

Polare

MAGAZINE OF THE NSW
GENDER CENTRE

*Transgender Day of
Remembrance 2016
Sunday 20 November*



ISSUE 109 OCTOBER-DECEMBER 2016

The Gender Centre presents:

transtopia 2016

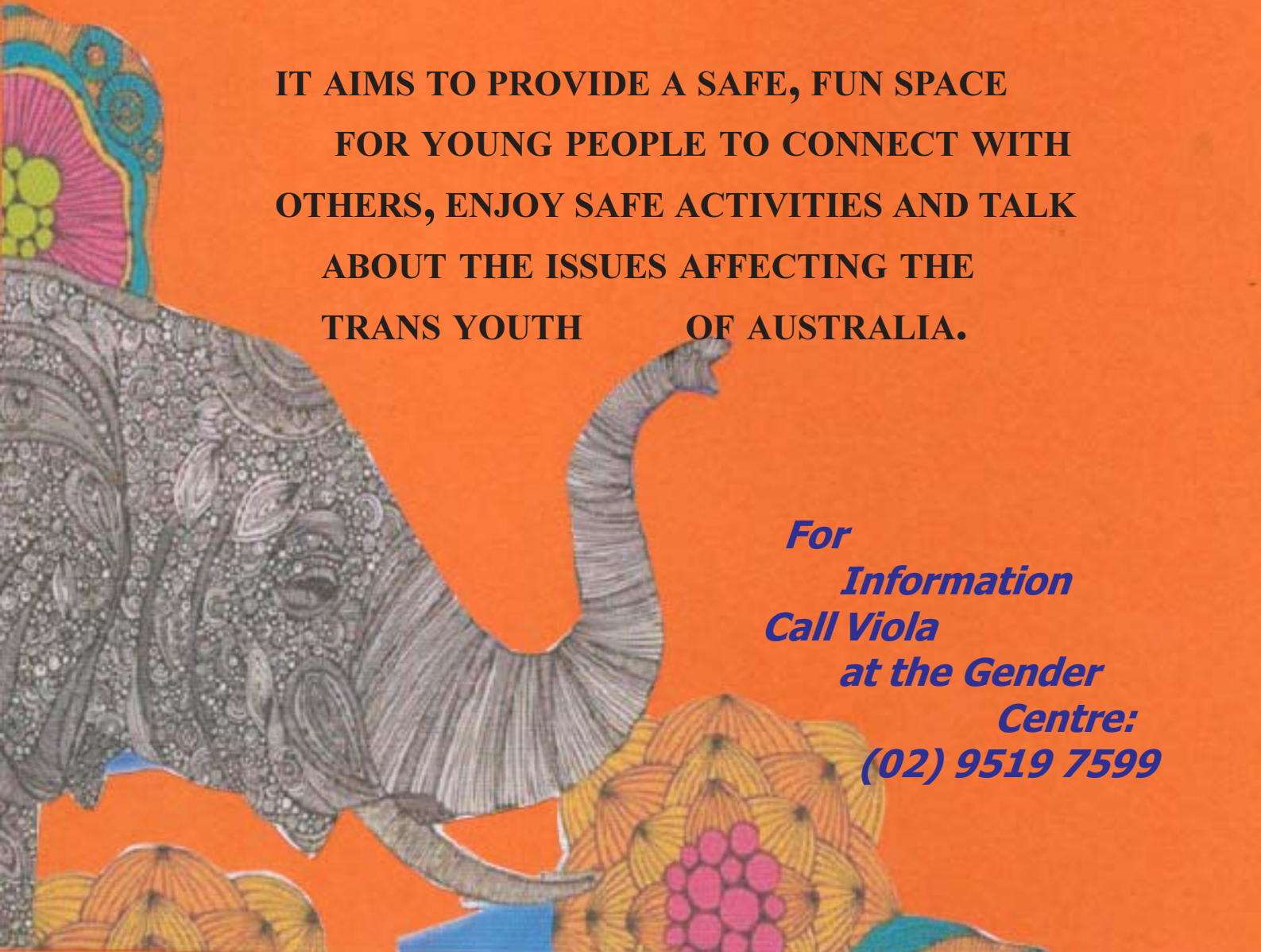
gender-questioning?

gender-queer?

‘TRANSTOPIA’ IS A MONTHLY GROUP TO BE HELD OVER TEN MONTHS IN 2016 FOR TRANSGENDER YOUTH BETWEEN THE AGES OF FOURTEEN AND NINETEEN...

IT AIMS TO PROVIDE A SAFE, FUN SPACE FOR YOUNG PEOPLE TO CONNECT WITH OTHERS, ENJOY SAFE ACTIVITIES AND TALK ABOUT THE ISSUES AFFECTING THE TRANS YOUTH OF AUSTRALIA.

***For
Information
Call Viola
at the Gender
Centre:
(02) 9519 7599***





The Gender Centre is committed to developing and providing services and activities which enhance the ability of gender diverse 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 gender diverse people.

We offer a wide range of services to gender diverse people, their partners, families and organisations, as well as service providers.

We 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 gender diverse people

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NSW 2038**

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Petersham
NSW 2049**

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**Email:
reception@gendercentre.org.au**

**Website:
www.gendercentre.org.au
The Gender Centre is staffed
9am-4.30pm Monday to Friday**

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.

Transgender Day of Remembrance, which occurs annually on November 20, is a day to memorialise those who have been murdered as a result of transphobia[1] and to bring attention to the continued violence endured by the transgender community.[2] The Transgender Day of Remembrance was founded in 1999 by Gwendolyn Ann Smith, a trans woman in the USA [Wikipedia]. This year's Sydney observance will be held in Harmony Park, Surry Hills starting at 3.00pm. [See p.7 for details]

Gay and Lesbian Counselling

Telephone Counselling:

☐ General line daily 5.30pm to 9.30pm

Sydney Metro 8594 9596

Other areas of NSW 1800 184 527

☐ Lesbian line

Monday 5.30pm to 9.30pm

Sydney Metro 8594 9595

Other areas of NSW 1800 144 527

GLCS also offers face-to-face support groups including:

- Talking it out - Men's Discussion Group
- Women's Coming Out Group
- SMART Recovery Program
- And other groups to be announced soon.

For further information please contact GLCS Administration on:

(02) 8594 9500

Or via the website:

Website: www.glcsnsw.org.au

Or by mail:

PO Box 823, Newtown, NSW, 2042



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WIPAN are helping

WOMEN

EX-PRISONERS

Settle back into Life on the OUTSIDE

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- ◆ Get assistance to locate necessary services
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- ◆ Enjoy activities together
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- ◆ Create mutual trust and respect
- ◆ Have a positive role model
- ◆ Develop life skills

If you are interested in having a Mentor, contact TARA at Women in Prison Advocacy Network (WIPAN)

Ph: 02 8011 0693

Mobile: 0415 454 770

Email: mentoring@wipan.net.au

Website: www.wipan.net.au

Having a MENTOR has changed my life ... my FUTURE is BRIGHTER than ever!

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No. **109**

FEATURES

- 6** Editorial by Katherine Cummings
- 19** Special Interest Group Dates
- 35-38** Directory

- 8** Trans Parent (tv show first series) reviewed by Katherine Cummings
- 8** Letter to the Editor
- 10** Electrolysis: the facts
- 17** Introduction to the new Counsellor, Candy Jacques
- 24** Beginning to understand myself as a trans woman by Caroline Layt
- 34** Sensationalist Media by Candy Jacques

DEADLINE

for submissions to the next edition of *Polare* is the eighth of December 2016

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 Unsolicited contributions are welcome although no guarantee is made by the editor that they will be published, nor any discussion entered into. The right to edit contributions without notice is reserved to the editor. Any submission that appears in *Polare* may be published on the Gender Centre's Website unless agreed otherwise.

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SERVICES & NOTICES

Inside Front Cover: Transtopia

- 4** Gay and Lesbian Counselling/ Women in Prison Advocacy Network
- 7** Transgender Day of Remembrance
- 9** FTM Australia
- 13** RPA Sexual Health Clinic / Uniting Care
- 16** GC Library Appeal
- 18** UNSW CSRH postgraduate research degrees
- 20** Queensland Gender Centre/ Inner City Legal Centre/ Central Coast Transgender Support/ ACON Lesbian and Gay Anti-Violence Project
- 21** Needle Exchange
- 22** FTM Australia/GC Library Appeal
- 23** Transgender Anti-Violence Project/Anti-Discrimination Board
- 29** For Those Who Live On the Central Coast
- 30** NSW Seahorse Society
- 32** Do You Believe You Are Intersexed (OII)

Inside Back Cover: RPA Sexual Health Clinic



Some animals are social and others are not. Bees and ants and termites are social, but their social tendencies are often limited to a specific swarm, or hive or nest, and intruders, however closely they may be

related genetically, are treated with what is now called zero tolerance and slaughtered without compunction. Higher up the evolutionary ladder there are animals that are social, like wolves and whales, and animals that prefer to roam alone, like the wolverine and the Giant Panda, unless the urge to mate drives them into a temporary state of concupiscence, after which they revert to type.

Humans became dominant because they let their social characteristics come to the fore. They shared tasks too onerous for individuals, co-operated with each other by allocating tasks to specialists so that the quality of artifacts improved and the concept of trade evolved.

Sadly, they also allowed the tribal attributes to evolve so that one community would prey on another, and classes of workers, warriors and rulers evolved. They also allowed themselves to be conned into believing in fairies, elves, gods and goddesses etc. and the divine right of one person (or family, or caste) to assert authority over the others.

Before you rise up to assert the unimpeachable power and virtue of your own religion, let me remind you of Richard Dawkins' aphorism that everyone is an atheist of one kind or another. Christians, for instance, tend not to believe in Jupiter, Athena or Loki, and Hindus do not feel any reverence towards Moloch or Ranginui. Some of us just take our scepticism one step further.

Humanity today is on a downhill slide, morally and (if there is such a measure) spiritually. Morality is easy to define. If you leave people better off than you found them, you have been acting morally. If you leave them worse off,

you are acting immorally. But even here there are disputes. Most people in the West thought that the Soviet Union at its height was a top-heavy pyramid of dictators taking advantage of the masses, who did what they were told or suffered the consequences. Then the Soviet Union collapsed and people were allowed greater freedom to be independent and entrepreneurial. Were they better off? Some were certainly materially better off but before the crash everyone had a job and a home, however poorly paid the job and however primitive the home. After the crash there was overt crime, corruption and a scale of personal wealth that ranged from millionaires at one end of the scale to paupers selling their family treasures in order to survive at the other.

Bob Ellis's posthumously published *Bob Ellis In His Own Words* (Black, 2016) gives a different picture of life in the Soviet Union, based on a visit in 1988. He found the situation far more middle-class-comfortable than was normally suggested in the West, and he also maintained that the last thing in the average Russian's mind was the thought that a war of conquest, or even a hegemonic arrangement over other nations was desirable.

During the 1991 social disintegration of Moscow, however, I was sent a photo of a man dying in the gutter, his crutches beside him. Behind him the general public ignored him in their urgent need to sell off their valuables to pay for their next meal. And looming over the whole scene were the golden arches of McDonalds. Freedom? Social improvement?

And we, too, are in decline. Our poor become poorer, our rich become richer. We are less social, preferring personal power and selfish wealth to shared resources and public good. Social media, that might have helped, through communication, education and mutual support, has become shallow, mean-spirited, bullying, abusive and cruel. Yet another form of violence has been invented and transgender people are among those left struggling to cope with yet more undeserved trauma and ignorant discrimination. As Bob Ellis would say, "Prove me wrong."

Katherine



Transgender Day of Remembrance 2016

A day we come together to commemorate those who have suffered violence as a result of transphobia and to bring attention to the continuing injustices endured by the transgender community.



3.00 pm: Opening ceremony and unveiling of a plaque dedicated to the transgender community.

3.30 pm: Living Library. Real people, real conversations. The Living Library aims to challenge prejudices and promote understanding and empathy through one-on-one conversations. Come and talk to one of our "books", who are members of the transgender community.

5.30 pm: Outdoor film screening of *The Trans List*, hosted by Queer Screen.

7.00 pm: Candlelight vigil.

LOCATION

Harmony Park, Surry Hills.
Next to Sydney Police Centre.
5-10 min walk from Museum Station.

SUNDAY 20TH
NOVEMBER 2016

HARMONY PARK,
SURRY HILLS

All welcome.

BBQ, light refreshments
and events are free.

Hosted by The Gender Centre Inc.

Supported by City of Sydney, Queer Screen, NSW Police Force, Inner City Legal Centre and Trans Sydney Pride.

For more information e-mail reception@gendercentre.org.au

TransParent (tv show, first series)

Issue One Hundred and Nine

During World War 2 the Allies and the Axis both developed radar with the Allies usually marginally ahead. Both sides, however, hit on the idea of dropping thousands of reflective strips of aluminium or similar material, cut to half the wavelength of enemy radar, in order to confuse the signal and make it difficult to pinpoint the position of planes that would other-wise have been detected by the radar signal reflected back to the transmitter.

The version of this counter-measure used by the Allies was (and is) called Chaff, with the German version called Düppel, after the location where it was first developed.

There have been, over recent years, a number of movies and TV series that have attempted to present transgender characters in a good light and some have succeeded and some have failed. Some dealt with cross-dressing rather than gender dysphoria (*Tootsie*, *Some Like it Hot*, *Victor Victoria*) but others made serious attempts to present gender diversity realistically and sympathetically (*Normal*, *TransAmerica*, *Soldier's Girl*). Few succeeded.

Transparent, which deals with the transition of a retired professor (Maura, formerly named Morton) and the effect of his life-change on his family and friends, has come in for a lot of praise, and both the lead actor, Jeffrey Tambor, and the show itself have been nominated for awards.

It seems to me that the show has done so well in the eyes of the public and critics, because the writers have employed the Chaff principle and confused the situation by surrounding the

reviewed by Katherine Cummings
gender diversity sub-plot with a series of rather more exotic human foibles expressed by the central character's three adult offspring.

The eldest, Sarah, leaves her husband and two children in order to renew a lesbian liaison with her college room-mate. The middle sibling, Josh, appears to suffer (if suffer is the right verb) from satyriasis (obsessive sexual desire in males) and by the end of the first series is having it off with a female rabbi, as a change of pace from his usual teenage lovers. The youngest, Ali, who seems to go wherever the sexual wind blows, falls for an FTM who attempts to dominate her, including the fatuous demand that she concludes every statement addressed to him with the supplication, "Daddy". Later they explore a sex shop

together and I thought Ali might be asked to select some appropriate shackles and handcuffs but mercifully the couple go no further than a hot pink, motorised, dildo.

Maura's ex-wife, Shelly, mother of Sarah, Josh and Ali, is divorced from Mort and married to Ed, who suffers from Alzheimer's and tends to wander off and trigger frantic searches by the rest of the family. Shelly has known about Maura's desire to be female for many years, and is neither particularly understanding nor sympathetic.

Through it all we are given glimpses of Maura's transition and her coming out to various friends and family, sometimes intentionally and sometimes as a result of 'being sprung'. Jeffrey Tambor does a good job of presenting as an ageing transgender woman, neatly dressed but overloaded with jewellery (first rule for cross-dressers and beginning transgender women — dress, do your makeup and put on all the



jewellery you intend to wear, then take off one major piece, or even one set, of jewellery), but the story of the protagonist never overwhelms the underlying social narrative, as it tended to in *Transamerica* and *Normal*.

The distractions caused by Sarah's bisexuality, Josh's total lack of self-control, Ali's scatter-gun enthusiasms for sexual variety and Shelly's inability to empathise with Maura's stress even though she appears to accept Maura's need on a superficial level to be seen as a peer rather than a late conversion to femininity, combine, like chaff distracting radar from its purpose, to obscure the central theme of Maura's transition into a new life.

There are some interesting flashbacks in the first series. One of these has Maura taking off for a cross-dressing weekend under the pretence of attending an academic conference. The transvestites attending the weekend shindig ring true for one who attended a number of such events in Australia, Britain and the United States. Even the floorshows, more notable for their enthusiasm than for their grace or skill, rang true.

Glimpses of Maura's children in their teenage years provide clues to the way in which they have grown up, privileged, selfish and lacking in empathy for the needs of others. One of these shows Ali, having refused to have her Bat Mitzvah, setting off to see if she can lose her virginity. Pleasingly, she finds an attractive young man who refuses to take advantage of her. Would that there were more such characters in the television soaps that seem to market random sex as both desirable and mandatory and portray social responsibility as a quaint relic from a former age.

Our acceptance of Maura's gender transition from Mort succeeds partly because her eccentricity is easier to accept than those of the sexually driven, self-centred members of her immediate family.

Or is that just me showing my age and prejudices? I look forward to the second series which may resolve some of my conflicted felings about this complex family and its complexes.



LETTER TO THE EDITOR

Re: 2016 ABS Census

I'm afraid Jez Pez turned out to be wrong. [see Polare 108 "Still More News Items of Interest"].

We were given the online number and of course had to wait due to the failure of the system. When we finally managed to log on it stated, to my horror, (Q2) that if I wanted to list my gender as "other" I must request a paper form. Again to my horror, when the paper form turned up, the only options offered were Male and Female.

Apparently you had to ring and specifically request a new online number if you wanted to identify as "other".

By this time I was so frustrated I nearly ticked female to get it over and done with.

I wonder how many others did just that - ticked one of the two genders listed, just to get it done?

I also wonder how many chose to avoid "other" as they felt strongly about their affirmed gender?

In the end, what was the purpose? I doubt the result would have been accurate, or give a reflection of differently gendered persons.

I was quite upset that three choices of gender were not automatically listed on all methods of communicating census information to the ABS, as society would just take for granted more than two and this might lead to better acceptance generally, whether the greater public approved of this change or not.

Avery de Brouwer-Leslie

[Biologically not really any gender]

I agree that Jex Pez was over-optimistic about the improvements in the 2016 ABS Census.

In my conservative fashion I went for the paper version of the form and when it came to recording my gender I simply drew (as I have done many times now, on these forms and others) an arrow from M to F with the date 1986.

KC

Electrolysis: the facts

Introduction

Because estrogen and anti-androgen hormones have little on stopping or even retarding the growth of typically masculine hair in feminine-identifying trans people, there is probably no task in transition more overwhelming than the permanent removal of unwanted facial and body hair.

Plenty of options exist to remove hair temporarily, including depilatory creams, waxing, epilation, plucking and of course shaving, and several treatments also exist to soften and slow the growth of hair, like creams, ointments and even laser treatment, but to date the only scientifically and medically proven method of removing unwanted hair permanently is electrolysis.

Electrolysis is expensive, sometimes painful, and time-consuming. It is not uncommon for a trans woman to undergo weekly or twice-weekly sessions of up to three hours each, and for a time frame of between two and five years to be necessary to remove all of her unwanted hair.

However the benefits of undergoing electrolysis are remarkable. The removal of the coarser, thicker hairs of masculine facial hair with electrolysis leaves the softer, finer vellus hair of the feminine face so that a transwoman can look younger and more feminine. For some, it can be the most important thing they do to become visibly feminine.

Despite the fact that there are several thousand electrologists operating in Australia, both as stand-alone operators and also within more generalised beauty clinics, there is currently no regulatory body to ensure that these operators possess an appropriate level of training as well as maintaining a minimum standard of health and safety within their respective electrolysis practices. This means that transgender people, like everyone else

accessing electrolysis services, need to be informed about what electrolysis can offer in the way of permanent removal of unwanted hair.

A poor electrologist can leave a client with scarred and damaged skin, so that it makes sense to become as informed as one can be about the hair growth cycle, how electrolysis works, what to look for and how you should select a competent electrologist. Electrologists also need to know about the health and safety aspects of operating an electrolysis salon.

What is Electrolysis?

As stated above, electrolysis is the only scientifically and medically proven method of removing unwanted hair permanently. It has existed for well over a century and with advances in technology and methodology radically improving the comfort and efficiency of the procedure, the days of poor standards and constant re-growth have become things of the past.

Present-day electrolysis effectively removes unwanted hair no matter what skin type, hair type, skin colour and hair colour you have, and electrolysis removes this hair from anywhere on the body.

Before learning how electrolysis works, it is best to understand more about hair itself, and the hair growth cycle.

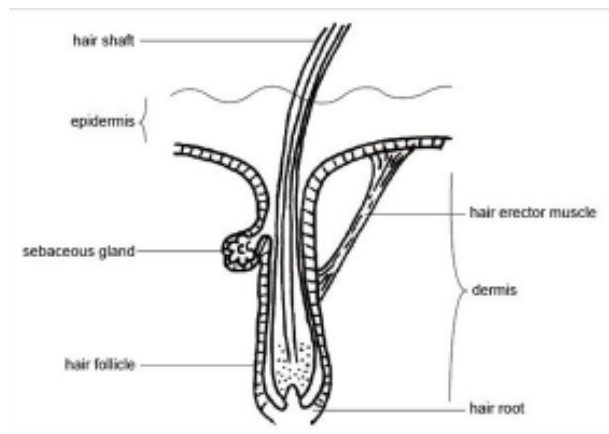
Hair and the Hair Growth Cycle

Hair is made of a protein called keratin that grows from follicles in the skin.

The human body is covered in follicles which produce both thick terminal and fine vellus hair.

The only 'living' portion of the hair is found inside the follicle, thus the hair that is visible (the hair shaft), which exhibits no biochemical activity, is considered 'dead'.

Hormones control the development of the hair follicles with androgens stimulating receptor



Hair structure

cells to produce hair, especially pubic and axillary (underarm) hair. Hair growth in other areas is dependent on heredity, androgen sensitivity and the amount of androgen produced.

Hair growth that has reached the full terminal stage will usually be permanent and will not diminish even if androgens are blocked. So hormone therapy probably won't reduce existing hair at all, although it may make the removal of existing hair easier. The down side of hormone therapy before electrolysis is that many subjects report increased sensitivity to pain after they have received hormone therapy for some time.

Hair growth occurs continuously as new hair cells are formed at the base of the follicle and moulded by a structure, called the inner root sheath, that surrounds the growing hair shaft.

Hair growth varies greatly between individuals and the specific area of the body. Scalp hair, for example, grows an average of one-tenth of an inch weekly. Leg hair, by contrast, grows at about half that rate.

The life cycle of hair follicles, that is, the repeating cycle of growth and rest phases, affects overall hair production. No new hair follicles are produced after birth - the appearance (and disappearance) of hair is the result of changing ratios in the growth/rest cycle. This life cycle is distinguished as three separate stages:

§ **Anagen Phase** - the active growth stage

§ **Catagen Phase** - the transitional stage of arrested growth

§ **Telogen Phase** - the resting stage of the hair cycle

The cycle of life for each follicle begins with the Anagen phase - the re-awakening of the follicle's growth stage where a newly formed hair begins to grow. This growth phase continues for a time lasting as little as several weeks (like the moustache area) or for as long as several years (like the scalp area).

Depending on the area of the body, our sex, hormonal and other factors, growth lasts for varying lengths of time, but ultimately the level

of growth begins to slow. This second stage of slowing or arrested growth is known as the Catagen phase. This slowing continues into the third and final phase - a period of inactivity or rest called the Telogen phase.

During the third stage, the resting or Telogen phase, the hair has separated from its papilla and is no longer nourished by it. At this point, no more new hair cells are formed and the inactive hair remains in place held only by a thin strand of epidermal cells. By the end of the Telogen phase, the hair shaft is now only held in place mechanically, and can be shed by brushing, combing or other tension placed on it. The hair shaft remaining in place at the end of its growth cycle is called a club hair. It is not uncommon for a club hair to remain in place while a newly formed Anagen hair is beginning to emerge from the same follicle, forcing the club hair to be shed.

Whether the club hair is shed or not, the hair follicle will once again become active and begin to grow a new Anagen hair. This process of growth and rest continues throughout our lifetime. In humans, follicle activity is generally scattered between all phases of the life cycle. Other mammals have a more orderly growth pattern, which shows as noticeable periods of hair growth and shedding.

The Telogen or resting phase plays an important role in electrolysis, as a follicle cannot be properly treated (and therefore destroyed) during this resting phase.

On the face, almost half the hairs are in the resting phase at any time, and depending on the area of the face, this resting phase may last anywhere from six to twelve weeks. So even if every hair could be permanently removed from the face, from the very fine and slow growing to the thick and robust, only one half could be killed.

So it is understandable that the clearing of an area of unwanted hair on the face will take about one and a half to two years at best. This time frame is based on about 200 to 300 hours of treatment using a technique that kills about 70 per cent of the hair follicles that are treated. Keep in mind that all electrolysis methods do

not achieve this high kill rate. Thermolysis for instance, may kill only five to fifteen per cent of hairs treated.

The Electrolysis Process

During electrolysis, the electrologist inserts a small sterile probe (or needle) into the opening of the hair follicle alongside the hair shaft. A tiny amount of electric current is then applied to destroy the dermal papilla, the matrix, and an area called the 'bulge', all of which usually cause hair to grow and regenerate.

The electricity uses one of three methods to destroy the hair.

These methods are called 'Galvanic' - where the electrical current produces a chemical reaction, 'Thermolysis' - where short-wave radiation produces heat, and 'Blend' which is a combination of the heat of thermolysis and the chemical reaction of galvanic.

Each of these three methods results in effective permanent hair removal.

Galvanic Multi-Needle method

This method uses a Direct (Galvanic) current.

When the probe is placed into the follicle, the application of direct current causes the body salts and tissue fluids to break down into their constituent chemical elements which quickly rearrange themselves to form three entirely new substances; lye (which is highly caustic), hydrogen and chlorine gas.

The chemical reaction happens all around the probe and is proportionate to the moisture in contact with the probe.

As the moisture is converted into lye, it is the lye that liquefies the tissue in the follicle thus achieving permanent hair removal.

Advantages of the Galvanic Multi-Needle Method:

§ Hair is successfully removed in a shorter time frame.

Polare Page 12

October-December 2016

§ Flexibility to move around curved follicles.

§ Less discomfort for the client.

§ Minimum re-growth.

§ No disturbance to the surrounding tissue (no heat)

Disadvantages of the Galvanic Multi-Needle Method:

§ Requires minimum three minutes per hair.

The Galvanic Multi-Needle method is best suited to strong deep terminal or accelerated vellus hair (e.g. beards), plus all body hair.

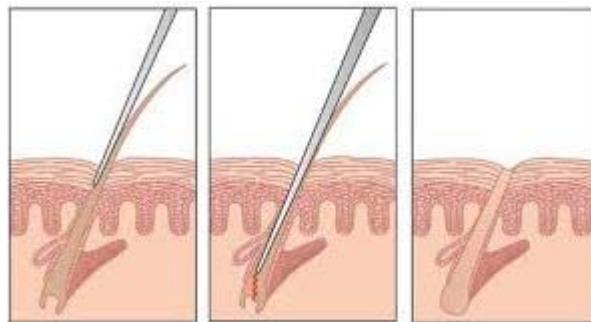
Thermolysis

Thermolysis uses a high frequency current and gained its name because of its action of destroying tissue in the follicle by heat.

When the probe is inserted into the follicle, it acts as a transmitter for the current. Because high frequency current is continually changing direction, it has the ability to produce an area of friction within the moisture of

the tissue surrounding the tip of the needle.

The friction in turn results in heat which coagulates the fluid into a thickened mass, destroying the follicle.



Galvanic Needle

Advantages of Thermolysis

§ Visual results instantly

§ Greatest advantage is its speed. (One to three seconds per hair.)

Disadvantages of Thermolysis

§ Very high re-growth

§ Only able to successfully remove hair in Anagen (growing) stage.

§ Curved follicles cannot be destroyed.

§ Surrounding tissue is heated, therefore treatment is limited.

§ Thermolysis is best suited to Vellus hair for facial down.

The Blend

The Blend uses high frequency and direct (Galvanic) current and is a dual action method. The Galvanic current produces lye while the High Frequency current heats up the moisture. When the lye is heated it will produce a much higher degree of caustic strength and it will diffuse easily into the heated mass, which is very porous, creating a turbulence around the needle, pushing the lye into any opening it can find.

Advantages of the Blend Method

§ Treatment time is seven plus seconds per hair.

§ The re-growth rate is believed to be less than that of Thermolysis.

Disadvantages of the Blend Method

§ Heating effect on surrounding tissue (limited treatments)

§ Heating of hydrogen gas, by short wave, in the follicle can cause “Blow Out”.

The Blend is best suited to vellus, accelerated vellus and scattered terminal hair for facial down, fine body hair and scattered coarse hairs.

Some methods require high electrical currents to effectively reduce strong hair growth and this may result in small welts and fine red scabs forming. These should change from red to brown over a few days and then heal. If they remain red and heal poorly or continue to ooze fluid instead of drying out, then permanent damage to your skin could occur. Should this occur it would be advisable to seek treatment elsewhere.

Planning for Electrolysis

Several important issues will need to be considered by those seeking electrolysis, including timeframe and cost.

For those considering gender transition it is important to consider starting electrolysis as soon as one can, as it's likely to be a very lengthy and costly exercise. Some financial planning will probably be necessary to determine how often one might be able to undergo electrolysis - not too frequently of

course as your skin will need time to recover between sessions.

If your transition can be planned to achieve the ideal situation, one might be able to clear the face at each session before actually starting to live ‘full-time’ in your preferred gender role. However, whether you're clearing your face at each session or not, you'll have to schedule electrolysis so that you will be hair-free at optimal times, whether that's workdays or weekends, as the facial hair will have to be left to grow for a number of days prior to each session.

Hormone treatment alone does not have a significant effect on facial hair, but coupled with electrolysis it can affect the rate of regrowth. Those who begin electrolysis prior to commencing hormone treatment should expect progress to be slow until hormones (preferably including anti-androgens) are started. The regrowth rate generally diminishes if the testes are removed, either as part of bilateral orchidectomy or vaginoplasty surgery.

Another factor is that many transpeople will have shaved and/or plucked their facial hair over the years and in doing so will have innocently caused the follicles to become distorted. Distorted follicles are not very responsive to treatment by thermolysis as it is impossible to place the needle tip at the hair root. However, the blend method can be used for affected areas of the face, as the lye produced in this method is able to reach the hair root even if the needle does not.

On such a highly visible part of the body as the face, the typical adult transwoman will have strong, deeply-rooted facial hair that will also need to be at the correct stage of regrowth to be treated effectively. Regrowth may be strong and rapid, necessitating a relatively large amount of treatment per week in the early stages in order to make any progress, and many hundreds of hours will likely be required, spread over several years, to fully clear the face. Also, the skin will need enough time to recover between sessions, time that will also allow the hair to reach the optimal growth stage. This will probably affect the

frequency with which one can undergo electrolysis, especially in the later stages, as the hair remaining to be treated lessens. This also means that less hair will be at the optimal stage of regrowth. You may find yourself having many short infrequent sessions when nearing completion.

Body hair is usually reduced quite significantly by long-term use of feminising hormones and anti-androgens, but some people may still require some body hair to be cleared by electrolysis.

Pain Management

Many people consider electrolysis to be a highly unpleasant process. Weekly sessions repeated over a period of years can be traumatic for many people, especially when working on such areas as the upper lip, lower jaw line and chin. The problem of pain for those undergoing electrolysis should not be underestimated, and neither should the flinching reaction that it causes, which can make the electrologist's task more difficult and may lead to skin damage if one cannot avoid moving while the needle is being inserted. However you must work as close to your pain threshold as possible for the most effective treatment. Communication with your electrologist about this is vital.

Pain and its consequent problems can be eased by either topical anaesthesia, analgesics or sedatives. If, however, these are prescription-only drugs, it will be necessary to have your doctor prescribe them. Because pain varies widely from person to person, you should experiment to find what works best for you.

Topical anaesthesia is best provided with EMLA® Cream 5%. The cream is best applied to the area to be treated at least an hour before your electrolysis session commences, with reapplication as necessary to maintain a cover of cream until the start of treatment. A covering of plastic film or cling-wrap is often placed over the cream to reduce the amount of cream necessary. The covering of cream can be left in place until each area is due to be worked on, and then cleaned off easily by the electrologist. The anaesthesia typically lasts between half an hour and an hour after the

cream is wiped off, then it progressively reduces.

The drawback of this method is that EMLA® cream has limited penetration into the skin, thus the deeply-rooted hair follicles found early in treatment may be poorly anaesthetised. The cream works better once the original hair has been destroyed, as re-grown hair is finer and shallower. EMLA® cream treatment can be supplemented with analgesics or sedatives if required. In really extreme circumstances an injected local anaesthetic may be used, but this will of course pose the logistical problem for the client of having a qualified medical practitioner administer the injection and then travelling to the electrologist before the anaesthesia wears off. Some electrologists have an arrangement with a conveniently located doctor or dentist to administer an anaesthetic injection before electrolysis is undertaken, usually for highly sensitive areas such as above the upper lip.

Analgesics (painkillers) can be used to supplement the effect of EMLA® cream and should generally be taken around an hour before your electrolysis session begins. These are prescription-only drugs as mild 'over-the-counter' analgesics (aspirin, paracetamol etc.) are generally ineffective.

Sedatives may assist some clients when treating the most painful areas such as the area above the upper lip, the lower jaw line and chin, simply by improving the client's ability to tolerate pain. Lorazepam or other benzodiazepines have been found to work well in some people. It should be stressed that sedatives should only be used when absolutely necessary; also you will most likely be unfit to drive after taking the sedative. Lorazepam is best taken about one hour before your electrolysis session begins.

Placing cotton balls or folded tissues inside your mouth between the teeth and lips during treatment around the mouth can greatly reduce discomfort and mucus production during work under the nose. It also makes hairs more accessible for the electrologist. One might also avoid stimulants like caffeine, chocolate, or sugar on the day of your electrolysis session,

and would be well-served to consider stopping smoking and the consumption of alcohol, as these habits tend to dehydrate the skin.

Aftercare

Immediately following an electrolysis session you are likely to experience a number of skin reactions, most notably an overall 'redness' that typically disappears overnight. If too much electrolysis work is done in one particular area of the face, perhaps the upper lip for instance, local swelling may also occur, or worse - the area can start weeping and eventually crust over into a scab. The swelling may begin to subside once the session has concluded, however it may continue to swell for several hours and then take several days to subside. The redness and to a lesser extent, the swelling are common reactions to electrolysis, however the over-working of one area can obviously be problematic.

You can also count on a certain number of welts (raised bumps), tiny raised white blisters that look like acne, scabs, dryness, and ingrown hairs between treatments. It's best to cleanse the whole area and leave these areas alone to minimise any scarring. Sometimes slight bleeding may occur where an ingrown hair was removed or from treating a lot of hairs in a small area. These scabs are also best left untouched.

Occasionally a treated hair will grow back in a direction away from the skin's surface or just not push through the skin and remain below the skin's surface. These are 'ingrown' hairs. There is also a chance an ingrown hair may become infected or cause inflammation. Removing ingrown hairs must be done very carefully to prevent scarring. Sometimes, pieces of 'hardened debris' remain in a treated follicle and can be visible under the skin's surface. They are called 'tombstones' and can look like blackheads. Eventually, the natural action of the follicle will push this 'debris' out, although sometimes they need to be 'helped' out by your electrologist at your next appointment.

Usually the reactions described above will resolve themselves within a few days. If, however, you should experience excessive

swelling, redness or are seeing skin damage, discuss it with your electrologist. Treatment may need to be adjusted or you might need to consider seeing another electrologist. You may also want to consult a dermatologist.

There are several preparations designed for use after electrolysis which can help reduce and conceal redness and swelling. Speak with your electrologist about these options, however the advice will usually be that the less you do to your skin between treatments, the better.

Lastly, shaving between sessions may be a must for transwomen but, if at all possible, don't shave until your face has recovered from your previous session. It can be a good idea to shave a couple of days before your next appointment however, as any hairs that grow out will be in the Anagen phase and thus will be more effectively treated. An electrologist needs the hair to be visible to determine its angle and to grasp it with tweezers. If it's too short, they spend more time trying to find the hairs than treating them. Yet the longer a hair is allowed to grow after it surfaces through the skin, the stronger the root gets. Shave according to your electrologist's instructions.

Choosing an Electrologist

Great care must be taken in treating a transwoman's facial hair: it will typically be deeply-rooted and thick terminal hair. The power levels required to effectively epilate this type of hair will be very much higher than for other clients and care must be taken to avoid skin damage. The skin may also be made more vulnerable by the effects of high doses of feminising hormones.

Care must also be taken to avoid the over-treating of any given area: spacing the treated follicles widely may be advisable. A degree of pain and skin irritation is inevitable owing to the power levels required for this type of hair, and particular techniques exist to turn the coarse terminal hair of transwomen into the fine vellus hair typically found in other women. So choosing an electrologist with extensive experience in treating transwomen is not only vital, but will likely be the most

Issue One Hundred and Eight

important factor in how long your treatment takes, how much it costs, how comfortable it is, and how your skin fares overall.

Most electrologists will have experience working on transpeople, as trans people make up a large proportion of clients in the electrolysis industry. But it is still worth asking to make sure that the electrologist you're seeing takes the utmost pride in performing their professional responsibilities and is knowledgeable about transgender treatment. A professional electrologist will be aware of what you are trying to accomplish and how electrolysis fits into your process and they will respect you, your choices and your privacy.

A good way to ensure this is to ask the recommendation of other local transwomen who have completed electrolysis and are happy with both their electrologist and the outcome achieved.

Another important factor to consider when choosing an electrologist is their adherence with health and safety standards in maintaining a hygienic workplace. Their work area should be sanitary and private, and as sterile as a doctor's office. They should wash their hands before and after each treatment, wear disposable gloves during treatments (many also use masks to protect against infection/disease), treatment tables should be sanitised or appropriately redraped with paper or linen before each treatment, all equipment used should be sterilised in an autoclave, and disposable probes should be used only once.

You should discuss what method they prefer to use (galvanic, thermolysis or blend), their schedule should fit yours, i.e. do they have evening hours or weekend appointments if that is what you require, if more than one electrologist works there, will you always be seeing one person?

They should be able to answer all questions to your satisfaction.

Genital Electrolysis

Such is the nature of vaginoplasty that the two most commonly used techniques involve the re-use of hair-bearing tissue from the penile shaft, the scrotum or from a graft site to line

the neo-vagina. Some post-operative vaginoplasty patients have reported that pubic hair in their vaginas has caused aesthetic and functional concerns. Therefore, an important consideration is whether or not to undergo electrolysis in the genital area.

With genital electrolysis, the technique is a little different from other areas of the body. The hair is essentially the same type as found in the 'bikini line' area, although the follicles are sometimes surprisingly shallow, particularly on the scrotal skin which may be difficult to probe as the skin itself is soft, wrinkled and rubbery in texture, and the follicles can be very 'tight'.

Not all surgeons insist on vaginoplasty clients undergoing genital electrolysis as they will scrape or cauterize hair follicles on the donor tissue before using that tissue to line the neo-vagina, but undergoing electrolysis before surgery will increase the likelihood that all follicles will be destroyed before the graft becomes part of your vagina.

It is safe for the electrologist to use particularly high power levels in this area to assure completion of epilation prior to vaginoplasty. It is not necessary to totally avoid marking the skin, as the skin will never be visible after surgery, however scrotal tissue tends to heal slower in some people. Thermolysis at a very high power level and short duration has been found to be highly effective. Properly performed, it can give a very low regrowth rate and is often less painful than slower methods. Some electrologists have also reported good results with insulated needles which help to confine the tissue destruction to the deeper parts of the follicle and thus limit the risk of scarring.

Genital electrolysis can be very painful, the pain control and aftercare treatments previously mentioned for facial electrolysis also apply to the genital area. It must also be emphasised that hygiene before and after treatment is paramount, as there is a high risk of infection from genital electrolysis. Some people report using antiseptic liquid or cream to good effect, before and after genital electrolysis.

If you intend to undergo vaginoplasty you should ask your surgeon of choice which skin will eventually be used to line the vagina so that you can decide whether electrolysis is necessary and also so you can schedule electrolysis and surgery accordingly.

Home Electrolysis Machines

Some transgender women have reported success with do-it-yourself electrolysis. These items are widely available on the retail market, and are generally very simple, low-powered, galvanic electrolysis units. It is questionable, however, whether the power levels of these devices are sufficient to treat the robust type hair on a trans woman's face. There are also concerns as it is likely that the needles supplied are non-disposable, non-sterile and of poor quality.

It should be stressed that destroying the growth of facial hair on trans women without causing skin damage is a skilled and delicate process which should be entrusted only to reputable electrologists with proper equipment and prior experience treating trans people.

Electrolysis is of vital concern for almost all transgender people, particularly those who transition after puberty, and it was felt that as much information as possible should be made available. The article used in this issue of Polare comes from our files of resource material but unfortunately the original source has not been recorded. We apologise for any inadvertent use of copyright material without attribution. KC

Introduction to the New Counsellor, Candy Jacques

Hi there!

My name is Candy, and I am the new Counsellor here at the Gender Centre.

After six wonderful years, Anthony Carlino, our previous Counsellor, has left the Centre to pursue the next stage of his journey; and I am stepping into his very big shoes.

I would like to take this opportunity to tell you a little bit about myself, and I hope that if you ever feel counselling would benefit you, we can set up an appointment and I'll get to learn a little about you in return.

I have been working as a counsellor/psychotherapist for nearly eight years now; working with children, adolescents and adults in a wide range of areas. I've worked in crisis services, telephone counselling, women's health, and in specialised areas like child sexual assault and domestic violence. My specialisations include gender, sexuality, depression, anxiety, complex trauma and abuse.

For many years It has been a dream of mine to work at the Gender Centre. In fact, it was Anthony who beat me out at the interview stage six years ago to get the position of Counsellor here, so I guess it was just a matter of patience until the role came up again and I

could come on board. I've been here two months now, and am really loving the role and working with those of you that I've met so far. I look forward to the challenges that a new position brings, and to working with many of you now, and into the future.



Candy Jacques

Don't forget the Transgender Day of Remembrance to be held on 20 November at Harmony Park, Surry Hills from 3.00pm.

There will be Living Library Books to inform you and light refreshments will be served.



Explore postgraduate research with the Centre for Social Research in Health

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Centre for Social Research in Health

The ~~Centre for Social Research in Health (CSRH)~~ is seeking passionate, engaged and motivated applicants for our MA by Research and PhD degrees who are interested in understanding and influencing change in the fields of health, sex, drugs and risk.

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We welcome applications for research into the social and cultural aspects of HIV, sexual health, sexual practices, viral hepatitis and drug use but also encourage proposals in related areas of education, health and wellbeing, and from a diversity of social and behavioural science perspectives.

Students form an integral part of our diverse community of talented supervisors and researchers, and develop close relationships with community organisations, health and education service providers and policy makers, to inform the quality of their research and strengthen the impact and relevance of their research findings.

Note: Applications for APA scholarships (for domestic students) close on 13 October 2016 for Semester 1, 2017 admissions. A second round then opens for second semester. UNSW International Research Candidate Scholarships are listed at: research.unsw.edu.au/postgraduate-research-scholarships

Find out more by visiting:
csrh.arts.unsw.edu.au/education-training/postgraduate-research/



Dates for Special Interest and Support Groups 2016

Transtopia 14-19 yrs 5pm-7pm Tue 25/10 Tue 29/11	Young Women's Group 18-35 yrs 5.30pm-7.30pm Tue 11/10 Tue 8/11	FTM Connect 6.30pm-8.00pm Fri 4/11 Fri 2/12	Parent's Support Group - Sydney 6.30pm-8.30pm (doors open 6.00pm) Mon 14/11 Mon 8/12
Women's Group 1.30pm-3.30pm Fri 28/10 Fri 24/11	Over 55 Support Group 1.30pm-3.30pm Thu 10/11 Thu 8/12	Queer Agenda Group 5.30pm-7.30pm Wed 9/11 Wed 7/12	

Wollongong Parents' Support Group

This parents' support group meets on the first Tuesday of each month.

Dates for 2016: November 1, December 6

The aim of the group is to offer support to parents as they address the issues that arise for them in their roles as family members and care givers.

The group accepts all parents whether they are accepting or not of their child's diversity. The only requirement is that they come with open minds to explore and work towards understanding their children.

It is hoped that through these support meetings parents will be able to understand their children in a more open and informed way.

ALL PARENTS OF TRANSGENDER AND GENDER QUESTIONING YOUTH are invited to come and be part of these discussion nights. This group is run in partnership with Wollongong Headspace and our facilitator from the Gender Centre is usually in attendance at this group.

Where: Headspace, Wollongong, 1/85 Smith Street, Wollongong

When: First Tuesday of each month

Do I need to book? No **Cost?** Free.

For further details see the website www.gendercentre.org.au or call the Centre on 9519 7599 (1800 069 115 outside Metropolitan Sydney (9.am - 4.30pm Mon-Fri.))

**The ACON Lesbian and Gay Anti-Violence Project can be contacted on
(02) 9206 2116
or Freecall 1800 063
or avp@acon.org.au**

QUEENSLAND GENDER CENTRE

The Queensland Gender Centre is run by a transsexual 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 free.

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 email the Queensland Gender Centre. PO Box 386, Chermside South, QLD, 4032. Tel:(07) 3357 6361

Luxe Clinic

As the Plastic and Cosmetic Surgeons at Luxe Clinic, we pride ourselves in providing a tailor-made surgical service to the transgender community.

Please visit our website for more information about our surgeons and our services.

[Please mention this ad. in Polare to receive 100% refund of your consultation fee as a credit back to your account when you book for any surgical procedure.]



www.luxeclinic.com

1300 LUXE CLINIC (589 325)

LEGAL PROBLEMS?

The Inner City Legal Centre will be providing advice sessions for clients of the Gender Centre.

The ICLC can advise in the following areas:

family law | criminal matters | fines | AVOs | victim's compensation | employment | identity documents | police complaints | discrimination | domestic violence | sexual assault | complaints against government | powers of attorney | enduring guardianship | wills | driving offenses | credit and debt | neighbourhood disputes

Dates for 2015 have not been set but sessions will be held monthly. To make an appointment please contact a Gender Centre Staff member on 9569 2366 or email reception@gendercentre.org.au. Bookings are essential.

For after-hours counselling contact Lifeline on 131 114 or Gay and Lesbian Counselling Service 5.30pm-10.30pm seven days on (02) 8594 9596 or 1800 105 527

Gender Centre Interest Groups

If you are M2F;
F2M; Over 55;
Queer; Youth
Group (aged
between 14 and
19); Young Female
(under thirty-five);
or Parents of a
Transgender Child,
then there is a
group at the
Gender Centre
tailored for you.
Groups usually
meet once a
month.
Call the Gender
Centre for details.

**They haven't called, they
haven't written...**

**The Editor would like to receive
more contributions from our
readers. Letters, articles, opinions
and life experiences are all
welcome.**

FREE!
**HOME TUTORING IN READING AND
WRITING FOR ADULTS
(nights preferred)**
**Call Margot 9335 2536
or Mim 9335 2350
@ Petersham TAFE**

PARENTS OF TRANSGENDER CHILDREN

The Gender Centre hosts an information and support group for parents who have children (any age) who are transgender or gender diverse.

Meetings will be held on the second Monday of each month from 6.00pm to 8.00pm. A clinical psychologist will co-facilitate these meetings.

A light supper will be available.

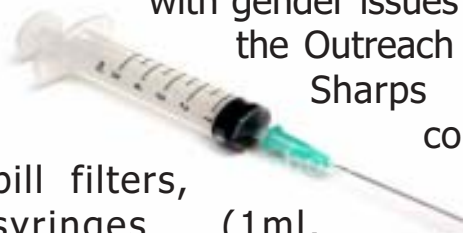
Contact Liz on 9569 2366

The Gender Centre is a Needle Exchange and operates Monday to Friday from 9.00am to 4.30pm.

A confidential free service for people with gender issues (ask for the Outreach Worker).

Sharps
containers,
pill filters,
syringes (1ml,
2.5ml, 5ml), needles (21g, 23g, 25g,
26g), condoms, spoons, water, fit
packs, swabs, dams.

Or phone the Alcohol and Drug
Information 24 hr advice,
information and referral service,
Sydney (02) 9331 2111
Country 009 42 2599





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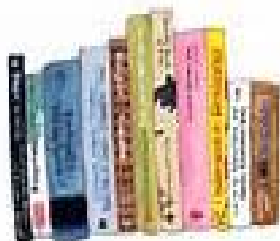
Midmark M9 Autoclave Sterilisation used in this salon.

Salon Bookings taken from
10.00 AM until 7.00 PM Mon to Thurs .

Subsidised Rates apply for anyone undergoing the Gender Reassignment

GC Library Appeal

If you have books you no longer need and feel they would be of interest to the Gender Centre clientele, we would be very glad to receive them, process them, and place them in the Gender Centre Library for Gender Centre users to read, for entertainment or information.



Contact Katherine on 9519 1599 (Wed, Thur or Friday) or just drop them in marked to her attention. Thanks!



2016

FTM Australia is a peer-based national Australian network offering contact, support and information for men identified female at birth. We have provided quality reliable information since 2001.

OzGuys

Register with the FTM Australia website to access this online community based Q and A group where you can ask questions, find answers and make contact with others.

Health and Service Providers (HSP) list

Find helpful medical service providers like GPs, endocrinologists, surgeons and others to support you in your transition journey by registering with the FTM Australia website.

Torque

Subscribe to our electronic bulletin - Torque .
<http://www.ftmaustralia.org/publications/network-news-subscribe>

Australian social, medical and legal information for men transitioning female-to-male.
<http://www.ftmaustralia.org/>

stand tall
against
violence



TAVP



Transgender Anti-Violence
Project

Have you experienced an incident where you felt discriminated against, harassed, victimised or unsafe because of gender identity?

You are not alone! And it is NOT your fault.

If you report transphobic incidents to us, we can support you and try to stop it happening to someone else.

If it is an emergency: call the police on 000. Otherwise, **contact the TAVP: ph: (02) 9519 7599, email: tavp@gendercentre.org.au online: www.tavp.org.au**

or the **Gender Centre on ph: (02) 9519 7599, email: reception@gendercentre.org.au**

Don't put up with it — Don't let them get away with it

STOP DISCRIMINATION

Contact the Anti-Discrimination Board of NSW

Get free confidential advice

Phone (02) 9268 5544 or 1800 670 812 for people outside Sydney.

If you need an interpreter call 131 450 first. TTY 9268 5522.

Email adbcontact@agd.nsw.gov.au

Make a complaint

Visit our website at: www.lawlink.nsw.gov.au/adb
to download a complaint form.

Email complaintsadb@agd.nsw.gov.au

September 1988 South Sydney decided to hold open day trials and Tony Daly and I had heard about the trials and we decided to turn up and have a run. There must have been six consecutive matches played and enough players to fill twelve teams. I played in the first match in my customary position on the wing. It was one of those days where everything I did turned to gold. I scored a try and combined with a few other players to set up several more tries. I made some long runs on the field and busted some tackles. I also defended well. One of the players I combined well with was Paul Carr, who ended up being contracted to play for Souths. The names of the other guys escape me now, but a few of them also went close to gaining contracts at Souths. We scored approximately six tries against our opposition and totally dominated the match. The Souths coaching staff had seen enough and I could tell they were happy with my contribution. They told me as much and that I wasn't needed to play again that day. I could tell that the powers that be were very impressed by my performance, which included my display of raw speed and power. Tony played in a later trial match and did well. We both received letters the following week informing us that we had been invited back as part of a training squad. Tony actually didn't receive his, as his father John, had hidden it away. It was definitely a good thing John did in hindsight, as Tony made his debut for the Wallabies the following season.

I remember Les Davidson had come down to Redfern that day to watch the hopefuls play. Of course George Piggins was there as first grade coach and the under 21s coach, Steve Sims was there as well, as he was our liaison with the club. Once we got down to the business of training with the club, Steve would mark us off the list for each training session we attended.

Above all of those memories, I do remember being alone in the dressing room after our trial match and it hit me like a bolt of lightning. Looking back I had been involved in sexual relations with men by this time in my life and the fact I could play football validated that I 'must be a bloke' to myself and therefore I must

be normal, so I pushed my transgender feelings further aside. I was outwardly homophobic/transphobic to fit in with everyone and everything that I held dear to me, and my world including the people in it, were more or less conservative and right wing at the time and heterosexual. I didn't know anyone who was gay or trans, as I wouldn't have given them the time of day. At that particular time in my life, I must say, I was very closed off and very closed minded.

I felt ashamed that I had secretive inner feelings and thoughts of wanting to be a woman and for wanting to be with a man in a relationship. I was getting married because that is what society wanted. I just didn't know it at the time! Don't get me wrong, I loved Sophie with all of my heart. She was a great girl, but I knew deep down that I was also female within and was sexually attracted to men. I felt this deep sense of shame and loathing. What made it even worse, is that I could talk to absolutely no one about it. I had conditioned myself to be closed off about it. It was with me quite often and I was terrified of anyone else finding out about it. I quite often felt I would have been better off dead than face my demons. I think that feeling always came back to haunt me, as my mother told me a few years earlier when she found her clothes in my room at Glenleigh. She knew I had been dressing up behind closed doors. She told me in no uncertain terms to be a boy. She told me I was good at being a boy. I was good at sport and that's what I should pursue. She told me I had a masculine side and a feminine side and I should pursue that masculine side. So I thought, "Stuff it I'll be the best boy that I can be!!" Everything about me being transgender was cast to one side, as I felt so ashamed. I kept it hidden to the back of my conscienceness and it only came out during moments of weakness.

If I had an urge to be female, it was well away from family and friends, as I viewed it as a sickness and I just wished I could have been cured of it. I would always ask myself, "Why me, why the bloody hell me? Why do I have this sickness inside of me? It was an inner turmoil and it never, ever went away. Trust me,

I tried so hard. When I would fantasise I would try so hard to think of girls, but it was always to no avail, as I always ended up visualising myself as a girl with a guy and it didn't even have to be sexual. Quite often the visualisation was simply of my female myself walking along the beach hand in hand with a boy and that was something I could never beat. When I was having sex with Sophie, I would visualise I was her and this helped me maintain my erection. It was better than the alternative and feeling totally inadequate and not being able to sexually please Sophie. Don't get me wrong, having sex with my wife wasn't an unpleasant experience, but it simply wasn't what I yearned for. In actual fact, I was envious of Sophie, as I felt cheated I was physically male and she was female. As I've stated before, Sophie was a vibrant, attractive and beautiful girl. I loved her with all of my heart. I tried so hard to make the relationship work and I was terrified she would find out about my alter ego and double life, so I just kept it all locked up inside.

Sometimes now I wonder how I functioned with all that turmoil going on inside my head? I always knew deep down I was trans, but I tried to fight it every step of the way. I equated it as my dark side, just like there was a dark side in the force of one of my favourite films Star Wars. I would take trips there and explore my 'dark side' but I would always come back. Not healthy, but it surprisingly kept me going.

I would explore my 'dark side' by secretly hooking up with a guy and then loathing myself for months on end until the next time I had the urge. It was constant denial and then some relief with sex. I would shower for half an hour scrubbing myself clean, as I would be absolutely disgusted with myself for giving in. I also felt like a fraud, a cheat, a very unloyal person, especially to Sophie, but I also knew deep down I couldn't help it. All of these feelings welled up in me in the dressing room after that trial match. As usual I quashed them with, I can't be a woman, look what I just did on the football field! My one constant in life that kept me going as usual, was my sport. I could compartmentalise things and this is something I became very good at in my

secretive little world. The better I did at sport or the stronger I was in the gym lifting weights, the more I kept my female self at bay. Short haircuts, masculine body, hairy chest, outwardly I was the very embodiment of masculinity, but I was the antithesis inside. The letter from South Sydney validated this facade.

A week after the open day trials I received that letter from Souths confirming I had made the training squad. I was so happy. My family was very proud of me and so were my in laws. My future father in law, Tony Demet was a Greek man who had emigrated with his Irish bride Theresa and children Sophia and Johnny to Australia during the late 1960's. He was an Arsenal man, as he supported the Gunners in the English Premier League, but through my and Johnny's love of league he started following the Canberra Raiders as well. I went from zero to hero in his eyes overnight with my letter making the training squad with the Rabbitohs. I had also bought into and become a minority shareholder and director of Earlwood Sports Centre with my twenty per cent share around the time I received my letter from Souths. I had taught Group Fitness (aerobics) classes there from mid 1987 and not long after that Sophie and I had started dating. Sophie was a participant in my classes. So I was very busy at this time of my life being a director of a fitness centre, training with South Sydney and with Sophie and my upcoming wedding in March 1989.

I turned up to my first training session after receiving that letter and all the bug guns were all there. Mario Fenech, Craig Coleman, Les Davdson, David Hosking, Ian Roberts, Paul Roberts, Adam O'Neill, Steve Mavin, Bronka Djura, Michael Andrews and so on. We went on a road run and I must admit it was a little intimidating training alongside these players who were all household names. The guys trying to earn contracts didn't really mix with the contracted players very often, not at first, anyway. They had their own hierarchy and we all did fitness together as one squad, but us hopefuls did our skills work away from the first grade squad. The three friendliest players were David Hosking, Michael Andrews and Paul Roberts. I quite often chatted to those guys and

Issue One Hundred and Nine

got to know them a little. Ian Roberts was very quiet and didn't appear to mix with many of the guys. He was pretty much a loner. Then again, we were later to find out he was struggling with his own issues regarding his sexuality and had his own inner turmoil at that time, so it's quite understandable he kept to himself. There were some some funny moments, including one day, when we were on a road run around Centennial Park. David Hosking and I hid next to one of the small dams in Centennial Park behind some of the bushes. We had a bit of a laugh as we gathered our breath before we commenced our run again. I didn't know him that well, but he was definitely a character and his nickname 'the mule' was pretty apt. He was popular amongst all of the contracted and non contracted players. Michael Andrews and Paul Roberts were nice guys also and they often talked about watching the NFL and what a great sport it was. They both said they would love to have a crack at it.

They went out of their way to make players trying to make the grade feel welcome. It probably helped they were forwards and I was a back, but it was always appreciated and I'm sure they had been in that same situation earlier in their career. Stephen Fenech, the reserve grade hooker, was Mario's younger brother and he used to run the road runs around the same pace I did, so I remember chatting to him a bit as well. He was a nice guy and quite intelligent and ended up becoming a journalist.

I would make my way to Centennial Park twice a week to train with Souths. In the beginning we did a lot of road runs, which was still the staple of many rugby league teams, but as we progressed with our training, we did some hill sprinting and later sprints on Centennial Park Number 1 ground. The training was pretty full on, but enjoyable. I hadn't played any form of football since I had last played for Gordon 2nd Grade XV as a winger some eighteen months earlier. Our sprint coach was the indomitable Harry Stanley, who I had met some years earlier when I was running for Randwick Botany Harriers. Harry was a club stalwart who had been a very good club athlete who had made

some 100 metres state finals years earlier. He had been in state relay record breaking teams along with other illustrious athletes during the 1960's and 70's. Both times I had been involved with Harry, firstly through athletics and now rugby league, he was full of life and was always a positive person. A real nice guy of the track who had a fair amount of ability as an athlete.

When the internal trials started I was a little off my game. The first lot of trials were held at Mascot Oval. I didn't play badly, but I didn't stand out. The second lot of trials we were back at Mascot Oval and I performed a little better. There were four teams of under 21 and reserve grade hopefuls. Most players were trying to be selected for the under 21s but there were a few of us older players trying to be selected for the senior grades. The last set of trials we played were held at an oval near Long Bay Gaol at Matraville. This was my best match since I had played in those earlier open day trial matches and I thought to myself I had put in a good account.

I still lacked the dynamic form I had shown earlier at the open day trials. My raw speed and power I had displayed back then had disappeared to a degree. It had happened to me before after a heavy training cycle at Joeys and my times slowed considerably. Not to worry, I had put in a good account during that last trial match and whether I went further or not was now out of my control.

I didn't end up earning a contract in the end, but in truth I wasn't too bothered at the time that I didn't get contracted. I was proud of the fact I had gone further than many others had and I had made it this far. Besides I was being married only two months later and I was a director of the fitness centre, plus I was teaching my Group Fitness classes at several fitness centres around Sydney, so I was busy anyway.

A few weeks later and the South Sydney trials had become a distant memory and the weeks leading up to Sophie's and my wedding, I was spending time living between my fathers apartment in Elizabeth Bay and Sophie's family home at Earlwood. Through the week

I would live at dad's and then weekends I would usually spend at Sophie's place ending with a Sunday afternoon shift at Earlwood Sports Centre. Quite often on my downtime at my father's place 'the urge' would hit me. I don't know why I felt this way, maybe it was because I was going against my true nature by staying the gender I was born with, but wasn't truly comfortable being and I knew it wasn't my real brain sex.

Since the age of four when I asked my father, "Why can't I be a girl dad?" I knew it was wrong to think this way in society's eyes. At age fourteen when my mother caught me dressing up, the same message was reinforced, so I always knew it was wrong and dangerous to be this way. My mother admonished me several more times. At age nineteen when caught again, I was told in no uncertain terms to be a man, as that's what I was and I couldn't be a female? My mother told me all I could wish to be was a female impersonator and that was the last thing I wanted to be. I just wanted to be a normal woman and blend into society. So mum's the word and I never spoke a word of it to anyone. I had decided I was going to keep my self imposed repression going for many years to come.

My father caught me dressed up one early morning at our property at Richmond. I had fallen asleep in my bed dressed in a dress and with make up on. He told me to take it off right away, otherwise my brothers would wake up soon and see me dressed up as a girl. He told me not to be an embarrassment to the family. Another time we were watching 60 Minutes during the early 1980's and there was a segment of the programme about male to female trans women. I remember my father and older brother Todd sounding off and shouting at the television about how sick and twisted these individuals were. I even joined in. I can't remember what I was saying outwardly now, it was too long ago, but I wasn't uttering positive phrases about those ladies. Deep inside it was another nail being hammered directly into my heart, even though my outward, visible signs were one of acrimony towards those ladies. I knew I felt the same way as those ladies, but I was

continuously being told everywhere that following that course would just bring me heartache and sorrow. So I went underground and kept my most inner thoughts with me right through my teenage years and twenties. This made me outwardly homophobic and transphobic. I used every opportunity to mock 'poofs and queers'. I acted more blokey than most guys in my year at school. I became a bully towards some of the physically weaker and more effeminate kids, because what I saw in them I secretly hated and loathed about myself. All of my male friends were straight guys, many of whom were homophobic. The football culture was also misogynistic and homophobic, so the circles I moved in, there was no tolerance, allowance, acceptance or understanding of people who were gay or trans. If I wanted to remain belonging to this group, I had no choice but to be an outward bigot. I fought it tooth and nail for so many years. I was good at keeping it locked up inside of myself. It was never, ever going to come out except when I wandered and there was no one I knew around. Then I would express myself through sex. When I did go wandering at the park at Rushcutters Bay near my father's apartment I would give of myself. What I was giving was my female mind and persona unlocked. I once again visualised I was a woman with a man. In my eyes it definitely wasn't gay sex. It was really liberating and I felt I could explore the true me at these times. Sometimes I would go to the guys apartment or sometimes we would find a secluded spot. Afterwards the guilt and shame would return. I've done the wrong thing again, I've played up on Sophie, which I felt so guilty about and then I felt so terrible about being a closet and sick queer/trans or whatever the hell I was? I would always say to myself, "that's the last time!" But it never would be, it would always happen again. The constant hatred and self loathing and the questioning of why me, why am I like this? It was always ever present. Looking back now, if I had have grown up in a more tolerant and understanding family environment, then possibly I would have not been so scared to follow my true path at an early age. But I didn't, so I was always terrified about being found out or bumping into one of

Issue One Hundred and Nine

those guys I had sex with whilst I was with my friends, family or even worse, with Sophie. Fortunately for me this never happened. If it did, I would have been in open denial and pretended I didn't know them. I am sure I would have said it was a case of mistaken identity and I would have acted all undignified that they could even think this of me. Unfortunately societies conditions and conditioning of people has made many people this way and this is a contributing factor to people being deceitful and not being real people in society. Living their lives in sham marriages and relationships which go against their true nature and then going to beats to have secretive and anonymous sex. It's a terrible way to live ones life and to have so many skeletons in your closet is a torturous existence. Conservative religion and religious groups have a lot to answer for.

I remember there was one time at Squashlands, Rushcutters Bay a few years earlier where I was doing a weights session and one of the guys asked me if I was using a bench. I told him I wouldn't be long and he could have it when I was finished. He had bleached blonde hair and was a muscular chap. He seemed a nice enough guy. Of course I wasn't aware he was gay. A week later Tony Daly and I had completed a weights session at the gym and then we followed it up by having a spa, which was opposite the fitness centre reception area. The same guy walked in with another man. We saw them walk in, as the reception area could be seen from the spa. Tony said to me, "I saw those two walking down Oxford Street arm in arm, they're poofs!" I said to him, "We can't have poofs in the gym!" They headed for the weights room. It was a reasonably quiet time of the day with few people around. I said to Tony, "I'll fix them" and then proceeded to yell out, "Faggots, fucking faggots! You're taking over the world, you faggots" The fellow I targeted came into the spa area and said, "what did you guys say? What is your problem?" Being an arrogant and ignorant closeted person at the time, I said, "Mate, we didn't say anything about you, so why don't you run off back to where you came from!" The poor guy looked deflated and he couldn't really pursue

it, as he had only heard the remarks and there were less rights for gay people back in the 1980s then there are today. He knew deep down it was me, but he couldn't pursue it out of lack of evidence. Tony and I laughed about it, puffed our chests out and made a joke and thought nothing more of it, as that is what bullies do. The thing is at the time, I viewed him as belonging to a group of people who repulsed me, because I had always been taught it was wrong to be gay, trans or different to the norm. I viewed it as nothing more than a choice, as what so many people still wrongly view it as. At that point in time, I hadn't outwardly explored my own transgenderism and I was in a very strong state of denial. I thought to myself that I fought my demons, so he should too! In my mind at the time, there was no allowance for people who were weak minded and gave into their demons. Nowadays I know it takes a very strong person to confront their demons, be true to themselves and live a fulfilled and happy life. I'm sure at that time, the poor guy walked away feeling crushed, belittled and bullied. I know this because it happened numerous times after I transitioned. I wish I could see that fellow again knowing what I know now, as I would profusely apologise to him a thousand times.

A few months later I met a fellow called John. He participated in my aerobics classes at Squashlands. Over the course of a few months I would quite often chat to John outside of class. He worked at the video store not far from my fathers apartment where I hired movies. He was a really nice guy. He was effeminate and gay. Above all else, he was a really nice person, he was articulate and intelligent and he was very easy to talk to. He was the initial person who cured me of my homophobia on the way to me becoming a more accepting and understanding person. I viewed someone who is gay for the first time as a normal person. We chatted about relationships, etc. I asked him about his girlfriend, knowing very well he was a gay man. To his credit, he never skipped a beat and would keep it generic. The thing I liked about John, considering I was homophobic/transphobic at the time, is that he didn't flaunt being gay. To me he was just a

normal person who happened to be gay. He was my first gay acquaintance. I had started on my path to being a well-rounded individual.

There were other times I started to realise gay people were normal. I went to The Exchange Hotel after leaving school with Todd and Glenn Nelson, a school friend of ours. The first time I walked in there, I saw guys arm in arm and being affectionate with each other. My first reaction was to be affronted by it. We went there a few times and the more I saw guys being intimate with each other, the less it bothered me. The one thing that did strike me was that everyone was civil to each other and there was no heavy air of masculinity or testosterone about the place. Everyone was loving and caring. There were no masculine pretences and this was mainly due to people being true to themselves. Of course there were very few trans role models out there and even though I was aware deep down I was trans, I was still a long way off from transitioning, as I was still in open denial and for the most part in denial to myself, but I had come a long way in my development as a well-rounded and open-minded human being. Of course around my friends who were still living in their mainstream and right-wing world, I would still openly mock anything that wasn't mainstream, as I had to keep up pretences. But I had started to make my initial mindset changes for the better and my mind was starting to become more open.

For Those Who Live On The Central Coast of NSW

The DeepWater Practice in Woy Woy, run by Melissa Turner, has agreed to bulk-bill counselling clients who come with a GP referral and who mention that they are also clients of the Gender Centre

**Deepwater Practice,
Unit 2, 101 Blackwall Road,
Woy Woy. Ph: 4344 7386**

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E-mail

Sales@nasmedicaltravel.com

www.nasmedicaltravel.com

Do You Believe You Are Intersexed?

If so and you would like to know more and meet others like yourself then contact:

**OII Australia
at PO Box 46, Newtown,
NSW, 2042**

or at:

info@oii.org.au

or visit our website at

www.oii.org.au

Except in the case of serious emergencies, please make an appointment before coming to the Gender Centre. We are glad to help you if we can, but someone else may booked the time

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For information or assistance call **1800 486 484** or visit us at unitingcareageing.org.au



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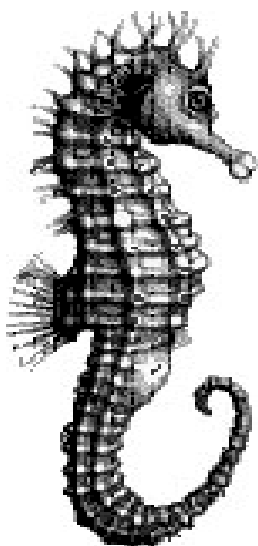
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Don't Forget the 2016 Transgender Day of Remembrance, to be held on 20 November. For details call the Gender Centre on 9519 7599.

The NSW 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.



THE SEAHORSE SOCIETY OF NSW INC
PO BOX 2193 BORONIA PARK, NSW
2111

Call on **0423 125 860** and our
website is:

www.seahorsesoc.org

Email:

crossdress@seahorsesoc.org
"crossdress with dignity"

Change of Mailing Details?

- Different name?
- Different address?
- Different gender?
- Don't want *Polare* in the future?

My **OLD** details:

My **NEW** details:

Mail to: The Editor, *Polare*, PO Box 266,
Petersham, NSW, 2049

The 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 see the Library by phoning 9519-7599 on Monday, Wednesday or Friday (ask for Katherine).

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

Books may be borrowed for three weeks.

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



I grew up in south-west Sydney, where being different is not only frowned on but where it is an excuse to make one the subject of various crimes and assaults. Picture me as a teenager, walking through a park in Liverpool, listening to my music, Eminem playing through my headphones. Tears were running down my face, and I had a black eye from my father's attempt "to make a man of me" a few hours earlier. But I had an issue I had known about since I was five years old ... that I should never have been born male. This is an issue that tormented my mind every second of every day. The constant thoughts in my mind were: "Why am I a female. I was born male ... surely this can't be right," and "how do I tell Mum and Dad?"

School was a nightmare. Primary school started off okay until one day the teacher told everyone in the class to sit in a circle, boys on one side and girls on the other and we were asked, "What do you want to be when you grow up?" The boys all had suggestions such as policeman, fireman, doctor, emphasising strongly the male aspects of these careers and all of the girls gave suggestions like nurse, cleaner, etc.

All of my classmates named careers that aligned with their genders until I was asked and I said, "I want to be a girl and I want to be a Mummy," to which a shocked teacher did not say much, but she did contact my parents. That night Dad 'beat me straight'. For the rest of primary school I conformed with the conventional social rules as I was scared of being beaten again.

In Years 7 and 8 I was forced conform and was continually pressured by my father into playing masculine sports, which involved being ridiculed and told by my family that I could do better. In Year 8, on my thirteenth birthday I woke up to hear my parents fighting. This was no unusual but when I saw my Mum walking up the driveway carrying a suitcase I wanted to stop her, but I was told that if I took another step I would be hurt.

The other bad thing was that my puberty was setting in. When I looked at girls at school who were developing breasts I would look at

myself and scream silently inside my head, "Why aren't I developing?" and I would hate the way I was growing body and facial hair.

In Year 9 I was feeling pressured beyond belief with having to live as the wrong gender and having to do masculine activities. I started to cut myself as a way to cope. This was almost a daily activity until I was invited to the south coast of New South Wales by my aunty. While on this vacation my two cousins, my aunt and I went to the beach. I took off my shirt to go swimming, completely unaware that the bruises on my back would show and that the only boardshorts I had packed were so short that a few of my fresh cuts were visible.

After my swim my aunty asked my two cousins to go and get some food. When it was just the two of us my aunty asked me to sit next to her and talk. She offered her hand for me to hold and said, "It's okay, you can trust me. Please open up to me. I'm worried."

I burst into tears and said, "Aunty, I want to kill myself. I can't live as a boy any more. I'm a girl!" I was not expecting a sympathetic reaction and I was shocked when my aunty said, "Okay, niece, this afternoon I am buying you your first dress, if you like." She told me that when I was with her she would help me to dress and act more femininely. Naturally I wanted to live with her all of the time.

When I had to go back to Liverpool I felt as if the most important part of my life had been taken away from me again. When Year 10 started it was the hardest year of my life. Having the usual amount of testosterone flowing through my fifteen-year-old body would have been normal for most boys but it wasn't normal for me. By this time I was cross-dressing whenever possible and would only have a smile on my face when I was wearing feminine clothing. I started working at McDonalds after school and on the weekend, but after my School Certificate my Dad became even pushier about me becoming more masculine, so I buckled under his pressure and started working as an apprentice diesel mechanic.

Not much happened until I turned twenty. I was still living at home with Dad and still

working as a mechanic. Finally I hit breaking point. I had just finished a twelve-hour shift and went to the car park to unlock my WRX, thinking as I did that I would never be a female, and how useless my life was. So I started the thirty minute drive home and then realised I was close to the entry to the M7 Motorway and thought “fuck this, I’m killing myself”. I turned onto the M7, threw off my seat-belt and started to accelerate. Ten seconds later the speedo was still climbing ... 150 ... 160. I started aiming for a concrete divider but something stopped me from going through with it. I had no idea why I hadn’t gone through with it, but I drove home and arrived to find Dad already quite drunk.

I said to myself, “Today is the day I come out”. Dad opened the front door and I went straight to the fridge for a bottle of V. I said, “Dad, we need to talk, let me get you a beer” and Dad, confused, asked “Did you get a girl pregnant?” “No, Dad, I am transgender. I’m a girl.” Dad simply said, “Get the fuck out of my house”.

A few weeks later I went back to talk it out with him and ended up in hospital with broken bones.

After that I was very hesitant to open up to anyone but by the age of twenty-four I decided to open up to my social worker that I was transgender. The social worker helped me to get the ball rolling and finally I was on the track to happiness. Another year went by and I had access to hormones. I started medically transitioning three months before my twenty-fifth birthday. I also started seeing a new social worker, who saved my life in more ways than one.

At the age of twenty-five I attended my first Mardi Gras and also took part in my first theatrical production, *Così Fan Tutte*. I am also living in more stable accommodation. Finally I am piecing my life together the way it should have been, and have even been saving towards my surgery.

So what do I want you to take from this? Take what you want, but whatever you take, remember always that if someone is different, you have no right to judge them. Everyone is an individual and everyone is human.

House to Share

with one other in Sydney’s beautiful Blue Mountains not far from Katoomba. Katoomba has a diverse community and is home for the Annual Transformal Event.

40’s MTF transgender is looking for another transgender person to share my home. Own room (choice of two, can help with some bedroom furniture if required) in older style brick home. House is fully furnished with wood stove and electric cooking in kitchen. Older style bathroom but clean and tidy. Large block with big yards at quiet end of town. Close to trains and bus stop. Short walk to shops.

Off street parking but not under cover.

Gas heating, broadband and WIFI installed with telephone landline.

Looking for someone who wants to consider it home, where you can relax and be yourself. It would suit a transgender person of similar age to my own, but I will consider any application.

The applicant must have a stable income -- pension or Centrelink income are acceptable. Sorry, no couples or pets or short stays. Rent: \$145.00 per week, plus utilities and two weeks bond (negotiable).

Please contact:

jess15332@gmail.com if you would like further information.

Recently I have noticed a growing spate of sensational media around trans issues, particularly trans children. In the past few months. I've watched exposés on *60 Minutes* and *Four Corners*, but it wasn't until I read the headline of an article in the *Daily Telegraph* on September 1, "Preschooler Begins Transition Aged Four: Children as Young as Three Claiming Gender Dysphoria", that I was moved to write a response.

The headline of this news article is particularly upsetting because it gives the lay reader a sense that children are embarking on irreversible pharmaceutical or surgical interventions, which is not true.

Yes, it is certainly true that the number of children coming out as transgender, gender questioning or experiencing gender dysphoria is increasing. It is likely that with social acceptance levels changing (albeit slowly), and the prevalence of trans personalities or trans stories in the media, kids now have a language to describe their feelings, and a sense that this conversation is possible.

As a counsellor, I am not unfamiliar with adult clients telling me that they "knew" from age three, four or five, but simply didn't have the words for what they were feeling. We are now in a world where the term *transgender* has meaning. It has negative connotations and stereotypes as well, but it has a face; it has a story.

Young children who express gender dysphoria are at risk of mental health issues such as anxiety and depression, as well as self-harm.

It is imperative that we continue to foster a society where children feel they can express what they're going through, and where support is available.

The *Daily Telegraph* reported; "Psychologists yesterday questioned whether it was too young for a four-year-old to be transitioning gender."

And although there was some support in the article, they also quoted a psychologist who wholeheartedly and wrongheadedly said 'yes'.

This 'expert' opinion is again damaging to children and their supporting families, with potential results being the denial of the child's experience, or attacks on families that support their child's authentic gender expression.

Gender dysphoria is a term that describes the pain and distress caused when the gender an individual is identified as at birth is not the same as the gender they identify with.

This dysphoria is not the same as a mental illness that can be cured without treatment. Denial, punishment or reparative therapy is not only ineffective; it can cause significant and lasting damage to a child's mental wellbeing.

The most important things that we can do to support transgender children include:

- Always using the child's preferred name and gender pronouns
- Advocating for the child when you see or hear transphobic behaviour, and asking for respect from others
- Becoming educated around gender diversity and the concerns the child may face
- Encouraging the child to stand proud and not to put up with transphobia, when it is safe to do so
- Assuring children that they are loved and cared for, and that there is certainly nothing 'wrong' with them



Jacob, a five-year-old American transgender child

If you would like further information on gender diverse youth you can go to:

- **Candy Jacques** – Counsellor at the GenderCentre
counsellor@gendercentre.org.au

- ***The Transgender Child: A handbook for families and professionals*** by Stephanie A. Brill and Rachel Pepper, 2008

- ***Beyond Magenta: Transgender teens speak out*** by Susan Kuklin, 2014

A.C.T.

AGENDER AGENDA

works with the sex and gender diverse community. This includes transsexuals, transgender people, intersex people, cross-dressers and other non-gender conforming people. We acknowledge the important role that partners, family members and allies play and these people are specifically welcomed as part of our community.

PO Box 4010, Ainslie, ACT, 2602 Ph: (02) 6162 1924
Fax: (02) 6247 0597
Email: support@genderrights.org.au
Website: www.genderrights.org.au

AIDS ACTION 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. Havelock House, 85 Northbourne Ave, Turner, ACT 2612
PO Box 5245, Braddon, ACT 2601

Tel: (02) 6257 2855
Email: contact@aidsaction.org.au

SWOP ACT (SEX WORKER OUTREACH PROJECT)

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

Westlund House,
16 Gordon Street, Acton,,
ACT, 2601
GPO Box 229, Canberra, ACT,
2601
Tel: (02) 6247 3443
Fax: (02) 6257 2855
E-mail:
aacsowp@aidsaction.org.au

NEW SOUTH WALES

NSW GENDER CENTRE

Counselling

Provides counselling to residents and clients living in the community. For more information or an appointment contact the Counsellor on 9519 7599 between 10am - 4.30pm.

Outreach service

Available to clients in the inner city area on Tuesday nights from 6.00pm to 2.00 a.m. and on Thursdays from 10am - 5.30pm by appointment only. Monday and Wednesday afternoons and Friday 10am - 4.30pm. Also available to clients confined at home, in hospital or gaol - by appointment only. For an appointment contact Outreach Worker - 9519 7599.

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. 9519 7599

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, including a quarterly magazine *Polare* and a regularly updated website at: www.gendercentre.org.au .

For more information contact the Information Worker Wed-Fri 9519 7599

Drug and alcohol service

Provides education, support and referral to a broad range of services - By appointment only. For an appointment contact the Outreach Worker 9519 7599

Residential service

Provides semi-supported share accommodation for up to eleven residents who are sixteen years of age or over. Residents can stay for up to twelve months and are supported as they move towards independent living. 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 95197599.

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 9569 2366.

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 Manager, Gender Centre, 41-43 Parramatta Rd, Annandale or PO Box 266, Petersham NSW 2049
Tel: (02) 9569.2366
Fax: (02) 9569.1176
manager@gendercentre.org.au
http://www.gendercentre.org.au

2010 - TWENTY10 (incorporating the Gay and lesbian Counselling Service of NSW)

A community-based, non-profit support organisation for people of diverse sexes, sexualities and genders, their families and communities across NSW, providing telephone counselling (all ages), support groups, community education and a range of specialised support services for young people (12-26 years old).
For support call 1800 184 527 (QLife, daily, 5.30pm-10.30pm) or (02) 8594 9555 (Sydney) or 1800 65 2010 (regional NSW),
Twenty 10, 10.00am-5.00pm Mon-Fri.

Admin enquiries (02) 8594 9550
Email: info@twenty10.org.au
Website: www.twenty10.org.au

ACON HEALTH LTD

Information and education about HIV/AIDS, caring, support for living living with HIV/AIDS. 41 Elizabeth St, Surry Hills, NSW 2011 or POBox 350 Darlinghurst, NSW 1300
Ph: (02) 9206 2000
Fax: (02) 9206 2069
ty: (02) 9283 2088

ACON-HUNTER

129 Maitland Road or PO Box 220, Islington, 2296
Ph: (02) 4927 6808
Fax: (02) 4927 6845
hunter@acon.org.au
www.acon.org.au

ACON-MID-NORTH COAST

Shop 3, 146 Gordon St
Port Macquarie NSW 2444
Tel: (02) 6584 0943
Fax: (02) 6583 3810
mnc@acon.org.au

ACON - NORTHERN RIVERS

27 Uralba Street
Lismore NSW 2480
PO Box 6063
South Lismore NSW 2480
Tel: (02) 6622 1555

AFAO (AUSTRALIAN FEDERATION OF AIDS ORGANISATIONS)

National AIDS lobby and safe sex promotion organisation.
PO Box 51
Newtown 2042
Tel: (02) 9557 9399
Fax: (02) 9557 9867

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

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

Ph: (02) 9283 8666
free call 1800 651 011
www.bgf.org.au
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. Provides support and understanding for families and friends 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
4 Hayward Street, Port Macquarie, 2444

POB 1329, Port Macquarie, 2444

FTMAustralia

Contact, support and information for all men (identified *female* at birth), their families, partners, and service providers. Contact FTMAustralia for more information:
PO Box 488, Glebe, NSW, 2037.
www.ftmaustralia.org
mail@ftmaustralia.org

GAY AND LESBIAN COUNSELLING SERVICE OF NSW (GLCS)

A volunteer-based community service providing anonymous and confidential telephone counselling, support, information and referral services for lesbians, gay men, bisexual and transgender persons (LGBT) and people in related communities.

Counselling line open daily from 5.30pm-10.30pm daily (02) 8594 9596 (Sydney Metro Area - cost of local call, higher for mobiles)
1800 184 527 (free call for regional NSW callers only)

Admin enquiries: (02) 8594 9500 or admin@glcsnsw.org.au
website: www.glcsnsw.org.au

HARM MINIMISATION PROGRAM

Resource and Education Program for Injecting Drug Users
Mon - Fri, 9am - 5pm Sat & Sun, 1 - 5 Deliveries Tue, Fri 6 - 9
103/5 Redfern Street, Redfern, NSW, 2016
(Redfern Community Health Centre, enter via Turner Street)
Tel: (02) 9395 0400
Fax: (02) 9393 0411

HIV AWARENESS AND HIV AWARENESS AND SUPPORT

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

HOLDEN STREET CLINIC

Sexual Health Clinic is staffed by doctors, sexual health nurses, a clinical psychologist and an administration officer.

Mon, Tue, Wed. 9.00am-5.00pm (closed 12.15pm-1.00pm for lunch)
Men's Clinic Thursday evenings 5.00pm-8.00pm

Appointments preferred (02) 4320 2114
Ground Floor 69 Holden St, Gosford 2250

Tel:(02) 4320 2114
Fax: (02)4320 2020

INNER CITY LEGAL CENTRE

Available to discuss any legal matter that concerns you.
Ph: (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

PO Box 22, Kings Cross, NSW, 1340
Tel: (02) 9360.2766
Fax: (02) 9360.5154

KIRKETON ROAD CENTRE

Needle exchange and other services

Clinic Hours:
Mon, Tue, Thu, Fri, 10am - 6pm
Wed 12 noon-6pm
Weekends and public holidays, 10am - 1.45pm (NSP & methodone only)
Outreach Bus - Every Night
100 Darlinghurst Road
(Entrance above the Kings Cross Fire Station Victoria Street

Clinic 180

180 Victoria Street, Potts Point, 2011
Tel: (02) 9357 1299
Fax: (02) 9380 2382

Clinic 180 open

Monday to Saturday
1.30pm-9.00pm
Needle syringe program
Condoms

Monday to Friday

1.30pm-9.00pm
Sexual health screening
HIV screening
hepatitis C testing,
hepatitis B testing and vaccination
First aid and wound care
Counselling and social welfare assistance
Drug and alcohol assessment and referral

LES GIRLS CROSS-DRESSERS 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

(MCC) METROPOLITAN CHURCH

MCC Sydney is linked with MCCchurches in Australia as part of an international fellowship of Christian churches with a social concern for any who feel excluded by established religious groups. MCC deplores all forms of 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 St, Petersham, 2049
Phone (02) 9569 5122
Fax: (02) 9569 5144
Worship times:
10.00 am and 6.30 pm
office@mccsydney.org
http://www.mccsydney.org.au/

MOUNT DRUITT SEXUAL HEALTH CLINIC

Provides free, confidential and respectful sexual health information, assessment, treatment and counselling.

Tel: (02) 9881 1206
Mon 9.00am-4.00pm
Wed 9.00am-1.00pm
Fri 9.00am-1.00pm

NEWCASTLE SWOP

SWOP at Newcastle has a Mobile Sexual Health Team
4927 6808

NORTHAIDS

A community based organisation providing step down and respite care for PLWHA on the Northern Beaches.

Tel: (02) 9982 2310

OPEN DOOR COMMUNITY OF CHRIST

The Open Door Community of Christ is a church for everyone! We meet every Sunday at 6.00pm. Based in Sydney's west, at Cranebrook, the Open Door has been serving the LGBTIQ community for the past fifteen years. The Western Sydney Transgendered Support Group and the Western Sydney Coming Out Group are sponsored by the Open Door. Bj's cafe is held on Wednesdays from 11.00am-1.00pm. The Youth Is Knocking youth group is held monthly with accredited facilitators.

Contact Pastor Sue Palmer
0411330212 or
pastorsue@theopendoor.org.au
for further information, or check the web page

www.theopendoor.org.au

PARRAMATTA SEXUAL HEALTH CLINIC

provides free, confidential and respectful sexual health information, assessment, treatment and counselling.

Level 1, 162 Marsden (cnr. eorge St)
Parramatta, 2150
Ph: (02) 9843 3124
Mon, Wed, Fri, 9.00am-4.00pm
Tue 9.00am-1.00pm
Fri 9.00am-4.00pm

PLWHA (PEOPLE LIV- ING WITH HIV/AIDS)

PO Box 831, Darlinghurst, NSW, 2010
Ph: (02) 9361 6011
Fax: (02) 9360 3504
www.plwha.org.au
PO Box 187,
Katoomba, NSW, 2780
Ph: (02) 4782 2119
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.

Ph: (02) 9206 2000
www.acon.org.au/education/womens/campaigns.htm

RPA SEXUAL HEALTH

CLINIC provides a free and confidential range of health, counselling and support services. Ph: 9515 1200

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 a non-profit self-help group funded by members' contributions. 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 2193 Boronia Park, NSW, 2111 or Ph: 0423 125

(SWOP) SEX WORKERS OUTREACH TRANSGENDER SUPPORT PROJECT

Provides confidential services for people working in the NSW sex industry. Lvl 4, 414 Elizabeth St, Surry Hills, NSW, 2010

PO Box 1354
Strawberry Hills NSW 2012
Tel: (02) 9206 2159
Fax: (02) 9206 2133
Toll free 1800 622 902
infoswop@acon.org.au
www.swop.org.au

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 3d Sunday of every month followed by a meal. All welcome

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 NET- WORK

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 sexual function, counselling and testing and treatment of STDs, including HIV.

Level 3, Nightingale Wing, Sydney Hospital, Macquarie Street, Sydney, NSW, 2000

Ph: (02)9382 7440 or freecall from outside Sydney 1800 451 624.
(8.30am-5.00pm)
Fax: (02) 9832 7475
sshc@sasahs.nsw.gov.au

SYDNEY WEST HIV/HEP C PREVENTION SERVICE

Needle and syringe program
162 Marsden St, Parramatta,
NSW 2150

Ph: (02) 9843 3229
Fax: (02) 9893 7103

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 bisexual, transgender folks and men who have sex with men
80 Benerembah Street, Griffith
PO Box 2485, Griffith, NSW 2680
Tel: (02) 6964.5524
Fax: (02) 6964.6052
glsg@stealth.com.au

WOMENS AND GIRLS EMERGENCY CENTRE

174 Redfern Street, Redfern
Tel: (02) 9319 4088

National

(ABN) AUSTRALIAN BISEXUAL NETWORK

National network of bisexual women and men, partners and bi-and bi-friendly groups. ABN produces a national 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

AIS SUPPORT 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 for both public and member-only access.

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

CHANGELING ASPECTS

Organisation for Transsexual people, their partners and families. For information, please write or call.

email:knoble@iinet.net.au
www.changelingaspects.com

FTMAustralia

Resources and health information for all men (identified *female* at birth), their partners, family and service providers. Contact FTM Australia for more information.

PO Box 488, Glebe, NSW, 2037
www.ftmaustralia.org
mail@ftmaustralia.org

NATIONAL LGBTI HEALTH ALLIANCE

Office: (02) 8568 1110
Fax: (02) 8212 9013
PO Box 51, Newtown, NSW, 2042
www.lgbtihealth.org.au

TRUE COLOURS DIVERSITY

True Colours represents young people who experience transsexualism and a network of their parents, families throughout Australia. Whether you are a parent, a family member, a carer, a friend or a young person experiencing the diversity in sexual formation called transsexualism, you have come to a friendly place. TRUE Colours offers mutual support and advocacy for young people with transsexualism and their families. We also offer a parents/caregivers email discussion group.

Web: www.truecolours.org.au
Email: Mail@truecolours.org.au

International

AGENDER NEW ZEALAND

A caring national support organisation for Cross/Transgender people, their partners and families. For a detailed information pack, please contact:
Email: president@agender.org.nz
www.agender.org.nz

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 68236, Newton, 1145, 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 and 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](http://www.IFAS.org.au)
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) 4382-8791
Fax: (64) 4801-5690

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 resources@gendercentre.org.au

RPA SEXUAL HEALTH CLINIC

16 Marsden Street, Camperdown, NSW, 2050

PHONE: (02) 9515 1200

WHAT DOES THE SEXUAL HEALTH CLINIC DO?

- Testing, treatment and counselling for sexually transmissible infections, including HIV.
- Gay men's sexual health check-ups.
- Sex worker health checks.
- Men's and women's sexual health check-ups.
- Advice on contraception.
- Pregnancy testing and counselling.
- Free condoms and lubricant.
- Needle and syringe program and sexual health check-ups for people who inject drugs.
- Hepatitis testing and vaccination.
- Post-exposure Prophylaxis (PEP) for HIV.

WHAT HAPPENS WHEN YOU VISIT THE CLINIC FOR THE FIRST TIME?

You will be asked to fill out a registration form. The information you give us will remain confidential and will be put in a numbered file. Keep this number and quote it for any test results and when making future appointments.

A nurse will determine whether you need to see a doctor or nurse for a medical issue or a counsellor to discuss information on sexual health, safer sex or relationship issues.

SOME COMMONLY ASKED QUESTIONS

Do I need an appointment? *Yes, an appointment is preferable.*

Do I need a Medicare card? *No, you don't need a Medicare card.*

Do I need to pay? *No, all services are free.*

Do I need a referral from a doctor? *No, simply call 9515 1200 for an appointment.*

Interpreters
available.

Be Part of the Action!

Can you write? Would you like to write something for *Polare*?

We are looking for writing that expresses some of the viewpoints we seldom see, like the views of younger gender-diverse people.

Email

resources@gendercentre.org.au or call 9519 7599

The Permanent Solution...

in Permanent Hair Removal

For those who are embarking on the transition from male to female, the permanent removal of hair is vital. However, with so many clinics and procedures to choose from, it's crucial that your chosen solution is reliable, safe and permanent.

At Advanced Electrolysis Centre, we have been specialising in permanent hair removal since 1996, continually improving the methods and the technologies that deliver the best results. You'll be in the hands of our experienced and qualified specialists, where you'll receive the ultimate level of personal care and attention. We also offer on-site parking for our 3hr clients subject to availability.

Galvanic electrolysis is a scientifically proven technique that is effective no matter what type of hair you have, and no matter what colour skin. It works perfectly, even if you have blonde or grey hair. However if you have dark hair this can be treated by laser or IPL, or in many cases a combination to achieve a true permanent result.

So, whether you are in need of some general information, or you have already decided on a method that best suits your needs, come in for a chat and get expert advice on how to effectively be free of your unwanted hair FOREVER!

- Multi probe galvanic 16, 32 and 64 (Dual operator) follicle treatment
- Guaranteed Permanent Results
- Skin Rejuvenation
- Pigmentation Reduction
- Red Veins & Rosacea

