

Issue 1 • 2010



GW
Gay Wexford Newsletter



Transgender Di-Mystified

Hi all my name is Vanessa Lacey and I am a Trans-Woman from Waterford. I have been asked by the editor of this newsletter to give some information on Transgender issues and I am delighted to be given this opportunity to do just that. It was suggested that I would explain some of the issues surrounding GID (Gender Identity Disorder). This is the term imposed on us Transsexuals so as we can

access Hormone Therapy and move on to Gender correction Surgery (Gender Reassignment Surgery, Sex Change etc). However to most Trans people we find this term offensive as I for one do not think I am disordered (Although many will agree that I certainly am). Although I do feel that I was born with alien genitalia to that of my brain sex. In these following articles I will give information on many Transgender topics from; Clothes, Hair, Make-up, and most importantly coming out and the access to qualified counsellors. Many people are not aware that the suicide rate is enormous and it has been suggested that it is one in three end their own lives. I myself have been very close to this frightening threshold but fortunately have moved my life on considerably (I also hope I can help many of the readers of this newsletter). Furthermore the wider community (LGB) and "normal" society are unaware and confused about many parts of Trans life. I would love if you the readers could send in your queries in to the GW newsletter and I will do my utmost to answer your questions.

Keep Safe and Happy,
Love Vanessa x x



Dear Jojo
My sister's boyfriend is always around and while he is always playful, this has never led to much until a drunken night recently where he took out his penis and waved it around and tried to make me touch it. Needless to say I didn't but should I tell my sister?
Willy (19) - Callan

Howaya Willy! First things first, no! Nobody likes a rat and where I come from, informers are the lowest of the low. Telling your sister isn't going to do anyone any good. Secondly, are you not a bit raging you didn't have a go?? Is he hot? Send us a picture. God Bless!

Dear Jojo

I can't believe how unbelievably thin you look lately! Any chance you can let us in on the secret of your amazing weight loss?
Miss C Eletrik (23) - Waterford City

Well Charmin, I mean miss Eletrik, its quite simple really. Its good diet, a bit of exercise, those rehearsals that the cast of Riverdance would get tired at and weight loss pills from Holland and Barrett except without the diet, the exercise and rehearsals! Also I find a good long ride is great for losing a few cal!

Dear Jojo

I have recently started to find girls attractive. Do you think I might be becoming a lesbian?
Tapanga (17) Enniscorthy

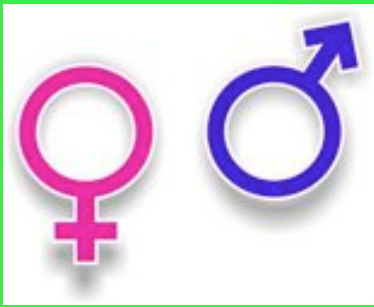
Babes! There's nothing wrong with being a lesbian. Sure even Batwoman is into the womanly bits these days. As for whether you're a lesbian, do you like Atlantic Homecare, Ikea, Pink, Heineken or the Champions League? If you said yes to 3 or more then I'm afraid you may be a lesbian!

Dear Jojo

I'm finding it hard to come! What should I do?
Stephen (22) Kilkenny City

Well Stephen, you could always try a different mode of transportation. Now that the motorway is open between Kilkenny and Waterford it should be easier. Also how about getting the train? If thats still a problem, don't forget I'll be coming to you every Thursday!!

If you have a problem you'd like solved, please contact me at JoannaRyde@gmail.com



Health & Life section

Sexuality

What is Sexuality?

Sexuality is about how you think, act and feel. Part of your Sexuality is your sexual identity. This is decided by what sex you fancy (Boys or Girls) or if you fancy both. During Puberty and our teen years we start to explore our sexuality and to figure out what we like.

You might feel unsure about your sexuality or who you find attractive might change during your life. Your sexual identity is something you should take time to decide about: what you like and feel comfortable which is different for everyone

Some people may know from a very young age that they are gay, lesbian, bisexual, or transgender and others may be confused about their sexuality right into adulthood. Working out whether you are gay, lesbian, bi or straight can be confusing. You don't have to tell your friends about your sexuality or who you fancy unless you really want to but remember, it does help to talk.

Coming out as GLBT can be a hugely positive experience - a liberating time, when you embrace your sexuality. Telling friends or family is not always easy but if you choose someone you trust, the chances are they will be supportive. Whatever

your sexual identity, remember it is only one part of your life; so embrace how you are feeling and enjoy being an individual.

It is important that you feel comfortable with your sexuality. If you want to talk to someone about your sexuality, speak to your local LGBT service in Wexford contact info@gaywexford.com.



LIVING WITH CANCER

Living with a sick person is extremely difficult. But when it's your mum, it's much worse. The person who gave birth to you, and cared for you since you were able to breathe now asks for your help.

It was December 2008 when she told me. She had been admitted into hospital with a bad chest infection that wouldn't clear. Tests proved that what was causing her to stay sick was a tumour. I remember when she told me they had found a lump. I was sitting beside her bed in hospital. We were alone. It wasn't for me to get upset. I had to tell my mum that it could be anything at that stage. And even if it was cancer, it could be benign. Too simple.

I was working when she called me. I sat down in my office knowing that she never called me in work. I answered the phone and I heard her. Before she spoke I knew she was sad. She told me she had 3 types of cancer. She then told me she didn't know how long it would

last but that she was determined to get through it. She told me she loved me. She then cried. She told me not to worry, how could you not but worry.

I cried. I couldn't stop crying. I felt pain like I had never felt it before.

As I'm revisiting this moment in my life, I'm unable to feel that same pain. That momentary breakdown from an ugly depressing conversation will remain in my past and hopefully I won't have to deal with that again.

My mum's diagnosis changed and they offered her treatment. The weeks after, while my mum was getting chemotherapy, and I was carrying on with life, I floated. I was in a daze and honestly a confused state for quite a while. I was caring for my mum as often as I could. I wanted to have my mum's cancer. I wanted to take away her pain, and deal with it myself, because I felt I could. I wanted to anything in the world for her. I just wanted her to be my mum again. As the chemo deteriorated her, I did too. But I found something inside of me. A voice that told me to be brave, and to continue on, because things had to get better.

Things will always get better, no matter how long it takes, there is some sort of improvement. Throughout this I was so lucky to have had the love, patience and wisdom of my partner Tom without him things would have been much worse and I knew that while he was with me I still had the strength to strong for my mum. Its Christmas and as I visit for Christmas dinner my mum had no energy and could barely move in the house, she worried that she had not been able to get me a present personally and had to ask my younger sister to get it for me. I was in tears inside but had to be

strong as I write this the tears return.

I realise how depressing this all is but it was nothing less than heartbreaking seeing my mum unable to be herself.

On the 19th of February just 8 weeks after I found out my mum had cancer at 11.35 she passed away with us by her side.

What I can say to you is, if you are faced with a life-changing problem, an altering situation, please don't give up. There were times when I couldn't find the energy to do work, or even sit and talk with friends.

I had to find something inside of me. A small amount of inspiration can cause great personal change. A positive attitude can create new opportunities. Being able to be yourself, is the greatest gift you can offer the person inside of you. Speculate positivity and accumulate success.

I wish anyone with a tough situation- whatever it may be- the best of luck. Being brave is a tough task, but rewarding. Now I'm facing a brighter future, and leaving behind a dark past.

By Sean Regan

IMPORTANT NOTICE
GAY WEXFORD IS LOOKING FOR
NEW RECRUITS

A NUMBER OF POSITIONS ARE
AVAILABLE IN THE GROUP

WE ARE ALWAYS LOOKING FOR
NEW FRESH IDEAS TO HELP THE
GROUP

IF YOU ARE INTERESTED
CONTACT

INFO@GAYWEXORD.COM



Alcohol & Drugs

by Seamus Meaney

Cigs, booze, an odd pill...Sure its all part of Irish youth culture, Right? Everybody does it. A bit of drink is good for us and hash is great for relaxing? Well yes or no? Unfortunately there is a very fuzzy line between having a good time and just been plain silly when it comes to alcohol and drugs.

You hear about "the craic we had" but what about the Hangover hits ? It can mean a thumping headache , or feeling sweaty and dry mouthed. Of course the stomach is usually the worst, it rolls around in there sending up doses of acid to your throat in spite. But does any of this stop us?

Many of us have forgotten about the hangover by the following Friday night. So, if the hangover doesn't stop us what about the health issues?

There are lots of campaigns out there to alert all of us young ones about the dangers of drink and drugs. So many campaigns, that most of the time we don't really pay them any attention. Alcohol and drugs (Legal and illegal) are a part of our culture that isn't going to disappear after a few TV adverts and shock tactic posters.

At the same time , you wouldn't be reading this unless you were a were bit concerned about the effects on your health .

So instead of getting into a debate about what is right or wrong , or how much is good or bad.... we'd be here all day! You'll just find the information you need to make informed and healthy decisions and some info on what happens when things go wrong.

If you or someone you know has an urgent drugs or alcohol problem, for example; taking an overdose, fears the drug has been contaminated or experiences a reaction from a drug then you should immediately: Go To the casualty unit of the nearest hospital to you or CALL 999 Emergency services.

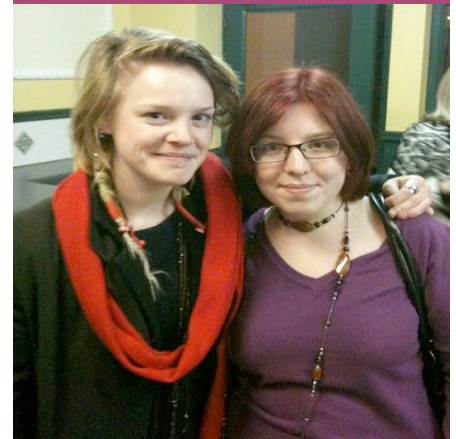
[Find more information and support](#)

National Drugs and H.I.V
Helpline: 1800 459 459
Providing confidential Support and information.

Drugs Awareness Programme
Web: www.drugs.ie
Provides Information,Support and counselling in relation to Drugs , Substance Misuse or Addiction

Alcoholic Anonymous
Web: www.alcoholicsanonymous.ie

LOCAL SONG BIRD RETURNS



SORCHA SLAVIN MEETS WALLIS
BIRD IN THE DUN MUIRE LAST
FEBUARY

Mad about the girl

Wallis Bird from Galbally, County Wexford took the title of ' Best Irish female' at the meteor awards. Certainly an accolade Soracha Slavin believes having met Wallis last February after the launch of Bare Cheek Theatre and Wexford Youth Theatres production of 'Rent'. At the meteor awards Wallis Bird said 'Homosexuality is perfectly natural, while praising the guts of anyone who performs. 'you are only as sick as the things that you hide. If you are hiding behind yourself who are you?' Bird hasn't ruled out the possibility of playing a homecoming gig at the Wexford Opera House.

WORD PUZZLE

FINDING THE LESBIANS

w	a	m	e	l	i	s	s	a	e	d	
d	a	m	a	r	i	a	e	r	o	t	r
r	o	v	d	o	w	a	l	s	h	h	e
i	n	u	o	g	n	a	l	d	k	e	a
b	o	n	a	l	o	n	e	c	l	r	m
s	u	e	s	b	i	a	n	n	a	i	a
i	b	l	i	l	y	t	e	s	s	d	r
l	e	f	o	r	d	o	a	o	c	g	t
l	d	a	g	e	m	m	a	r	a	e	i
a	y	h	t	a	c	l	o	m	v	l	n
w	a	n	d	a	n	i	l	e	b	a	a
s	e	k	y	s	h	n	e	l	s	o	n

Melissa Etheridge,
k.d. lang,
Martina Navratilova,
Wanda Sykes,
Cathy DeBuono,
Lily Tomlin,
Wallis Bird,
Ellen,
Anna Nolan,
Maria Walsh,
Carole Nelson

HAVE FUN !!!

FINDING THAT SPECIAL SOMEONE

As gay women are we constrained by the mores of straight social society. Must we wait for 'her' to approach us? If you're gay, you must be over a certain age, (before that you're experimenting) & therefore you must be an adult.

Who are you looking for? Visually barring parts of Waterford and some larger towns, where lesbians of a certain age & mindset use the lesbian uniform. She'll look like & dress like a woman. The potential beau must consider other cues. Location, attending lgbt or gay friendly event/ socials is a head start. Whom is she with and what's her body language doing, when you smile at her does she smile back.

Keep your alcohol consumption to a minimum. Drunk is not attractive. Introduce your self with a smile. Pay her a real compliment. Ask her a question and most important listen to the answer, then listen to her conversation. Does she hold your eye as you talk? Does she ask you questions too? Most of all listen.

BY ANN ONOMOUS



WHATS NEW FOR GAYWEXFORD

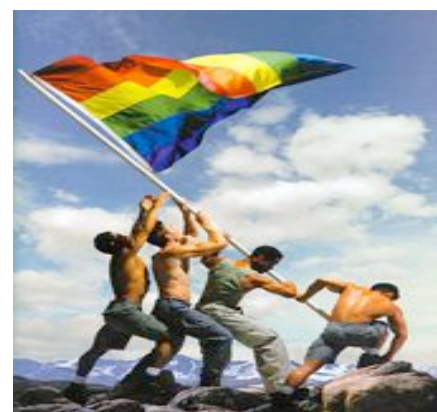
Working to a new manifest. In short a new name, new faces & new ideas. The emphasis is on fun and being safe in County Wexford. On-line when someone seeks information on L G B T in Wexford they are most likely to type the keywords "Gay Wexford" into the search engine.

We have dropped the E A G L E & any political party affiliations that may have been associated with it.

We are Gay Wexford, we don't intend 'to throw the baby out with the bath water. We have a group, training and working towards opening the long requested "Drop in" centre.

If you are an experienced counselor or would like to volunteer, be involved get in touch.

For more details see GayWexford.com or contact our 'Outline ': 086 079 2625.



Gay Wexford for further details of services & socials see our websites www.gaywexford.com, Gay Wexford on facebook, Bebo or twitter.com/GayWexford. By email info@gaywexford.com. To submit articles to the newsletter email your articles to gweditor.gaywexford@gmail.com.
 Outline 086 079 2625 Talk or text: 6:30pm - 7:30pm , Monday to Friday