information sessions on all topics, but I will do my best to take note of reader interests and provide you all with balanced reports and sessions. So until next edition... take care and be safe!

Dan

A thought for the day from the talented pen of Erin Lindsey...



Issue Sixty-Eight **Out of One Closet and Into Another**

During Bree and Toby's road trip in the movie "Transamerica", Bree arranges for both of them to stay at a friend's home in Dallas on the evening they pass through. Upon arrival, Bree is positively shocked to find her friend's living room filled with her transgender friends gathered for a social evening. Bree looks to her hostess in panic and whispers, "My friend told me you were stealth!"

"Stealth": It essentially means living fully and completely in your true gender but never, ever admitting to be transgender. Think of it as the transgender version of "covering," which is the subject and title of Kenji Yoshino's thought-provoking recent book. In our case, it usually requires leaving your past behind. Your previous distinguished service as an F-4 Phantom pilot in Vietnam might be a tad difficult to explain as a woman, as was undoubtedly the case for American Airlines pilot Sara Weston.

Similarly, talk of your experience as a mother seems puzzling coming from you if you are a man. Living stealth can also require leaving behind family, friends, colleagues, and anyone else who might out you.

So, why come out of one closet only to step into another? The dangers facing "out" trans people were once so severe that stealth used to be part of the standard treatment protocol prescribed by professionals for those needing to transition genders. In fact, I have a friend who was forced twelve years ago to divorce from her spouse to accomplish her transition, in spite of having a healthy relationship and two children.

Fortunately, stealth is optional these days. Yet many still actively choose stealth to avoid the societal stigma,

prejudice, and safety concerns that come with being an out transgender person.

Stealth is essentially a second closet, with all of the issues associated with being in a closet. Stealth is much harder to maintain when you are with other transgender people, because very slight gender incongruities in a single person can be overlooked, but in two or more gender-variant people in the same space, such details easily arouse suspicion. Bree had assumed that her friend had broken all ties with her trans friends in order to remain stealth, and when that was clearly not the case, she panicked, thinking Toby would quickly figure her out. He did.

Most people who are stealth are just so happy to be finally living in their true gender that all of the hassle is tolerated. But for a few, the difficulty and loneliness of essentially starting over, without a personal history and connections with the trans community, leaves them depressed and despondent.

Outsiders may interpret this heartache as meaning that transitioning genders had been a mistake for the person, when actually stealth was the mistake, albeit forced by the former treatment standards, stigma avoidance, and/or very real safety concerns.

It's also much harder to succeed at being stealth if you lack "privilege," which comes in many forms. It includes having the economic means to afford the surgeries that make your body and face appear more traditionally feminine or masculine.

Or having bodily size and features that are not out of normal range for the new gender. In this aspect I am privileged. For example, at 5 foot 9, I am right at the level of tall non-transgender women. But many of my transwomen friends are considerably taller!



Privilege also includes being heterosexual in the new gender, as you can imagine. Here I am not privileged, although I did have mitigating circumstances.

I transitioned from straight male to transgender lesbian female. However, my late wife Barbara willingly and lovingly stayed with me through my transition until her death, essentially delaying my assimilation of my lesbian status until now.

And, of course, privilege includes being a white person in a racist society. People of colour face discrimination whether transgender or not, and that makes going stealth-finding a new job, securing housing, and accessing services all the more difficult. Trans people unable to get medical care might buy hormones on the street, increasing the likelihood of sharing needles and greatly increasing the risk of contracting Hepatitis C or HIV.

People of colour also unfairly face greater police scrutiny whether transgender or not, which increases the likelihood of being incarcerated. Many prisons provide neither hormones nor any other aspects of transgender health care, and that can

trigger severe depression in trans prisoners. When transgender health care is provided in prison, the media like to report it as a frivolous waste of taxpayer dollars.

Furthermore, because the laws remain hung up on whether one has had surgery, a transgender prisoner is far more likely to be put into a cell based upon anatomical sex without regard to gender identity or presentation. For those who are pre-op and don't desire or can't afford surgery, this housing policy is extremely dangerous. There have been many, many stories of trans prisoners who have been beaten and raped by other inmates or, incredibly, by prison guards themselves.

Because of all of these institutionalised oppressions, and because of the media's fondness for stories of the downtrodden, the public's image of the transgender population may be rather skewed. Varying degrees of stealth have allowed a lot of trans people to be successful in spite of these challenges, while being fairly invisible. A few of us have even been successful while being out as trans.

Joanne Herman is the first transgender member of the boards of the Point Foundation, a scholarship lifeline for LGBT college students, and of Gay and Lesbian Advocates and Defenders, the New England LGBT rights and legal organisation that helped bring same-sex marriage to Massachusetts. She is also a member of the advisory board of the National Center for Transgender Equality.

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Op-Shop Extravaganza!

The Gender Centre is interested in getting a small number of people out and about for some opportunity shopping.

The group will visit a number of second-hand shops in the area whilst also providing moral support and (of course) positive fashion advice.



All clients are encouraged and indeed most welcome to sign up and participate in these events.

Put on your comfortable shoes and bring along some money for the purchases you will make on the day.

To RSVP contact Sean on 9569-2366 or email socialsupport@bigpond.com

What is it?

Hepatitis C (HCV) is one of three major infectious blood-borne diseases reported to health authorities in Australia today. According to the Hepatitis C Council of NSW, Hepatitis C was only identified as a distinct virus in 1989¹ yet it is thought that approximately 242,000² individuals are living with the virus. This number however represents only diagnosed and thus reported cases. It is estimated, by the *National Hepatitis C Strategy 2005-2008*, that 16,000³ new cases are occurring annually and by 2020 it is possible that up to 836,000⁴ people may have been infected with HCV.

HVC can cause inflammation of the liver, fibrosis, cirrhosis, or even liver cancer in some cases.

Of every 100 persons infected with HCV about:

- 55-85 of persons might develop long-term infection
- 70 persons might develop chronic liver disease
- 5-20 persons might develop cirrhosis over a period of 20 to 30 years
- 1-5 of persons might die from the consequences of long term infection (liver cancer or cirrhosis)

Hepatitis C is a leading indication for liver transplants.

Data provided by: The Centers for Disease Control and Prevention (CDC), *National Centre for HIV, STD, and TB Prevention*, www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm

So...how do you get it?

Hepatitis C is transmitted through blood-to-blood contact. This means that if you share the following items with other people:

- √ injecting equipment (needles, syringes, swabs, tourniquets, group mixes, spoons etc)
- √ razors
- √ toothbrushes
- √ tweezers or other manicure/pedicure equipment

OR

- √ undergo un-sterile medical, dental, tattooing or piercing procedures
- √ participate in activities which may expose another person's blood accidentally to yours
- √ had a needlestick injury
- √ had a blood transfusion prior to 1990
- √ been imprisoned or detained

you may either be at risk of potentially contracting the virus, or you may already be positive. Blood can be present on an item in minute particles so you may not always be able to confirm sterility by just looking at the object.

Its important to note that while some activities are certainly much riskier than others, for example sharing injecting equipment, its important to be aware of ways hep C can potentially be transmitted however rare some cases or transmissions modes may be.

How long does the virus live for outside the body?

Recent research suggests that Hepatitis C may survive at room temperature, on surfaces outside the body, for at least sixteen hours and may survive for up to four days⁵.

What are the symptoms?

Symptoms can generally present as a flu-type illness that may include abdominal or back pain, fatigue, lethargy and nausea. Some people may not show any symptoms of the virus until their liver is not functioning as well as it may have been in the past.⁶

Should I be tested?

If you have been involved in any of the activities listed it may be wise to speak to your GP about being tested for Hepatitis C. You could also contact The Hepatitis C Council of NSW or the Australian Hepatitis Council for more information. You cannot be tested for Hepatitis C without your consent.

What does the testing procedure involve?

A small amount of blood will be taken from you to assess whether your immune system has formed anti-bodies in response to an exposure to the virus. This test however will not tell you when you were infected or if you are still carrying the virus.⁷ Other tests will then be carried out if your result is positive which can determine your viral load and strain or genotype of the virus. In some cases liver biopsies may need to be carried out to determine the extent of scar tissue on the liver itself. The costs of these tests are generally covered by medicare.⁸

Can Hepatitis C be treated?

Hepatitis C can be treated over a period of time with combination therapy (if suitable), however it is important to note that you can be re-infected with the virus if you continue to participate in activities that place you at risk. Please speak to your GP and Hepatitis Councils for more information. A small number of people clear the virus naturally without requiring any forms of treatment.

Aside from my GP, whom else can I contact for support?

**Hepatitis C Council of New South Wales,
349 Crown Street, SURRY HILLS NSW 2010**

Phone: 02 9332 1853 (Administration)

Fax: 02 9332 1730

Email: hccnsw@hepatitisc.org.au

Web: www.hepatitisc.org.au

**Hep C Helpline: 9332 1599 - Sydney callers only
1800 803 990 - NSW country callers**

Australian Hepatitis Council*

PO Box 716
WODEN ACT 2606

Phone: 02 6232 4257

Fax: 02 6232 4318

Email: ahcinfo@hepatitisaustralia.com

* The Australian Hepatitis Council can provide you with the contact details for all other Hepatitis Councils in Australian states and territories.

REFERENCES

¹ Hepatitis C Council of NSW, 2003, *An Australian HCV Snapshot*, www.hepatitisc.org.au accessed 02 May 2006

² Commonwealth of Australia, *National Hepatitis C Strategy 2005-2008*, www.hepatitisc.org.au accessed 28 April 2006

³ *ibid* 2005:v

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⁵ Centers for Disease Control and Prevention (CDC), *National Centre for HIV, STD, and TB Prevention*, www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm accessed 18 May 2006

⁶ Australian Hepatitis Council, *Hepatitis C Symptoms and illness*, www.hepatitisaustralia.com/pages/Symptoms_Illness_of_Hepatitis_C.htm accessed 18 May 2006

⁷ Australian Hepatitis Council, *Hepatitis C Testing*, www.hepatitisaustralia.com/pages/Testing.htm accessed 18 May 2006

⁸ *ibid*

Does your child have questions about gender and/or gender identity?

Children with gender identity “issues” may feel:

- confused about whether they are male or female, or
- sure they are the opposite sex from their biological sex (i.e. she feels like a boy although her body is like a girl’s, or he feels like a girl although his body is a boy’s).

Sometimes children have these feelings because they have an intersex condition and were assigned a gender that doesn’t fit for them. (See www.gendercentre.org.au/kits.htm for more information on intersex conditions). Sometimes it is not clear why children have these feelings.

Our group is for parents whose children fall into the second category – that is, there is no apparent biological reason for the gender confusion.

Children with gender identity issues usually identify with the opposite sex and are unhappy or distressed with their assigned sex. Parents usually notice their children’s gender identity issues when the children say they are of the opposite sex, or that they hate being their own sex, or when they begin frequently to favour clothes, toys, styles of play and interests usually associated with the opposite sex, actively avoiding those associated with their own sex.

Parents whose children have gender identity issues often feel isolated, guilty, angry or confused. They also often experience a lack of understanding or support from school, relatives and neighbours.

If these issues sound familiar to you, and you are interested in

- Learning more about gender identity issues
- Developing practical strategies to help you with your child’s gender issues
- Developing practical strategies to help you talk with school/relatives/ neighbours
- Having contact with others who have children with gender identity issues

You may want to be part of our free parent support and education group. If so:

Please contact Catherine Wilson via email: catherine.wilson@nswiop.nsw.gov.au or phone: (02) 9840 3833 for more information or to register interest. More information about gender identity issues can be found at www.gendercentre.org.au

Research participants are wanted for a study into the experience of parents of children and adolescents with gender questions. Must be a parent of a child under fourteen who is currently experiencing questions about his/her gender identity. Contact Catherine Wilson at catherine.wilson@students.mq.edu.au or phone (02) 9840 3833 for further information.



IN MEMORY OF LAURIE MARSHALLE

WHO PASSED OVER ON SATURDAY 29 APRIL 2006

Laurie will be sadly missed by Olivia, Sheena and their family, by the Gender Centre staff and all who knew him.

Laurie and Olivia were always at the Gender Centre for Wednesday Night Drop-in and at the Gender Centre's social events. We will sadly miss Laurie's big smile for every occasion.

Laurie will always be remembered for helping anyone who needed help or friendship.

Love always,
Olivia and Sheena

PLEASE NOTE!

Appointments for counselling should be made directly with Gaye Stubbs, the Gender Centre Counsellor.
Phone 9569 2366 on Tuesday or Wednesday.

PLEASE READ THIS!

If you are moving, please tell us your new address.
Undeliverable issues of *Polare* waste money that could be used for other services.

P L E A S E NOTE!

Apart from the Wednesday night and Friday morning drop-ins, you should make an appointment before coming to the Gender Centre. This helps us to plan and saves you disappointment.

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or phone the Alcohol and Drug Information 24 hr advice, information and referral service. Sydney 02 9331 2111

A REQUEST FROM THE EDITOR

Please save the Editor unnecessary keyboarding by sending your *Polare* contributions by email or on a floppy disk, if possible.

We didn't use a condom and now I'm worried about HIV

THERE'S A TREATMENT CALLED PEP THAT MIGHT STOP YOU GETTING INFECTED*

Within a few hours and no later than 3 days.

**CALL THE PEP 24 HOUR HOTLINE
1800 737 669
1800 PEP NOW**

*For more information and your nearest location
AN INFORMATION BROCHURE ABOUT PEP IS
AVAILABLE AT VENUES, SEXUAL HEALTH CENTRES,
ACON, NUAU AND SWOP OR VISIT WWW.ACON.ORG.AU*

AUBURN SEX WORKER PROJECT

If you are involved in the sex industry and live or work in the Auburn area, why not drop in for a cuppa and chat to us about the services you want in the area.

This service provides free condoms, lube, dental dams, needle exchange, information and referrals.

Please call Sashi on (02) 9646 2233 or 0408 445 753

**for a confidential and anonymous chat or drop in at the Community Health Centre
at**

9 Northumberland Road, Auburn (next to RSL)

This project is run by the HIV/HEP C Prevention Service to increase the services available to sex industry workers who either work or live in the Auburn Local Government Area.

GENDER CENTRE EVENTS CALENDAR 2006

Items marked * must be pre-booked. If you are interested in taking part, contact Sean or Dan on (02) 9569 2366 or email socialsupport@bigpond.com

POLARE	january Wed 18 HIV/Aids information session 6.30pm	february	march
	april Tue 4 Transgender Youth Wed 5 Meditation Class Sun 20 Easter Barbecue Wed 19 Meditation Class	may Tue 2 Transgender Youth Wed 3 Meditation Class Wed 17 Meditation Class	june Tue 6 Transgender Youth Wed 7 Meditation Class Wed 21 Meditation Class
POLARE	july Mon 3 Op Shop Outing* Mon 3 Transgender Support Gp Wed 5 Meditation Class Thur 6 Transgender Youth Wed 19 Meditation Class	august Tue 1 Transgender Youth Wed 2 Meditation Class Wed 16 Meditation Class Thur 17 Transgender Support Gp	september Mon 4 Transgender Support Gp Tue 5 Transgender Youth Wed 6 Meditation Class Sat 9 Spring Barbecue and Community Forum Wed 20 Meditation Class Thur 28 PFAFT Support Gp
	october Mon 2 Transgender Support Gp Tue 3 Transgender Youth Wed 4 Meditation Class Wed 18 Meditation Class	november Wed 1 Meditation Class Mon 6 Transgender Support Gp Thur 9 Transgender Youth Wed 15 Meditation Class	december Mon 4 Transgender Support Gp Wed 6 Meditation Class Thur 7 Transgender Youth Sun 17 Christmas Barbecue Wed 20 Meditation Class

For more information see the Gender Centre's website at www.gendercentre.org.au or contact Sean at socialsupport@bigpond.com.au or phone 9569 2366 and ask for Sean or Dan

**Friday 11am - 1pm
Drop-in Coffee Morning**

**Wednesday
Drop-in dinner
6-8 pm**

**Op-Shop Extravaganza! Call
Sean to RSVP!! (See ad. p.17)**

Cervical Screening (Pap Smears) for Pre-op F-to-M Transgenders by Maggie Smith R.N.

Whether you are contemplating starting transition or already living as a man, Pap smears seems to be a taboo topic. Cervical screening is an important and often neglected area for men's health.

If you are a pre-operative transgender man and still have a cervix it is advisable you have a regular Pap smear. The National Guidelines recommend a Pap smear once every two years.

There is an understandable fear and avoidance of discussion in the F-to-M community; ignorance and discrimination from the health-care community, and having to discuss cervixes, vaginas, periods, any of that "women's" stuff with someone are all barriers to having a Pap smear. The procedure itself is not a pleasant experience, but it is an important one.

Studies now show that the HPV (Human Papilloma Virus) better known as Genital Warts is responsible for the majority of cervical changes and cancer of the cervix.

HPV is easily transmissible and affects a large percentage of the population. It affects men, women, gay, lesbian, bisexual, transgenders and queer alike. The virus does not discriminate. Nor does it seem to be dependant on the type of sex you have, be it penetrative or not. The wart virus can be easily passed on via genital skin to skin contact. Not all types of HPV show visible warts, not seeing warts on your sexual partners genitals does not mean that you have not been in contact with the virus.

HPV is responsible for the cell changes in the cervix. The only way to screen for these cell changes is with a Pap smear. A Pap smear is obtained by taking a small sample of cells from the cervix. As unpleasant as it sounds it is a painless procedure and takes a short amount of time.

A Pap smear detects cellular changes to the cervix, it does not check for cancer. A Pap smear is to observe cell changes before cancer occurs. Regardless of gender these cell changes can occur to the cervix.

Many of the barriers, concerns and fears a person has about Pap smears can be reduced or removed by talking to an experienced health-care professional. An initial consultation and talk with a doctor or nurse with whom you feel comfortable can help overcome the barriers.

Your local sexual health service will be able to assist you with information on Pap smears, HPV, in a safe non-judgmental environment. The gender center can help you with the appropriate contacts.

Cancer of the cervix is preventable. Regular Pap smears are the best way to be aware of any changes or possible problems. As unpleasant as the topic of Pap smears may be it is an important area of a person's health. By health care workers and FTMs working together the stigma of Pap smears and the problems that can go undetected without them will be reduced.

MS

Diverse Sexualities Access Project

Improving access by gay, lesbian, bisexual and transgendered young people to community and generalist services in the Nepean

This new four-year project aims to improve access to community and generalist services by gay, lesbian, bisexual and transgendered young people in the Penrith, Blue Mountains and Hawkesbury Local Government Areas. It will work with a wide range of peak, funding and policy-making bodies, service-providers and other stakeholders in order to build community partnerships, provide information, advocate best practices relating to service provision and promote the needs and views of local young, gay, lesbian, bisexual and transgendered people.

An integral part of my role as Project Worker will be active consultation with gay, lesbian, bisexual and transgendered young people. I am very interested to hear about your experiences in accessing community and generalist services in your area.

Have you ever:

Had a hard time finding a service that you needed? Been discriminated against or treated with disrespect by a service? Had your needs ignored by a service? Used a service that treated you really well?

If you would like to let me know about your experiences, offer suggestions, or get more information about the project feel free to get in touch with me using the contacts below.

Robert Reynolds

Diverse Sexualities Access Project Worker

Diverse Sexualities Access Project

PO Box 627

Penrith, NSW, 2751

Phone:(02) 4721 5024

Mobile: 0439 481 008

Fax: (02) 4721 5922

Email: outsidein@pnc.com.au

Funded by the NSW Department of Urban Affairs and Planning and auspiced by South Penrith Youth and Neighbourhood Services Inc.

Men's TS Resources in Australia (MTRA)

Information Sheet 2006



Men's TS Resources in Australia (MTRA) offers resources and health information about transsexualism in men (identified 'female' at birth). Our resources are available to men with ts, their family members (partners, parents, siblings and others), healthcare providers and other professionals, government and policymakers. We aim to inform the public of the issues surrounding transsexualism in men (female to male transsexuals).

MTRA is coordinated by Craig Andrews, with the input of members. MTRA is assisted by the *Men's Health Information and Resource Centre* from University of Western Sydney at Richmond NSW and guided by an Advisory Panel of health and legal specialists.

MTRA has offered information, support and contact under the name FTM Australia (FTMA) between 2001 and 2005.

Membership

MTRA welcomes members. Members are eligible to receive our newsletter and to subscribe to our e-mail discussion list. While membership is free, an annual donation drive occurs yearly in June. MTRA is supported by the donations of members.

More information about membership is available at our website at <http://www.mtra.org.au/> or by contacting Craig on mail@mtra.org.au or (0403) 876 393.

Newsletter

MTRA's newsletter is published four times a year for the benefit of members, their families and the service providers who care for them.

Discussion Lists

MTRA offers two e-mail community discussion lists:

1) OzGuys – open to members including their partners, family members and friends in Australia and New Zealand.

Goals of the discussion list include

- > To encourage friendships and information sharing amongst men and their families
- > To empower men and their families in understanding this condition
- > To encourage men to adopt positive images of being men in society and achieve anything and everything they dream of.

For more information please visit <http://groups.yahoo.com/group/ozguys/>

2) Partners – MTRA also supports the e-mail community discussion list Partners-MTRA which is open to partners of men with transsexualism (identified 'female' at birth).

For more information please visit <http://groups.yahoo.com/group/partners-mtra/>

To find out more please visit our web page at <http://www.mtra.org.au/>

We warmly welcome your interest in the Men's TS Resources in Australia and hope to hear from you soon!

Many of you may have heard about a 'new' long acting form of injectable testosterone that is available in the USA and UK. Known as *Nebido* in the USA, it has now been approved for use in Australia under the name *Reandron 1000*¹. Both *Reandron* and *Nebido* are oily injections that contain 1000mg of testosterone undecanoate. These pharmaceuticals are the first preparations that allow the individual drastically to reduce the number of injections to approximately four per year, once testosterone levels are stabilised.

Previously the only other option for long lasting testosterone delivery was the implant, otherwise known as 'pellets'. This is a procedure where local anesthetic is generally applied to an area of skin, usually on the abdomen or buttock, where the pellets will be placed. A number of small 'pellets' are then placed under the skin. These are expected to last four to six months². *Andrology Australia* has estimated that approximately ten per cent of the pellets inserted force themselves to the surface of the skin.

Many of you, who are not using implants, are using the injectable forms of testosterone marketed as *Sustanon*

and *Primoteston*. These are also both oily injections that are generally injected every ten days to three weeks depending on your current dosage and testosterone levels. While these are both 1ml injections, *Reandron* is a 4ml solution, injected intramuscularly.

As with all medications however, there are side effects. Many of you would be aware of the patient leaflet supplied with all vials of testosterone that indicate possible side effects. *Reandron* is no different. While a data sheet on *Reandron* itself is not widely available at the time of writing, a simple Internet search for a Patient Information Leaflet for *Nebido* highlighted some of the common (more than one in a hundred) side effects. These include diarrhoea, leg-pain, dizziness/headache, breathing problems, acne, itching, and breast-pain and enlargement. Some of the other effects known to occur in this preparation included weight gain, muscle cramps, nervousness, hostility, depression, sleep apnoea, water retention, skin conditions and balding³.

This, of course, does not mean that these symptoms will occur in all individuals who use the preparation. It is, however, always wise to weigh up the options available to you. It is most important to inform your doctor of any medical issues or concerns you may have so that the most suitable preparation can be chosen for you.


References

¹ *Andrology Australia*, www.andrologyaustralia.org, Accessed 09 March 06

² *Ibid.*

³ He Clissmann, www.clissmann.com/pil/nebido.pdf, Accessed 09 March 06

Daniel McKinley, HIV Outreach Worker



A.I. Electrology.
A.A.B.Th. CIDESCO. ITEC (France)
211 Wyee Rd Wyee 2259. Tel: (02) 43572221.
Email: aie101@bigpond.net.au

The only proven method of PERMANENT Hair Removal.
with:
The Gentronics MC160A Precision Blend / Galvanic & Multi Probe Epilators from the USA.

Fully Trained and Certified Electrologists
NSW Health Certified Skin Penetration Certified




For further details and prices, contact
Ainsley Israel or Shirley Hogue JP NSW on:
02 43 572221 or 0412-637726.

Midmark M9 Autoclave Sterilisation used in this salon.
Justice of the Peace on site for your assistance

Salon Bookings taken from
10.00 AM until 6.00 PM Tuesday to Saturday inc Public Holidays.

Subsidised Rates apply for anyone undergoing the Gender Reassignment



lisalees.com L.J.L 4-06-06

Hey, guess what I found out on the net about that new "girl".

FROLIC 2006

LIMITED TICKETS AVAILABLE SO GET IN QUICKLY

EVERYONE WELCOME!

TICKETS AT THE GENDER CENTRE OR BY MAIL ORDER

COST: \$25.00 INCLUDING THREE COURSE SIT-DOWN DINNER AND ENTERTAINMENT!!!

RAFFLE DRAW - LOTS OF PRIZES:

**DJ BARRY HAWES WILL BE PERFORMING:
FABULOUSSHOWGIRLS:**

PRIZES FOR THE BEST COSTUME

**NO TICKET SALES AFTER FRIDAY 20 OCTOBER
2006**

NO TICKET -- NO ENTRY



**TO BE HELD AT COOKS RIVER MOTOR BOAT CLUB
HOLBEACH AVENUE, TEMPE
ON SATURDAY 4 NOVEMBER 2006 FROM 7.00PM TO MIDNIGHT
DINNER SERVED AT 8.00PM**

**SEND YOUR TICKETORDER TO: PO BOX 266,
PETERSHAM NSW 2049**

CONTACT GENDER CENTRE: (02) 9569 2366

EMAIL: socialsupport@bigpond.com

ORDER FORM: Please wnclose cheque or money order made out to the Gender Centre

Number of tickets _____ at \$25.00 each. Total: _____

NAME _____

ADDRESS _____

_____ POST CODE _____

PHONE _____

EMAIL _____

Support Services Pages *(in most cases see also the Directory Pages at the back of the magazine for added detail)*

problems?

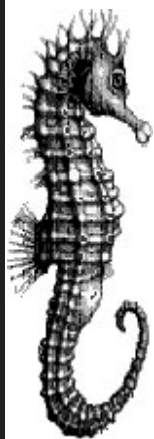
You can write to
The Counsellor
The Gender Centre
PO Box 266
Petersham
NSW 2049

questions?

If you do not wish to be identified, make up a name for yourself or come in and talk confidentially with the Counsellor (by appointment only)

concerns?

Hours
9am - 5pm
Monday and Tuesday only
Email:
counsellortgc@bigpond.com.au
Gaye 9569 2366



THE SEAHORSE SOCIETY is a self help group based in Sydney open to all crossdressers, their relatives and friends. We offer discretion, private monthly social meetings, social outings, contact with other crossdressers, a telephone information service, postal library service and a monthly newsletter.

NSW Seahorse Society

THE SEAHORSE SOCIETY OF NSW INC
PO BOX 168 WESTGATE NSW 2048

Call us on **0423.125.860** and our website is:

www.seahorsesoc.org

Email: crossdress@seahorsesoc.org

"crossdress with dignity"

Central Coast Transgender Group Forming

A group aimed at networking transgender persons who live/work on the CENTRAL COAST of NSW, AUSTRALIA. Transsexuals, others identifying as transgender, crossdressers and partners who have a connection with the Central Coast are welcome to join. This group is about fostering friendship amongst ts, cd, tg persons and the rest of the trans community. Even if group emails are not your thing please join the contact list (in DATABASE) so that it might act as an email and postcode directory of who's who on the Central Coast. Feel free to email and introduce yourself to the group and any members near your postcode:) Whether you are a crossdresser who prefers their topic to be crossdressing; or a transsexual who prefers to converse on matters of transition please respect and tolerate every member's right to be different. Remember the primary goal is to facilitate contact :) NOT A DATING SITE; SEXUALLY EXPLICIT CONTENT OR CONDUCT WILL NOT BE TOLERATED.

<http://au.groups.yahoo.com/group/centralcoastts/>

Gender Affirmation and Liberation (GAAL)

- GAAL is committed to providing a service to: People with the condition of Gender Dysphoria and who are in the process of affirming gender identity by hormonal and/or surgical means or have already done so.
- GAAL aims to provide a safe and supportive environment for people in the process of gender affirmation or who have affirmed their true gender to share experiences.
- **Social Activites.** We also have social occasions where we actively encourage the participation of friends, family, partners and other support groups. We hold regular meetings on the third Monday of each month at a venue in South Yarra. GAAL: PO Box 245, Preston, VIC, 3072
- Or call our message bank: (03) 9517 1237 and one of our committee members will contact you as soon as possible or you can write to us. If you need to contact us urgently Ph: 0425 785 666

AgenderNSW

Agender NSW, is a non-profit organisation, coordinated by volunteers, to provide a social and support group for Transexed, Intersexed, Transgender, cross dressers, families and partners or anyone with gender related issues.

Our meetings are held on the second Wednesday of the month at the Uniting Church Hall, 48 Regent Street and Portland Road, New Lambton at 6.30pm.

Meeting dates for 2006:

12 July, 9 August, 13 September, 11 October, 8 November, 13 December.

Agender NSW, PO Box 11, Windale, NSW, 2306

or phone Tanya NSW rep. and MTF rep.(02) 4948 1012 or email

agendernsw@yahoo.com

or apples6@bigpond.net To browse the website go to agendernsw.20m.com Josh,

FTM Representative on phone (02) 4937 2184

Central Coast Support Group

The CCSG started in the 1990s and is a free, unfunded service to all with transgender issues. It is primarily a guidance service for anyone who is starting on Medical and Psychological requirements under the Benjamin Standards of Care.

(02) 4357 2221 Mon-Sat 10am-10pm

ccmrr@bigpond.com

Queensland Gender Centre

The Queensland Gender Centre is run solely by a transsexual here in Brisbane, Queensland, Australia with the aim of assisting those in need of accommodation and assistance.

It is open to all those who identify as transsexuals and who are mentally stable and drug and alcohol

The location of the shelter is kept confidential to protect the tenants. The accommodation is in an upmarket suburb on Brisbane's upper north side.

You can stay either up to six months or twelve months and we can house up to six people at a time.

If you want more information or are interested in assisting with the project please telephone, write or e-mail the Queensland Gender Centre (see p.38 for contact details)

OUTER METROPOLITAN AND COUNTRY TRANSEX-INTERSEX SUPPORT (O.M.A.C.T.S.I.S)

Our service provides support for individuals and their families, affected by the issues of transsexualism and/or intersex conditions

We are able to offer social support and out-of-hours counselling services by telephone.

For further information and social support please phone Tanya (0249 481 102) or Gina (0247 511 402)

We will soon be in other areas

How Stefanie Came Out Into The World

Times have changed and society is now more open and understanding to the struggles and plight of transsexual people. Gender dysphoria is a condition that takes bravery and guts to firstly face, fight, and then resolve. It is one of the hardest conditions that anyone can face and something none of us *choose*.

The more people that bravely face their fears and choose to live their life as they feel it should, need to be applauded. The following is my personal journey. I will briefly touch on how I came out to my family, but will expand on my workplace transition. Many people on have complimented me on how I actually went about it all.

The whole theme of my journey was to give people RESPECT and that “Knowledge Is Power.”

I always knew that it would be inevitable that I would transition, but even still, I tried to fight, deny and “cure” myself. It’s all part of the journey. I nearly transitioned when I was twenty-one, but my timing was wrong. I needed to grow as a person and mature. When I finally did begin my transitioning, it went without saying that it was absolutely *vital* to my life for it to be a success. I studied everything I could, got counselling, set my goals and did what I had to do.

Although it’s a bit of a marathon, I hope that this document may be helpful and inspire others going through their own transformation. Follow your own path though, as you, and your circumstances, are unique.

I suggest that you build up a network of supportive friends. It’s always lovely to confide in them. If you need to, you can cry on their shoulders, and also share your experiences and victories. Remember, your friends are the family that you *choose*.

My Family

I always had the luxury of knowing I had my mothers’ support... regardless. She did briefly struggle over my wanting to transition, but saw at first-hand my happiness and then backed me one hundred per cent. My father was another story though. Once I knew “it was time” and began taking hormones, it became essential that the rest of my family knew. Hormones are powerful and work very, very quickly. Coming out is such a hard thing to do, particularly to your loved ones. You risk *all* in this situation.

I am usually a very positive person but I had to steel myself and was ready for the absolute worst-case scenario. Anything above that would be a blessing. I had built up strength through counselling at the Gender Centre, but was still fearful. Amazingly when I flew up to see Dad, my

fear went away as I knew I had to tell him. There was *no* backing out. My body *was* going to change.

I came prepared. For each and every person, I had an A4 envelope containing a word document with text and photos from my website. Additionally, I enclosed information about gender dysphoria, common misconceptions about transsexualism and a Question and Answer type document aimed at helping loved ones understand. I sealed the envelope and titled it *Introducing Stef*.

I’d sealed it with the understanding that each person could *choose* to open it... or not. I needed to allow them their feelings, at their pace. I was prepared to answer *any* question asked of me while in a low key way showing how happy I now was and that this indeed was *real*.

An interesting footnote was that my brother here in Sydney, didn’t open the envelope. He needed more time to deal with it in his own way.

Everyone reacts to such news in different ways. One common one is for someone to treat it “as a death”. The person they were used to, physically anyway, “won’t exist any more”. Whether the reaction is good or not so good, always give out love and compassion. Know it will take time. Regardless, a great weight will be lifted from your shoulders and it will be good training for you when it is time for “the world to know”.

Additionally, I went to talk with my uncle’s and aunts face to face, which impressed them.

Work Disclosure – Pre Planning

The key here is to respect power and those in authority while remembering that your bosses are only human. You need to know that *how* your bosses deal with the situation long term will be modelled throughout the organisation. Thus you need to demonstrate that you respect them and that you hold the “image of the company” very highly indeed.

You need to have researched your own situation thoroughly and appear confident and in control. Assume that they have never come across a “real transsexual” before and that need to be guided by you, on what to do next.

I did this with the aid of hardcopy folders (one for each person). Within each of these folders, I had information divided into six categories. **The first**, titled *About me*, stated my condition and gave a little insight into my life. Additionally, it contained a few paragraphs on “what will happen next”, and also indicated a rough time line.

.About Me

I have a medical condition known as gender dysphoria. I have been a transgender person all of my life. From when I was young, I've always felt "different", and no amount of repression has changed this fact. The very latest medical opinion is that transsexualism is a condition that begins in the womb.

I have always felt that I have a female soul. The most recent medical help I sought for my condition began in _____. My Psychiatrist is Dr _____. He is happy to converse with you if feel it necessary. I've also been seeing Psychologist _____ from the Gender Centre and an Endocrinologist _____.

Growing Up

My Childhood etc etc... (Basic to the point)

My Journey

I have always felt I was female deep down. I began dressing in female attire when I was thirteen, but realised from about seventeen that my feelings ran a lot deeper and stronger. There were instances earlier in my childhood that, looking back, add weight to the fact that I have always had this condition.

My mother discovered that I cross-dressed when I was seventeen. At twenty, I told her that I wanted to transition, but "purged" when I was twenty-one..., only to continue cross-dressing until I was nearly twenty-six. I then tried to repress all of my feelings and from around 1990 felt I had "cured" myself. After many years of self-denial, it took the events during the week of September 11 to make me realise that I needed to be true to myself, regardless of societies norms or my own fears.

In May 2003 I began dressing again and throughout 2004 I went out socially at least twice weekly and began building supportive networks of friends around me. From November 2004 I finally began the transitioning process. This involved seeing the doctors noted above and starting laser treatments to remove facial and body hair.

*On my fortieth birthday (January 2005) I started a course of female hormones. In February 2005 I informed the rest of my nuclear family. I'm very lucky to have such open families, as they were **all** very understanding and supportive.*

On moving to my new flat in late April 2005, I began to live as a female in all circumstances outside work.

Note to Company XYZ

I have been working at XYZ as an architectural drafts person for nearly ten years. I tell everyone of my passion for working for XYZ and how wonderful my co-workers are. I feel I have contributed significantly in (insert your achievements here).

I am sure that this is happening will be out of a lot of people's comfort zones. I just wish it to be known that I feel my transitioning has been an unavoidable necessity in my life and none of this has been undertaken lightly.

Staff may need to be given training on what to expect (e.g. how to refer to me, toilet issues and anti-discrimination policies. At the time of my leave a management email will be sent to all staff. A personal note will be attached by me to the co-workers that I usually deal with daily. At this time I will also begin changing my personal documentation to reflect my new status.

I will then prepare to return to work, physically and in every way myself...unmistakably, female.

_____ may need to prepare documents regarding this, should this become "public knowledge".

After this workplace transition, my next action is to complete my laser treatments and commence speech therapy. I will also be saving in order to have gender reassignment surgery.

The second folder was titled "HR (Human Resources) Specific USA". This contained a whole section from the "coming out at work" link I have on my links page (Gender Sanity – Guidelines for HR Professionals). It was brilliant. I also highlighted the sentences I thought important, such as the point they made about Lynn Conway, and the part entitled "Antecedents of Workplace Transition"

<http://www.gendersanity.com/shrm.html>

The third folder was titled "HR Specific NSW". This contained HR information relating to the state of Australia I live in – New South Wales. I received this information from the Sydney Gender Centre. It also included a NSW Anti-Discrimination Law brochure, *And... ..* an Anti-Discrimination policy document from my own work place, (highlighting that my company did not discriminate against Transgender people).

<http://www.gendercentre.org.au/kits.htm>

Issue Sixty-Eight

The **Fourth folder division** was a *Case Study* from a girl who had also transitioned on the job. I must make a special “thank-you” to Paula Kaye. Some of the information was invaluable. These can be seen in the documents informing my company’s staff, which comes later.

The **Fifth folder division** included information concerning common misconceptions about transsexualism and Question and Answer type documents aimed at helping understanding. Refer to the above Gender Centre link or just surf the transgender sites.

Lastly, the **Sixth folder division** contained a link to my website. I ensured that my website had photos of me dressed in work mode. Do not have rude photos on your website! Remember *why* you created your website. For me, it was an aid in my coming out to the world.

Informing My Bosses .

My initial meetings went with hierarchy. I went first to my Agent, then Human Resources at my place of work and then my Department Head. I sat down with each (armed with a folder) and stated that I needed to say something that required *complete* confidentiality. I said that I had a medical condition known as gender dysphoria which meant that I was transitioning from being male to being female. I told them that I’d been taking hormones and that I’ve been living as a female full-time (with the exception of work) for the past four months. I also stated how much passion I had working for the company and that I would still be exactly the same person, but will merely “presenting differently”.

I then asked my Department Head (once she had time to digest the news herself and read my folder), to organise a meeting with the immediate bosses above me. She was to sit in on the meeting (with an HR representative also present) and then give me the “*power to speak*” to my bosses.

When the time came, she started proceedings with a brief introduction, stating that it was I who was to speak. Again I had my folders on the ready. I must say here that all of my upper management were wonderful and handled the situation very professionally. My bosses received the news well and my department head gave me a big vote of confidence. She concluded the meeting by stating to my bosses (with me present...in “boy mode”) that,

“Stefanie has been with us for a long time. She has been very professional about this and has researched this thoroughly. How *we* will go about this workplace transition over the next few weeks is covered within this folder. We don’t want to lose her skills.”

My Department Head was already leading by example, modelling the desired office behaviour from the outset. I felt respected, empowered, in control . . . *and blessed*. Thankyou, from my heart.

Informing Staff

I’d timed this to perfection. In other words, I was finding it increasingly stressful and difficult to hide the wonderful changes that were happening to my body. I had informed my managers when negotiating my transition timeline, that I would be taking two weeks leave as at x date. This leave was to help staff digest and gossip about the news.

I kept my impending “holiday” on a low-key basis, but kept my mouth shut as to the real reason. If anyone were to “pick” me, I was to take leave *immediately*. I did though make a joke to a close female work friend on my last day, saying that although I’d be spending my holiday at home this time, I might go to a health spa and come back “*a completely different person..!*”

Various planning meetings took place with those in the know in the last week. On the Monday after I’d taken my leave, my department head got everyone on my floor together for a quick informal chat. Having assured them that it wasn’t anything to do with their own jobs, she then informed them about me and that I had the full support of the company.

Emails were then sent to staff from upper management & HR. The first was a dry “statement of fact” letter. A more personal one drafted by me was then sent. It contained a link to my website and to select people, a few photos. Additional information was then sent (thanks Paula Kaye) covering toilet issues and a piece titled “Having difficulty seeing Stefanie as Female.?”

WORK BASED EMAILS

.Subject: Workplace Transition

Stephen Imbruglia is a transgender person currently in transition. Stephen is in the process of transitioning from being male to being female. This is a long-term process, but for staff in _____, the most visible aspect of this transition will be when Stephen returns to work. Stephen has requested that employees be informed of his transition prior to this date and it is also at his request that this internal memo be circulated.

Stephen will be taking leave, from 2 September through to 18 September . When Stephen returns on Monday 19 September, his name will be Stefanie Imbruglia.

From this date forward all employees are required to call Stephen by his new name. References in terms of pronouns

will also need to be adjusted. Stefanie will be referred to as she and her. Pronouns which are currently suitable to Stephen ('he' and 'him') will not be appropriate after the date of transition.

Stephen has worked for _____ for almost ten years now and is a valuable employee.

This process is difficult and involved for Stephen. Stephen and the Management team will therefore appreciate the support of employees. Under NSW Anti-Discrimination legislation Stefanie will be entitled to use the bathrooms and other facilities provided for all female employees.

The management recognises that this is an area that staff may have questions about and are happy to provide information from the NSW Anti-Discrimination Board on this subject. I will be happy to address any appropriate questions regarding Stephen's transition. Stephen has also indicated he is also happy to answer any questions you may have.

Our HR Policies ensure equal and fair opportunity for all prospective and existing employees.

Equality of opportunity is provided regardless of gender, marital status, physical, intellectual, psychological or psychiatric disability, race, colour, ethnicity, social origin, pregnancy, parental status, family responsibilities, national origin, religion, sexual orientation, transgender status, age, political conviction or trade union activity. _____ recognizes employees solely on the basis of their abilities, aptitudes, performance, qualifications and skills.

We strive to maintain a workplace that ensures respect and dignity for all staff.

Some Thoughts Which May Help Dispel Concerns Regarding Transgender Workplace Transition Embarrassment at forgetting to use correct names, forms of address, etc.

.This is entirely normal and only to be expected.

It is common for people to sometimes temporarily forget someone's name or to accidentally call them by someone else's name.

Stefanie is entirely understanding of what a big step this is for most people and how easy it is to forget new names or be uncertain or confused. She will not be affronted or embarrassed if this should occur during the first few days or on occasion at other times.

Stefanie understands that her Workplace Transition is actually a joint transition in which everyone is learning to adjust to changes. She realises that understanding,

tolerance, and plain old give-and-take are necessary for everyone. Stefanie will, especially during the first two or three weeks, be presenting herself in an unmistakably feminine style to assist others to adjust as quickly and easily as possible and to help avoid confusion.

Finding it difficult to see Stefanie as Female..?

This is entirely normal and only to be expected.

Stefanie has been perceived as male for quite some time so it is only to be expected that adjustments will also take some time. Everyone will find, however, that they soon adjust.

As hormone, electrolysis/ Laser and speech therapy progress, Stefanie will become increasingly feminine in physical appearance and presentation .

Whatever typically male features may be perceived in Stefanie, these can all be found among genetic women (eg. being tall, having facial hair, deeper voice, etc.). The best way staff can approach this aspect is to not focus on those features which they perceive to be male but instead to concentrate on Stefanie's essential qualities and/ or more feminine features

Stefanie is entirely understanding of how challenging it can be for other people to change long-held perceptions. She understands that this is something which is not usually encountered and for which most people are not prepared. This next phase in her transitioning is though essential, as is insisting on her rights in relation to this matter. Her medical treatment and well-being are in part dependent on it.

Some facts which may dispel concerns regarding the use of toilets during transgender workplace transition

In general there are no laws, Federal, State or local, governing who may use toilet facilities. It is not against any law for a male to use female toilets or vice versa. This is a matter of social custom only.

There are only two laws in NSW relating to the use of toilets; both form part of the NSW Anti-Discrimination legislation.

Firstly, the NSW Anti-Discrimination Act states that it is illegal to deny the use of toilets of the preferred gender to transgender persons who have had Sex Reassignment Surgery.

Secondly, the NSW Anti-Discrimination Act states that Transgender persons who have not had Sex Reassignment Surgery should be allowed to use the toilets of their

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preferred gender unless it can be proven in a court of law that this would be unreasonable in all circumstances. The only cases where this has been satisfactorily proven have been in relation to Women's Refuges.

Transgender persons are required by the Medical Standards of Care to live in their preferred gender in all respects for a period of at least one year (subject to the discretion of their health care professionals) before Sex Reassignment Surgery will be approved. This requirement means that Transgender persons must use the toilets of their preferred gender.

Also, in relation to the above, since it is necessary for Transgender persons to present themselves at all times as their preferred gender, it would be very confronting to others as well as embarrassing and demeaning to the Transgender person to insist that they use the toilets of their physical sex. It could also be very dangerous for the Transgender person to do so.

Transgender persons have a deep-seated (possibly of physical neurological origin) sense of their perceived gender being their true gender. They generally find it very distressing to have to use the toilets pertaining to their physical sex.

It is becoming increasingly common all over the world to now use public and corporate unisex toilets facilities. Two examples of this in NSW are the Sydney Eye Hospital and Bondi Junction railway station.

It has always been common practice in domestic households where toilet facilities are located in bathrooms for family members of both genders to be in the room at the same time while those toilet facilities are being used. The use of toilet facilities in women's toilets is entirely private. Only the washing and, drying of hands is conducted in public.

Employees who feel uncomfortable with sharing the toilet with Stefanie can always delay their visit until she has left or use another toilet until such time as discomfort is allayed.

Stefanie is entirely understanding of how challenging this might be for some people, how this situation is one which is not usually encountered, and for which most people are not prepared. Stefanie will not be taking offence at anyone who may display or express some concern or discomfort.

Stefanie is prepared to cooperate fully with management in resolving any issues regarding this aspect of her Workplace Transition. However, she will be ultimately insisting on her rights in this matter as her medical treatment

and well-being are in part dependent on it.

The following is a note from Stefanie Imbruglia about her transition. Stefanie has asked that I circulate this prior to her return to work so staff can better understand her decision. Please circulate as required. Thanks

Hi Everyone,

Life is interesting... isn't it...?

I have so felt comfortable working around you at _____. It is a lovely place to work, but it is the people here, which I feel make it so special. I would like to take this opportunity to personally thank _____ from Human Resources and also _____. All have been very understanding and have dealt with this situation in a very professional, respectful and positive manner.

I am sure the fact that this is happening will be out of a lot of your comfort zones. I just wish it to be known that I feel my transitioning has been an unavoidable necessity in my life. None of this has been undertaken lightly. I actually nearly began transitioning when I was twenty-one, but the timing wasn't right. I now feel ready for what lies ahead. I know this must have come as a big shock to you all. Gender Dysphoria is a medical condition and the latest scientific opinion is that it begins in the womb. Stefanie is who I am inside and it's something I've had to deal with my whole life. I have fought it, denied it and tried to "cure" it. An event (more accurately, it was an entire week of events) had such an impact on me psychologically, that I finally, finally, allowed myself to be me. That was the week of September 11.

I will still be the same happy, positive person that you all know. I am merely changing my physical self to better reflect who I really am. I am being totally honest to everybody in my life and only ask that you be yourselves around me. My entire family have been very supportive and positive, as have my friends and acquaintances. More than anything, I am the happiest that I've ever been in my life. To accept yourself for who you are is amazingly empowering. If you are curious to learn more about my situation, I have a website on the net that has links to a whole range of information. The address is: <http://stefanie888.com/> I look forward to catching up with you again soon.

Regards,

Stefanie



FTM Accommodation
 Folks going to Melbourne in regards to any stage of GRS. Accommodation is available which is close to the hospital and the surgeons rooms. Information on how to get around in Melbourne is also readily available.
M I C H A E L
 Ph: (03) 5975 8916 or 0405 102 142
 pathwaysau@yahoo.com.au

A Touch of Glamour
 359 Parramatta Rd, Leichhardt
02 9550.9654
 Tue-Fri 9.30am to 5.30pm
 Sat 10.00am to 4.00pm
 Lovely Lingerie - (10 - 26)
 Bras, Gaffs
 Shoes & Boots - (7 - 14)
 Corsets, Waspies
 Breast Prosthesis
 Wigs, Beardcover, etc
www.glamourworld.net

The Wisdom Development Centre
 Personal empowerment and achievable lifestyle goals with financial freedom.
Live Your Dream Please phone: Madeline or Dennis (02) 9488 9943 or 0402 145 583

May I Have Your Attention Please!

An ad. this size costs \$11 an issue, including GST.

Online Counselling N.S.W
 GLBT Friendly Qualified Counsellor.
 Free public Self-Help Forums.
 Contact: Alex Gibson.
 Email: alexg75@pnc.com.au
www.onlinecounsellingnsw.com

Beauty Therapist GLBT Friendly
 Fully qualified for all your Beauty needs
 waxing - tints -make-up -facials - massage- reflexology - manicures - pedicures- aromatherapy - earpiecing
Mobile service available servicing Camberra and environs
Phone Simone 0414 517 376

DIVAS
 "NZ's Only X-Dressers' Boutique
 We Sell Wigs, Lingerie, Shoes & Boots, Corsets, Dresses, Make-up, Breastforms
 Discreetly located upstairs at Suite 2 - 146a Lichfield St, Christchurch, NZ
www.divasboutique.gaynz.net.nz
 Ph 379-3446

FREE HOME TUTORING in reading and writing for adults (nights preferred)
 Call Margot 9335 2536 or Mim 9335 2350
 @ Petersham TAFE

Wigs International
 12 King Street - Newtown 2042
www.wigsinternational.com.au
wigsinternational@bigpond.com
 ★ We specially invite all Polare readers to a 20% discount on all our wigs. (Custom made excluded)
 ★ You can have the hair you've always wanted - gorgeous!!!
 ★ Private rooms available (transgender friendly)
 ★ Call Jodie or Ingrid - 9519.5206

Desired Collectables
Wholesalers of Intimate Lingerie and Footwear
 ABN: 70 651 734 547
 Featured Items:
 • European Lingerie
 Sizes up to G cup
 • Footwear
 Boots Platforms Courts Pumps (To size 17 in some styles)
 • Hosiery
 Intimate European Styles
 We specialize in catering to Transgender needs
 Delivery service Australia/NZ wide
 PO Box 788
 Petersham
 NSW 2049
 Ph/Fx 02 9820 6260 Kaz 0414 491 114 John 0448 866 461
desiredcollectables@gmail.com

Goods and services advertisements are the responsibility of the Advertiser under the Trade Practices Act. The Gender Centre does not imply an endorsement of the goods, services or advertiser. The Gender Centre recommends that consumers exercise common sense and draw their own conclusions on the goods and services advertised in Polare. The Gender Centre will not be held responsible for any misfortune nor will it indemnify readers against any harm incurred. The distribution of Polare is targeted and is not intended for general distribution.

To Place an Advertisement for Goods and Services in Polare:
Please contact the Editor of Polare:
resourcestgc@bigpond.com or by faxing details to 9569.1176 attention to Polare Editor. Advertisements are included in Polare based on the space available in the magazine. Advertisements in this section should not contain images or logos and should bear some specific relation to the transgender community. Services and goods provided by and for transgender people are preferred.

New South Wales

THE GENDER CENTRE

Counselling

Provides counselling to residents and clients living in the community. For more information or an appointment contact the Counsellor on Monday, Tuesday or Thursday 10am - 5.00pm.

Outreach service

Available to clients in the inner city area on Tuesday nights from 6.00pm to 2 a.m. and on Thursdays from 10am - 5.30pm by appointment only. Monday and Wednesday afternoons and Friday 10am - 5.30pm. Also available to clients confined at home, in hospital or gaol - By appointment only. For an appointment contact Outreach Worker - 0407 929 915.

Social and support service

Provides social and support groups and outings, workshops, forums and drop-ins. For more information contact the Social and Support worker.

Resource development service

Produces a range of print resources on HIV/AIDS, medical and other information relevant to people with gender issues and their service providers. We provide printed information including a bi-monthly magazine *Polare* and a regularly updated website at: www.gendercentre.org.au

For more information contact the Resource Development worker on Monday or Wednesday.

Drug and alcohol service

Provides education, support and referral to a broad range of services - By appointment only. For an appointment contact the Outreach or Social and Support worker.

Residential service

Provides semi-supported share accommodation for up to 11 residents who are 16 and over. Residents can stay for up to 12 months and are supported as they move towards independent living. They are also encouraged to consider a range of options available to meet their needs. A weekly fee is charged to cover household expenses.

Assessments for residency are by appointment only and can be arranged by contacting the Counsellor, Outreach worker or Social and Support worker.

For partners, families and friends

Support, education and referral to a wide range of specialist counselling, health, legal, welfare and other community services are available for partners, families

and friends of people with gender issues. For more information contact the Social and Support worker.

For service providers, employers and others

Advice, support and workshops are also available to employers, service providers, students and other people interested in gender issues. For more information contact the

Gender Centre General Manager, 75 Morgan Street or PO Box 266

Petersham NSW 2049

Tel: (02) 9569.2366

Fax: (02) 9569.1176

gendercentre@bigpond.com

<http://www.gendercentre.org.au>

For after hours counselling contact **Lifeline** on 131 114 or the

Gay and Lesbian Counselling Service

4pm-midnight seven days on

(02) 9207.2800

1800 805 379

<http://www.glcnsn.org.au/>

2010 - TWENTY10/GLBT YOUTHSUPPORT

Twenty10 is a NSW-wide organisation that provides support to young transgender, lesbian, gay and bisexual people who are having trouble at home or are homeless. We provide accommodation support, counselling, case management and social support. We also provide information and referrals for young GLBT people and their families and do community education programs throughout NSW.

PO Box 553, Newtown, NSW, 2042

Youth callers needing help:

Sydney local: (02) 8594 9555

Rural NSW : 1800.65.2010

All other callers:

(02) 8594 9550

Fax: (02) 8594 9559

Email: info@2010.org.au

Web page: www.twenty10.org.au

ACON-AIDSCOUNCIL OF NSW

Information and education about HIV/AIDS, caring, support for people living with HIV/AIDS.

9 Commonwealth St, Surry Hills, NSW 2010

PO Box 350 Darlinghurst NSW 1300

Tel: (02) 9206.2000

Fax: (02) 9206.2069

tty: (02) 9283 2088

ACON-HUNTER

129 Maitland Road

PO Box 220

Islington 2296

Tel: (02) 4927 6808

Fax: (02) 4927 6485

hunter@acon.org.au

<http://www.acon.org.au>

ACON -MID-NORTH COAST

4 Hayward Street

Port Macquarie NSW 2444

Tel: (02) 6584 0943

Fax: (02) 6583 3810

ACON -NORTHERN RIVERS

27 Uralba Street

Lismore NSW 2480

PO Box 6063

South Lismore NSW 2480

Tel: (02) 6622.1555

or 1 800 633 637

Fax: (02) 6622 1520

northernrivers@acon.org.au

ACON-WESTERN SYDNEY

6 Darcy Road, Wentworthville, 2145

Tel: (02) 9204 2400

Fax: (02) 9891 2088

aconwest@acon.org.au

AFAO(AUSTRALIAN FEDERATION OF AIDS ORGANISATIONS)

National AIDS lobby and safe sex promotion organisation.

PO Box 51

Newtown 2042

Tel: (02) 9281.1999

Fax: (02) 9281.1044

ALBION STREET CENTRE

HIV testing, clinical management, counselling and support, treatment and trials for HIV/AIDS.

Tel: (02) 9332.1090

Fax: (02) 9332.4219

ANKALI

Volunteer project offering emotional support for People Living with HIV/AIDS, their partners, friends and carers. One on one grief and bereavement service.

Tel: (02) 9332.1090

Fax: (02) 9332.4219

ASTRA (ASSOCIATION OF SEXY TRANSVESTITES)

An erotic social club for the bold and the beautiful! All ages, shapes and sizes. Discreet meetings, weekly parties.

PO Box 502, Glebe NSW 2037

BOBBY GOLDSMITH FOUNDATION (BGF)

Provides direct financial assistance, financial counselling, employment support and supported housing to people in NSW disadvantaged as a result of HIV/AIDS.

Tel: (02) 9283 8666

free call 1800 651 011

www.bgf.org.au; email

bgf@bgf.org.au

BREASTSCREEN

Phone 132050

CENTRAL TABLELANDS TRANSGENDER

INFORMATION SERVICE

Provides information and directions for anyone seeking medical or psychological assistance in changing gender. Provides information on gender friendly services available in the Bathurst, NSW Area. Brings together transgenders, their families and friends and provides support and understanding in a non-counselling atmosphere.

Operates 9 am - 8pm Mon - Fri

Tel: 0412 700 924

(CSN) COMMUNITY SUPPORT NETWORK

Transport and practical home based care for PLWHA. Volunteers welcome. Training provided.

Sydney Mon-Fri 8.00am-6.00pm
9 Commonwealth St, Surry Hills

Tel: (02) 9206.2031

Fax: (02) 9206.2092

csn@acon.org.au

PO Box 350 Darlinghurst NSW 1300

Western Sydney and Blue Mountains

Mon-Fri 9.00am-5.00pm

Tel: 9204 2400

Fax: 9891 2088

csn-westsyd@acon.org.au

6 Darcy Rd, Wentworthville, 2145
PO Box 284, Westmead, 2145

Hunter

Mon-Fri 9.00am-5.00pm

Tel: 4927 6808\Fax 4927 6485

hunter@acon.org.au

129 Maitland Road, Islington, 2296

PO Box 220, Islington, 2296

MacKillop Centre - Hunter

Training and development opportunities for PLWHA

Tel: 4968 8788

Illawarra

Mon-Fri 9.00am-5.00pm

Tel: 4226 1163

Fax: 4226 9838

illawarra@acon.org.au

47 Kenny St, Wollongong, 2500
POB 1073, Wollongong 2500

Mid North Coast

Outreach project: by appointment

Tel: 6584 0943

Fax: 6583 3810

mnc@acon.org.au

4 Hayward St, Port Macquarie, 2444

POB 1329, Port Macquarie, 2444

FOLEY HOUSE

A safe and supportive residential service for people at risk of acquiring or transmitting HIV, HAV, HBV and HCV and other infectious diseases. Assessments for residency are by appointment only and can be arranged by contacting a Residential Support worker.

6-8 Bellevue St,
 Surry Hills
 PO Box 331, Surry Hills NSW
 2010
 Tel: (02) 9211.0544
 Fax:
 (02)9211.0778 admin@foley.org.au
www.foley.org

HIV AWARENESS AND SUPPORT

For HIV positive IDUs and their friends. Meets on Wednesdays. Contact Sandra or Tony at NAAA. Tel: (02) 9369.3455 Toll Free: 1800.644.413

INNERCITYLEGAL CENTRE

Available to discuss any legal matter that concerns you. Tel: (02) 9332.1966

INTERSECTION

Coalition group of lesbian, gay, transgender and other sexual minority groups and individuals working for access and equity within local community services and their agencies. Christine Bird (02) 9525.3790

KIRKETONROADCENTRE

Needle exchange and other services
 Clinic Hours:
 Monday to Friday, 10am - 6pm
 Saturday to Sunday, 2pm - 6pm
 Outreach Bus - Every Night
 100 Darlinghurst Road
 (Entrance above the Kings Cross Fire Station - on Victoria Street)
 PO Box 22, Kings Cross, NSW, 2011
 Tel: (02) 9360.2766
 Fax: (02) 9360.5154

LES GIRLS CROSSDRESSERS GROUP

An independent peer support group for transgender people. Free tuition, job assistance, friendship and socials, general information. Bi-monthly meetings. Coordinator, PO Box 504 Burwood NSW 2134

LIVINGSTONE ROAD SEXUALHEALTHCLINIC

Provides a free and confidential range of health, counselling and support services. 182 Livingstone Rd Marrickville NSW 2204 Tel:(02) 9560.3057 (2-5pm) Fax: (02) 9568.333

(MCC)METROPOLITAN COMMUNITYCHURCH

MCC Sydney is linked with other MCC churches in Australia as part of an international fellowship of

Christian churches, with a special concern for any who feel excluded by established religious groups. MCC deplors all forms of prejudice, discrimination and oppression - and seeks to share God's unconditional love and acceptance of all people, regardless of sexual orientation, race or gender.

96 Crystal Street, Petersham 2049
 Phone: (02) 9569.5122
 Fax: (02) 9569.5144
 Worship Times:
 Sundays 10.00 am & 7.30 pm
mcc@eagles.bbs.net.au
<http://www.mccsydney.org.au/>

MOUNTDRUITTLUXFORD ROADCLINIC

Provides free, confidential and respectful sexual health information, assessment, treatment and counselling. Ph: (02) 9881 1733
 Mon 1.00pm-4.00pm
 Wed 9.00am-12.30pm
 Fri 9.00am-12.30pm
 Every second Thursday 9.00am-12.30pm

(MTRA) MEN'S TS RESOURCES IN AUSTRALIA

Resources and health information for all men (identified female at birth, their partners, family and service providers. Contact MTRA for more information. PO Box 488, Glebe, NSW, 2037 www.mtra.org.au

NEON

is a support and social group for transgender people of all ages. It's a chance to get to gether and discuss experiences, gain support and make friends. We meet at the ACON-Hunter office on the last Wednesday of every month from 7pm to 9pm. Tel: ((02) 4927 6808 (ask for Cath)

NEWCASTLE SWOP

SWOP at Newcastle has a Mobile Sexual Health Team 0249 276 808

NORTHAIDS

A community based organisation providing step down and respite care for PLWHA on the Northern Beaches. Tel: (02) 9982 2310

NUAA - NSW USERS AND AIDSASSOCIATION

A peer-based community organisation providing education on safe injecting, safe using and safe sex. Information on services for injecting drug users. Free needles, swabs, water, spoons, condoms, dams, gloves and lube. Free newsletter and material on HIV and

AIDS and other topics of interest or concern to people using drugs illicitly.. 345 Crown St, Surry Hills, NSW 2010
 PO Box 278, Darlinghurst, NSW, 1300
 Tel: (02) 8354 7300
 Tollfree:1800.644.413
 Fax: (02) 8354 7350
admin@nuaa.org.au

PARRAMATTA SEXUAL HEALTHCLINIC

provides free, confidential and respectful sexual health information, assessment, treatment and counselling. Level 2, Parramatta Health Service, 158 Marsden (cnr. George St) Parramatta 2150 Ph: (02) 9843 3124
 Mon, Wed, Fri 9.00am-4.00pm
 Tue 10.00am-4.00pm
 Thu 4.00pm-7.30pm

PLWHA) PEOPLE LIVING WITH HIV/AIDS

PO Box 831, Darlinghurst NSW 2010
 Fax: (02) 9360.8604
<http://www.plwha.org.au/>
Katoomba:
 P.O. Box 187
 Katoomba NSW 2780
 Tel: (02) 4782.2119
<http://www.hermes.net.au/plwha/>
plwha@hermes.net.au

POSITIVE WOMEN

Can offer one-on-one support for HIV positive transgender women. Contact Women and AIDS Project Officer or Women's HIV Support Officer at ACON. Tel: (02) 9206.2000
<http://www.acon.org.au/education/womens/campaigns.htm>

REPIDU

Resource and Education Program for Injecting Drug Users
 Mon - Fri, 9am - 5pm Sat & Sun, 1 - 5 Deliveries Tue, Fri 6 - 9
 151 Pitt St, Redfern, NSW, 2016
 Tel: (02) 9699.6188

SAGE FOUNDATION(Sex and Gender Education Foundation)

A voluntary lobbying organisation made up of gender variant people to lobby the government to ensure equal treatment in all respects of life. Sage is non-profit. All welcome. Ph: 0421 479 285
 Email:
SAGE_Foundation@yahoo.com

SEAHORSE SOCIETY OF NSW

The Seahorse Society is an incorporated non-profit self help group funded entirely by members' contributions. Membership is open to all crossdressers, their relatives

and friends. We offer discretion, private monthly social meetings, outings, contact with other crossdressers, a telephone information service, postal library service and a newsletter. PO Box 168, Westgate, NSW 2048 or Tel: 0423125 860 www.seahorsesoc.org crossdress@seahorsesoc.org

SOUTH COAST of NSW

from Ulladulla to the VIC Border. We are a group of like-minded people trying to establish a social and support group. Jen Somers, Sexual Health Counsellor, Narooma Community Health Centre, Marine Drive Narooma, NSW 2546
 Tel: (02) 4476.1372
 Mob: 0407 214.526
 Fax: (02) 4476 1731
jenni.somers@sahs.nsw.gov.au

(SWOP) SEX WORKERS OUTREACH TRANSGENDER SUPPORT PROJECT

Provides confidential services for trans in sex work within NSW. 69 Abercrombie Street Chippendale NSW
 PO Box 1354
 Strawberry Hills NSW 2012
 Tel: (02) 9319.4866
 Fax: (02) 9310.4262
info@swop.org.au
<http://www.swop.org.au/>
 0249 276 808

SYDNEY BISEXUAL NETWORK

Provides an opportunity for bisexual and bisexual-friendly people to get together in comfortable, safe and friendly spaces. Pub social in Newtown on 3rd Sunday of every month followed by a meal. All welcome. PO Box 281 Broadway NSW 2007 Tel: (02) 9565.4281 (info line) sbn-admin@yahoo.com <http://sbn.bi.org>

SYDNEY BISEXUAL PAGANS

Supporting, socialising and liberating bisexual pagans living in the Sydney region. PO Box 121, Strawberry Hills NSW 2012

SYDNEY MEN'S NETWORK

Welcomes FTM Men. PO Box 2064, Boronia Park, 2111 Tel: 9879.4979 (Paul Whyte) paulwhyte@gelworks.com.au

SYDNEY SEXUAL HEALTH CENTRE

Provides free, confidential health services, including sexuality, sexual function, counselling and testing

and treatment of STDs including HIV.

Level 3, Nightingale Wing,
Sydney Hospital, Macquarie St,
Sydney, NSW, 2000.

Tel: (02) 9382 7440 or freecall
from outside Sydney 1800 451 624
(8.30am-5.00pm) Fax: (02) 9832
7475

sshc@sesahs.nsw.gov.au

TOWN & COUNTRY CENTRE

Drop In Centre - Weekly Coffee
Nights - 24 hour ph line - regular
social activities - youth services -
information, advice and referral -
safer sex packs and more! - for bi-
sexual, transgender folks and men
who have sex with men

80 Benerambah Street, Griffith
PO Box 2485, Griffith, NSW 2680

Tel: (02) 6964.5524

Fax: (02) 6964.6052

glsg@stealth.com.au

WESTERN SYDNEY HIV/ HEP C PREVENTION SERVICE

Needle and syringe program

158 Marsden St, Parramatta

NSW 2150

Ph: (02) 9843 3124

Fax: (02) 9893 7103

WOLLONGONG - TRAN

Transgender Resource and
Advocacy Network.

A service for people who identify
as a gender other than their birth
gender. Providing a safe and
confidential place to visit, phone
or talk about gender issues.

Thursday AND Friday 9am - 5pm

Tel: (02) 4226.1163

WOMENS & GIRLS DROP IN CENTRE

is a safe, friendly drop-in Centre
in inner Sydney for women with
or without children. Shower, re-
lax, read the paper, get informa-
tion, referral and advice.

Monday to Friday - 9.30 - 4.30pm
177 Albion Street, Surry Hills

NSW 2010

Tel: (02) 9360.5388

YOUTHBLOCK HEALTH & RESOURCE SERVICE

Free, safe and holistic health
service for young people aged
between 12-24 years in the inner-
West and Canterbury areas of
Sydney. Medical, dental and
counselling services and music,
visual arts, Aboriginal cultural and
health promotion programs
available. SPACE program for
young people questioning their
gender or sexuality.

142 Carrillon Ave, Camperdown
Ph: 9516 2233

A.C.T.

A GENDER AGENDA is a non-
profit group committed to
providing support, education,
information and relief to people
living with any tupe of sex or
gender related condition (whether
symptoms are physical or mental
and are attributable to genetic or
other origin).
PO Box 4010, Ainslie, ACT, 2602
Ph: 0419 188 048
Fax: (02) 6247 0597
Email: polar@homemail.com.au

AIDSACTION COUNCIL OF ACT

The AIDS Action Council of the
ACT provides information and
education about HIV/AIDS,
caring, support services for
people living with HIV/AIDS

Westlund House, Acton, ACT 2601
GPO Box 229, Canberra, ACT
2601

Tel: (02) 6257.2855

Fax: (02) 6257.4838

info@aidsaction.org.au

PLWHA (PEOPLE LIVING WITH HIV/AIDS)

People living with HIV/AIDS ACT
provides peer based support,
advice and advocacy for people
with HIV/AIDS in a relaxed
friendly environment.

Westlund House, Acton ACT 2601
GPO Box 229, Canberra ACT
2601

Tel: (02) 6257.4985

Fax: (02) 6257.4838

plwhaact@hotmail.com.au

SWOP ACT (SEX WORKER OUTREACH PROJECT)

Provides services for people
working in the sex industry in the
ACT.

29 Lonsdale Street,
Braddon, ACT, 2601

PO Box 67, Braddon, ACT,
2601

Tel: (02) 6247 3443

Fax: (02) 6247 3446

E-mail: actswop@webone.com.au

Northern Territory

NORTHERN TERRITORY AIDS & HEPATITIS COUNCIL (incorporating People Living With HIV/AIDS and/or HEP C, the Needle Syringe Program, the Sex Worker Outreach Project and Community Education)

GPO Box 2826, Darwin, NT, 0801

46 Woods Street, Darwin

Tel: (08) 8941 1711

Freecall: 1800 880 899

Mensline: 1800 181 888 informa-
tion and referral for gay, bisexual,
MSM and men who are curious about
their sexuality

Email: infor@ntahc.org.au

www.ntahc.au

Queensland

(ATSAQ) AUSTRALIAN TRANSGENDERIST SUPPORT ASSOC. OF QLD.

A non-profit organisation providing
counselling, support, referral and
information, crisis counselling, drug
and alcohol for transgender people,
their families and friends.

Ph: (07) 3843 5024

Email: trans.atsa@pacific.net.au

BRISBANE GENDER CLINIC

Doctors from private practices
with an understanding of the
transgender community ARE
available for consultation by
appointment each Wednesday
afternoon from 1.30pm to
5.30pm.

Phone (07) 3837 5645

Fax: (07) 3837 5640

Level 1, 270 Roma Street,
Brisbane 4000

CAIRNS SEXUAL HEALTH SERVICE

A public health clinic with an
interest in and experiece of
transgender medicine. Doctors,
nurses and psychologist with
referral to other services as
required.

The Dolls House, Cairns Base
Hospital, The Esplanade, Cairns
Ph: (07) 4050 6205

GOLD COAST SEXUAL HEALTH CLINIC

A public sexual health clinic with
an interest in and experience of
transgender medicine. Medical
staff, nursing staff, dietician,
psychologist. Referral to speech
pathology, endocrinologists,
psychiatrists, surgeons available.

Consultations free, by
appointment.

2019 Gold Coast Highway

PO Bopx 44, Miami, Qld, 4220

Ph: (07) 5576 9033

fax(07) 5576 9030

QUEENSLAND GENDER CENTRE

Transsexual semi-supported
accommodation available to those
who identify as Transgender and
who are drug and alcohol free.
Accommodation available for six
or twelve months.

PO Box 386, Chermshire South,
QLD 4032 Ph: (07) 3357 6361
www.queenslandgendercentre.org

SEAHORSE SOCIETY OF QLD

We provide a safe environment for
members and other persons in their
lives to meet and socialise and offer
counselling where possible. We are
wholly self-funded And open to both
sexes no matter what their sexuality

PO Box 574 Annerley QLD 4102

www.geocities.com/

WestHollywood/8009/

seahorse@powerup.com.au

(SQWIS) SELF HEALTH FOR QUEENSLAND WORKERS IN THE SEX INDUSTRY

Provides a confidential service for
trannies working in the sex industry
in Queensland. Offices in Brisbane,
Gold Coast and Cairns. Also has an
exit and retraining house for sex
workers wanting to leave the sex
industry.

404 Montague Road, West End, QLD

PO Box 5649, West End Qld 4101

Tel: 1800 118 021

Fax: (07) 3846 4629

Email: sqwisib@sqwisi.org.au

Andrejic Arcade, Suite 32,

55 Lake Street,

PO Box 6041, Cairns, Qld, 4870

Tel: (07) 4031 3522

Fax: (07) 4031 0996

Email: sqwisc@sqwisi.org.au

Level 1 Trust House

3070 Gold Coast Highway,

Surfers Paradise, Qld, 4217

PO Box 578, Surfers Paradise, Qld
4217

Tel: 1800 118 021

Fax: (07) 5531 6671

Email: sqwisigc@sqwisi.org.au

Level 3 Post Office Arcade

Flinders Street, Townsville, Qld,
4871

PO Box 2410, Townsville, Qld,
4810

Ph: 1800 118 021

Fax: (07) 4721 5188

Email: sqwisit@sqwisi.org.au

TRANSBRIDGE

A support group for transgenders in the Townsville area. We have connections with sexual health, mental health, AIDS counselling and others by association.

374 Fulham Road, Heatley, Townsville, 4814

If we can help you at any time we have a mobile phone for twenty-four hour support at:

0412 168 299

Home phone/fax (07) 4779 9229

South Australia

CARROUSEL CLUB

A non-profit, social group that operates as a support group for persons with gender issues, and provides social outlets. Produces a Club Newsletter every two months.

PO Box 721, Marleston SA 5033

Tel: (08) 8411.0874

ccsai@hotmail.com

www.geocities.com/carrousel_2000

CHAMELEONS

Counselling, information and support aimed at minimising the isolation of transgender people in South Australia.

PO Box 2603

Kent Town SA 5071

Tel: (08) 8293 3700

Fax: (08) 8293 3900

AH: (08) 8346 2516

DARLING HOUSE

COMMUNITY LIBRARY

A non-profit, community based resource that operates as a joint project of the AIDS Council of SA and the Gay and Lesbian Counselling Service of SA Inc.

64 Fullarton Rd Norwood

PO Box 907 Kent Town

South Australia 5071

Tel: (08) 362.3106

Fax: (08) 363.1046

SHINE-SEXUALHEALTH

Networking and Education South Australia Inc. (formerly Family Planning South Australia) provides sexual and reproductive health services for the South Australian community.

17 Phillips Street, Kensington,

SA. 5068 Tel: (08) 8431 5177

Fax: (08) 8364 2389

(SATS) SOUTH AUSTRALIAN TRANSSEXUALSUPPORT GROUP

A support group for transsexuals who have changed or are about to change their gender role and for their

partners. Also provides information on transsexualism for the community and people with gender identity difficulties.

SATS C/o PO Box 907

Kent Town SA 5071

or the Gay and Lesbian Counselling

Service (Gayline) on: (08) 8334

2223 or country on 1800 182 223

or Sarah on 0409 091 663 or

www.tgfolk.net/sites/satsg/

hrt.html

email: satsgroup@yahoo.com.au

Tasmania

WORKING IT OUT

Tasmania's peak body for the gay, lesbian, bisexual, transgender and intersex communities. It provides a number of services statewide - counselling and support; professional development; community education and training in the areas of gender identity and sexual identity; and a "Bfriend" peer support and mentoring service

Hobart (Baden)(03) 6222 7688 or

0438 346 122

email:baden@workingitout.org.au

Burnie (Meredith) (03) 6434 6474

or 0419 361 128

email:

meredith@workingitout.org.au

Victoria

CHAMELEON SOCIETY OF VICTORIA Inc.

While the group does not meet on a regular basis it is there to provide support and information to those requiring assistance with all matters.

PO Box 79

Altona, VIC.3018

Telephone message bank service (03) 9517 9416

email:

chameleonvicgirls@hotmail.com

robr@vicnet.net.au

FTMPHALLOPLASTY

CONTACT

Michael is F2M who has had GRS and is willing to be contacted for information and support around Gender Reassignment Surgery for F2Ms in particular phalloplasty as performed by the Monash Medical Centre Gender Team.

Michael Mitchell. Tel: 0405 102 142

Tel: (03) 5975 8916 messagebank

pathwaysau@yahoo.com.au

GENDERAFFIRMATION AND LIBERATION

is a caring self-help group for transsexed people. It meet monthly to support people who are in the process of gender/sex affirmation (transitioning or transitioned).

PO Box 245, Preston, VIC, 3072

Tel: (03) 9517 1237

http://groups.yahoo.com/groups/gaall

PROSTITUTES COLLECTIVE OF VICTORIA

RhED in the sex industry

Are you interested in contributing to RED, the magazine produced by the RhED Program? If you are, please contact RhED on (03) 9534 8166 Mon-Fri 10am to 5pm

SEAHORSE CLUB OF VICTORIA Inc.

A fully contituted self-help group financed by members subscriptions. Full or postal membership is open to transpersons who understand and respect the purpose of the club. Partners are also considered to be members. We have private monthly social meetings with speakers from relevant professions. Besides a monthly magazine and a library, we offer a contact mail service.

GPO Box 86, St Kilda, VIC, 3182

Tel: (03) 9513 8222

http://home.vicnet.net.au/~seahorse
seahorsevic@mbox.com.au

(TGV) TRANSGENDER VICTORIA

Transgender Victoria is dedicated to achieving justice and equity for people experiencing gender identity issues, their partner, families and friends. We provide support on a range of issues including education, health, accommodation and facilitating assistance with workplace issues for those identifying as transgender, transsexual or cross-dresser.

PO Box 762, South Melbourne, VIC, 3205

Tel: (03) 9517 6613 (leave a message)

transgendervictoria@yahoo.com.au

www.vicnet.net.au/~victrans

Western Australia

CHAMELEONSOCIETY

Provides support to crossdressers, their relatives and friends.

PO Box 367,

Victoria Park WA 6979

Tel: 0418 908839 (8pm-10pm)

Email: chameleonswa@email.com

www.chameleonswa.com

GENDER-Q

Meets at the Freedom Centre (1/471 William St, Northbridge WA) on the first Saturday of every month from 1pm-4pm. It is a free peer-based support session for young people (aged 25 and under) with diverse gender expression. Significant others welcome.

Freedom Centre, PO Box 1510, West Perth 6872, WA

Tel: 9228 0354

www.freedom.org.au

email: info@freedom.org.au

INTERNATIONAL FOUNDATION FOR ANDROGYNOUS STUDIES (IFAS)

See International listings on p.40

MAGENTA

Magenta offers support, education and information to transgender, male and female workers in the sex industry: PO Box 8054 PBC Northbridge, WA 6849

Tel: 08. 9328 1387

Fax: 08. 9227 9606

TRANSCOMMUNITYWA

We provide peer support for, information resources about, and advocacy on behalf of, people who are transitioning, are planning to transition, or have transitioned. We also organise discreet social events at which significant others and supporters of our membership are welcome. Contact Michelle on mobile:

0402 236 380 or email shannlee@tpg.com.au, or Lisa on 0427 973 496, email lisasonau@yahoo.com.au

TRANSWEST: THE TRANSGENDER ASSOCIATION OF WESTERNAUSTRALIA (INC)

Support, information, advocacy and social events for all kinds of transgender and transsexual people. Established 1997

PO Box 1944,

Subiaco, WA, 6904

Mob: 0407 194 282

hmp Perth@cygnus.uwa.edu.au

www.geocities.com/transwest_wa

WELLBEING CENTRE OF WA

Service for people with blood-borne diseases such as Hep C and HIV/AIDS. This service is for people with issues such as health problems, relationships, medication and alternative therapies.

162 Aberdeen Street,

Northbridge

Tel: (08) 9228 2605

National

(ABN) AUSTRALIAN BISEXUAL NETWORK

ABN is the national network of bisexual women, men and partners and bi- and bi-friendly groups and services. ABN produces a national news magazine, houses a resource library and is a member of the International Lesbian and Gay Association (ILGA).
PO Box 490, Lutwyche QLD 4030
Tel: (07) 3857 2500
1800 653 223

ausbinet@rainbow.net.au
www.rainbow.net.au/~ausbinet
IRCL (oz.org network) A.B.N.

AGENDER AUSTRALIA

A caring national support organisation for Cross/Transgender people, their partners and family. For information, please write or call.
email:fnoble@powerup.com.au
http://homepage.powerup.com.au/~fnoble

AISSUPPORT GROUP (AUSTRALIA)

Support group for Intersex people and their families. We have representatives in all Australian States.
PO Box 1089
Altona Meadows, VIC, 3028
Tel: (03) 9315 8809
aissg@iprimus.com.au
www.vicnet.net.au/~aissg

AUSTRALIAN WOMAN NETWORK

Australian WOMAN Network is primarily a lobby and health support group for people who experience the condition of transsexualism, their families, friends and supporters. There are email discussion lists for members as well as a bulletin board providing places for both public and member-only access. There is also a large archive of related material available for education and research purposes.

www.w-o-m-a-n.net

(MTRA) MEN'S TS RESOURCES IN AUSTRALIA

Resources and health information for all men (identified female at birth, their partners, family and service providers. Contact MTRA for more information.
PO Box 488, Glebe, NSW, 2037
www.mtra.org.au

International

AGENDER NEW ZEALAND

A caring national support organisation for Cross/Transgender people, their partners and family. For a detailed information pack, please write or call.

PO Box 27-560
Wellington New Zealand
Tel: (64) 025.575.094
janet@paradise.net.nz
http://homepages.paradise.net.nz/janet/

BEAUMONT SOCIETY

Non-profit organisation for crossdressers throughout Great Britain. Social functions, counselling and a contact system for members. Provides a magazine - Beaumont magazine
BM Box 3084
London WC1N 3XX
England
www.beaumontsociety.org.uk/

BEAUMONT TRUST

The Trust is a registered charity, the aim of which is the support of transvestites, transsexuals, their friends and families. It fosters research into both psychological and social aspects of transvestism and transsexualism and can provide speakers to address other organisations. It produces literature and arranges workshops, develops befriending facilities and assists with conferences.
The Beaumont Trust, BM Charity,
London WC1N 3XX.
http://www3.mistral.co.uk/gentrust/bt.htm

CROSS-TALK

The transgender community news & information monthly.
PO Box 944, Woodland Hills CA 91365 U.S.A.

FTM INTERNATIONAL

A group for female to male transgender people. Provides a quarterly newsletter - FTM.
160 14th St
San Francisco, CA, 94103
http://www.ftmi.org/
info@ftmi.org

FTM NETWORK UK

A support group for female to male trans people. Provides a newsletter - *Boys' Own*
FTM Network, BM Network,
London, WC1N 3XX, England.
www.ftm.org.uk

GENDERBRIDGE Inc.

Support and Social Society for people with gender identity issues, their families, partners and professionals involved in care, treatment and counselling.
PO Box 70060, Auckland, 1230, New Zealand
Phone: (64) (09) 0800 TGHELP (0800.84.4357) (24 hrs)
www.genderbridge.org
info@genderbridge.org

GENDER TRUST (THE)

A help group for those who consider themselves transsexual, gender dysphoric or transgendered. Provides trained counsellors, psychologists and psychotherapists and there is a referral procedure to a choice of other therapists.
The Gender Trust
PO Box 3192, Brighton
BN1 3WR, ENGLAND
http://www3.mistral.co.uk/gentrust/home.htm
gentrust@mistral.co.uk

INTERNATIONAL FOUNDATION FOR ANDROGYNOUS STUDIES (IFAS)

Support, information, advocacy and social events. An incorporated body established to advance the health, well-being, basic rights, social equality and self-determination of persons of any age or cultural background who are transgender, transsexual, transvestite or intersex, or who are otherwise physically or psychologically androgynous as well as gay, lesbian and bisexual people.
PO Box 1066
Nedlands, WA, 6909, Australia
Mobile ph: 0427 853 083
http://www.ecel.uwa.edu.au/gse/
staffweb/fhaynes
IFAS_Homepage.html
www.IFAS.org.au

IFGE INTERNATIONAL FOUNDATION FOR GENDER EDUCATION

Educational and service organisation designed to serve as an effective communications medium, outreach device, and networking facility for the entire TV/TS Community and those affected by the Community. Publisher of materials relevant to the TV/TS theme. Produces TV/TS journal - *Tapestry*.
PO Box 229, Waltham, MA 02254-0229 U.S.A.
http://www.ifge.org/
info@ifge.org

IKHLAS

IKHLAS drop in centre is a community program by Pink Triangle Malaysia. Provides an outreach project, HIV/AIDS information, counselling, medication, workshop and skill building for transgender people in Kuala Lumpur Malaysia.
PO Box 11859, 50760
Kuala Lumpur Malaysia
Tel: 6.03.2425.593
Fax: 6.03.2425.59

ITANZ INTERSEX TRUST AOTEAROA OF NEW ZEALAND

Registered non-profit charitable trust to provide a number of educational, advocacy and liaison services to intersexuals, their parents, caregivers, family, friends and partners within the Community and those affected by the Community.
PO Box 9196, Marion Square
Wellington, New Zealand
Tel: (04) 4727 386 (machine only) Fax: (04) 4727 387

PROSTITUTES COLLECTIVE OF AUCKLAND-NEW ZEALAND

PO Box 68 509,
Newton, Auckland,
New Zealand

PROSTITUTES COLLECTIVE OF CHRISTCHURCH-NEW ZEALAND

Provides a confidential service for trannies working in the sex industry.
PO Box 13 561
Christchurch,
New Zealand

PROSTITUTES COLLECTIVE OF WELLINGTON-NEW ZEALAND

Provides a confidential service for trannies working in the sex industry.
PO Box 11/412, Manner St
Wellington New Zealand
Tel: (64) 482-8791
Fax: (64) 801-5690

Every effort has been made to include accurate and up-to-date information in this directory. To amend your listing fax 02 9569 1176 or email the Editor on resourcestgc@bigpond.com

Contacts

TRANSGENDER 33 YEARS

old looking for female 25-40 with a view to a long-term relationship. Sydney area preferred. Contact Sheena on

BRISBANE TRANSEXUAL

Attractive and very feminine. I am non-scene and am looking for a female or transsexual for a long-term relationship. I am financially secure and am paying off my lovely trendy home, in debt like all of us, I guess.

I have a good sense of humour and a great outlook on life. I enjoy being at home relaxing, whether it is relaxing in my tropical garden or watching television or playing games on the Internet. I seek that special person with whom I can share my life. I am located in Brisbane but if you happen to be somewhere else and would like to come here, then do write and tell me about yourself, if possible with a picture.

MODEL. I'D CALL MYSELF,

an exceptionally modern person, extremely attractive, with fashionable flair for sexy personalised signature label lingerie intimates, frocks, outer-wear. Would like to meet nice she-males in transition, very socially oriented, view f/ship and outings.

CODE 012/04

Contacts

FRIENDSHIP TO LOVER

Single cross-dresser living in northwest NSW who loves to wear lingerie, make-up and be very sexy-looking. Age 40. Seeks non-judgmental gentleman age 40+ with interest in dancing and the outdoors. A very loving person to take away my loneliness. Love Chrissie

G O R G E O U S

TRANSGENDER is looking for a permanent lesbian relationship with a person between thirty and forty years old. Contact Sheena on (02) 9518 3949 or

MTF AGED 58, VERY LONELY

loving and caring, easy to get on with, happy go lucky, good sense of humour and a great personality. Non-smoker, social drinker, loves country music, rock and roll, sport and children.

Very social, with a good character. Looking for FTM or MTF 50 years old and upward for communication and social outings (Newcastle area).

I am not looking for a relationship or a commitment at this stage (friendship only). For further details contact

FRIENDSHIP OR MORE

Forty-one year old, post most-op MTF, HIV+, seeking guy, girl, FTM, MTF 25-45 for penpal initially. Must be open minded, sincere and genuine with a good sense of humour. All replies will be answered.

CODE 002/05

Contacts

PRE-OP TRANNY CURRENTLY

in prison wants penpal to write and receive erotic fantasy letters. I'm slim, have feminine breasts and enjoy various fetish pursuits. I'm submissive and very playful. All letters will be answered.

Ms Dee Dougan, Locked Bag 7, Cooma, NSW, 2630

CLOSET TV WOULD LIKE

to hear from other cross-dressers, ts, pre-, post- or non-op or biological or genetic females who like tv.

Jennifer La Rose,
3343 Westerwald
St, Apt#22
Fairview, Halifax, NOVA
SCOTIA, B3N 2S6,
CANADA

TRANSGENDER PRE-OP

MTF looking for somewhere to call home, with a relationship with a female woman. 53 years, dark hair, 5'9" tall, still developing. 80kg. Not good-looking but extremely sincere, trusting, honest etc. I'm open to go anywhere, still a worker. Have plenty of driving skill, love to travel (Australia only). I have plenty of good qualities, just need someone to bring them out. I'm the parent of four children and last count eight grand-children, i.e. no objection to kids!

Rose
CODE 001/06

Contacts

34 - Y E A R - O L D

TRANSGENDER MTF is looking for a 25-40-year-old woman with a view to a long-term lesbian relationship. Interested in playing and watching sport, cycling, running and gymnasium. Sydney area preferred.

Call 0423 277 997

To contact people here who have contact codes:

1. Write your letter
2. Seal your letter in an envelope.
3. Write the contact code on the outside of the envelope.
4. Mail the envelope to: Community Contacts, PO Box 266, Petersham, NSW, 2049

Would You Like Your *Polare* To Arrive With You The Day It Goes To The Printer? In Colour? Even If You Change Your Postal Address And Forget To Tell Us?

As foreshadowed in issue 64 we would like to experiment with an emailed version of *Polare* in pdf format. You would receive it the same day it goes to the printer, no matter where you live in the world, and all illustrations received in colour would be available in colour, for you to admire onscreen or, if you have a colour printer, print out.

To enable us to do this we will need your email addresses. We guarantee their security. They will not be passed on under any circumstances and will not appear on other people's mailings ... they will be "blind" and only your own email address will appear on your copy of the emailed *Polare*.

The advantages to us will be twofold ... if enough people take part in this system we will save a lot on postage and something on printing costs. We would like to bring *Polare* out every two months but if the emailed edition does not prove popular we will need to remain quarterly. There will still be printed copies for those who do not have access to the Internet or who prefer to pick up the magazine anonymously at one of our Sydney City drop-off points. But every saving from the *Polare* budget will take us closer to returning to bi-monthly editions.

Please think about this carefully and email me on:

resourcestgc@bigpond.com

if you would like *Polare* emailed to you rather than having it posted to you. Thanks for your co-operation,

Katherine Cummings, Editor, *Polare*

