

(front cover)

A TRANSGENDER WOMAN'S DIARY

BY JUEMEILI OLAES

(JueMeili pronounced GeeMayLee Meaning Pearl Beautiful)



At the turn of the century, my fortune teller told me that I would only live to my early seventies. I guess he was correct. My old self passed away in the summer of 2020. That's why my previous name was called my dead name. However, just like the Phoenix, I arose from the ashes as my true self, a beautiful 72-year-old Transgender Woman. So much to look forward to...

(back cover)

A TRANSGENDER WOMAN'S DIARY



Coming out late in life at 72 years old during COVID in the summer of 2020, to discover at first the extreme bitter challenges and later the sweet joys of an amazing journey.

Welcome Reader

Chinese expression “accumulate Yin Teh” meaning “accumulate lots of Good Deeds” in this lifetime to be able to reincarnate into a better life. Bad people who do evil deeds will reincarnate as animals to be chased and slaughtered.

Be kind...

Give your Time, your Love and Energy to others.

You will be Loved and Remembered after passing.

This Kindness will be your Success and Lasting Legacy.

Life is so very precious, yet short fleeting and fragile.

ACE – Appreciate Cherish and Enjoy every single wonderful moment with your loved ones, building happy memories that will last forever.

To Couples, Lovers, Family and Friends,

May you continue to build precious wonderful memories together.

To Bereaved Ones,

May you relive all the happy memories of your dearly departed loved ones, and may these precious memories give you strength through life.

With heartfelt love and hugs from JueMeili

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“A TRANSGENDER WOMAN’S DIARY” WRITTEN BY
JUEMEILI OLAES

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TURNING POINT IN MY LIFE

Oct 25, 2019. Halloween Masquerade Ball at Harmony Club, Toronto. My family helped me with professional make-up and hairstyle. I was one of the most beautiful women there and won third prize in the Masquerade competition. This gave me the courage to go out in public as a female. It was an encouragement for me to embark on my transitioning journey.

April 30, 2021.

Interviewed by TRANS CANADA PROJECT

So grateful for this interview. Hopefully, my story will, in some way, help others on a similar journey. Mine was their second interview. They have had dozens since. Each Transgender person's journey is unique and tearfully touching. Trans Canada Project deserves to be recognized and supported by the public for the heartwarming work they do for the LGBTQ community.



After six decades, JueMeili (pronounced GeeMayLee) finally got to be "out" as her authentic self. This fireball is very active well into her seventies, loving life and enjoying being herself. What is the secret of her long and happy life?

This 17 minutes' video can be seen on YouTube JueMeili

INTRODUCTION

URGES, HESITATIONS and SUPPRESSIONS. These challenges kept repeating and manifesting throughout my whole life to prevent me from embarking on my transitioning journey earlier. Feeling like taking one step forward and two steps back. Any Transgender Person can testify to these daunting experiences. Wanting to come out so badly that it hurts inside but feeling terrified and backing down again.

The biggest challenge of coming out is to our dearest loved ones, parents, siblings, spouses, lovers, close friends, schoolmates, and colleagues. We care so much about them and don't want to be turned down by them. How do we broach this forbidden yearning of ours? To them, this may be a bombshell that can easily explode. How will they react, will they accept us, or will they cast us aside?

Each Transgender person's transitioning journey is so different from another's. Some may take baby steps, some may take giant strides, and some may take huge leaps. We need to believe in ourselves, do this at our own pace and feel comfortable with the process, and eventually it will happen. Whenever we feel down and out and life is not worth living, somewhere deep down inside we have hidden resources that we can draw upon so that we can bounce right back to rediscover the joy of living.

My journey had been filled with insurmountable unbearable challenges. Born into an exceedingly poor family in 1948 in Hong Kong, I experienced extreme poverty and hunger as a child. I knew even then that I wanted to become a beautiful woman. Due to the ultra conservative society in the last century and peer pressures from family, friends and career, this was hidden in me for over 6 decades.

“Seen Foo, Hou Teem” meaning “Bitter first, Sweet later”.

Without experiencing the excruciating pain and sorrow, so much crying, the extreme loneliness, the desperation and despair, and the most terrifying and difficult challenges, I would not have been able to truly appreciate the abundant joys I am blessed with at this point in my transitioning journey.

I am now a complete woman after my Vaginoplasty bottom surgery on Jan 31, 2023, and I am fiercely proud to be Transgender, and have full confidence that in 2026 I am still a beautiful 78 years-old post-op Transgender Woman. I also identify as a Lesbian. My remaining wish is to be able to find a suitable femme Lesbian romantic girlfriend before I die.

I still cry whenever I recall all the hardships I experienced with pangs of tears and fears, but now I look forward to enjoying the rest of my Golden Years with solace and tranquility as a complete woman. Each day is a present, a precious gift for us to enjoy every second of every minute to the fullest, for once it is gone, it will never come back.

I wish to acknowledge and express my sincere appreciation and special thanks to my beloved family and bestie, all my dear wonderful badminton, dance and other great and supportive friends, all my Facebook friends, all my Instagram followers, and all my support groups, who have given me so much moral support and encouragement that I successfully survived my awkward, stumbling and challenging transitioning journey.

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-3-Monthly goals of a Transgender Woman

-4-Fading Memories brought Back to Life

My EX-Girlfriend of 27 years

-Our poor backgrounds attracted us

-Happy memories with my ex-girlfriend

-Unhappy challenges with my ex-girlfriend

-Dragon and Phoenix over bed

-Chinese Zodiac compatibility

2021

April 10 - A Transgender Woman's dream

Summer of 2021

June 28 - JUEMEILI new car licence plates

July 9 - I have learnt to love myself

July 29 - Playing badminton

July 30 - Precious moments with my grandkids

Aug 7 - My funeral song

Aug 30 - New Canadian passport

Sep - Coming out fears

Sep 12 - Finding my new soulmate and life partner

Online romance was a scam

Sep 14 - Age difference in a Relationship

Sep 18 - The present time

Sep 20 - Gradual COVID re-opening

Sep – Surgeries

Oct - Ballroom dancing will start again

Oct - Sexuality and sensuality

Oct 7 - Phone appointment with my doctor

Oct 10 - Awake with thankfulness each morning
Oct 25 - Another milestone my breast implant surgery
Dec 5 - Panelist on Forum - Passing as true gender
Dec 14 - Morning power exercises
Dec 15 - Donations of wigs + silicone breast inserts
Dec 26 - 36B bras don't fit me anymore
Dec 31 - Cancelled New Year's Eve dinner

2022

Jan 1 - Happy New Year 2022
Jan - Cruising in Nov 2022
Jan 3 - Modelling photo
Jan 9 - Vaginoplasty Sex-Reassignment Surgery
Jan 17 - My greatest fears being placed in my coffin
Feb 1 – Updating my Will and Powers Of Attorney
Feb 3 - First Doctor's interviews for OHIP funding
Feb 14 - Who Will Be My Valentine?
Apr 2 - Paying Forward the Precious Gifts we receive.
Apr 9 - Hello Sunshine
Apr 19 - Second Doctor's Interview for OHIP Funding
April - Qualities I expect from my New Girlfriend
May 13 - Dinner and Dancing at Capitol Banquet Hall
May 14 - Celebrating the birthdays
May - Trying on various swimsuits
May 30 - Receipt of various compliments
Jun 17 - Dinner with Her City Lesbian Group
Jun21 - Celebrating 20 years of Sherbourne Health
Jun 24 - Dinner and dancing at Harmony Club
Jun 25 - Brunch and joining the Lesbian March
Jun29 - Soy Intergenerational Pride BBQ
Aug 17 - Enjoyable Dreams about my Lesbian Girlfriends
Aug 21 - Dinner with my HK high school alumni
Aug 28 – My Bestie
Sep 17 - Brunch with LGBTQ2A+ Social Club
Sep 18 - Tough Hikes
Sep 24 - Waterloo Trip

Oct 1 - International Day of Older Persons

Oct – Meetings with my Bestie

Oct - My Bottom Surgery

Nov 23 – Poem for my Bestie

2023

Jan 14 – Dressed up at home feeling good

Jan 14 – Morning Stretching and Power Exercises

Jan 25 – Almost lost my Bestie

Jan 29 – Arrival in Montreal for Bottom Surgery

Jan 31 – Bottom Surgery

Feb 3 – Recovering from Bottom Surgery

Feb 4 – Feeling Good

Feb 5 – Removing Stitches

Feb 6 – 6 days after surgery

Feb 8 – Going Home

Feb 12 – My thoughts and feelings after surgery

Feb 14 – Valentine's Day at home

Feb – My post-op personal care routine

Mar 7 – Words to say to Loved Ones

Mar 10 – Hello, my beloved family

Mar 13 – Healthy Breakfast

Mar 29 – Coffee meet-up with old friend

Mar 31 – International Transgender Day of Visibility

Mar 31 – Dinner and Dancing with Bestie at Harmony Club

Apr 11 – Power Walk 10 weeks after Bottom Surgery

Apr 15 – Golden Daffodils Gala with Bestie

Apr 19 – Dancing Queens with Bestie at Queen Victoria Pub

Apr 27 – Funeral Mass for brother of Badminton Senior

May 6 – Received Engagement Ring

May 12 – Early celebration of 75th Birthday

May 14 – Mother's Day Power Walk

May 16 – Family/Bestie celebration of my 75th Birthday

May 30 – Second dose of Shingrix Vaccine

Jun 3 – Summerfest with Bestie in old Unionville

Jun 13 – Compliments at Second Hand store

Jun 17 – Hiking with North York 55+ Women
Jun 21 – AICI dinner with Bestie at Soulas Greek Cuisine
Jun 23 – Dinner with Bestie at Studio 9 for friend's BD
July 1 – Finally bumped into EX GF before lunch w Bestie
July 9 – Concert with Bestie in Richmond Hill
July 15 – Tina Turner concert w Bestie in Burlington
July 25 – Overwhelmed with uncontrollable Tears
July 31 – Pink Ladies night out
Aug 3 – ACE Feeling Thankfulness
Aug 5 – Celebrate Bestie birthday at Maxim's
Aug 21 – Bestie Lunar birthday at Chinese Restaurant
Aug 24 – NYSG badminton competition
Aug 26 – Celebrate Gold Medal w Bestie at Maxim's
Aug 31 – Tribute to Tina Turner w Bestie in Unionville
Sep 10 – Strenuous hike at Rouge National Urban Park
Sep 13 – My family member's BD dinner w Bestie at Good Catch
Sep 15 – Reflections of my life
Sep 16 – Dance w Bestie at Turtle Jack
Sep 19 – Professional Photo Shoot in Milton
Sep 24 – OSGA AGM
Sep 25 – Photoshoot from Carla Morgado
Sep 26 – Accepting Loved ones for who they are
Sep 29 – Looking forward to 2024 badminton competitions
Oct 8 – International Lesbian Day
Oct 11 – Lunch w Bestie at Lena Restaurant
Oct 14 – Dinner w Bestie at La Verandah
Oct 27 – Halloween Masquerade Balls
Oct 28 – Full Moon and crazy people
Oct 31 – Lunch w Bestie at Del Manor Retirement Home
Nov 3 – Appreciate my Facebook good friends
Nov 4 – Dinner w Bestie at Brilliant Minded Women Award
Nov 14 – Signed with TN Model and Talent Agency
Nov 18 – Turned down recall audition
Nov 25 – Dinner w Bestie + family at QJD Peking Duck
Nov 26 – Love my grandkids
Dec 1 – After filming, dinner w Bestie at Studio 9

Dec 6 – AICI dinner w Bestie at Jules Bistro
Dec 9 – Tearjerker romance movies
Dec 9 – Published in Fashion Trendz magazine
Dec 15 – Published in GIW magazine
Dec 16 – Brunch with Ladies 50+
Dec 21 – Bestie and dance students at Lago Café
Dec 24 – Fortune Reading w Mahjong Cards
Dec 24 – Dinner w Bestie served by Special Needs Kids
Dec 26 – Published in Heartland magazine
Dec 27 – View again Interview w Trans Canada Project
Dec 30 – Dinner w Bestie at King's Square
Dec 31 – View again Heart wrenching song
Dec 31 – Takeout Swiss Chalet at Bestie NYE dinner

2024

Jan 6 – Potluck dinner w Bestie at friends in Woodbridge
Jan 9 – Public release of PSA short film Help Us Remain
Jan 14 – Famous Sayings
Jan 14 – Egale Press Release
Jan 19 – Office Gala w Bestie at Hilton Suites
Jan 22 – Published in Weebo magazine
Jan 27 – Brunch w Producer + co-actress at O Grady's
Feb 3 – CNY dinner w Bestie at Golden Palace
Feb 6 – Ontario Senior Games in Orillia
Feb 11 – Bestie and family at Milestones Restaurant
Feb 21 – Markham mayor CNY dinner w Bestie
Mar 2 – One-week Caribbean Cruise w Bestie
Mar 17 – Injury from Strenuous Hike
Mar 28 – Portrait exhibition 50 Women 50+ in Milton
Apr 7 – Runway Audition at Roller Pony 75
Apr 12 – Change photos on Living Room Wall
Apr 13 – First time at Hair salon
Apr 20 – Qualities I expect in Lesbian girlfriend
Apr 20 – Golden Daffodil Ball w Bestie
May 16 – Overwhelmed with gratitude and sheer joy
May 16 – 76th BD dinner w Bestie at Kingsfield restaurant

May 25 – Performance at Rainbow Senior Showcase
May 25 – Dinner w Bestie at Lena
May 31 – AICI dinner w Bestie at Islington Golf Club
Jun 15 – Rainbow Seniors Pride at Rekai Centre
Jun 17 – Teach dance class
Jun 19 – Thornhill Senior Club 20th anniversary
Jun 27 – view again Interview w Trans Canada Project
July 1 - Canada Day Power Walk
July 11 – Condo BBQ w live band
July 12 – Published in Beaux magazine centrefold
July 21 – Best way to die
July 24 – Age difference in a relationship
July 25 – Mall shopping in pyjamas
July 25 – Tribute to Eagles w Bestie in Unionville
July 29 – Dim Sum w Bestie + dance students
Aug 3 – Bestie early BD at The Keg
Aug 4 – Bestie BD dinner at Skylon Tower in Niagara Falls
Aug 5 – My most vulnerable moment
Aug 11 - Dinner w Bestie at Zunyan Fine Cuisine
Aug 24 – SJC Toronto Alumni BBQ
Aug 24 – Celebrate 2nd anniversary w Bestie at The Keg
Aug 26 – Canada Senior Games in Quebec City
Sep 10 – Elegance & Style post
Sep 15 – Vegetarian lunch in Stouffville
Sep 26 – Time to let go, destroy photos of EX GF
Sep 26 – Why post so much on Facebook
Sep 29 – Lesbian dance at Keating Channel
Oct 2 – Emotional Crying
Oct 3 – Teach dance class
Oct 5 – Powerful Women
Oct 7 – Opening Toronto Chinese Film Festival
Oct 10 – Movie at Toronto Chinese Film Festival
Oct 13 – Thanksgiving w Bestie at Bayview Court
Oct 26 – Family member's BD w Bestie at Cousin's Steakhouse
Oct 28 – Life's wake up call
Oct 31 – Bestie at Greg Hair salon dine Jade Yorkville

Nov 5 – Brilliant Minded Women 10th anniversary
Nov 9 – Condo Anniversary Party w Bestie
Nov 14 – Did not renew contract w TN Model + Talent
Nov 19 – Reflections of my Struggles
Dec 23 – Brunch w old friend and her trans daughter
Dec 24 – Merry Christmas to all
Dec 25 – Portuguese meal w Bestie
Dec 31 – Bestie bring in New Year

2025

Jan 6 – Bone Density Study report
Jan 23 – Office CNY dinner at Casa Victoria
Jan 25 – At 12 years old, I wanted to become this beauty
Jan 25 – CNY with Bestie at Golden Palace
Jan 30 – Jazz Winterlicious w Bestie at Hilton Suites
Feb 11 – Markham Mayor CNY dinner w Bestie
Feb 21 – The 519 Digital Storey Telling Workshop
Mar 23 – NYG X-Ray of index finger
Mar 29 – Yee Hong Gala w Bestie in Mississauga
Apr 4 – The 519 Digital Story Telling Workshop 3
Apr 6 – Material Things versus Life
Apr 11-25 – Barcelona + Mediterranean Cruise
Apr 27 – SJC Toronto Alumni mahjong competition
May 3 – CMTC Second Runner Up in Runway
May 15 – Teach dance class
May 16 – My 77th Birthday w Bestie + Good Friends
May 23 – Recipe for Papaya Chicken Soup
May 24 – Painting Self Portrait
May 28 – Added new photos to Living Room Wall
May 28 – Zoom view of The 519 Videos
May 31 – View Lovin' Her w Bestie at TIFF Lightbox
Jun 11 – My 106th Electrolysis treatment
Jun 13 – Presentation of The 519 at TIFF
Jun 20 – My feelings going to Harmony Club
Jun 22 – Appreciation from badminton player
Jun 29 – Dare to Dream event

July 3 – Teach dance class Samba
July 10 – Condo 50 years anniversary
July 27 – The 519 Short Films at Paradise Theatre
Aug 5 -My bestie's birthday at Casa Loma
Aug 13 – Annual mass for the departed
Aug 27 – My bestie's lunar BD + our 3rd anniversary
Sept 5 – Upset being touched by a man
Sept 28 – SJC 150 years anniversary
Oct 4 – Attend Elegant Lions Club Crystal Ball
Oct 5 – Meeting new FB friend
Oct 6 – JueMeili's Journey 1 of 6 Finalists
Oct 9 – Cherish Integrated Services 15 years Anniversary
Oct 16 – 2 years update Hope to become a Senior Model
Oct 18 – Brunch at Milestones in Markham
Oct 19 – Admiring Mother Nature
Oct 22 – Viewing JueMeili's Journey
Oct 23 – Sherbourne Health Fund Raising ICONIC Gala
Oct 25 – Voted best International Short Documentary
Oct 29 – What is most important in life?
Nov 25 – My first commercial
Nov 30 – My Ontario Volunteer Service Award
Dec 5-12 – 7 nights Mediterranean Cruise on MSC World Europa
Dec 25 – Merry Christmas

2026

Jan 1 – Fortune Reading
Jan 29 – Covering my dead name
Feb 21 – CNY dinner at Studio 28
Feb 24 – Markham Mayor CNY gala
Mar 7 – Elegant Lion's Club Charity Concert
Apr 25 – AICI North America Conference gala
May 20 – Visiting Holy Cross Cemetery

Final Thoughts – Wistful and Hopeful Thinking

Conclusion

Feminine Feelings Blossoming

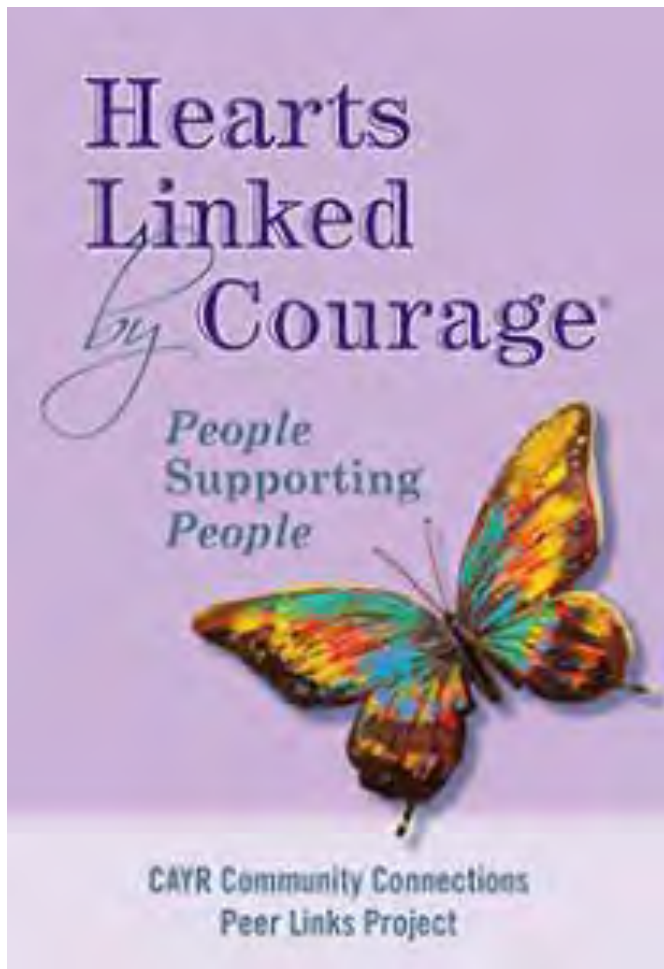
I immigrated to Canada in 1974 with my Ex-Wife and 2 kids, adding 1 more born in Canada. From East to West, I started smelling the Roses. I could no longer hold back my feminine feelings. However, I was prevented from coming out for another 4 decades due to peer pressures from family, friends and career. It was also not socially or financially feasible back then.

When I finally came out during COVID in the summer of 2020, my parents were long gone. I did not have to face them with my coming out. I feel that my mother would have accepted me, but not necessarily my father. Although I am not well off, I am frugal and manage to get by, with my small bank pension, Canada and Old Age Pension and limited savings. The only people I had to explain to at that time were my family members and my Ex GF.

Into my Golden Years, I finally gathered all my courage and came out to them. Much to my relief they all accepted me, but within one month my Ex GF of 27 years left me.

Canada is the greatest country in the world, a land of multi culture, with total acceptance of Diversity Equity and Inclusion. There are laws to protect the LGBTQ community. I felt safe when I came out and was accepted by almost everyone I knew. Of course, there are always exceptions, one or two die hard conservatives who have transphobia. They mean nothing to me.

Whenever I attend Fund Raising and other Galas and they sing “O Canada”, I get all choked up and cannot help myself bursting into tears. I am so humbly grateful to Canada, for all the opportunities I have the privilege to enjoy, and all the successes I have achieved, including my transitioning journey.



Hearts Linked by Courage – People Supporting People

by CAYR Community Connections

Here are the 4 Articles I wrote in this book:

JueMeili's Journey

- 1- Stumbling over the Decades
- 2- More Stumbling
- 3- Monthly Goals of a Transgender Woman
- 4- Fading Memories brought back to Life

They are shortened in the next pages:

-1- Stumbling over the Decades

My transitioning journey – reflections of hiding in a closet

In May of 2021 I am seventy-three years of age.

Reflecting on my past, I still recall vivid memories of my childhood, of my yearnings to become a beautiful female. Back in the 1950s, when I was about six or seven and nobody was home, I used to sneak into my aunt's room to wear her strappy sandals, feeling an intense femininity as I stepped into them. When I was a young teenager in the early 1960s—again, when I was sure no one was around—I tried on my mom's underwear, silk stockings, and shoes. The dreamy caress of silk on my body was surreal. Once, I even wore my mom's bra under my clothes to go to church on Sunday and prayed to become a woman.

As I grew up, I was especially fascinated by stiletto high heels. My rich uncle used to take us in private cabs to go to the beach on the weekends. There was this lady driver who had a pair of black pumps with stiletto heels, which she kept under the car seat. I so wanted to touch them and wear them but dared not. My stern father sitting next to me would frown upon such tendencies.

Family and peer pressure persisted in the ultra-conservative society in the 50s, 60s, and 70s which drove me to hide my feelings and yearnings. Its effect made me feel so couped up in my shell. I felt helpless.

Even after marriage and starting a family in 1971, I used to be distracted by and looked longingly at the sexy high heels of my colleagues at work. There was so much peer pressure.

I cannot refute having my share of extramarital affairs, but I believe this was another challenge to my gender identity. I wanted to get close to other females to identify with them. I really wanted to be like them, to be a woman. After twenty-plus years together, I separated from my wife in 1992, eventually becoming divorced.

Immediately after my separation, I started a relationship with my girlfriend that lasted for twenty-seven years. I must admit we were very happy together, but I still had these suppressed urges of femininity.

Subtle leanings towards transitioning

My girlfriend and I used to love going to the shopping malls in Buffalo. During one visit, in 2005, I got my ears pierced so that I could start wearing earrings. I took a pair of her earrings to wear every night, telling her I did not want the pierced holes in my ears to close-up. I still have those special earrings; they gave me so much comfort that I continue to wear them to go to sleep at night.

We took up ballroom dancing in 1995 and would go every Friday and Saturday evening. The dance clubs had Halloween Masquerade Balls each year. In 2017, a man dressed up as a woman at the Halloween Masquerade Ball; he did not look very feminine and it was clear that he was a man, but he won one of the top prizes. I said to myself, I could do better than that and told our dance friends that I would dress up as a woman at the next Ball.

It was time for the 2018 Ball, and I went as a tall slim sexy old lady. Sadly, I did not win a prize as the judges did not realize I was a man; I was too convincing as a woman. The manager noticed that I was a transgender woman and awarded me a consolation prize.

I had grown my hair long and dressed again as a woman to go to the 2019 Ball. This time my family helped me with professional make-up and hairstyling. I had acquired my own evening gowns by this time. Being one of the most beautiful women at the Ball, this time I won third prize.

My dance friends were elated with my win. Once again, my girlfriend was unhappy with me being dressed as a woman, and I could really sense her disapproval and resentment.

I started going for laser treatments in the spring of 2019 for body hair removal and electrolysis treatments for facial lip and chin hair. I was afraid to tell my girlfriend about this. However, I am now rid of most body hair. As for the white facial lip and chin hair, this can only be removed by electrolysis, which is a time consuming and expensive procedure. Sixty-

eight hours of treatment so far, and I may require another 100 hours or more.

Final coming out.

With so much time to myself during the COVID-19 pandemic, I finally did some soul searching during the summer of 2020.

Already seventy-two years young, in excellent health, lean and fit at 5'8" and at 139 pounds, I wondered how many more years I'd have left in the twilight chapter of my life—maybe ten to fifteen years, more if I am lucky. It was now or never; I told my family doctor I wanted to start on female hormone treatment. He was stunned by my request and never encountering this before, he tried to talk me out of it, citing the dangers to my physical health. Such a negative response.

I did not know how to tell her or my family of my coming out. I sat down one evening and spent hours trying to find the right words to describe what I needed to do. After several edits, I finally sent an email about my coming out to my girlfriend, my children, their families, and my sister.

It felt as if a ton of bricks had been lifted from my shoulders. At last, I did it! Then came the dreaded anticipation of their reaction. I was so relieved and thankful when they all accepted me, giving me their moral support and encouragement. That was a critical and vitally important stage for me to have reached.

My proverbial closet for hiding finally disappeared. I could finally dress up 24-7 and live life as a beautiful old woman. My clothes closets are now filled with a huge wardrobe of wonderful women's fashion.

-2- More Stumbling

The journey continues

In September 2020, I applied for a legal name change; I chose JueMeili (pronounced GeeMayLee) meaning pearl beautiful. Before a real pearl is harvested and emerges for all the world to see, it takes an untold number of years to grow inside an oyster shell to become a most beautiful gem. This is how I see my long, lonely struggle and journey over six decades in a shell, and sometimes hell, before blossoming and coming out.

The eighth of October 2020 was the day I received my change of name certificate, and my life took on a new sparkle and delight. I was so happy! I notified everyone about my name change and my coming out as a

transgender woman, sending emails to all my high school classmates, friends from badminton, dancing, my dance students, and real estate clients, and all the organizations I am affiliated with. Most responded with support and encouragement.

It took weeks to change my driver's license, health card, bank info, and credit cards, etc., but it was a happy task. Although semi-retired, I still work part-time in real estate, so my family helped me choose a lovely feminine photo for my new business cards.

I searched in Toronto for clinics and doctors who treated transgender people, but they were all fully booked and not taking on new patients. I did not realize there was such a large transgender population there. I finally managed to connect with Sherbourne Health Centre, eventually being referred to a doctor.

I joined LGBTQ support groups and attend Zoom meetings weekly, learning from others about the difficulties we face and how to overcome them. Although I do value these meetings, I face quite different challenges compared to the younger people.

After coming out, the rather unexpected end of my twenty-seven-year relationship with my girlfriend affected me greatly. I have since grown to better understand her, and the decision she made to leave. She came from a traditional conservative Chinese culture, and I doubt that she wished to be in a lesbian relationship with me.

At a virtual meeting with my mature transgender sisters, the facilitator suggested we should not burn our bridges with our loved ones and good friends. Even though they might not accept us in the beginning, they may eventually come around and embrace our true gender. She explained that one of her best friends took two years before accepting her.

While feeling much more hopeful and encouraged about the next chapter of my life, the Covid-19 pandemic has taken so much out of many including me. I miss my children and hugging my young grandkids and am filled with great anticipation for their daily video calls. When I came out, they were the first to call me JueMeili.

I remember in a movie about fairies, the grandmother said to her young granddaughter, *"I have loved you from your very first breath, and I will love you until my very last breath."* I repeat these words to my children and grandkids often.

Although I started playing badminton as a woman in October and November of 2020 prior to another lockdown being imposed, I will not be able to play as a woman in senior badminton competitions until after my final sex assignment or bottom surgery. Then I can also change the gender on my driver's license from X to F. That is okay with me, because, by that time, I can play as a woman in senior badminton competitions in the seventy-five-plus age group and will probably encounter few or no competitors at my level of play. I hope to participate in women's doubles and mixed doubles into my mid-eighties.

I have not gone dancing since the lockdown in March 2020. I so miss it too. I have breakfast in bed and watch dance instructional videos to remember the steps. Upon re-opening, I will continue my quest in earnest looking for women dance partners. Dancing works wonders for seniors, mentally and physically, and if I'm still able, I will continue to dance well into my centenarian years.

From March 16 to December 31, 2020, in part because of the lockdown with no badminton and or ballroom dancing, I became a couch potato, munching on chips, Cheetos, Tostitos, and nuts in front of the TV. I must have gained over eight pounds. In January 2021, I started going for three-kilometer power walks every day, each averaging about twenty-six minutes. I managed to lose over three pounds by spring and hopefully will return to my pre-lockdown weight by the end of summer.

I wake up with thankfulness in my heart every morning and I'm back to my stretching and power exercises and looking forward to my three kilometers jog and power walk.

After an appointment with my doctor at the health center in early January for a physical exam, she prescribed testosterone blocker Cyproterone. Then following more blood tests and an ECG. She kept increasing my blood pressure meds each week until March 26, when she finally prescribed Estradiol estrogen patch to me. I was in heaven.

Depending on how much breast growth occurs, I may consider breast augmentation after twelve months of hormone therapy. My doctor can recommend me for surgery if there is no breast growth after the first full year of treatment, and it's covered by health insurance.

During a virtual meeting, I replied to a joke made by my trans sisters about what breast size I wanted, stating that I had always hoped to match those

of my ex-girlfriend, but not sure how that will affect my badminton play, I may have to reconsider a smaller size.

Within a year, I plan to go to Seoul in South Korea to the Yeson Voice Center for voice feminization surgery. They have excellent reviews from hundreds of satisfied patients. The total cost including airfare, accommodation, meals, and surgery will be about US\$10,000. After surgery, the patient cannot speak a single word for one month, and voice training exercises at the higher feminine range will be required for about a year, until the voice stabilizes.

Hopefully, before the end of 2022, I can be recommended for sex assignment or bottom surgery in Toronto, again covered by health insurance. I am really looking forward to this—notwithstanding the pain and recovery challenges—to finally live the joy of looking in the mirror to admire my femininity and what I have yearned for over six decades.

I am not too sure yet what's on tap for me after the final bottom surgery. One of my goals is to become a beautiful senior model. As I have always been fascinated by feminine beauty, I believe I will probably end up in a lesbian relationship eventually. Hopefully, I will be able to find a forever life partner. Now that I have learned to love myself, I do imagine the perfect person will come along when the time is right.

So much to celebrate my twilight years.

-3- Monthly Goals of a Transgender Woman – A Gift to All

Chinese New Year is on the first day of the first lunar month of the year. Typically, we wish each other good health, lots of wealth, and happiness. Like with the calendar new year, people often make resolutions or set goals for themselves at this time, however, very often these good intentions fall to the wayside just shortly after they're set—one of the reasons I'm not a fan of this approach.

That said, when my ex-wife and I separated in the early 1990s, I was under severe financial and mental stress and for the first year or two following the separation, my girlfriend and I survived on a lot of peanut butter sandwiches.

Ironically, given what I thought about making new year's resolutions—and motivated by the pressures I was under—I sought out a way to turn things around. Major changes in the direction of my life were brought about after reading—and then practicing—yes, setting ten goals on the first day of each lunar month. I continued to learn and fine-tune this and reaching my new goals eventually became easier and easier.

For almost thirty years, setting ten goals in this way has helped me through some very stressful, disturbing, and unsettling times since. The full moon or fifteenth day of the lunar month is when people seem to get a little triggered or emotionally unsettled, fall in love, look for fights, etc.

Conversely, on the new moon day or the first day of the lunar month, it's believed that your mind is at its clearest, and a window of opportunity opens up in the universe to help make your dreams come true. Try it. Write down ten goals on the new moon day of each month and read them out loud to yourself every day until the next new moon day.

What do most of us want in our lives?

Health is at the top of the list: to be healthy, to feel good, look good, and to be at our optimum weight. In many ways, a healthy diet and exercise help us to love and value ourselves and our bodies more, and this feeds our soul too. I am glad I have always been conscious about this. My father died from a heart attack caused by his heavy smoking. I could not stand the smell of smoke, I recall when I was young, my father and I were in an elevator, I held my breath until I got out.

I have always been physically active and have done the same stretching exercises every morning for over sixty years, one I learned way back in junior school. I am also thankful for attending the Outward Bound course twice. I gained so much insight about my limitations, physical abilities, and mental capabilities. In fact, I still live the school's motto: To Serve, To Strive, and Not To Yield.

The second is to be happy and loved by our family and friends; this is so important. Every chance I have, I encourage others to fully engage in life and build beautiful and joy-filled memories with those they care about. I am so blessed and grateful to be loved by and to have children who grew up to be good decent people.

The third is usually financial, job security, and career advancement. Within two years of writing ten goals each lunar month, my financial position

became significantly better, to the extent that my girlfriend and I no longer had to subsist on peanut butter sandwiches, and we could afford to enjoy going out to nice restaurants.

The rest of the goals can revolve around any activity one enjoys doing such as sports and exercises, dancing, singing, hobbies, arts and crafts, being one in nature, and so on. It is important to find an activity you really love and can continue to practice throughout your life. Wherever possible, it is essential to do what we can to stay healthy and active so we can fully experience and enjoy life with our loved ones and not become a health burden to our families and our national health system.

On the Chinese New Year of 2021, Feb 12, I updated my goals as follows:

1---I am lean and fit. I love my body. I sleep well and wake up early with thankfulness to some power stretching (feels so good when I stretch), arms swinging, crouching, push-ups, sit-ups, press-ups, twisting, jumping jacks, and chinning to feel great and refreshed, ready for the day's activities. With no badminton, for now, every day I go for 3 km power walks over 26-27 minutes.

2---I maintain a healthy diet, relishing small frequent meals every 3-4 hours with lots of veggies, fruits, and water. I enjoy feeling light with just a small bowl of midnight snacks. I weigh 137 pounds at 5'8". I look sexy and prepare myself to become a senior model after transitioning.

3---I dwell only on the positive. Life is so precious, yet too short, fleeting, and fragile. I (ACE) appreciate, cherish, and enjoy every single wonderful moment with my loved ones, relishing special times with my grandkids, building happy memories that will last forever, for myself, and for my loved ones. I am so grateful for the moral support and encouragement from my family, relatives, loved ones, and good friends over my transitioning to become a woman.

4---I continue laser and electrolysis treatments after lockdown to remove body and facial hair in my transitioning to become a female. I started testosterone blocker treatment and look forward to starting soon on female hormone therapy to develop more breast and nipples and body curves and become more sentimental. I watch videos on the internet to learn how to apply makeup for older women. Every day, I try on the many different women's clothing in my huge wardrobe to dress up and feel good as a beautiful old woman.

5---I join LGBTQ+ support groups to attend virtual meetings to learn more about the different challenges we face and how we can help each other overcome these challenges in our transitioning.

6---I watch at least one video every day to practice ballroom dance steps so that I can effectively teach ballroom dancing to beginners. I also watch and practice Argentine tango, bachata, salsa, Samba, quickstep, and Viennese waltz dance steps so that I can enjoy dancing with my future partners after COVID-19. I dress up and practice dancing both the lead and follow steps.

7---I practice forehand and backhand power swings with my badminton racquet and quick anticipatory moves. I practice hitting looking the other way. I train and become proficient in power swings with my left hand as well. I can play senior badminton as a woman after lockdown.

8---I hold mostly cash, keeping to a conservative investment plan so that I can preserve and increase my limited savings to cover my transitioning surgeries and retirement.

9---I look forward to helping others whenever I can: my children, my friends, and my clients with their financial future and encourage them to donate a reasonable amount to charity.

10---I attract, absorb, and overflow with wealth, feeling grateful with overwhelming appreciation. I look forward to getting the house of my dreams with a badminton court and dance floor. All the Goodness and Wealth in the Universe rush to and soak into me in unending abundance. Good, Good, Good!!!!

My goals have given me strength in my transitioning process to become a beautiful old woman, helping me to overcome minor challenges and disappointments. I hope everyone, especially my transgender sisters, can benefit from setting ten goals on the first day of each lunar month, and achieve what they want most in their lives.

-4- Fading Memories brought back to Life

I am a transgender woman. Since September 2020 I have joined six different kinds of support groups to help me through my transitioning to become a female. At a recent virtual LGBTQ support meeting the facilitator asked us what daily activities we did to feel good. I said that when I wake up in the morning to go to the washroom, I massage my scalp for a few

minutes while sitting on the toilet. It feels so invigorating. Then I brush the kinks out of my hair and tie it into a ponytail in preparation for my morning exercises and power stretching.

The facilitator mentioned that she would visit her aunt in a senior home before the COVID-19 lockdown and was surprised to see her aunt painting some beautiful scenery on canvas. Not knowing her aunt painted, she shared her surprise, and her aunt responded, "I used to paint a lot thirty-five years ago, and now I want to bring back those joyful memories."

So, we too were encouraged to try doing something that we enjoyed many years ago. I used to write poetry when I was a teenager over fifty-five years ago. I was a real romantic in those days, with not a care in the world. I believe most of my poems were written on full moon dates when it seems that people are little more erratic or emotional and sometimes even fall in love, etc. Maybe after I begin estrogen treatment next month I will start to *feel* again, more sentimental, and romantic, and inspired to write poetry once more. Right now, I am totally numb, devoid of feelings since my girlfriend left me when I came out. Amazingly, this poem stayed with me. I recalled it word for word and recited to those in the group:

(Written in August 1966)

(Somehow without knowing how and why, I must have written this for my ex-girlfriend of the future)

NIGHT

The twinkling stars are glittering high up in the heavens.

Save for the moon, everything else stands still.

Hush! Hush! My darling! We need only whisper,

And nothing can really disturb the calmness of the night.

When every moment is cherished,

lingering sweetly in my memory —

For the holding of hands

promises friendship,

The meeting of soft lips

promises something more.

Can these sweet memories continue?

Summer's departing and Fall is slowly drawing on.

Sometimes, as my thoughts stray and wander,

I imagine that Summer's happiness leads to Fall's contentment.

For Autumn, the most pleasant season,

Steadies the mind and all it's yearnings,

Rendering peace of mind and imparting strength to the will.

But what will the winter bring, my love?

I can hardly say.

Isn't winter the saddest season when so many things die?

I wonder if our happiness will live or die.

My girlfriend of 27 years left me when I came out last summer. She is from the traditional conservative Chinese culture and could not see herself in a lesbian relationship. Looking back at the words of this poem I wrote in 1966, somehow and without knowing why, I must have penned this poem for my girlfriend of the future.

Summer was when we got together twenty-seven years ago after my separation and eventual divorce from my ex-wife. We were so much in love. We did everything together and were inseparable. We visited Niagara Falls frequently, taking tons of loving photos.

A policeman even offered to help us take our photos when we were walking from our hotel down to the Falls, because he thought we were newlyweds and on our honeymoon.

Each year at Niagara Falls, on the evening of our departure, we would find a street artist to have our portrait done up. I still have seventeen emotional portraits I keep in a file to remember her by.

Autumn was when we settled down somewhat. We both mellowed with age and relished a more sedate life together, playing badminton and senior badminton competitions, ballroom dancing, quiet walks in nature, and going to movies eating popcorn and quenching our thirst with root beer.

We enjoyed fine dining at great restaurants. She won several cooking contests and often whipped up culinary delights for me to savour. We delighted in the special times we spent together with each other's children and grandchildren. We were embracing our golden twilight years together.

As in any relationship, there were moments of discord, but we managed to overcome these minor challenges.

Winter was when she left me — after I came out in August of 2020. So abrupt! So sad! So bitter!

At first, I had hopes that she would continue to be my life partner and my dancing partner. Somehow, she could not bring herself to overcome what her family and friends would say about her being a lesbian.

I sorely miss her. However, I strive to dwell only on the positive. I keep framed photos of us around my condo apartment to remind me of those happy wondrous times together.

She left for me lots of costume jewelry. She said she would not go dancing anymore and left for me a large wardrobe of beautiful party and dance clothing. They fit me perfectly.

What I missed most is the loss of my dancing partner of over twenty years. We had practiced to perfection so many different ballroom dancing steps that it would be difficult and time consuming for me to do the same with other new female dance partners. I still prefer to dance the lead steps although I can do the follow steps as well because of my experience teaching ballroom dancing classes to beginners.

With the COVID-19 vaccination rolling out so quickly, dance clubs will probably open again later in 2021. So now it feels a little more pressing for me to start looking for female dance partners not necessarily for a relationship, but for practicing dance steps and to go dancing with. Oh! The joy of dancing through life. I will continue dancing until the day I die.

When I am able to, when I can find the sentimental feelings again, I will write a sequel to my poem, Night, and call it Memories of Night. I have

learned to love myself again during my transitioning and may very well find a new life and dance partner who will be the inspiration for my writing.

Hello to my transgender sisters. Do you recollect and miss an activity or two you used to enjoy years ago? Today may be a good time to pick it up again. Go for it and enjoy!

Love and hugs from JueMeili.

MY EX-GIRLFRIEND OF 27 YEARS

Our Poor Backgrounds attracted Us.

It was not just the overpowering physical attraction that drew us together in the early 1990s, but also our humble beginnings in our childhood days. We were born and raised in Hong Kong and came from exceedingly poor families.

My father kept losing his jobs because Hong Kong was not yet a thriving economy in the early 1950s. When I was in Grade 2, I did not have any food for 2 days and I fainted at the school gates. The kind nuns took me into their kitchen and gave me milk and cookies. Their heartwarming gesture of compassion and kindness is forever etched into my mind. This experience taught me the value of food so that I do not waste any food at all when I eat. Not a single scrap or drop is left on my plate or in my bowl.

One Christmas, my father took me with him to ask for a loan from his friend whose son was playing with his many toys. I looked longingly at his toys. Then his father handed me a toy gun. I was so happy I was in heaven, but my father made me give it back to the boy. My heart dropped like a stone with huge disappointment. I had to hold back my tears. I felt I was just a poor kid who did not deserve any toys.

My underpants had those thick elastic bands which wore off after extensive use. They stretched so much that I had to tie a knot on each side so that the underpants would stay in place. I did not dare ask my father to get me

new underpants because I knew he could not afford them. Not being able to get basic necessities was a very humiliating and humbling experience.

We used to get household items and food on credit from the neighborhood convenience stores. We just signed for them in a booklet at the store. My father had no money to clear the account each month. Creditors kept chasing after him to repay. They even ran after the truck as we were moving away to a new location. I felt the unrelenting pressure as a kid, always being chased by rich people who held power over us.

For years, our family of 6 squished together in a rented 1 bedroom. Later my father applied for government housing, and we were so grateful to be placed in 200 square feet of government resettlement estate at unit 903 East Building, Sai Wan Chuen, Kennedy Town, Hong Kong. There was a tiny kitchen, tiny bathroom with shower and no toilet seat, just a toilet hole in the ground with a lever on the wall to flush the toilet. My sisters and I slept in bunk beds well into our teens.

It was a rough neighborhood that we lived in. I got into fights and in the middle of the night, police came to take me and my father in a police jeep to the police station for questioning. A neighbor claimed I injured his son in a fight, but my father gave a reasonable explanation, and we were able to leave and took a taxi home.

Life was not easy. I feel that having suffered so much as a young kid built up my resolve, focus, determination and strength as I grew up to help me achieve all my goals in later life.

Eventually my father found a stable job with good pay so that we could start eating nutritious food again. Then we moved to a luxury rental apartment at H7 and later J14 Merry Terrace, 4 Seymour Road, Hong Kong.

My EX GF came from a large and poor family. She had to start working in a factory as a child and did not have the benefit of going to school until her late teenage years. She also knows the value of food and does not waste food at all.

We separated from our ex-spouses when we got together in the early 1990s. We were thrifty due to our poor backgrounds, but we were also generous to the needy and to charities. Apart from donating 5% to 10% of

our incomes to worthy charities, every Christmas she and her helpers prepared 100 large clear plastic bags stuffed with socks, tuques, gloves, scarves, cookies, and box drinks, together with a note containing these words that I wrote:

*We are blessed to be able to do this for you this time,
And hope that when you are able to,
You will do the same for others in the future.
Merry Christmas and Happy New Year.*

She and her helpers would distribute these bags to the homeless people in the streets and shelters of Toronto.

Because of our poor backgrounds, I had always been a thrifty saver. I did not even buy coffee or tea from a coffee shop, saving every penny I could for my future surgeries.

Happy Memories with my Ex-Girlfriend

How did we meet? On Highway 48. I was driving north on Highway 48 to go home. Her car was in front of mine and then she stopped on the side of the road. I thought she had a problem with her car. So, I stopped my car behind hers, got out and asked her if I could help. She was just talking on her cell phone. And that's how it all started. Since then, we told our friends we met on the Highway.

When we got together in the early 1990s, I told her I believed that I was the Emperor of China in one of my previous lives and she was my concubine. I called her my Mui Gee, suggesting she would always serve me and love me. This was my nickname for her and was in no way intended to be demeaning at all. For me, it was a term of endearment. All our friends and her colleagues knew this was my loving name for her and sometimes they would also call her Mui Gee in my presence.

We started going on cruises in 1999 when her real estate boss asked us to join them on a Caribbean cruise. We got hooked on cruises and have been

on 20 cruises. Such an inexpensive relaxing holiday without unpacking and packing luggage between cities.

We visited the Love Capital of the world – Niagara Falls – a few times a year to breath in the positive ions and vibes from the Falls.

We loved ballroom dancing and had been going to ballroom dancing for over 20 years. We went ballroom dancing every Friday evening at Harmony Club and Saturday evening at Club Solo. When we went on our annual cruises, we practiced new dance steps during the day and went dancing every night on the cruise ship. We were intermediate level dancers, but we often received compliments from others on how beautifully we danced together, because we enjoyed the music, the atmosphere and each other as we danced, and sometimes even when we missed a step, we just carried on with a smile, and nobody would notice.

I love playing badminton and have won many medals in Senior badminton competitions since 2003, reaching Provincial and National level competitions. She took up badminton just over 10 years ago, went for lessons under a coach, and she has also won some medals in the last few years. We both enjoy playing badminton. I appreciated the fact that she took up a sport that I was interested in, so that we could have at least two interests in common, ballroom dancing and badminton.

I did not have to go out for haircuts during the 27 years we were together, because she would cut my hair for me. She had training from Hair Salons in Hong Kong years ago.

I enjoyed fixing breakfast for her in bed. I would bring in her breakfast of cereal topped with fruits and milk, quarter toasted bagel with peanut butter, and milk tea or coffee, on a tray and put it on her bedside table. I helped her prop up her pillows for her to sit up to have breakfast in bed.

Sometimes when she was cooking in the kitchen, I would walk up quietly behind her and wrap my arms around her. Regrettably, we were awakened by the burning smell of the food and had to stop this interlude.

In recent years, we went walking around the Unionville neighborhood of Markham on the weekends. As we walked hand in hand, I would whistle and chirp with the birds along the way. She smiled when some birds

followed us trying to find out where the chirping was coming from. We felt at peace with the universe and in harmony with nature. Occasionally, after our walk on a beautiful summer day, we would have early lunch at the patio seating of a nice restaurant in Unionville, enjoying French onion soup, tacos with cheese and chili, served with salsa and sour cream dip, and an old-fashioned brown bottle of root beer for me and coffee for her.

She is a great chef, having won cooking contests before. At one of the Chinese cooking contests, I said to her “Don’t win the first prize” which was a trip to Hong Kong to participate in another cooking contest. Luckily, another woman won first prize because she had help from her husband who was the head chef of a famous restaurant in China. At winter solstice and at Chinese New Year, she would prepare 10 course meals all by herself, for her son’s family and my children’s families to relish and enjoy with us. I still miss her delicious cooking. She now teaches cooking to small groups.

We always called each other Darling. There is a cute story behind this based on Cantonese pronunciation of certain words. When a young couple starts dating, the boy buys the girl a dozen roses to show his great affection. A dozen is pronounced Yut Dar which sounds like Darling. After some years of marriage, he calls her My dear, because he only needs to buy her a few, which sounds like My Dee. Finally, having been married for decades, he calls her Honey which sounds like Harn Dee, meaning save money, and don’t have to buy anymore. This was why she insisted we called each other Darling so that we could keep the romance going.

I still wear the ring she gave me when we went to Hong Kong in Dec 2013 to Jan 2014. I still wear the special earrings she gave me after our Buffalo shopping trip when I had my ears pierced in 2005. I wear the ring and earrings to celebrate our early happy times in the past.

Unhappy Challenges with my Ex-Girlfriend

In 2012, I broke up with my girlfriend because she was too busy with her real estate work and her volunteer work with several charitable

organizations. I told her she had no more time for me and suggested we could be just friends instead. I started a new relationship with another girlfriend M. However, within one year, I broke off with M because she kept asking me to fire my daughter who was my assistant in my declining mortgage business. Family is more important in my life.

I got together with my girlfriend again, but things were not back to normal, even though she treated me to a Mediterranean Cruise and a trip to Hong Kong.

My relationship with my Ex GF had been declining. At one point, I felt an attraction to shemales because I started identifying myself with them in a way. I did not know much about transgender yet. I experimented with a couple of shemales but somehow did not find any relating similarities there. I realized I was not one of them and quickly stopped seeing them.

The turning point in my life was Oct 25, 2019, when my family helped me with professional make-up and hairstyle. I was one of the most beautiful women there and I won third prize in the Halloween Masquerade Ball at Harmony Club. That gave me the courage to go out in public as a female. My Ex GF was not happy and did not speak to me when we went back to my condo.

Without her knowledge, I started dressing up as a female to go shopping for groceries. One day I got caught. I thought she went home to her house after staying the night at my condo, but she turned back and noticed my car parked in front of the supermarket. She came in and there I was, all dressed up in female clothes. I could feel the heavy thumping of my heart. We did not speak. It was not necessary. I kept replaying the awkwardness of that moment in my mind. OMG - OMG - What to do? What to do?

I finally came out on Aug 28, 2020, during COVID. She could not see herself in a lesbian relationship and left me on Sept 26, 2020. After she left me, she criticized me in an email she sent to me.

She and I worked in 2 separate sister real estate companies with related bosses. One thing that stuck out was she said she talked to her boss, and I was no longer welcome in the real estate office. Although I don't actively seek new business, I still serve my old clients and their friends. I do good deals for my office, without any problems whatsoever in all my deals.

I used to play mahjong with her boss and other senior agents in her office, and all of them are her good friends. They have avoided and ignored me since my coming out. That's okay with me. I don't need them. I don't have to go to the real estate office except to pick up my commission cheques and the balance cheques for my clients, so I don't miss anything in not meeting colleagues.

The problem was our sister companies held parties a few times a year, such as Christmas party, Chinese New Year party, and Mid- Autumn Festival party. She had always been an enthusiastic volunteer at the office Christmas parties. After COVID, when things are more fully re-opened, I have decided not to attend these office parties, because I don't want to put her down and cause her embarrassment in front of her colleagues. I still have feelings for her.

However, she also sits on the Boards of Directors of some Charities, and they hold fund raising gala dinners during the year. I may attend one of these galas, just to show up as a beautiful old woman, and outshine most of the women there, especially those at my age level. I carry myself with dignity and am proud of my natural facial beauty with my tall slim figure and good features even without any make-up. I normally put on only lipstick. I am not sure how we will react when we see each other again at these galas. I will probably ask her if we can start all over again and just be good friends. We'll see if this can happen when the time comes.

When she left me after I came out in the summer of 2020, I told my family and my friends that although I was alone, I was not lonely but that was not true. I could not help but cry and sob uncontrollably on so many occasions whenever I thought about her, especially during nostalgic moments that reminded me of her, such as listening to certain songs: "I will always love you" by Whitney Houston, "Help me make it through the night" by Anne Murray, "I won't forget you" by Jim Reeves, and "Unchained Melody" by the Righteous Brothers.

I loved the smell of the perfumes she wore, and I bought the same perfumes for myself to wear. I also learnt from her not to apply much make-up. I look gorgeous with only lipstick and no other makeup. She usually put on just lipstick and no other make-up. She believes that too much make-up all the time will make the female face grow older faster.

Even though I am confident that I will find a new femme lesbian girlfriend who will be my life partner and soulmate because I have learnt to love myself, my EX GF and our past happy memories will always be a part of me and my evolving.

Nov 24, 2021. Being alone and feeling lonely. Overwhelmed by nostalgia of missing my EX GF, I texted her a video of a heart wrenching song I sang, "Help Me Make It Through The Night". She finally texted me back after ignoring my texts and emails for over a year to say: "You have chosen your happiness for the rest of your life, and I accepted it. You should move on and follow your desires. This was our past. I have moved on to my new life, new hobbies and new friends. I am now fully responsible for my family & myself. Please do not contact me anymore & all the best with your new life!"

This is the final closure to our 27+ years of relationship. I must close this door behind me now and open a new door to future relationships. I was dwelling on and missing the happy times we shared, but since she gave me her final farewell, I now start to remember her shortcomings, and unhappy moments, which will all help me not to cry over her anymore.



This video can be seen on YouTube JueMeili.

In recent years whenever I called her, she answered abruptly. She sounded she did not welcome my call.

My Facebook post - Feb 26, 2017. To my family, my loved ones and all my good friends. Into my Golden Years, I reflect and ponder a lot. I am reminded that nasty frowns and unpleasant remarks are not suitable for a healthy relationship. On the other hand, a smiling face, encouraging words and positive attitude are for the people you love, to build a nurturing and long-lasting relationship. May all your relationships be thoughtful, loving and caring. Life is so precious, yet short fleeting and fragile. May you appreciate, cherish, and enjoy every single wonderful moment with your loved ones, building happy memories that will last forever. May you and your family be blessed with continued active lifestyle to enjoy vibrant health and happiness.

My Facebook post - April 16, 2018. Whenever my loved ones call me, I welcome the call. I drop everything and answer with an endearing, caring and loving attitude. Anything can happen in this fragile world. Who knows? It may be the last time I hear from them. I pay attention to what they say because it is important to them, and they are important to me. I want to build happy memories that will last forever. May you all be kind and loving to your loved ones.

I am a very loving and caring romantic person.

We grew apart over the past several years. This reminds me of our Chinese Zodiac incompatibility: No matter what a Rat does, it won't be enough for the Horse. At a recent support group meeting talking about grief from the death of a relationship, the facilitator said, "grief will always be with us in one form or another. At times it is hidden away and forgotten, but it will resurface from time to time and hit us when least expected. We need to embrace it as part of our lives and celebrate the happy memories we shared before the loss of the relationship".

Dragon and Phoenix over Bed



Delicate beautifully embroidered tiny silk gowns preserved in Gold Frames.

Before she left, my EX GF used to sleep on the red Phoenix side of the bed, while I slept on the gold Dragon side of the bed, because I told her that in a previous lifetime, I was the Emperor of China. She left me on Sept 26, 2020, and since then, I have been sleeping in the center of the bed, because I embrace my previous self as a fierce male Dragon and my current self as a beautiful elegant female Phoenix.

My old self passed away during COVID in the summer of 2020, but just like the Phoenix, I arose from the ashes as my true self, a beautiful 72-year-old Transgender Woman. Sleeping in the center of the bed has given me more balance, courage, power, confidence and focus, that I have taken charge of my destiny in my transitioning journey.

I was fortunate to have acquired these 2 framed delicate works of art from the silent auction of a huge Fund-Raising Gala. They are a heavenly matching pair in Chinese, The Dragon and The Phoenix, and together they bring Good Luck. I feel a sense of satisfaction and comfort whenever I enter my bedroom and see them overlooking my bed as if they are Heavenly Guardians protecting me.

Chinese Zodiac Compatibility

Over 30 years ago, our good friend, a Chinese fortune teller, told us that our Chinese Zodiac signs were not a good match. My sign is the Rat. My ex-girlfriend's sign is the Horse.

Apparently, the earthly branches of Rat and Horse clash strongly. No matter what a Rat does, it won't be enough for the Horse. Both the Rat and the Horse are independent and proactive, but it is hard for them to understand and communicate with each other. The Rat and the Horse are the worst possible combination in compatibility. Looks like our Zodiac signs kept telling us that our relationship was doomed to failure, even though we tried to make it work for over 27 years. She finally left me in September 2020 after I came out as a Transgender woman in August 2020. So sad, so bitter, so abrupt and final.

Mar 6, 2021

I was born in the year of the Rat. My most compatible signs are

Year of the Ox,

Jan 29, 1949, to Feb 16, 1950

Feb 15, 1961, to Feb 4, 1962

Feb 3, 1973, to Jan 22, 1974

Year of the Dragon,

Jan 27, 1952, to Feb 13, 1953

Feb 13, 1964, to Feb 1, 1965

Jan 31, 1976, to Feb 17, 1977

Year of the Monkey,

Jan 25, 1944, to Feb 12, 1945

Feb 12, 1956, to Jan 30, 1957

Jan 30, 1968, to Feb 16, 1969

I look forward to meeting my compatible matches in the future.

April 10, 2021

A Transgender Woman's Dream

Last night, I had the most beautiful dream. I was lying down on my sofa recliner with a pretty woman in my arms snuggling close to me, like it was the most natural thing in the world to do. She was lean and fit just like me. We looked lovingly into each other's eyes. It seemed as if we have known each other for several lifetimes.

We chatted on and on, about dancing, about life, about everything... I felt happy and contented just listening to her voice. Love songs were playing softly in the background. Her medium length black hair was resting on my shoulder, and my right arm was wrapped around her. She was wearing a soft black knee-length dress, and my left hand was slowly and gently caressing her legs.

I woke up with a smile on my face, but I don't even know her name. I cannot recall what we talked about. Can this be my new destiny, my new girlfriend? Who are you and what is your name? Sadly, I have not been able to have the same dream again.

Thinking about this dream reminds me that maybe I need to find someone, a person who can keep me company. Living alone can be terribly lonely sometimes. I try to keep myself occupied all the time, so I won't feel the emptiness without a partner. It's not easy but I continue to do my best.

Summer of 2021

I really enjoy my life as a beautiful old woman. In Summer, I love to dress in athletic wear, very short athletic pant-skirt and tight T-shirt and tight jogging top and open sandals, showing off my slim body, long legs with well-toned

muscles and painted toenails and fingernails when I go grocery and other shopping. I love the admiring stares from men and women alike and sometimes jealous stares from women. I have great confidence that I am a truly beautiful old woman.

When my long-time client of over 30 years took me out for dim sum lunches to talk about his investment properties that I help him look after, he complimented me on my long legs and slim body. Patrons at other tables often stared at me, and the wives were jealous that their husbands could not help but continue staring at me. I noticed from the corner of my eye that they were gently nudging their husbands' chin aside to stop looking in my direction.

This is very complimentary and satisfying. After the initial terrifying struggles of my transitioning journey, I have finally passed as a beautiful female within 1 year of my coming out. I feel for some of my Transgender sisters who are still facing challenges of passing as a female. I wish them success in their coming-out and continuing journeys.

June 28, 2021

JUEMEILI New Car License Plates

I remember getting special license plates for the Mercedes SLK230 yellow convertible sports car that my ex-girlfriend and I jointly bought two decades ago. We were crazy about each other when we got together over 27 years ago and wanted to show this to the world on the special license plates using abbreviations of our names on the car we loved. Eventually the annual car maintenance became too expensive, and we reluctantly sold that car and gave up the special license plates.

And now, with my coming out and change of name, I am fiercely proud to be a Transgender Woman and especially proud of my new name which has so much significance to me in my transitioning journey and is so near and dear to my heart. JueMeili means Pearl Beautiful. It takes decades for a natural pearl to grow in a shell before it is harvested for the whole world to admire its beauty. This is how I see myself, couped up in a shell for over 6

decades and sometimes going through hell before blossoming and finally coming out. I decided it was time to get special car license plates JUEMEILI for my thrifty hybrid car.

June 28, 2021. Another occasion to celebrate. Just received in my mailbox my new car license plates JUEMEILI. Will go to Service Ontario tomorrow to return my old plates, register the new personalized plates and put them on my car. So, So, Very Happy. I feel that showing off my female name is an important chapter in my identification and transitioning journey when I can finally be my true self.

July 9, 2021

I Have Learnt To Love Myself

Therefore, I am confident that I will be able to eventually find a new femme Lesbian girlfriend who will become my life partner and soulmate, a woman or Transgender woman, who will discover and share the joys and wonders of my golden twilight years, especially after my final Vaginoplasty Gender Affirming Surgery or Sex-Reassignment Surgery within the next 2 years. What a wonderful journey I am on.

It was a long journey for me to learn to love myself. When I first came out in August 2020, I was completely bewildered, flabbergasted and unsure of myself. I was like a baby. I did not know what to do. How should I dress, what shoes to wear, did I need make-up, how to walk how to talk, where to find a doctor who treated transgender people, how to get female hormones, where to find support groups? With COVID face mask requirements, I did not have to worry about make-up.

Luckily, I prepared for some of the processes before my coming out. I had eyebags removal surgery at the beginning of 2019 because my EX GF kept saying that my eyebags were becoming increasingly pronounced. She kept reminding me about the wrinkles on my face so that I started using women 55+ anti-wrinkle eye and facial moisturizing creams when I woke up in the morning and before I went to sleep at night. When I showered in the afternoon after badminton, I would also wash my face and put on the

moisturizing creams. Now my face feels smoother and has less noticeable wrinkles.

I started going for laser and electrolysis treatments in the spring of 2019. I did not have chest and back hair, and had laser hair removal treatments for my armpits, legs, private parts, bum, and between the knuckles on my fingers and toes. I have had 12 laser treatments over the last 2+ years, and my legs are hair-free, feeling better than a lot of CIS women who still need to shave their legs. Laser treatment cannot get rid of white hair. I have had almost 80 hours of electrolysis treatments for my white facial lip and chin hair. I am down to treatments once every 3 to 4 weeks now but will need a few more years of treatments to be rid of the facial lip and chin hair.

I had thinning hair on my crown and went for 1 year of 12 monthly treatments with the Hair Club from January 2019. I was given their special shampoo and conditioner, scalp cleaning solution, and Minoxidil hair growth stimulant to use at home. I complemented this by taking 1 Priorin capsule every day.

I wanted to find a doctor who treated Trans people. I called around a lot of doctors and clinics referred to me by a Trans woman I met at my electrolysis treatments, but they were all booked full and not taking on any new patients. I found an endocrinologist at the Markham Stouffville Hospital, but she told me I still had to find a family doctor as well. Besides, she had a very busy schedule and could not start prescribing hormone treatment to me until some more tests to be booked and telephone appointments several weeks later. I could not wait much longer.

Eventually, I tried Sherbourne Health Centre and had to call them back on the first Wednesday of the month. I had many telephone interviews with firstly a medical secretary and then a nurse over several weeks before I was eventually referred to a Resident Doctor at the end of 2020. After blood, ECG and Cardio tests, I finally started on Hormone Replacement Therapy, Testosterone blocker in January and Estrogen patch in March 2021. I was in Heaven. My Resident Doctor confirmed that I did not have to find a family doctor because she would look after all my medical needs.

My sister suggested I look for Transgender Support Groups, but I couldn't find any in Toronto. Then I found 2 in York Region. After that, it became easier and since then, I have joined over 6 support groups, 2 in York

Region, 3 in Toronto and 1 in the States. We had a total of 2 to 5 Zoom support group meetings a week. I enjoyed these meetings and treated them as personal therapy for myself. They have really helped me through my transitioning struggles.

I have never seen a therapist in my whole life because I feel that they have not experienced the same challenges that Transgender people face. Instead, I turned to my support groups to share the joys and challenges of our transitioning journeys. I thank them for being my therapists. At the first support group meeting, I said my biggest challenge after coming out was to learn how to walk like a female.

I have learnt to be comfortable in any kind of female clothing, from evening gowns, cocktail dresses and skirts to jeans, shorts and athletic wear. I am no longer self-conscious about my knees and am proud of my long legs with well-toned muscles and my lean and fit body. I gained confidence in my appearance and when I look in the mirror every day, I say "You are a beautiful old woman". I have learnt to love myself.

When to give away your heart and love to someone.

At a Zoom support group meeting, it was asked "when you meet a new girlfriend, how do you know when to give your heart and love to her completely?" Lengthy discussions followed with many different opposing answers, but no satisfactory conclusion was reached. I wonder about this, when I finally meet my new femme lesbian girlfriend. What will I do? Such pleasant experiences to look forward to.

July 29, 2021

Playing Badminton

I have started playing badminton again, and now as a woman. I can still play with the best of them. It looks odd that I as one woman am playing with 3 men in doubles play at a high level in our Seniors club. Playing with them also gives me the opportunity to practice my amazing serves and placement shots. Being healthy and excelling in a sport, I have been able

to maintain my focus on achieving my goals during my transitioning journey.

My previous Resident Doctor gave me sex gender marker letters in May 2021, and my Driver's License and OHIP Health Card have been updated to show my sex gender as female. Therefore, I can now play Senior badminton competitions as a female. I will participate in Ladies Doubles 65+ and Mixed Doubles 65+. I have enjoyed badminton throughout my whole life and hope to play until my mid-80s to early 90s, as long as I stay healthy and fit. I played badminton in Junior High for a couple of years, stopped for 45 years and started playing again when I was 55, winning many medals in the Senior Games since 2003. My badminton medals are now kept in a shoe box.

I notice that notwithstanding disclosing my transitioning as a Trans Woman, women badminton players have welcomed me as one of them, and we can chat easily in confidence and without reservations. This total acceptance is so heart-warming. My badminton friends asked me, now that I am a woman, will I have to learn follow dance steps when I go ballroom dancing. Although I know how to dance follow steps also from my teaching ballroom dancing to beginners, I told them that I am not interested in men, and I prefer to dance the lead steps with my future female partners. I said I identify myself as a Lesbian.

They also mentioned that I will have to spend a lot of money on make-up products as a woman. I explained to them that I no longer put on make-up, except for lipstick, because I don't like the time it takes to put on the makeup and to remove it at night. I have bought a lot of make-up products in recent years before my coming-out, which I hardly ever use. The only time I had full make-up on was with the help of my family who helped me with professional make-up and hairstyle for my Halloween Masquerade competition in October 2019. I was one of the most beautiful women there and won third prize in the Halloween Masquerade competition.

That was the turning point in my life. It gave me the courage to start going out in public as a female. It was also an encouragement for me to embark on my transitioning journey. Nowadays, I put on only lipstick and no other make-up to look gorgeous when I go out. I am uniquely exquisite, feeling so grateful to be blessed with an all-natural beauty in my features. I have given away all other make-up products.

July 30, 2021

Precious Moments With My Grandkids

Enjoying precious tender moments with my adorable grandkids. In Cantonese, I call them my Sum Gone Ding, meaning special attachments to and part of my heart. When I came out in the summer of 2020, they were the first to call me JueMeili. I was so touched I was moved to tears. They are the joy of my life and bring me much comfort during my most difficult transitioning journey. I look forward to their almost daily video calls which give me so much happiness during COVID.

I asked my family and my relatives to call me JueMeili because it means Pearl Beautiful. A beautiful pearl is much sought after and loved. Therefore, when they call me JueMeili, I can feel their love for me. My kids already have their biological Mom. I do not expect to be called Mom at all.

I remind myself to say to my family: I have loved you from your very First Breath, and I will love you until my very Last Breath. A loving family is the most important part of living. For some, this can be their adopted or extended family. I am so grateful for all the moral support and encouragement from my family, my loved ones, all my dear badminton, dance and close friends, and my support groups, who helped me through anxious, depressing, tough, trying, sad and lonely times during my transitioning struggles. Without this support, my journey would have been unbearable.

Aug 7, 2021

My Funeral Song

– Amore Grande Amore Libero by Paul Mauriat Orchestra
Just listen to this song and you will understand.

I am not afraid of dying. I just hope to be able to achieve most of my bucket list before I am laid to rest. People choose songs for their weddings, but for me, I have chosen this beautiful song for my Funeral. To me, this song means Love and how I have lived my life, that Love is Everything, Love has no Limits no Boundaries, Love is Unending, Love is Given Freely, Love encompasses the Whole World...

I first heard this song when I was still married to my ex-wife back in the 1980s. It was played on television with a video probably taken from a plane flying over hills and valleys. It was so peaceful and lovely. This beautiful song stuck in my mind over the years. I recorded this song on a CD repeated throughout the whole CD, with instructions for my future Executor and Trustee of my estate, to play it at my funeral. My EX GF called this my dead person song.

Whenever we went on a cruise, we would practise new dance steps during the day and go dancing at night. Strangely enough, when we went on our Mediterranean Cruise in 2013 on the MSC Preziosa and went dancing on the ship, they played this song Amore Grande Amore Libero every night. I was so surprised and happy. We danced to this beautiful song. My EX GF kept reminding me that this was my dead person song. I was so moved and grateful that they played this song repeatedly throughout the Mediterranean cruise.

I listen to recorded songs including this one when I sleep at night. It reminds me of my mortality and pushes me to achieve as much as possible during the limited precious time I still have left. I can just imagine the looks on the faces of my family and friends when they hear this beautiful song at my funeral.

Aug 30, 2021

New Canadian Passport

I went to the Post Office in the morning to pick up my registered mail containing my new passport, showing JueMeili as a female. Last year, I

was about to apply for a new passport when I received my Ontario Name Change Certificate on Oct 8, 2020, but luckily Service Canada passport offices were closed due to COVID.

My previous Resident Doctor gave me sex gender marker letters, and I got my sex gender updated at Service Ontario to female on my Driver's License and OHIP Health Card. My present Resident Doctor gave me sex gender marker letters for my Passport, my Citizenship Certificate, and my Social Insurance Number. So now, I can also get my passport in my new name with sex gender as female.

So happy! Just waiting for the US land border to re-open so that I can go shopping in Buffalo and go to an in-person Transgender Support Group meeting in Ferndale, Michigan. Almost 4-hour drive one way, but well worth it to see the other participants in person, at least once. My passport is now my international identity, affirming me as a Female.

Sept 2021

Coming Out Fears

At a recent support group meeting, some participants revealed they were too afraid of coming out to their family members, their friends, or their colleagues. I repeated that each one's coming out journey is so different from the others. Sometimes, we may take baby steps or take bigger strides or even take giant leaps. We just need to do it at our own pace and enjoy the process, and eventually it will happen.

As for me, when I came out in the summer of 2020, I was terrified. I was afraid of meeting people I knew such as the concierge or superintendents at my condo, for fear that they would say behind my back that I was just a man dressed up as a woman. The cashier at the drug mart knew me from before and kept calling me Sir even though I was dressed up as a female. I had to finally correct her and asked her to call me Ma'am. When I went for my ultrasound test, the Technician came out and called loudly Mr. JueMeili because my health card still showed me as Male. I was so embarrassed in

front of the other patients waiting. He could have just called out my name without any salutation. I did not dare look at the other patients waiting.

For the first 9 months, I suffered severe mental stress and anxiety over this, losing confidence in going out in public as a female. I felt hopeless and lost. I did not know what to do. After receiving so much support from my group meetings, and with HRT treatment, and my doctor giving me sex gender marker letters to update my Driver's License and Health Card to Female, I started gaining confidence day by day. It wasn't easy and took me several months to slowly regain full confidence.

No matter what, the world will always see me as a Transgender Woman. I must accept it. Now, I am Fiercely Proud to be a Transgender Woman. In fact, I started handing out a small piece of paper to everyone I met:

I am a 73-years-old
beautiful Transgender Woman.

Pronouns: She/Her/Hers

I identify as a Lesbian.

LAST NAME: First Name.

OLAES: JueMeili.

爱: 珠美丽

JueMeili is pronounced as

GeeMayLee,

Meaning Pearl Beautiful.

See Me on YouTube JueMeili.

I don't care anymore what other people think about me. I am totally confident and love the feeling that I am now a remarkably beautiful old woman, perhaps even better looking than a lot of CIS-women, especially those at my age level. The only negative is I have not had my bottom surgery yet. My laser technician tells me that I do not have varicose veins

in my legs which have well-toned muscles. No sagging muscles at all. She calls me Beautiful. A friend tells me: "Look not at the past with Regrets but look forward to the future with Hope". I always wish my Transgender sisters well and hope they can or have overcome all the terrifying challenges of coming out.

Sept 12, 2021

Finding My New Soulmate and Life Partner

Feeling lonely and therefore becoming vulnerable.

A new girlfriend Lisa Jonas reached out to me on a Meet Up site, Lesbian Professionals Toronto. I was overjoyed by this. She was only 45, so much younger than me but she did not mind the age difference. To her these were just numbers. She told me she was divorced from her abusive husband 3 years ago. She said she was a military surgeon, specializing in knee replacement surgery, working for the United Nations in New York. Her plans were to relocate to Toronto in the next 6 weeks.

She confided that I would be her first Lesbian lover. Our romance developed like instant combustion and explosion. Within days, we started amorously talking to each other on the phone, through text chats and emails, even though we have never even video chatted. It seemed inexplicable, filled with mystery and intrigue. So much hush hush that it felt like a spy story. We pledged our love to each other.

We talked about vacationing, and she suggested one day we could vacation on the Maldives Islands. I told her of my limited financial means, that my ex-girlfriend used to pay for our Mediterranean Cruise and our trip to Hong Kong. She said it would not be a problem, that she worked hard and made good money, and she would gladly pay for our vacation. I was deeply touched by that.

She expressed her jealousy when I said I would start practicing dance steps with and going out with other female dance partners to ballroom dancing. I assured her that they were just dance partners, not for a romantic relationship, and that when she finally came to Toronto, she would

be my one and only Romantic dance and life partner. So much to look forward to in anticipation of her arrival in late October or early November. Time dragged by ever so slowly waiting for her.

Sept 25, 2021. She was deployed to Iraq to save injured soldiers and civilians. Every minute of every day, I prayed for her safety in a war-torn country, for her eventual safe return and into my welcoming arms. She texted me in the middle of the night, when it was morning time over there while she was having breakfast. I welcomed her through my drowsiness and loved text chatting with her.

It seemed as if we were like teenagers falling in love for the first time. I had not felt like this for decades. She brought back deep emotions in me so that I no longer felt brain numb and brain dead. I had become so sentimental, could cry so easily, and felt so inspired that I could write my latest poem Memories of Night and this book. Words just flowed naturally out of me as I typed. I was truly and eternally grateful to her for this. My relationship with her seemed so surreal just like a dream, but I would know that this was for real if she came to Toronto into my open arms. Just like a magical romance story.

Online Romance Was a Scam

When Lisa first contacted me, I had lingering reservations and doubts, especially when she persistently refused to video chat with me, which was a big red flag. Also, on one occasion when she called to chat with me, I could hear a Chinese accent in her voice. In a way, although I enjoyed tremendously the romantic feelings, I did not fully believe her in the back of my mind. My family kept telling me this was a scam, and I reassured them that I was not just some silly old woman who could be easily cheated.

It started with Lisa's request for 2 Apple iTunes cards of \$100.00 each when she was supposed to be in Iraq and could not get them herself. I politely refused and she reduced her request to 1 Apple iTunes card. I told her \$100.00 might not mean much to her, but to me it meant what groceries I could get for the week. I kept refusing her by saying I was of limited means living on my Canada and Old Age Pension, that I checked each week's specials before buying groceries.

This is true because I am cheap boom-boom, for example, I just bought a package of 12 chicken drumsticks for \$5.50, and no-name brand potato chips at \$1.00 a bag. I told her that I couldn't afford to go to big stores to buy my clothing and shoes. Instead, I usually frequent my favorite second-hand store Value Village to hunt for almost brand-new clothing and shoes. I usually go on Tuesdays when Seniors get 30% off the marked prices.

I knew how to play the game when I received money requests. I am an experienced old woman and know how to deal with fraudsters. So, it came as no surprise when she asked me for serious money, I broke off with her immediately.

She gave me a sob story about her foster mother in New York requiring an emergency appendix operation costing over US\$25,000.00, asking me to pay for it first and she would pay me back when she returned to the US from Iraq. I kept telling her I didn't have any money, but she kept insisting and even asked me to borrow those funds. I said "I am an old woman. Nobody would lend me any money". I told her "I don't believe you. Forget it and don't ever contact me again."

My good friend told me to take what I can from this encounter and forget about the rest. Great advice. Although she was not real, I have greatly benefited from the experience in that she evoked these deep emotions in me so that I can write poetry again and write this book on my transitioning journey. For that, I am truly thankful.

It is easy to get involved in a romantic scam when one is lonely and vulnerable and there are so many scammers out there. I have learnt from this and now I insist on video chats which scare away all scammers.

Sept 14, 2021

Age Difference in a Relationship

At my support group meetings, I said I hope to find a new life partner closer to my age, perhaps in her mid to late 60s or early 70s. Then they asked me, what if you find a soulmate a lot younger by 20 to 30 years?

I said it may not be fair to her if I die in the next 10 to 15 years. However, after lengthy discussions, we all agreed that it is better to have loved and be happy for just a few years than not to have loved at all. Now at age 73, I believe I can still give my femme Lesbian life partner and soulmate at least 10 to 15 years of love, romance, caring, sharing and happy times and wondrous memories. Looking forward to meeting my soulmate and not having to worry anymore about age difference.

I have always been conscious of keeping myself healthy, lean and fit and after my check-ups my doctor tells me that I have the body of a 50-year-old and the health of a 35. Someone told me about these words in a song: The greatest thing to learn is To Love and Be Loved in Return.

Sept 18, 2021

The Present Time

And now, one year after my coming out, my brain is no longer numb and with hormone replacement therapy, I can have feelings again. I have become very emotional and sentimental and tend to cry easily and sob uncontrollably. I suddenly feel the urge to write poetry again for my future femme Lesbian romantic girlfriend and soulmate.

Here is the promised sequel to NIGHT. (I dedicate this to my new femme Lesbian Life Partner. I know she will eventually find me and come to me)

Written in Toronto on September 18, 2021:

Memories of Night.....

The same twinkling stars are still there after 55 years,

glittering high up in the heavens.

But now I am on the opposite side of the earth.

Save for the moon, everything else stands still.

The same old moon keeps beaming benevolently down on me.

Hush Hush my Darling we need only whisper

And nothing can really disturb

the calmness of the night,

When every moment is cherished,

lingering sweetly in my memory,

For the holding of hands

promises friendship,

And the meeting of soft lips

promises something more.

*So many things have changed, but so many things remain the
same.*

I have held many hands over the years

and have kissed many soft lips,

But nothing compares to what I am feeling now.

You have reached deep into my soul

and have stolen my tender heart.

I feel so fragile and vulnerable when I am with you,

I can easily sob uncontrollably and cry my heart out,

But I can also giggle like a baby.

*You bring out so many intense feelings in me,
that the world has become a miracle.
Sometimes, I wonder if I am dreaming.
Wonder of Wonders, finally you appear.
The momentous stopping of time upon meeting you,
With big hugs and a soft embrace,
lingering kisses and caresses.
You are my inspiration to be the best of me.
You are my soulmate,
the one I have been searching for my whole life through.
Thank you for welcoming me into your world.
When I hold you, I can hear music
without music playing.
We dance together effortlessly,
without noticing anyone around us,
as we flow beautifully together in our embrace.
I see us, only us, and the beauty of you.
I am overwhelmed and I raise my arms to the heavens with
thankfulness.
I can now appreciate the true meaning of how to ACE life.
We appreciate, cherish and enjoy
every single wonderful magical moment together,
Creating happy memories that will last forever,*

*No matter how many remaining years we
may still have left and can welcome in our lifetime.*

My one and only, My Love, I love you truly.

Sept 20, 2021

Gradual Covid Re-Opening

Pleasant Age Surprise.

When I went on Sunday to a picnic organized by Lesbian Professionals Toronto, I introduced myself to the group. I said I was the oldest person there and told them I was 73. They all thought I was in my 50s because I was in my athletic wear showing off my lean and fit body and well-toned muscles in my legs. I wore sandals to show off my toenails painted bright pink and with matching fingernails. I did not find anyone there that I could really relate to. Guess I need to keep on searching.

Today I went to check out something in my condo management office. A young couple said "Let this young lady go first". I asked him to guess my age and he said 45. She agreed with him. When I told them I was 73, they were shocked with disbelief and asked me how I did it and what food I ate. It is so gratifying to know that I look younger than my age. I am truly thankful for being able to keep up with my daily exercises and healthy eating lifestyle.

My secrets to staying young: Wake up with thankfulness. Using facial moisturizing creams. At peace with 8 hours sleep. Healthy Diet and Exercises. Power Naps. Enjoy music.

I have started going out to in-person support group hikes, picnics, brunches and dining get togethers. I am certain that I will eventually find a new romantic femme Lesbian girlfriend, develop a relationship and she will be my new soulmate. I now dedicate my recent poem Memories of Night to my new future life partner and soulmate, whoever she may be. I will know it when I see her in person and get to know her.

At a support group meeting, we talked about what to look for when meeting new partners. I said the sense of smell is important. I am offended by and allergic to smoke smell. I don't drink and don't do drugs. These are my turn offs. When I meet new friends, I get turned off when I can smell smoking or drinking as they come within proximity. However, sensible light perfume fragrance can turn me on, let my guard down and make me become more vulnerable.

We discussed romance and what it means in a relationship. How do we know whether that person is the right one? I said age and zodiac sign compatibility may help, but it is important to have something in common that we can do together. For me, it is dancing. I want to be able to dance with my partner until we die.

Someone who knew one of my old classmates from Hong Kong, reached out to me on Facebook, and said she truly understood me and can be a good friend because her daughter is a Trans woman. Her Chinese zodiac sign is the Dragon and mine is the Rat. We are a perfect match for each other. However, she is not interested in Ballroom Dancing and Badminton. As we do not have something we can enjoy in common, we can only be just good friends and nothing more. That's too bad.

Sept 2021

Surgeries

I still have lots to do and plan for in my transitioning journey. I have been on Testosterone blocker since January 2021 and Estrogen patch since March 2021. I will be contacting my cosmetic surgeon at the end of September 2021 after 6 months of Estrogen treatment, to consult on breast augmentation, with plans to have the surgery done before end of 2021 with new boobs as a Christmas present to myself. I read that most breast growth from Estrogen treatment occurs in the first 6 to 9 months and with very little growth after that. My planned breast augmentation will take place about 9 months after Estrogen treatment.

There are 3 kinds of breast implants, one filled with silicone, another filled with saline solution, and the third looks like a gel, some call it gummy bear. However, I just learnt that very few surgeons perform breast augmentation surgery with gummy bear implants and that Allergan recently recalled their gummy bear breast implant products because of the possibility of causing cancer. I think I will go for the long-proven implants filled with saline solution instead.

Oct 2021. Right now, I notice my breasts have grown by one inch chest measurement after over 7 months of Estrogen treatment. My breasts and nipples have become more sensitive. My earlier thoughts had been to have the same size breasts as my ex-girlfriend, but after consulting with my support groups and other good female friends, they explained about the problem of big breasts, and in view of my strenuous morning exercises, power walk/jog, and badminton playing, I have decided to settle for a smaller size of increasing my breasts from 36A to only a 36C or 38B.

I have a high level of pain tolerance, so I don't worry about the pain after the surgery. I have never taken any pain killers after my previous surgeries such as tooth implant surgeries, hernia surgery and gall bladder removal surgery. The only negative I can think of is the recovery period when I cannot do my morning exercises or go for my power walk/jog or play badminton.

The next surgery I am looking forward to is voice feminization surgery. I plan to fly to Seoul, South Korea to Yeson Voice Center for the surgery. They do not make an incision through the neck. They have non-invasive surgery through the mouth and throat. One interesting point is that after the surgery, I will not be able to speak a single word for a month. That means I will have to communicate with a notepad and marker when face to face or type my chat at Zoom meetings. After one month, voice training exercises are required for one year at the higher female vocal range until the voice stabilizes.

Most of all, I look forward to my final bottom Vaginoplasty Gender Affirming Surgery (also known as Sex-Reassignment Surgery). I need to be on Estrogen treatment for 12 months before my doctor can recommend me for government funding in Ontario. That means my application through Sherbourne Health Centre can start early in 2022 to be sent to OHIP at the end of March 2022. I hear that the government approval for the funding

takes about 6 months, so that OHIP approval may happen around late 2022.

And after that, there is a long waiting list for the actual surgery either at Women's College Hospital in Toronto or GRS Hospital in Montreal. If the waiting list is longer in Toronto, then I may apply to GRS in Montreal. Hopefully I can have my Vaginoplasty Gender Affirming Surgery by the end of 2022 or early 2023 before my 75th birthday in May 2023.

Then I will experience the ultimate joy and satisfaction of looking at myself in the mirror as a complete woman, of having my life-long dream of over 6 decades come true.

My goal is to become a 75-year-old Senior model after my transitioning surgeries. I believe this is what I will enjoy tremendously, being a beautiful old Senior model to complement my transitioning aspirations.

Oct 2021

Ballroom Dancing Will Start Again

I thought that Harmony Club will re-open on Friday November 19, 2021, for dinner and dancing again according to their calendar schedule on the internet. I just learnt that they have cancelled indefinitely their Fridays of dinner and dancing. At the Lesbians Coming Out Later support group meeting, one woman said she lives near Harmony Club and would be interested in learning dance steps and going to ballroom dancing with me. We are getting together for coffee/tea to discuss further. Another woman said she found a Lesbian partner a couple of months ago. Before she separated from her ex-husband, they took ballroom dancing lessons for 3 years. She loves ballroom dancing, and we are meeting next week to practice some dance steps together. Looking forward to dancing again soon.

Nov 8, 2021. I went to her condo to practice dance steps with her. We tried out Merengue, Argentine Tango, Rhumba, Cha-Cha, Jive, Bachata, and Waltz. She has good grounding in some basic steps, so it was easy for me

to show her more fancy steps. It was so much fun dancing again. I am really happy to find a dance partner, not for a relationship, but just for dancing. I called Café Largo & Pizzeria in Woodbridge Ontario and confirmed they have dinner and dancing on Friday, Saturday, and Sunday. We are going on Nov 21, Sunday evening and Nov 26, Friday evening 2 weeks from now for dinner and dancing. I suggested she ask her Lesbian partner to join us and perhaps she can also learn some dance steps.

Nov 26, 2021. We enjoyed dinner and dancing again. At our table, we met this old woman. She told me her husband passed away in spring this year. They had been dancing for over 40 years. Many years ago, they used to own dance studios, and she helped her husband teach ballroom dancing to beginners. I danced with her the Merengue, and she told me this was the first time she ever danced with a woman. We exchanged phone numbers. I called her on Monday Nov 29 and chatted with her on the phone. She said she was already 82 years old and didn't drive anymore, but her neighbors who also loved dancing would pick her up on Fridays to go to Largo for dinner and dancing. I will probably find time one day to go with her to Largo for dinner and dancing.

My two loves are dancing and badminton.

Oct 2021

Sexuality and Sensuality

We discussed this at a recent support group meeting. I know that I look and feel beautiful and sexy as a woman, judging from the constant stares I get from men and women alike wherever I go. I enjoy my huge wardrobe of women clothing and have learnt how to dress up as a beautiful and sexy old woman. This is how I have explored my sensuality.

However, I am a baby in terms of my sexuality as a woman and as a Lesbian. I guess I just need to be patient until after my final bottom Vaginoplasty Gender Affirming Surgery when I can become a complete woman and then explore my sexuality as a Lesbian. So much to look forward to. As a Trans woman, I no longer have much sexual urge or desires because with HRT, my testosterone level has dropped down to

almost zero. With estrogen treatment, I have become more sentimental and emotional, can feel more, and can fall in love more easily.

Just waiting for the right femme Lesbian partner to share these feelings with for now and after my Gender Affirming Surgery can share the joys of intimacy and sexuality. I can still give her pleasure for now but will have to wait to enjoy receiving ultimate pleasure in the future. I think I have a lot to learn in a Lesbian relationship due to my inexperience.

Oct 7, 2021

Phone Appointment with my Doctor at Sherbourne Health

I started discussion with my current Resident Doctor. In Jan 2021, my previous Resident Doctor at Sherbourne Health Centre found I had high blood pressure, kept increasing my blood pressure meds from January until March 2021 when she finally prescribed Estrogen patches to me. I was surprised about having to take BP meds because my previous family doctors in the last 20+ years never told me I had high BP. I felt she overprescribed these BP meds to me.

My current Resident Doctor suggested I buy a BP monitor and check my BP daily at home. My BP charts for the past few months show that my BP is below normal. I kept decreasing the dosages after consultation with my Resident Doctor, and my BP charts still show below normal BP. I am now down to taking the minimum dosage on alternate days and may eventually stop taking BP meds. I have learnt to stay away from foods with high sodium content and carefully check to make sure there is minimal sodium in food products before I buy. Another health concern before COVID from my previous family doctor was my blood sugar level was nearing the normal limit. I do not like to eat desserts anyway, so it's easy for me to avoid sugar rich foods.

My Resident Doctor is a bit concerned about my kidney function. We will keep monitoring this from blood tests every 3 months and ultrasound tests every 12 months.

From my last blood test, she said my estrogen level has not really increased much. She therefore increased the prescription for my Estrogen Patch from 50mg to 100mg applied twice weekly, which I welcome wholeheartedly. I want to become more female in my body with the estrogen treatment. I will have to continue taking estrogen patches until I die, especially after my bottom surgery. There have been noticeable changes in my physical appearance and in my mental feelings since taking estrogen from March 2021. I love the feeling of being female.

Oct 10, 2021

Awake with Thankfulness each Morning

When I wake up, I open my bedroom window blinds, stretch my arms up to the heavens, bring them down, put my palms together and say Thankfulness. I do this 3 times, repeating Thankfulness. With my palms still together, I cannot help but sob uncontrollably as I whisper "So grateful to be able to enjoy another so very precious day on my transitioning journey. Thank you. Thank you. Thank you". Every single day is a present, a special gift for us to enjoy. Who knows how many more presents we may be given to enjoy? Life is so short, fleeting, fragile and unpredictable.

As I mentioned before, in my decision to come out in the summer of 2020, I asked myself how many more years do I still have left, 10 to 15 years? More if I am lucky. 1 year equals 365 days, 10 years equal 3650 days, and 15 years equal 5475 days. Every day I wake up, I am using another day of my remaining life expectancy. That is why I get extremely choked up and emotional when I give thanks in the morning for each so very precious day to enjoy. I want to be able to enjoy every minute of every day to the fullest. Live every day as if it were your last, because eventually it will be your last. Look not at the past with regrets but look forward to the future with hope.

I cannot understand people who have no mental or health problems, no traumas, no abuse but who keep complaining about life and keep having negative thoughts all the time instead of appreciating that each day is a wonderful present, a special gift to enjoy fully, for it will never come again. Every one of us will face what seems like insurmountable challenges at

times, but we need to understand that deep down inside, we have great hidden strength in reserves that we can draw on to overcome any challenges in life, and that we will become a better, stronger, happier person after that.

Enjoy Life, Love Life and Live Life.

Oct 25, 2021

Another Milestone in my Transitioning Journey - Breast Implant Surgery

I went for a consultation appointment with my surgeon this afternoon. Tried on 5 different thicknesses of 36C implants and finally chose the thinness or smallest 36C saline filled implants for surgery scheduled for Thursday December 16. I chose the smallest thinnest implants just in case there is further growth in my breasts because my Resident Doctor doubled the dosage of my estrogen patch recently.

They will let me know 1 day before as to the actual time of my surgery, depending on what other surgeries are slated for that day. I am lucky they included my surgery with their full schedule on Thursday December 16 because the 3-week complete rest period will coincide with the Christmas and New Year break when there will be no badminton programs. I may miss Christmas Eve and New Year's Eve ballroom dancing.

Total cost including HST comes to \$8475.00. They require 10% deposit now and the balance 2 weeks before the surgery. I decided to pay the full amount right away. Because of my frugal lifestyle, I have accumulated enough savings to pay for this surgery.

They will email me forms to fill out 2 weeks before the surgery. Their location is the medical building to the east of the North York General Hospital. After the surgery, they want me to stay with someone for at least 24 hours to ensure no negative after-effects from the anesthesia. I never had any anesthesia reactions from my previous surgeries.

Complete rest for 3 weeks after the surgery means no morning exercises, no badminton, no power walks and jogging and no ballroom dancing. Hoping I will not gain much weight during those 3 weeks, except for the extra 1.5 pounds of implants. I will check with my surgeon if it will be okay for me to go for gentle walks after a few days of surgery.

My family will come to my condo to pick me up and drop me off at the medical building for the surgery. After the surgery, they will come to pick me up from the medical building and drive me to their house to stay overnight there, and they will drive me home the next day. I can enjoy having dinner there that evening and breakfast the next morning.

Looking forward to new boobs as a present to myself for Christmas and being able to wear low cut dresses or tops for parties and ballroom dancing after that. This surgery is part of the process involved in my eventual goal of becoming a beautiful Senior Model after my 75th birthday. I feel so grateful and so thankful for this upcoming surgery, as I continue to enjoy my transitioning journey.

Dec 2, 2021. Received email with forms from Patient Co-Ordinator at Surgeon Office.

- Pre-Op Instructions
- Breast Augmentation Post-Op instructions
- COVID Health Questionnaire
- Patient Questionnaire
- Informed Consent
- Augmentation Mammoplasty with Saline-filled Implants

Dec 3, 2021. Completed and emailed back Health and Patient Questionnaires to her.

I told her that I would not have the energy to get the post-op prescriptions after the surgery and asked her to email me the prescriptions now so that I could get them from my pharmacy first and then I would have them immediately available after the surgery. She said she would send it to my pharmacy the day before the surgery. The prescriptions were for antibiotics and Tylenol 3 pain killer. I told her I did not need Tylenol 3 pain killer. I only wanted the antibiotics.

Dec 16, 2021. Arrived before appointment time of 12:15pm. Waited for 43 minutes before being brought into an examination room to change into a surgery gown and completed more forms. They asked me to take 2 Tylenol capsules for the pain and another capsule for the anesthesia. They showed me the 270 cc saline implants in the boxes. When the surgeon used a marker to draw lines around my breasts, I asked him to use 10 cc less saline on my left breast because it was a little bigger than my right one.

They took me to the operating room. After they prepped me and started the anesthesia, I was knocked out within seconds. I was semi conscious when I heard "It's finished. You are all done." I was in and out of sleep for several minutes, then heard the nurse phone my family to come pick me up at 4.40pm. They picked me up and drove me to their house to stay overnight. Got a chance to see my family members. They heated up congee for my dinner. I was still sleepy and tired and went to sleep early.

The incision areas under my breasts didn't seem to hurt. I didn't feel any pain, but I felt great discomfort in my right breast because the skin was stretched so tightly with 270 cc saline implant. The left breast was okay with 260 cc only. The surgeon phoned me at 9.50pm to check up on me. He said the skin on my right breast would stretch soon enough. I tried stroking the top and side of my right breast with my left hand to ease the discomfort of the stretched skin. I watched on my iPad some Hallmark Xmas movies before going to sleep.

Dec 17, 2021. The receptionist from the surgeon office called to check up on me. I told her that the stretched skin on my right breast was feeling much better today. However, I could start to feel a little pain from the incisions under the breasts, but nothing I couldn't handle. Told her I would not even take extra strength Tylenol, same as with my previous surgeries. She reminded me of my follow up appointment on Monday Dec 20 with the nurse to change my dressing. I told her I will drive there.

Dec 18, 2021. I found that getting out of bed was not too difficult although there was some strain on my chest area. It was much easier than the time I had my hernia surgery when it was a struggle getting out of bed. Feeling better today. Although post-op instructions said I could shower with my back to the shower, I didn't feel comfortable with this. With no exercises for

now, I didn't have any perspiration. Instead, I used a hand-held shower to wash my bottom and private parts with bodywash and water. Felt good and clean.

I examined myself in the mirror and found bruising on the front of my right armpit, lots more under the right breast and chest, but not much under the left breast. I sprayed THERAPAIN on the bruised areas, then wore back the support bra and put the same paddings between the underside of the breasts and the bra. They gave me 6 extra paddings to change, but the originals were still clean without any blood stains, so I used them again.

I weighed myself and found that I have gained 3 pounds, with 1.5 pounds from the breast implants. It was also after a full breakfast. I must watch what I eat and how much in order not to gain much additional weight. Things would get easier day by day, and the slight pain and discomfort would be gone in the next few days. I would take the opportunity of this down time with no exercises to take my online continuing education RECO courses for my real estate licence renewal in November 2022.

Dec 20, 2021. Post-op follow-up at Surgeon office. Nurse removed old dressing. Surgeon checked incisions and used a syringe to remove some fluid build-up around the incision under my right breast to relieve some pressure. Nurse applied new dressing. Booked another follow-up on Wed Dec 29 at 11.30am. I had been spraying THERAPAIN on the bruising over the last few days and the bruising had dissipated quickly downwards all over my right front side. With continued spraying of THERAPAIN on the bruising, this should clear up in the next 2 weeks.

Dec 29, 2021. Second post-op follow-up. Nurse removed old dressing. Surgeon checked incisions and used a syringe to remove more fluid build-up around the incision under my right breast to relieve pressure. This time a lot more fluid was removed. He said next time, if necessary, he would make a small incision to drain all the excess fluid. He confirmed I could start my exercises again after next week. Nurse changed the dressing under both breasts and taped gauze over the right incision and put paddings under both breasts. Gave me additional gauze and tape and paddings to take home.

Told her the size 36 post-op support bra was too tight. She gave me a new size 38 support bra to put on. Booked next follow appointment on Mon Jan 3, 2022, at 11.30 am. I removed the gauze under the right breast at night. It was partially soaked with some bloody liquid. Taped new gauze and used new padding under both breasts. Sprayed THERAPAIN over the fast-dissipating bruising. I was starting to feel more flexibility in my right arm and could sleep on my sides instead of on my back with 2 pillows the first week and a half after the surgery. Getting used to my new breasts now.

Jan 3, 2022. Third post-op follow up. Nurse was not there. Surgeon removed dressings over the incisions and said I don't need them anymore. He used 2 syringes to drain 60cc of fluid build-up from the incision under my right breast. Felt relieve of the pressure. My right breast was no longer bloated up. He put gauze pad to cover the area, and I put my support bra back on.

Next follow-up appointment is booked for Mon Jan 10 at 11.30am to see if any further draining is required. Now both breasts were approximately the same size. Thursday Jan 6 would be 3 weeks after my surgery. I would ease gently into my morning exercises again and see how much I could do. With the new lockdown, there might not be any badminton or ballroom dancing, and therefore I would start on my Power walks again.

Jan 10, 2022. Fourth post-op follow up. Nurse checked my incisions, and Surgeon used a syringe to try to remove any fluid build-up. This time, he found no fluid build-up. He confirmed everything looked good.

Jan 31, 2022. Fifth and final follow up. Surgeon checked the scars under my breasts and said everything was fine, that I did not have to go back for check ups anymore. Gave me a small tube of silicone gel to apply to the scars at night to help the scars fade away faster.

Dec 5, 2021

Panelist on Forum Passing as True Gender

I was invited as 1 of the 3 panelists to discuss passing as your true gender, together with the organizers. Trans Canada Project – Passing. This video can be seen by searching on Google: YouTube JueMeili

My notes on Passing: Challenges of not passing as a beautiful female: using wigs, too much make-up, trying to speak and walk like a female, finding a doctor to prescribe HRT, changing IDs to female.

Part of my passing as a female:

1999 Lasik eye surgery,

2005 Ear piercing to start wearing earrings,

2018 and 2019 dressing up as a woman at the Halloween Masquerade Balls,

2018 start using eye and face moisturizing creams every morning and night,

2019 eye bags removal surgery, funny thing happened.

The surgeon later told my GF that although I was given general anesthesia, when they started operating, I probably dreamt that I was fighting and reacted with kung fu moves. It took 4 of them to hold me down so that the surgeon could operate.

2019 Hair Club treatment for thinning hair,

2019 Laser and Electrolysis treatments to remove body and facial lip and chin hair.

Costs of Passing:

The costs of surgery and other treatments can run into several thousand dollars. Luckily, the final Vaginoplasty Gender Affirming surgery can be covered and funded by OHIP Health Insurance. I hear that this cost amounts to well over \$20,000.00

Plus: monthly costs for eye and face moisturizing creams of about \$50.00 per month, and Estrogen Patch treatment of \$20.00 per month (my Retiree Health Insurance covers the other \$80.00 per month). I feel a lot for my trans sisters who do not have the savings to cover these costs.

I came from an exceedingly poor family and have been a saver all my life. I scrimped and saved throughout my whole life, every single penny that I

could, so that I am able to afford the costs of my transitioning treatments and surgeries.

Dec 14, 2021

Morning Stretching and Power Exercises

I feel so grateful when I start my morning exercises. I love the feeling of still being able to do all this into my Golden Years. My laser technician commented on my well toned leg muscles without any varicose veins. She calls me Beautiful. My morning exercise videos can be seen by searching on Google: YouTube JueMeili

I was always a scrawny kid without too much to eat. My father eventually found a stable and good paying job, so that there was always food on the table. I was determined to become strong as I grew into my teenage years. I learnt some stretching exercises in Junior School Grade 6, and I have been practising these same stretching exercises for over 60 years to this day. Of course, I added a lot of other Power Stretching and strenuous Power Exercises to my regimen of morning exercises.

I learnt to play badminton in junior high, played inter-school badminton competition, and trained for track and field, running in the 400, 800 and 1500 metres school competitions. As part of my training, I ran for 2 miles in the mornings and walked very fast 5 miles to school in just under an hour and walked 5 miles home. I have always wanted to be healthy, lean and fit.

When I was walking fast up a steep slope to school, I often wondered "What's the point of all this. Why am I doing it". It is only late in life that I now appreciate the benefits of all the tough physical training when I was young. It has given me purpose, focus and determination in my transitioning journey to accomplish whatever goals I set for myself to live life happily as a Transgender Woman. I hope young Transgender people can learn and benefit from this. Keep exercising and reap the rewards in the future.

The time when I was the most powerful in my life: It was 6 am during my morning runs when I was in high school. I ran up slope, pounding on the sidewalk for 1 mile, did some stretching at the top, then turned around and ran down. I gathered speed as I ran. I felt the most powerful in my life as if I was flying. I was literally unstoppable, with the wind rushing against my face and the wings beneath propelling my feet. I finally reached the bottom, not out of breath at all, experiencing only exhilaration.

I walked to a nearby bakery to buy a loaf of bread, fresh out of the oven, for my parents and sisters to have breakfast. The whiff of freshly baked bread still stimulates my senses now.

I took a cold shower right in the middle of winter, feeling the sharp spray of the almost freezing water generating smoke from my body. I was invincible! This strong memory has helped me through depressing, tough, difficult and trying times in my transitioning journey.

I really enjoy my morning Power Stretching and Power Exercises. Feels so good when I stretch. On days with no badminton due to COVID lockdown, I enjoy my 3km Power Walks instead. Even now, playing badminton with other Senior players, I don't feel out of breath after over 1 hour of playing, while other Senior players are tired and out of breath. They are amazed at how fast I can move around the court.

Dec 15, 2021

Donations of Wigs and Silicone Breast Inserts + Bras

I will donate all my wigs, silicone breast inserts and bras with pockets for the inserts to my Trans sisters who needed those. Before my coming out, I thought I needed wigs and breast inserts, and started accumulating them, but I find that I don't need them after my coming out.

I was self conscious of my knees and bought a lot of long evening gowns, long skirts, pants, and jeans to hide my knees. However, I find that my knees look okay and maybe even better than a lot of CIS women, and now I am proud to wear short skirts for ballroom dancing and short athletic skirts for badminton and for going out in summer. I can show off my long legs with well toned muscles.

I am lucky that I have my own natural hair which has grown long over the last 2 years. My friends suggest that I dye my hair black, and I will look 20 years younger. I tell them that I like my salt and pepper hair and hope it will turn completely white in the future. I love being a beautiful old woman.

I have not used breast inserts since I came out in the summer of 2020. At first, I used padded bras, but since I started on Estrogen treatment, I preferred bras without padding. My breasts have grown about 1 inch chest measurement after 9 months of Estrogen treatment and are now a 36A cup. My breasts will become a 36C or 38B cup after my saline breast implant surgery on Dec 16, 2021.

Dec 26, 2021

36B Bras Don't Fit Me Anymore

After 9 months of estrogen patch treatment, I looked good in a 36B bra and sometimes a 36C bra when I went out. I have been accumulating bras even before my coming out. They cost \$5 to \$8 at Value Village, and I get 30% Seniors discount on Tuesdays. I bought mostly 36B bras some with little padding and some with padding. I also bought a few 36C bras. I am donating the 36B bras to Value Village. I will miss the one which is brand new made in France by Simone Perele with no padding. It was too big pre-op and now too small post-op. I kept a few 36C bras just in case, but I think I will need to start buying 38B to 38C bras to fit my new boobs.

I just bought one beige and one pink 38 sports bras from Amazon, which I will need for my exercises, badminton and power walks. Just wondering

how it will feel to go jogging with my new boobs. I have since bought some 38B and a few 38C bras, without padding, from Value Village. I put them in the Washer in a net bag to wash but not to dry in the Dryer. I hang them up to dry. The sports bras are really comfortable when I wear them for my morning exercises, badminton and power walks, even more comfortable than the post-op support bra they gave me. Recently I bought two more of the same sports bras, again one beige and one pink.

Dec 31, 2021

Cancelled New Year's Eve Dinner

Due to the dramatic increase in COVID cases to 16,713 and a positivity rate of 29.8%, I cancelled my dinner reservation with the Hangin' Out LGBTQA+ Social Club at the Blake House in downtown Toronto. Instead, I dressed up at home and enjoyed a chicken leg and salad dinner. I will join a zoom meeting with the Women Coming Out group to welcome in the new year. Feeling so grateful and happy to be treated as a beautiful old woman. Appreciate all the kind comments and compliments from Transgender Support group and Women Coming Out group.

Jan 1, 2022

Happy New Year

I was deeply moved by these words in a Christmas movie, and made a few changes to the wording for my New Year wishes:

My 2022 wishes to my family and all my dear dear friends and support groups.

Jan 1, 2022.

The gift of friendship so that you may love others deeply and without hesitation or reservations.

The gift of peace so that you may enjoy every minute of every day to the fullest and your heart will find peace.

The gift of family or extended family so that you may embrace your family or extended family and find the support that you need.

The gift of forgiveness so that all negativity is released.

The gift of giving love and receiving love in return, for this is the greatest gift of all.

With lots of love and hugs from JueMeili.

Jan 2022

Cruising in November 2022

I heard on the news from the World Health Organization that the COVID pandemic should peak in the first half of 2022 and will be under control with almost complete vaccinations around the world. Hoping and praying that international travel will be possible again without quarantine and without PCR tests.

Last time my EX GF and I went cruising was in Jan 2020 on a back-to-back cruise to East Caribbean and West Caribbean. After coming back, we booked another East Caribbean cruise for Sept 2020, but Carnival cancelled this one because of COVID lockdown. My deposit of US\$250 was transferred forward to a new West Caribbean cruise in Nov 2022. I put another deposit of US\$250 for the Nov 2022 cruise. Final payment of US\$775.28 will be due on Aug 14, 2022.

I need to decide before Aug 14, 2022, whether to go on this Nov 2022 cruise or cancel and lose my deposits of US\$500. It all depends on 2 considerations, whether COVID will no longer be a threat, and whether I can find a cruise partner to share the costs with. Hopefully, these 2 challenges will be resolved before then and I can go on this West Caribbean cruise in Nov 2022 with a new cruise partner after an absence of almost 3 years due to the COVID pandemic. The cost for each person is around Cdn\$2000 to cover the return flight and the cruise.

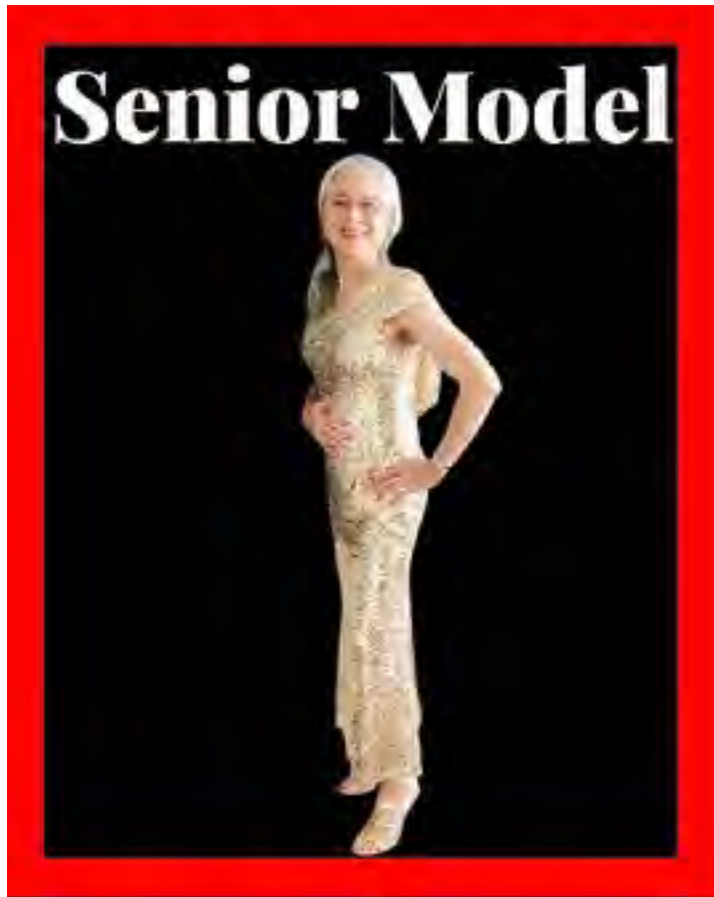
Feb 4, 2022. Due to COVID still not resolved yet, and also my bottom Sex-Reassignment Surgery possibly coming up at the end of 2022, I called Carnival this morning to postpone my 7-day Western Caribbean cruise on Carnival Mardi Gras originally booked for Nov 12, 2022. New booking is Dec 9, 2023. Same ship, same package, almost same cost. This will give me enough time for full recovery from my bottom surgery. I wonder who my new platonic cruise partner will be.

Jan 3, 2022

Modeling Photo

This photo was taken after my Breast Augmentation surgery in Dec 2021, and I asked my family to help me put the words Senior Model on it, so that I could visualize in my mind, and focus on my goal of becoming a beautiful Senior Model.

Plans to become a Senior Model. After I came out in 2020, in one of the Articles I wrote in the book Hearts Linked By Courage – People Supporting People, and again in my Interview by Trans Canada Project, I said “I want to apply to become a Senior Model after my 75th birthday in May 2023”. I hope to have my Vaginoplasty Gender Affirming Surgery before then.



Jan 9, 2022

**Vaginoplasty Gender Affirming Surgery
(Also Known As Sex-Reassignment Surgery)**

I just filled out the Patient info on Ontario Ministry of Health and Long-Term Care Form 5041-77E which is a Request for Prior Approval for Funding of Sex-Reassignment Surgery. I will take this form with me to my appointment on Wed Jan 19, 2022, with my Resident Doctor at Sherbourne Health for a check-up and to discuss the requirements for government funding of my Vaginoplasty Surgery.

Approval for Genital Surgery: To be approved for Genital Surgery, I will need: 2 assessments recommending surgery (from a qualified doctor, nurse practitioner,

registered nurse, psychologist, or registered social worker). One of the assessments must be from a doctor or nurse practitioner.

Both assessments must confirm: I have a diagnosis of persistent gender dysphoria. Have completed 12 continuous months of hormone therapy. Have lived 12 continuous months in the gender role I identify with. My Resident Doctor can sign one of the assessments. She told me there are other qualified staff at Sherbourne Health, who can interview me and sign the other assessment. She will refer me to one of them.

My estrogen therapy started on March 28, 2021. Hopefully the two assessments can be completed before March 28, 2022, and they can fax my Form 5041-77E Request for Prior Approval for Funding of Sex-Reassignment Surgery in early April 2022, to Ministry of Health and Long-Term Care, Health Services Branch, Program Manager, Policy and Projects Team.

I believe it takes several months for the approval of funding to come back from the government, maybe by the fall of 2022. I saw on the internet that Women's College Hospital in Toronto has a long waiting list, and they are now booking genital surgery appointments well into 2023. I will discuss with my doctor who has observed operations in the Montreal Hospital before for 2 years and studied their Sex Reassignment Surgeries. Most probably, I will ask her to designate the Montreal Hospital Centre Metropolitain De Chirurgie for the surgery in the Funding request.

I will fly to Montreal by myself first, because after the 2-hour surgery, there are 2 nights stay at the hospital Centre Metropolitain De Chirurgie and then 6 nights stay at the convalescence Asclepiade. I may ask someone to fly to Montreal to pick me up and fly back to Toronto together for convalescence at home for 8-12 weeks. I talked to a Trans woman who had her surgery at GRS Montreal, and she said she and a few other patients flew back alone to Toronto. I may consider doing this as well because of my healthy constitution.

There is also a 1 month follow up appointment. I cannot go to Montreal but my own attending physician can do the follow check-up to discuss with the surgeon at

ASCLEPIADE. I have downloaded their booklet called Vaginoplasty, which contains very detailed preparations needed before and after surgery.

Jan 19, 2022. My appointment with my Resident Doctor was changed from an in-person to a telephone appointment because of the recent record-breaking snowstorm. We discussed about my BP charts showing below normal BP for the past few months, and she agreed I can stop taking my BP med Ramipril 2.5mg which I already reduced to taking only once a week. I told her I sent to her through Medeo Health a pdf copy of my filling out the Patient info portion on Ontario Ministry of Health and Long-Term Care Form 5041-77E which is a Request for Prior Approval for Funding of Sex-Reassignment Surgery.

She explained the process to me that there are 3 visits over a few weeks with a primary care provider to discuss and explain all the details of the surgery. She can be my primary care provider in this case, and she booked a phone appointment with me for Feb 3, 2022, as the first visit. After the 3 visits, she will be able to complete my first recommendation. Then she will arrange another qualified person such as a Doctor or a Therapist at Sherbourne Health Centre to book another visit, because a second recommendation is required. Hopefully, these visits can be completed by April, and she can send out my Form 5041-77E for OHIP funding. The approval may take about 8 months to come back, after which she can send my referral to the Montreal Hospital, Centre Metropolitain de Chirurgie.

Jan 17, 2022

My Greatest Fears – To Be Placed In My Coffin Without Finishing My Transitioning To Become A Female

I awoke in the middle of the night to write about this flashback in my mind. I mentioned this to my family soon after I came out in the summer of 2020. I am not always the happy confident person that I appear to be. A Chinese fortune teller told me over 20 years ago that I would only live to my early seventies. When I discussed this with my support groups in the early part of 2021, they agreed that

I passed away in the summer of 2020 as my old self. That is why the previous name from my past life is called the dead name. However, just like the phoenix, I arose from the ashes and was reborn in my coming out as a beautiful 72-year-old Transgender Woman.

I was inspired and somehow by sheer luck or by divine providence, I chose my new name JueMeili, pronounced GeeMayLee, meaning Pearl Beautiful. I wanted to use the same initials as my old name so that my official signature did not have to change. At first, I thought of a Mandarin spelling for my new name. Meili in Mandarin means beautiful. However, Pearl in Mandarin is spelled Zhu. So, I had to use the Cantonese spelling of Jue for Pearl. My name is a combination of Cantonese and Mandarin spelling to make up JueMeili. Most people don't know how to pronounce my name, and I need to keep explaining to them to say GeeMayLee.

The name JueMeili summarizes my transitioning journey. It takes decades for a natural pearl to grow in a shell before it is finally harvested for the whole world to admire its beauty. This is how I see myself, couped up in a shell for over 6 decades, and sometimes going through hell, before blossoming and finally coming out.

There had been so many ups and downs in my life, with a lot more unbearable downs that nobody knew about. I am thankful for my "Outward Bound" training in the early 70s, which gave me strength during depressing times and prevented me from contemplating any urges about committing suicide. I still live the school's motto: "To Serve, To Strive, And Not to Yield". I was recently reminded of the saying: "Live every day as if it were your last because eventually it will be your last".

Feb 1, 2022

Updating my Will and Powers of Attorney

I went to my lawyer's office in Richmond Hill Ontario to sign the updated versions of my Will and Power of Attorney for Personal Care and Power of Attorney for Property. After my dream of being laid in a coffin without accomplishing my transitioning surgeries, I asked my lawyer to update my Will and Powers of attorney. I also updated my Estate Procedures for my kids as Executor and Trustee to follow in the event of my passing. I do this every few months to update the balances of my accounts, credit cards and investment mortgage, so that they will find it easy to administer my estate. I am well prepared for my eventual demise. My Estate Procedures detail every step to follow because I don't want my kids to feel lost without knowing what to do.

Feb 3, 2022

First Doctor's Interviews For OHIP Funding

First visit. My doctor called. I reminded her my last blood test was early Dec and next one is due early Mar. Asked her to send to me through the hospital's email service Medeo the blood test requisition form. I confirmed I read the info she sent me on Vaginoplasty, and that I want Vaginoplasty with cavity. Then she went into the details of my life history about my wanting to become a woman. It took several minutes. I guess it was to confirm my gender dysphoria. She said she understood me better now, and next visit she would talk about details of Vaginoplasty Surgery.

Feb 18, 2022. Second visit. My doctor called. We went through details of the Vaginoplasty Sex-Reassignment Surgery, including Description, Intended Results, Side Effects, Alternative Treatment Options, Surgical Techniques and Options, Surgical Risks and Complications of Vaginoplasty, Potential Risks/Complications Common to Most Surgeries, Pre and Post Operative Care. I also mentioned to her about my discussions with a Trans woman who had her Sex-Reassignment Surgery at the Women's College Hospital in Toronto and just finished her 2-3 weeks recovery at Sherbourne Health Centre. She suggested that when I come back from Montreal, I can apply to continue my recovery for a week or so at Sherbourne

Health Centre in view of my old age and living alone. My doctor concurred. However, she pointed out that I would miss out on the comforts of living at home for my continued recovery.

Mar 11, 2022. Third visit this time in-person. She went through the post care frequency of dilation, vaginal douche and stitz bath during Month 1 four routines a day, Months 2-3 three routines a day, Months 4-6 two routines a day, Months 7-12 one routine a day, and after 1 year one routine a week. She emphasized personal care and assistance after the surgery. She wanted me to be aware of the pain and any complications that can arise from this major surgery, and that I will not be able to have strenuous exercises for at least the first 3 months or more after surgery. She took measurements of my height and weight to confirm that my body mass is excellent. She will now refer me to another care provider in Sherbourne for the next interview.

Feb 14, 2022

Who Will Be My Valentine?

I am hoping I will find her soon. I am enjoying my life as a beautiful old woman and am steadfast in achieving my goals, but it can be extremely lonely without a life partner. Celebrating Valentine's Day in a cute dress from my ex-GF and wearing Italian sandals. Happy Valentine's Day to my Family and all my dear dear friends. With lots of love and hugs from Jue Meili.

I am envious of couples who can enjoy a happy harmonious long-term relationship and wistfully hope I can find a life partner before I die.

Apr 2, 2022

Paying Forward The Precious Gifts We Receive

I was 1 of 4 Panelists in a Zoom Meeting talking about equality for women on International Women's Day on March 8, 2022. One of the panelists said she was a housewife. I said, "No you are not just a housewife, you are a Domestic Engineer because you have to organize so much for your spouse and children and around the house." Recently, I received a \$150 Honorarium cheque for appearing as a Panelist. Yesterday I went to my bank to get a money order to give this \$150 to Salvation Army. My passion as a Transgender Woman was to speak as a woman about equality for women. I did not expect to receive, nor did I need payment to do this.

Before COVID, I used to teach ballroom dancing to beginners for 2 years. The community centre paid me 68% of the dance proceeds which I donate to charity. I am only an intermediate dancer, but I love to show beginners basic dance steps so that they can enjoy dancing for the rest of their lives.

Before COVID, I played Senior 65+ Badminton competitions up to the Provincial and National levels in Canada. At 73 years of age, I am no longer as fast, but I still enjoy badminton about 6 times a week. Very often, I would show the beginner level players the proper techniques to improve their play.

Since my coming out in the summer of 2020, I have gradually joined 9 virtual support groups and 3 in-person social groups. I was terrified and filled with anxiety for the first 9 months of coming out. My support groups have been the key for me to overcome these challenges. They were my therapists.

After one year of coming out, I have regained full confidence and am now fiercely proud to be a 73-year-old beautiful Transgender Woman. Since then, I have shared my successes with those who are still struggling with their challenges, giving them encouragement on their transitioning journey. Every morning, I give thanks for each so very precious day to enjoy, a wonderful gift that we can share our passions and pay it forward in helping others.

Apr 9, 2022

Hello Sunshine

“Hello Sunshine, you are young and beautiful... Your Smile is contagious.” I was deeply touched and moved by the above words a wonderful girlfriend said to me recently. It is so gratifying to know that I can look gorgeous and go out with only lipstick on and no other make-up. I am so thankful to have arrived at this point in my transitioning journey after having gone through so much terrifying difficulty and challenges. Now I am fully accepted as a beautiful female wherever I go. People find it hard to believe that I will be 74 years old next month. I am so proud of my achievement and carry myself with dignity. I am overwhelmed with thankfulness. Thank you! Thank you! Thank you!

Apr 19, 2022

Second Doctor's Interview For OHIP Funding

This morning, I went to downtown Toronto to Sherbourne Health Centre to have an in-person appointment with my second Doctor to discuss about OHIP Funding for my Vaginoplasty Sex-Reassignment Surgery. She went through lots of details about me and my transitioning journey and to confirm my Gender Dysphoria. I gave her a copy of the book *Hearts Linked By Courage* which contains the 4 Articles I wrote about my transitioning journey, and a small piece of paper explaining I am a 73-year-old Lesbian Trans Woman, the pronunciation of my name and my YouTube videos.

She also went through more details of the Vaginoplasty Surgery and my comfort level with the risks involved. Anyway, she was satisfied I really want to become a woman, and I am aware of and accept the potential risks involved in the Vaginoplasty Surgery. I told her the only negative is the complete rest for at least 3 months post-op, when I cannot do exercises or play badminton or go for power

walks, and I will have to watch my diet in order not to gain much weight. She said she will talk to my first Doctor and together they will shortly send in my application with their recommendations to OHIP for funding approval for my Vaginoplasty Surgery. I was so happy I thanked her profusely.

She advised it may take OHIP some months to come back with their approval, after which she will send the approval to GRS Hospital in Montreal. GRS will in turn send me their surgery package which contains forms for me to fill out and to take certain tests before the Surgery. It depends on how many months it takes for GRS to schedule my Surgery. I am anticipating this will come about by end of this year or early next year. So, So very happy! I cannot begin to describe how happy I am. Thank you, Thank you, Thank you.

Thursday May 5, 2022. I checked with my first Doctor, and she confirmed they faxed my application on April 19 to OHIP for approval of funding for my Vaginoplasty Surgery. She said OHIP takes about 8 months to approve. I may get their approval by December. I heard that GRS Hospital in Montreal are scheduling their genital surgeries faster now, perhaps within a couple of months. I can hardly wait. Really looking forward to the day when I can look in the mirror and admire my true femininity. I am so thankful I am moved to tears when I think about this.

April 2022

Qualities I Expect From My New Girlfriend And Life Partner ---

Am I So Unreasonable To Have Such High Expectations?

Firstly, I don't smoke, I don't drink, and I don't do drugs. These are my turn-offs. When I meet my new girlfriend, I don't mind her having an occasional glass of wine, but I will not accept her smoking or doing drugs. I would rather wait for another new girlfriend.

Secondly, she loves to dance even though she may not know how to dance ballroom dance steps. I can easily show her basic dance steps to enjoy dancing with me. I am an intermediate dancer and have no wish to go for dance competitions.

Thirdly, she is healthy lean and fit just like me. Maybe she is a Yoga or Pilates practitioner, or she does a lot of power exercises and power walks, jogging, running, biking or hiking. Throughout my whole life, I have worked very very hard to keep healthy lean and fit, and that is why I expect the same quality in my future girlfriend and life partner.

I do not want a girlfriend who is unhealthy and has lots of health issues, because I don't have the time to look after her, and I don't want to go through the pain of crying over her in the event of her early demise from health problems. I do not need to take any medical prescriptions at all. I take a lot of vitamins and continue with my Hormone Replacement Therapy. My girlfriend and I should be healthy lean and fit enough, to be able to enjoy life together into our Golden Years.

Of course, there are other useful qualities one can look for as well, but the above top 3 qualities are important. My friends tell me Good Luck finding a femme Lesbian girlfriend who will meet my expectations. I know it will be difficult and I will probably die without finding a suitable Femme lesbian romantic partner.

May 13, 2022

Dinner and Dancing at Capitol Banquet Hall in Mississauga.

My dance partner (not a romantic partner) is the Lesbian friend I practised dancing with before, and I taught her dance steps in her condo. She lives in Mississauga, and therefore we chose Capitol to go for dinner and dancing. I am still teaching her some more dance steps.

This location does not play as much Ballroom music as Harmony Club in Scarborough. Instead, it focuses on pop music more suitable to Freestyle dancing. Also, the food is not as good as Harmony Club. I bumped into another Trans Woman, one of the organizers from Trans Canada Project who interviewed me in April 2011 about my transitioning journey. We shared the same table and chatted for a bit.

May 14, 2022

Celebrating the birthdays of my family member and myself 74 years old.

It was my family member's birthday and mine is on May 16. So happy to be celebrating together with family. Such a happy and beautiful day. I was so touched by the words on the pillow, a birthday present from them that I was moved to happy tears.

JueMeili

We hugged this little pillow.
We squeezed it really tight.
We filled it with our wishes.
Hope and love and light.
So, when you are feeling low,
Just hold it really tight.
You'll feel our love within it,
Morning noon and night.
Love from your family.

It is so important to receive love and moral support from our family or extended family and from good friends during our challenging transitioning journey.

May 2022

Trying on various swimsuits

As I became more comfortable with my body, I bought some swimsuits from the second-hand store Value Village on Tuesdays when Seniors get 30% discount. I am confident that I look good in them. However, I will not wear them until after my bottom surgery, until I become a complete woman when there is no longer any telltale bulge below.

May 30, 2022

Receipt of various compliments

One of the nicest compliments.

An old lady entered the elevator and said "How do you manage to keep so slim? Look at You". I pointed at my tummy and said, "I still need to lose a couple of pounds" and she replied, "No Way". Into my Golden years, I am truly thankful to be able to still do my morning exercises, go for power walks, play competitive badminton and go to ballroom and social dancing. It's so important to stay healthy and fit to continue to enjoy life.

June 23, 2022. An awkward moment with a strange compliment. I played badminton this morning at Angus Glen Older Adults Club in Markham Ontario with players I have known for several years. A few of them were chatting together and must have been talking about me and how beautiful I look now after my coming out, because one of them asked me jokingly if I would take a photo with him. The others laughed and told him not to show such a photo to his wife. I deflected the request by going to the court available to play badminton. Later a female player arrived. I complimented her on how good her hair looked turning all white, and she returned the compliment about my salt and pepper hair. She said I have always looked good and handsome before coming out and now so beautiful as a woman. I appreciated and thanked her for the compliment.

July 20, 2022. Another much-appreciated compliment.

A middle-aged woman shared the elevator and said, "You are so sexy, tall and beautiful". I was dressed in my badminton outfit with only lipstick on and no other makeup on my suntan face. I put my palms together and thanked her for the compliment.

Receiving a wonderful compliment from a total stranger while shopping at Value Village. A black lady shopper said, "I hope you don't mind. I have a question for you. How do you keep so fit? Look at those long legs with such well-toned muscles. How do you do it? I wish I could look like you." I asked her to guess how old I was, and she said 55-ish. She was shocked when I told her I was 74. I gave her my small paper explaining my name and asked her to watch the YouTube video of my morning exercises, suggesting she start doing those. It is so gratifying that everywhere I go, I keep getting compliments from total strangers. Such compliments mean a lot to me because they confirm that I pass completely as a woman, a major step in my transitioning journey.

Jun 17, 2022

Dinner with Her City Lesbian Group.

I went for dinner with Her City Lesbian Group at Lavender Menace Restaurant in downtown Toronto. I taught one of the girls to dance the Merengue. Some of them were already lesbian couples. Although it felt good talking to Lesbians, I was kind of disappointed in not being able to find a suitable femme Lesbian girlfriend. They stayed for drinks later. I don't drink and therefore did not stay long to chat after dinner.

Jun 21, 2022

Celebrating 20 years of Sherbourne Health.

I went downtown to celebrate the 20 years anniversary of Sherbourne Health Centre. I am so thankful for Sherbourne Health and my doctor who works there and who looks after my transitioning health and my Hormone Replacement Therapy. When I came out during COVID, I could not find a doctor who treated Transgender patients. I must have received protection and blessings from the Heavens above, because I found Sherbourne Health. They are the best, and my doctor there is the best. My deepest appreciation. I met some Transgender Sisters there and chatted with them and enjoyed a hot dog and other snacks.

Jun 24, 2022

Dinner and dancing at Harmony Club

I have been going to Harmony Club every Friday evening except for vacations and surgeries for over 25 years, with my EX GF before my coming out during COVID in the summer of 2020, and since then by myself without a dance partner. Grand re-opening of Harmony Club in Scarborough after two and a half years of COVID closure.

Dressed in my red cheongsam with only lipstick on and no other make-up on my suntan face, I went for dinner and dancing without a dance partner but managed to dance with a few women friends there. Would have been more enjoyable if I had my own dance partner. People I knew from my past came up to me to say they could not believe how beautiful I looked. I was so touched by their affirmations at this point in my transitioning journey. Some men asked me to dance but I declined saying I am a Lesbian and only dance with women.

I dress up every Friday evening to go for dinner and dancing at Harmony Club usually without a dance partner. I go there early to take photos of myself in various poses. The receptionist always tells me how good I look

in my evening gowns and other outfits, and I tell her that Fridays are my Fashion Show evenings. Friends ask me how many outfits I have because I seldom wear the same one. I tell them I have 3 double closets of outfits. My weekly photos at Harmony Club can be seen on my Facebook. Search Facebook: JueMeili

Jun 25, 2022

Brunch with Hangin' Out LGBTQ+ Social Club and joining the Lesbian or Dyke March afterwards.

Pride Week Brunch at O'Grady's Restaurant downtown Toronto. Although it was good to meet up with Lesbians, I could not see anyone that I would be interested in. My standards have been set too high. After brunch, we walked along Church Street where we picked up free pop drinks and checked out some street vendors. I don't like the term Dyke March. What about the Femmes? I prefer to call it the Lesbian March. Then I joined the Lesbian March and bumped into a girl from another group Harmony Collective from last week's dinner. The Lesbian March was the first for me, so exciting, exhilarating, passionate and with overwhelming emotion for me. I was almost in tears.

Jun 29, 2022

Soy Intergenerational Pride BBQ

Went downtown to 200 Wellesley St Toronto for the BBQ organized by Sherbourne Health Centre. Bra-less in my tight fit Night Race top by Brooks, white jeans and white jeans jacket, Dr. Scholl's sandals, with only lipstick on and no other make-up on my suntan face. Ate a hamburger. Haven't eaten one for

decades. Enjoyed chatting with some trans women from the Mature Trans Sisters of Sherbourne Health. One came from Hamilton to attend. Taught a couple of them how to dance the Merengue. It felt good to be part of the LGBTQ community. Being in their company, I can appreciate more what challenges my Trans Sisters are facing.

Aug 17, 2022

Enjoyable Dreams about my Lesbian Girlfriends

Most enjoyable Lesbian dream about finding my new girlfriends.

It was a cool Fall morning because I was wearing a long thin coat, a light color blouse and a blue floral skirt, together with comfortable golden slip-on flats for my morning walk. Brenda came up behind me and slipped her arm through mine to walk arm in arm with me along the wooded trail, breathing in the cool crisp fresh air on our way back to the Health Lodge.

She touched my coat and said: "I like this coat. By the way, I saw you kissing Cynthia last night". I replied: "Hmmm... Yes, I was running after her, then caught up with her and as I wrapped my arms around her, we slipped and fell onto the grassy meadow. I tried to kiss her, but she coyly turned away for a moment and then turned back to face me and smiled with a slight giggle. We ended up kissing delectably for a few minutes. But she had to go back to her room after that."

I told Brenda: "You know what. I am not so sure about Cynthia. I like her cheerfulness and freshness, just like a whiff of spring, and her playfulness, but somehow, I wonder... However, when I am with you, I feel that you know and understand me more. I enjoy our cuddling and kissing too. We confide in each other with our deepest secrets. You are someone I can trust."

And I woke up with a smile on my face. It was so strange that I could remember so vividly the events and names in this dream. I feel that the time is coming near for me to meet my new girlfriend.....

Sep 27, 2022

Another enjoyable delectable Lesbian dream about finding my new girlfriends.

I was relaxing in the lounge of a Health Resort waiting for my interview from the Lesbian reporter Stephanie. Nanya and I were sitting close together on a comfy sofa, while Anna was standing behind us. Nanya told me she loved seeing me in evening gowns at the dances and then we started whispering romantic words into each other's ears, and of course I reacted by kissing her. I could not control myself feeling emotional stirrings while we kissed.

We were interrupted by Anna saying: "I saw Stephanie earlier this morning interviewing other Trans Women in the gay lesbian village downtown. She said she will be coming soon to interview you. She told me you are considered the most beautiful older Trans Woman. She could not believe you are already 74 years old". Anna then said: "Don't forget you promised to dance with me at the party tonight." I got up slowly, kissed both Anna and Nanya, and told them I had to go back to my room to get dressed for my interview. I reminded them to meet me tonight after the dance for our rendez-vous.....

I woke up with a big smile on my face.

Another vivid dream where I can remember so clearly the names and events. My new romantic girlfriend must be appearing soon.

Aug 21, 2022

Dinner with Toronto Alumni of my high school from Hong Kong.

Chinese Dinner with St. Joseph's College Toronto Alumni at Golden Palace Banquet Hall in First Markham Place, Markham Ontario. Went for Chinese dinner. Before I went, I was filled with hesitation and trepidation, not knowing how I would be received. I am now the only female in the Toronto SJC Alumni. SJC is one of the top all-boys Catholic high schools in Hong Kong.

Much to my relief and delight, all the old boys I knew, especially their wives, fully accepted and welcomed me. They all said I was so very beautiful. I was filled with complete relief, appreciation and thankfulness. Another hurdle overcame. No one from my high School Certificate class of 1965 was there. The past students were from graduating classes from 1958 to 2020. I knew a lot of them from before my coming out when my Ex-GF and I used to attend their functions and galas. One of them asked me how my Ex GF was doing, and I had to say I did not know because she refused to talk to me anymore.

I am okay with attending the Toronto Alumni all by myself because I have full confidence with my new self now, that I probably look better than most females my age.

Aug 28, 2022

My Bestie

I overcame most of the initial challenges during the first 9 months of my coming out, but the extreme loneliness persisted because I still missed my EX GF of 27 years. She gave me the final farewell early Dec 2021 after I sent to her a video of a heart wrenching song that I sung for her, "Help me make it through the night", when I was at my most vulnerable and I was crying throughout the whole song. I reluctantly closed the door to this past relationship and opened a new door to future friendships.

And then it happened. I found a new female friend on Aug 28, 2022, exactly 2 years from the date I came out. We have become the very best of friends, maybe even mental soulmates, but not romantic partners.

An interesting story about how we became friends: In the early summer of 2022, a female badminton player joined our Senior Centre for badminton. I introduced myself to her and gave her my real estate business card with my photo, and the small piece of paper saying I was a Trans Woman and

how to pronounce my name. She showed them to her best friend who was intrigued and later became my best friend. I saw Rebecca's lovely photo on Facebook and sent her a Friend Request. She recognized me right away and accepted my request, and the very next day we met at Starbucks and chatted for over an hour. She said she usually does not accept Friend requests on Facebook.

Sep 17, 2022

Brunch with LGBTQ2A+ Social Club

Went for brunch at the Sambucus Restaurant in downtown Toronto with the Hangin' Out LGBTQ2A Social Club on Saturday. Braless in a shimmering gold dress and short jacket from my EX GF, I put on only lipstick and no other makeup on my suntan face. Met some new friends. Enjoyed good conversations and good meal. However, I was disappointed that I still could not find a suitable Femme Lesbian girlfriend. I had a feeling that some of them were still wary of my being a Transgender Woman.

When I left and walked to my car in gold flats, I passed by an elderly man holding onto a walker. He glanced at me and said "You look so beautiful ". I thanked him. People sitting at the sidewalk café kept staring at me as I walked by, and I could hear someone whistling at me. As I approached a parked car with its door opened, an elderly lady with white hair smiled at me with 2 thumbs up and said, "So beautiful". I put my palms together to thank her and told her I was already 74 years old, and she told me she was 73. It's so gratifying to keep receiving compliments from total strangers wherever I go. My difficult transitioning journey is starting to feel less awkward.

Sep 18, 2022

Tough Hikes

Went for 9.5km enduring hike going up and down steep slopes with Lesbian Professionals at the Rouge National Urban Park. Very tiring hike. Met some new friends. Nice group. Did not find any potential femme lesbian girlfriend in this group.

Nov 13, 2022 Went on a tough enduring hike up and down steep slopes at the Rouge National Urban Park on Sunday lasting 2.5 hours over 9km. Very enjoyable hike. Met couple of new friends. At the end of the hike, I read my poem "I DAYDREAM" to the group. They asked me to post it on their meetup group.

Hiking is another way for me to keep healthy and fit, to immerse myself in nature, reminding myself how thankful I am for and to stay focused on my transitioning journey. There were a few couples at the Lesbian Professionals hiking group. I imagine how nice it would be to have a femme lesbian girlfriend, holding hands enjoying a hike or a walk. Something to look forward to. A Lesbian poem for my future femme Lesbian Girlfriend:

"I Daydream"

Your image comes to mind
I see your face, your smile
I smile too
Happy reminiscences surface
I can feel you in my arms
Your breasts pressing against mine
I run my fingers over your back
From your shoulders down to your derriere
So smooth, so creamy and silky
I feel your shivering tingles
I breathe lightly on your shoulders
My lips brush over your neck and down,
down, down to your breasts and love nest
You swoon and melt into my embrace
We sway to music that only we can hear
And exquisite sensations that only we can feel
Oblivious to time and space.

Sep 24, 2022

Waterloo Trip

Enjoying nightlife in Waterloo Ontario on Saturday. Braless in my red Cheongsam, Chinese Jacket, pink winter short coat and Chinese flats, I put on only lipstick and no other makeup on my suntan face. Met up with a new Lesbian friend for dinner at the Hot Pot Noodle. We wanted to go dancing, went to King Street North and waited in a Pizza place for a bar to open at 10.00pm. I taught my friend some dance steps in Merengue, Bachata, Salsa, Rhumba, ChaCha and Argentine Tango in front of the Pizza customers. A young couple wanted to learn also, and I taught them how to dance the Merengue.

My friend and I went across the road to talk to Drag Queens. I told them I was a Transgender Woman. She said I was one of them and let us in for free into the lesbian gay DIVE BAR. We enjoyed freestyle dancing and watched the Drag Queens perform. When I drove my friend home, she would not respond to a hug, giving me the impression that she was not receptive to a Trans Woman. That's okay with me. I was not really attracted to her anyway.

Oct 1, 2022

International Day of Older Persons

Celebrating International Day of Older Persons on Saturday. At 74 years old, I am so blessed to have arrived at this stage of my life and my transitioning journey. Healthy Lean and Fit into my Golden Years, I can still enjoy my morning Power Exercises, Competitive Senior Badminton, Power Walks with some Jogging, long and Enduring Hikes, and Ballroom Dancing.

I cannot say this often enough to my children and grandkids.
I have loved you from your very first breath, And I will love you until my very last breath.

Life is so precious, yet short fleeting and fragile. ACE Appreciate cherish and enjoy every single wonderful moment with your loved ones, building happy memories together. I remember and relish all the happy memories that all my loved ones have shared with me and have given me.

Oct 2022

Meetings with my Bestie

She visited me at badminton a couple of times, and we started chatting with each other on the phone. Eventually we met for a few lunches, and after that, we went for frequent dinners and occasionally, some dancing. We have become the closest of friends and chat with each other all the time through text messages, voice messages and long phone calls late into the night. It's remarkable how I can talk to her so openly about everything. She really understood me. Truly grateful that I have found her.

Oct 2022

MY BOTTOM SURGERY

Thank you. Thank you. Thank you.

Overwhelmed with Thankfulness, Gratitude and Happiness. Admin from GRS Montreal hospital called just now and scheduled my bottom Vaginoplasty Sex Reassignment surgery for Jan 31, 2023. I need to arrive in Montreal on Jan 29, 2023. I asked her to put me down for earlier surgery if there is a cancellation. She will email me with all the details in 2 weeks. I am in heaven.

Without experiencing the excruciating pain and sorrow, so much crying, the extreme loneliness and despair, the depressing thoughts, and the terrifying and most difficult challenges, I would not have been able to truly experience the joys that I am blessed with at this point in my transitioning journey, my bottom SRS Surgery coming up in January 2023. I still cry whenever I watch this video of me singing “Help Me Make It Through the Night”, but it is a good reminder of how much I have gone through to achieve the precious joy I have. I have become a stronger person because of this.

I booked my PCR Test for Sat Jan 28 2023, and booked my flight to Montreal on Sunday January 29 2023 for my surgery on Tuesday January 31 2023. I fly back to Toronto on Wednesday Feb 8 2023.

Nov 23, 2022

Poem for my Bestie

I couldn't sleep last night as words for this poem rushed through my mind. I dedicate it to my Bestie and Soulmate.

EXPLORING MY DEEP PLATONIC FRIENDSHIP

My dearest friend,

I admire you tremendously.

You transcend above your most difficult challenges.

You live the words: TO SERVE, TO STRIVE AND NOT TO YIELD.

You unselfishly serve your family and your community.

You always strive above any negativity.

You radiate positivity while holding back any tears or sorrows.

You never yield, never give up,

and carry on with strength and conviction.

*We had instant bonding when we first met,
from our initial warm embrace.*

*You are my confidante.
We confide in each other with our deepest secrets.
We accept each other, faults and all.
We truly enjoy each other's company,
and have become the best of friends within a short time.
I find tender precious moments with you.
We have strong friendship in this fragile world.
You understand me so well and know my whole life story.
You accept my weaknesses, my brashness and my fierce pride.
At the same time, you complimented my charisma and my charm.
You are able to follow me instantly in new dance steps,
as if we had danced together before.
You give me joy and refresh my life.
You say the funniest things and make me laugh.
You have evoked the passion in me again to live life.
We must have been soulmates in a previous lifetime.
You are my muse and my inspiration.
Thank you for accepting me into your world.*

Jan 14, 2023.

Dressed up at home feeling good

Braless in a beautiful brand-new dance outfit from my EX GF, I put on only lipstick and no other makeup. Did not go dinner and dancing at Harmony Club last night because I started on my self-quarantine in preparation for my bottom surgery on Jan 31. I also removed all nail polish in advance of the surgery. After my SRS bottom surgery, I will see how fast I can recover before I can go for dinner and dancing again at Harmony Club. After 2 months, I will be able to dance, but I may go after 1 month just to have dinner and sit around chatting with my good friends there and not dance yet.

Jan 14, 2023.

Morning Stretching and Power Exercises

Every morning, I look forward to my Power Stretching and strenuous Power Exercises: 50 pushups going down only halfway, lying face down lifting both stretched arms and feet at the same time for dolphin stretches, turn over for ab crunches, flipping legs over the head, ab crunches, 100 press ups on a stool with my legs in front, 500 twisting on the spot with 60 soft jumping jacks, 50 partial chinning with my feet touching the floor etc. etc.

I especially enjoy my morning Power Stretching and Power Exercises because after my SRS bottom surgery, I will have to wait for 2 months of recovery before I start doing strenuous exercises again.

Jan 25, 2023

Almost lost my Bestie

I drove my Bestie to the Airport. She was going to Hong Kong to renew her HK ID card and to visit her family there. I called her several times on WhatsApp video chat. She was not happy with the pressure from answering too many video calls I made. I felt bad and didn't know what to do. What if she breaks off our friendship. I will be sad and lonely all over again.

She had set boundaries in the beginning. Our relationship was not romantic, just best friends and mental soulmates. She came at the time in my life when I really needed someone and appreciated her mental support, two years after my Ex-Girlfriend left me. She made me so happy that I did not feel the need to look for a romantic girlfriend.

A day later, she texted me back to say she was just too tired. I told her I didn't mean to put any pressure on her and that I only wanted to make sure she was okay. I was getting ready to go to Montreal for my bottom surgery in the next few days. We promised to keep in contact.

Jan 29, 2023.

Arrival in Montreal for Bottom Surgery

I only paid for the PCR test and the return flight tickets. Everything else was covered by OHIP insurance. Got picked up at Montreal Airport and was driven to Holiday Inn in Laval. Received \$50.00/day Uber credit voucher from GRS Montreal. Ordered Uber Eats - ribs, fried chicken, coleslaw and Caesar salad. Hotel also provides hot breakfast. I performed all the cleansing prep work for surgery. I enjoyed my morning Power Stretching and Power exercises because I could not do them for 2 months after surgery. I felt fit and ready for my surgery.

Jan 31, 2023

Bottom Surgery

A driver picked me up from the hotel and drove me to GRS. I checked in and was shown to the preparation waiting area just outside the operating room. Both the anesthesiologist and the surgeon interviewed me before the surgery to explain the steps of the surgery. I changed into my surgery gown and was led to the operating room. After receiving iv anesthesia, I was knocked out within seconds.

Sex re-assignment surgery at GRS Montreal Hospital on Tuesday morning. Finally, I am a complete woman, my true self after over 6 decades. I'm in heaven. When I regained consciousness, the nurse asked me if I wanted pain killer med. I declined, not even Tylenol. I didn't feel pain. They wrapped my legs in a squeezing massage machine for an hour to prevent blood clot.

Then they wheeled me into my room at the hospital to stay for 2 days observation. That evening, 2 nurses came in to help me stand up next to my bed. I refused their help and stood up all by myself. They were surprised that I could do it. Then they asked me to hold onto my IV rolling stand and walk one round around the nurses' station. I felt strong enough and walked three rounds. Next day they asked me to walk three rounds, but I walked ten rounds. I said my legs felt good and strong.

After 2 nights stay in the hospital, they collected my belongings and walked with me over to their connecting convalescence center.



Feb 3, 2023.

Recovering from Bottom Surgery

Enjoying my stay at GRS Asclepiade Convalescent Centre for 6 days. So comfortable here. The food they serve for breakfast, lunch and dinner are so healthy and delicious. I hope I will not gain much weight. The nurses trained us how to change our dressings, encouraged us to drink lots of water to prevent UTI and to walk around the Centre more for speedy recovery.

I could brush my teeth again after breakfast and after dinner. Morning and night, I washed my face and applied anti-wrinkle eye and face moisturizing creams. Today I even managed to put my favorite pink nail polish on my fingernails. Will wait until I get home to put nail polish on my toenails.

Writing my sincere appreciation in the Journal of Asclepiade GRS Montreal: JueMeili (pronounced GeeMayLee, meaning Pearl Beautiful)

My overwhelming eternal gratitude to everyone at GRS Montreal Hospital and Asclepiade helping me become a complete woman, my true self after over 6 decades. I am in heaven!!! At 74 years old. Without experiencing the excruciating pain and sorrow, so much crying, the loneliness and despair, the depressing thoughts and the terrifying and most difficult challenges, I would not have been able to truly experience the joys I am now blessed with at this point in my transitioning journey, especially now after my SRS bottom surgery at GRS Montreal.

Thank you, GRS. Thank you. Thank you. Thank you.
Jue Meili

Feb 4, 2023.

FEELING GOOD

I had to pee through a catheter into a plastic bag which a nurse's aide came to empty a couple of times a day. 4 Days after my surgery at GRS Montreal.

Wearing my red Adidas athletic outfit. The top with my last name embroidered was a Christmas present from my daughter some years ago, before my coming out. Nowadays my athletic tops are much slimmer and tighter fit.

Feb 5, 2023.

Removing Stitches

5 Days after SRS bottom surgery, I got to see my womanhood. The nurse cut the stitches to the sutured thick dressing and removed most of the dressing except for the bottom layer still stuck. She cut around it as much as possible. Finally, I was able to wash my hair and take a shower. After my shower, half of the remaining gauze was already drooping out. The nurse said it may drop off by itself, or she will trim it down after my stitz bath tonight.

Feb 6, 2023,

6 Days after SRS

After breakfast, I brushed my teeth, applied eye/face moisturizing cream and went to the washroom. Later I went down to the nurse's operating room. She removed the stent from the cavity and the catheter for pee. I put back on my stretch panty with maxi pad, went back to my room and applied a bag of ice over that area. The nurse came up later to show me how to do the dilations and the douching. No more bulge. I can wear my tight-fitting athletic outfit again.

Feb 8, 2023.

Going Home.

The chauffeur dropped me off at Montreal Airport. I got wheelchair assistance to board the plane, and again when I reached Toronto Airport. Air Canada staff were so friendly and helpful. They even helped me get my luggage and wheeled me and the luggage to outside where my family was waiting to drive me home.

Feb 12, 2023.

My thoughts and feelings after surgery

Ever since I came out in the summer of 2020, I have lived my life 24/7 as a beautiful old woman and have not had any more doubts or feelings of being a man in my previous life. I do not feel any different now after my bottom surgery. I am still the same beautiful old woman before the surgery, but now with the added joy and pleasure of admiring my femininity. I'm still me, my true self, that has always been in me. My thoughts and feelings have not changed.

Comment from my bestie: Congratulations. I see you, not just a beautiful female, but one of a huge achiever. I admire your persistent focus and determination. Your positive attitude with life, and here you're, against all odds, finally your dream came true.

My reply: Thank you so much with lots of love and hugs. Your words mean so much to me. I really appreciate you, my bestie.

Feb 14, 2023.

Valentine's Day at Home



An unexpected, surprising visitor during my first week of home recovery, bringing me much joy and happiness. My bestie made time to come by for a late-night visit on Feb 13, 2023, because she can't come on Valentine's Day. We exchanged cards and presents and chatted for quite a while. She gave me a beautiful blown glass shaped like a heart with a live red rose inside. So, So very happy. Thank you. Thank you. Thank you.

Heart shaped glass globe story: Inspired by one Mexican Farmer's love for his wife, this hand-blown glass globe is an ode to beauty. As the story is told, each day the farmer would pick the most perfect rose from the garden for her, but as he grew older, he wasn't able to continue his ritual. Using an old snow globe and a mild combination of flower food, he invented the Rose Globe, a symbol of his everlasting love.

Happy Valentine's Day to everyone. Today is exactly 2 weeks after my SRS bottom surgery at GRS Montreal. My best friend is happy that I am recovering well.

Feb 2023

My Post-Op Personal Care Routine

Each routine consists of:

15 minutes Wrap ice packs in a towel and placed over genitals

5 minutes Small Dilator

25 minutes Larger Dilator

Either Douching and Shower or

10 minutes Sitz Bath and Douching

45 minutes Airing

And including washing Dilators and Douching Equipment,

Each routine takes about 2+ hours

Month 1 - Four routines a day

Months 2 and 3 - Three routines a day

Months 4, 5 and 6 - Two routines a day

Months 7, 8, 9, 10, 11 and 12 - One routine a day

After 1 year - One routine a week

Douching is every day, forever, as part of my daily showers.

The first month is the most challenging because the 4 routines total over 8 hours a day with maybe about an hour between each routine. This is like a full-time job. Kind of being stuck at home with boring but necessary personal care routines. Once a week, I may go out for groceries, but this can push back the next routine, and I may finish the last routine late at night. Every day, I kept telling myself "Next week will be better" and eventually it became better.

Strenuous exercises are not permitted in the first two months. I am limited to stretching languishingly in my bed when I wake up in the mornings and then do some gentle arm stretching and arm swinging exercises.

13 days after Surgery. My doctor at Sherbourne Health Centre confirmed that I could start taking my Vitamin Pills again. I take Vitamins B, C, D, E,

Multi-Vitamin, Calcium and Glucosamine Chondroitin MSM with my breakfast in the morning.

24 days after my Surgery. I went downtown Toronto to see my Doctor at Sherbourne Health Centre for a physical check-up of the surgical site. With my permission, she invited a Resident Doctor to be present and to learn about surgeries for Transgender Women.

I told them I did not take any pain killers at all after my SRS bottom surgery and that I felt good with my recovery progress. I showed them photos of my surgical site taken the night before I left GRS MONTREAL and 20 days after surgery that I emailed to GRS who said "Thank you for the update. We can see a very good healing progression. Keep up the good work!" They examined my surgical site and told me that my healing recovery in just 20 days is comparable to those with over 2 months healing recovery.

Mar 7, 2023

Words to say to loved ones

My dear family. If I could give you one thing in life, I would give you the ability to see yourself through my eyes. Only then would you realize how special you are to me. With lots of love and hugs from JueMeili. My supporting family and their love are so important to me in my life, especially during my transitioning journey. I am so lucky to have a supporting family. I wish all my Trans sisters also have supporting families or supporting extended families.

Mar 10, 2023

Hello, my beloved family

Thank you for sharing your thoughts on my becoming a woman. When I came out, you were the first to tell me that you wanted me to be happy. Notwithstanding my transitioning to become a woman, I have always loved you, from the moment you were born, and I will always love you until the day I die. I love all of you more than anyone else or anything in this world. I appreciate so much your moral support and encouragement during my transitioning journey.

No matter what, I accept and embrace the fact that the world will always see me as a Transgender Woman. My Bestie knows everything about me, and yet she is still willing to be my best friend. I do not need to hide this from anyone, especially my new relationships or future romantic Lesbian partners. All my Lesbian and CIS Women Support Groups accept me as a Transgender Woman. I am so happy to have total acceptance also from my badminton and dance friends.

It has been an almost unbearable journey for me. However, without experiencing the excruciating pain and sorrow, so much crying, the extreme loneliness, the depressing thoughts and despair, and the terrifying and most difficult challenges, I would not have been able to truly experience the joys I am now blessed with at this point in my transitioning journey.

Now, I am fiercely proud to announce myself as a healthy lean and fit, beautiful 74 years old (soon to be 75) Lesbian post-op Transgender Woman. I know that I look gorgeous when I go out with only lipstick on and no other make-up, and I look even better than most CIS women at my age level or younger.

As I told my Bestie, I am in no hurry to look for a romantic girlfriend until I have fully recovered from my bottom surgery. Meanwhile, I recently joined Lesbians Over 50-year-old groups to start exploring. Some Lesbians already want to get to know me better, but I explained to them that I prefer to wait until the end of summer before I seriously seek new friendships.

I have been updating details of my journey on Facebook posts because I want potential new Friends to know me and accept me for who I am, and these posts are being included in my book A Transgender Woman's Diary. Hopefully my book

will help others on a similar journey and make it easier for CIS people to understand Transgender people.

With lots of love and hugs from Jue Meili

Mar 13, 2023

Healthy Breakfast.

One way to stay healthy, lean and fit is a good breakfast.

Bowl of Cereals 2 tablespoonful of each of Cheerios, Harvest Crunch and Bran Flakes. 5 almonds, with fruits - blueberries, cut up black grapes, strawberries, banana, apple and 3 pitted prunes.

Add 2% milk.

Put leftover fruits in another bowl for afternoon snack.

A piece of jalapeño cheese. A quarter toasted bagel with crunchy almond butter. Tea with 2% milk and a little honey.

7 vitamins - B, C, D, E, Multivitamin, Calcium and Glucosamine Chondroitin MSM.

I never miss my breakfast. It's the most important meal of the day.

I prepare my breakfast after my morning Power Stretching and Power Exercises.

My healthy diet and Power Exercises keep me healthy, lean and fit, and keep me focused on achieving all my goals during my transitioning journey.

Mar 29, 2023

Coffee meet-up with an old friend

Looking great at home after coffee meet up with a female good friend at Bayview Village in Toronto. We had great conversations because in addition to being a seasoned real estate agent, she is also an older actress. In her prime, she was a Playboy Bunny in London England. I learnt a lot from her.

Mar 31, 2023

International Transgender Day of Visibility

I am a fiercely proud Transgender Woman, beautiful bold and brave, and happy to celebrate with all the Trans people around the world. May you also overcome all your most terrifying challenges to become the beautiful person that you are.

Mar 31, 2023

Dinner and dancing with bestie at Harmony Club

Dressed in a sexy lace blouse, dance skirt, Zara jacket and Italian high heels, I put on only lipstick and no other makeup. My bestie was there at another table with her friends. We managed to dance several dances together.

Apr 11, 2023

10 Weeks after bottom surgery.

Okay for me to start exercising again. Went for a 3km Power Walk around the block near my condo. Yesterday, 29.5 minutes. Today, 28.5 minutes. Before surgery, 26 minutes. May take a few more weeks to reach that time again. It

felt strange not to be my usual powerful self, but it could not be helped when complete rest was necessary after a major surgery.

It is important not to overstrain trying to get back into shape. For my Power Exercises, I start with only 1 push up and just a few repetitions of other exercises this week and will gradually add more each day in the following weeks until I can do my full Power Exercises.

Apr 15, 2023

Golden Daffodils Gala with Bestie

In support of the Canadian Cancer Society held at the Sheraton Parkway in Richmond Hill on Saturday. My bestie and I attended the Golden Daffodils Gala dinner. We were the 2 most beautiful women there, enjoying appreciative glances and stares from other patrons. We also enjoyed the Silent Auction. I won the bid on 2 wind chimes, gave 1 to her, and she won the bid on a snack and coffee/tea basket. I was happy to outbid others for the wind chimes.

We saw my EX GF there with her boyfriend. They were holding hands near the reception table. She was one of the organizers. During dinner, she walked around to other tables to talk to her friends. She must have seen us, but she purposely had her back to us all the time. It was strange seeing my EX GF again after over two years. I did not have any sad nostalgic feelings about her anymore. I am so happy with my Bestie that I don't miss my EX GF and just wanted to wish her all the best.

April 19, 2023

Dancing Queens with Bestie at Queen Victoria Pub

In Scarborough. I went with my bestie and her good friend for dinner and dancing to oldies but goodies music. There was a live band playing pop songs. Taught her and her friend some steps in Merengue, Social Foxtrot, Cha-Cha,

Jive and Waltz. Received lots of compliments from some older men about my being a good dancer.

Apr 27, 2023

Funeral Mass for Brother of Badminton Senior

Dressed in all black for the funeral mass at a church next to Thornhill Community Centre. My badminton friend's brother passed away recently right after she came back from a vacation. Her family told her that he held on until she returned. It's strange how the dying can sense things. After the mass, we were each given a lunch bag containing a sandwich, a cup of mixed fruits, and a drink. I took mine over to the community center to eat before playing badminton. Attending a funeral is a good reminder of our mortality. That is why I want to enjoy as much as possible and accomplish as much as possible in my remaining precious Golden Years.

May 6, 2023

Received Engagement Ring

Surprise, Surprise, am I suddenly engaged, and I don't even know about it? Recently I received an engagement ring in my mailbox. Looks like it's made of ordinary glass. The small parcel has my correct name, address and phone number. I didn't order it, and I have no idea who sent it. My son texted me - Congratulations. My bestie Rebecca was quite amused when I told her. I had been scratching my head trying to figure out who sent it. I still haven't any clue.

May 12, 2023

Early Celebration of 75th Birthday

Hawaiian Night at Harmony Club. My outfit was brand new and left behind for me when my EX GF left me in Sept 2020 after 27 years together. It fitted me perfectly and I looked good in it. Braless in a dance blouse and skirt, cardigan, matching high heels sandals, I put on only lipstick and no other makeup on my suntan face. A good friend came to celebrate my birthday, and we danced a lot. I showed her new dance steps to enjoy the evening.

May 14, 2023

Mother's Day Power Walk

How I enjoyed Mother's Day on Sunday. Beautiful weather with lots of sunshine, and comfortable temperature around 20 degrees Celsius. I went out for my Power Walk and Jog. As I was jogging along, a young lady was walking towards me, and she stopped to say "You look great in that outfit. Everything matching so well ". I put my palms together and thanked her. It was so gratifying to receive another compliment from a total stranger. Really made my day. This also reminded me of the tough challenges before the present joys as I continued my jogging. I could understand the saying "We sow what we reap" and felt satisfaction with my accomplishments.

May 16, 2023

Family/Bestie celebration of my 75th Birthday



I continue to stay healthy, lean and fit on my 75th birthday. I feel so grateful to be blessed with good health and do not need to take any medications at all. I only take lots of vitamins. It is important to maintain good health from exercise and a healthy diet so that we can enjoy our Golden Years.

I am an athlete, playing Senior Badminton Competitions up to the National Level in Canada. I play badminton 5 days a week, go to ballroom/social dancing once a week and go for Power Walks/Jogs or tough Hikes on days without badminton. I'm happy to have shared my Morning Exercise videos on YouTube and Facebook.

My family took me and my bestie out for dinner at Maxim's Café in North York, Toronto. They brought special celebration balloons and ordered their famous Merengue Cake, for after dinner to sing Happy Birthday to me. Feeling so grateful and happy to have a supportive family and bestie.

May 30, 2023

Second Dose of Shingrix Vaccine

After effects of the second dose of the Shingrix vaccine against shingles. Yesterday afternoon, I went to Shoppers Drug Mart for my second dose of the Shingrix Vaccine against Shingles. The pharmacist told me this has permanent protection. I was very tired when I woke up this morning. While I managed to stretch languishingly in bed, I did not have enough strength to do my regular Power Stretching and Power Exercises and didn't go to play badminton. I probably need to rest more today.

Wed May 31. After resting the whole day yesterday, I am fully recovered. I did my Power Stretching and Strenuous Power Exercises this morning and went to play badminton.

Jun 3, 2023

Summerfest with Bestie in old Unionville

My bestie Rebecca and I attended Summerfest in Old Unionville in Markham. I did Power Exercises and went hiking in the morning, played badminton in the afternoon and went to Summerfest with her in the evening.

We relished a delicious set meal of arugula salad, organic salmon and cheesecake at an Italian restaurant Il Postino. After dinner, we walked over to the bandstand. We loved the music and danced throughout the concert. People came up to us to say how much they enjoyed watching us dance. So thankful for the thoroughly enjoyable unforgettable evening and precious moments with my bestie. Another happy memory.

Jun 13, 2023

Compliments at Second-Hand Store

Receiving compliments while shopping at my favorite second-hand store. Tuesdays Value Village gives 30% discount to Seniors. While trying on clothes over my badminton T-shirt and short skirt in front of the mirror posing like a model, several lady shoppers complimented me on my beauty and slim figure and how beautiful I look in those clothes.

I tried on a pair of sexy high heels sandals and danced while trying on various clothing to the delight of the shoppers. So thankful I can still enjoy my good health at 75 years old and that I pass completely as a beautiful old woman.

Jun 17, 2023

Hiking with North York 55+ Women Group

At the Leaside Spur Trail on Saturday morning. Did my morning Stretching and Power Exercises. My BMO old colleague and I joined the group for 8km hike over 2 hours. On our way back, we bumped into my son cycling along the same trail. What a coincidence.

After the hike, I went to play badminton with much younger strong players, followed by grocery shopping. Quite a tiring but enjoyable day. My physical activities have given me focus and helped me through tough times in my transitioning journey.

Jun 21, 2023

AICI dinner with Bestie at Soulas Greek Cuisine

We picked up another friend from Richmond Hill and went down to Soulas restaurant. I ordered Caesar salad and Kakavis a mixed seafood entree.

Very enjoyable evening. My bestie is the VP Education of AICI (Association of Image Consultants International).

We always enjoy precious moments together. Being an Image Professional, she helped me a lot, teaching me how to pose like a model and to select proper colors for my outfits. This will prepare me when I apply to become a Senior Model in the future. I used to say, "I want to become a Senior Model after my bottom surgery and after my 75th birthday".

Jun 23, 2023

Dinner with Bestie at Studio 9 for friend's birthday

We had a very nice buffet style dinner. There were 2 sessions of playing by 2 different bands and the birthday guy was the leader in one of the bands. We enjoyed the music and danced a lot, over 2 hours of almost non-stop dancing in 3" high heels. I also taught a couple of ladies how to dance the Jive, Merengue and Argentine Tango. Towards the end of the evening, there was a Karaoke contest with good singers. I made some new friends and enjoyed myself thoroughly. With special thanks to, and hugs for, my bestie. She has introduced me to a lot of friends from her wide circle of good friends so that I can feel more appreciated.

July 1, 2023

Finally bumped into EX GF before lunch with Bestie

Celebrating Canada Day by having lunch with my Bestie Rebecca and her good friend. Later Rebecca and I went to my daughter's house to celebrate my daughter-in-law's birthday.

I sat on a bench outside Jakes on Main in Unionville while waiting for Rebecca and her good friend. To my surprise, my EX GF of 27 years holding hands with her boyfriend, walked along the sidewalk right in front of me. I waved to them and smiled at them. They seemed surprised, just smiled, said hello, then walked on by.

I had mixed feelings seeing my EX GF. I was happy for her that she found a new boyfriend after leaving me in 2020. I did not have any pangs of jealousy looking at them. I was truly sorry if I had hurt her in any way. I could only wish her well. I did not miss her like I used to. I guess time healed all wounds, especially after my bestie came into my life. I regretted not being able to tell her that I am a complete woman after my bottom surgery.

Then Rebecca's friend came and soon after she arrived. We had lunch at Jakes. After lunch we walked around Unionville, and we shopped at a local store. After that I went straight to my daughter's house and Rebecca came over later.

July 9, 2023

Concert with Bestie in Richmond Hill

My bestie and I enjoyed the Songs from the Hills concert in Richmond Hill where our good friends of Music Box also performed. I finally met my Facebook friend Councillor Karen. My bestie and I danced Freestyle dancing to the pop music. We had ice-cream after. Very enjoyable afternoon. Another happy memory.

July 15, 2023

Tina Turner Tribute Concert with Bestie in Burlington

We went to Burlington Performing Arts Centre on Saturday. My bestie and I attended this concert. We stood up to dance in our seats for most of the

concert and enjoyed ourselves thoroughly. The singer was from South Africa. She dressed like Tina Turner and had the same hairstyle. Not sure if this was her own hair or a wig. Her voice sounded exactly like Tina. Spending precious moments with my bestie. We really enjoyed the concert and bought T-shirts with Tina's face on the front, then went to a nearby restaurant for a delicious dinner before heading home. I want to continue building happy memories with my bestie.

July 25, 2023

Overwhelmed with Uncontrollable Tears

To my bestie. Overwhelmed with uncontrolled tears and nostalgic feelings of my transitioning journey. Maybe it's the female hormones I have now. I was feeling very sentimental just now, remembering the struggles I faced in my transitioning journey, and I broke down in tears. It's you who helped me bounce back by giving me so much moral support, you who have given me so much joy and happiness that I feel so blessed and grateful. Thank you Thank you Thank you for coming into my life and welcoming me into yours.

July 31, 2023

Pink Ladies night out

Pink Ladies girls' night out. My bestie and I together with 5 of her close friends dressed in various pink outfits went to see the 5.30 pm Barbie Movie at the Cineplex Cinemas Markham. One of her good friends had accepted me before and wanted to take a photo with me. It was a fun movie with a Feminism theme. After that we enjoyed a nice dinner at Milestone Restaurant. Overall, I think the others have accepted me as well.

Aug 3, 2023

ACE Feeling Thankfulness

Life is so precious yet short fleeting and fragile. ACE Appreciate Cherish and Enjoy every single wonderful moment with your loved ones building happy memories that will last forever.

Every morning when I wake up, I open my bedroom window blinds, raise my arms to the heavens then put my palms together and say Thankfulness. I do this 3 times and then sobbingly whisper "So grateful to be able to enjoy another so very precious day on my transitioning journey. Thank You. Thank You. Thank You. So grateful for bringing Rebecca into my life, giving me so much joy and happiness. Please look after her, help her overcome her most difficult challenges and keep her healthy and safe. Keep my family healthy and safe, keep them all healthy and safe."

Life is a present, a precious gift for us to enjoy every single second of every minute of every day to the fullest, for once it is gone it can never be recovered. All my dear friends, remember to build happy memories with your loved ones.

Aug 5, 2023

Celebrate Bestie's Birthday at Maxim's

So happy to celebrate my bestie's birthday. We went for dinner at Maxim's Cafe. They had a live band playing Oldies, but Goodies and we managed to dance a little. Later we went back to her place for a sip of sparkling wine. I have been saving a beautiful bottle of wine since Christmas for us to enjoy on this special occasion. Most memorable and happy evening.

Aug 21, 2023

Bestie lunar birthday at Chinese Restaurant

We wore the same matching pair of earrings. We enjoyed precious moments together, savoring Steamed Whole Fish, Chicken and Watercress. Very tasty meal. We had early dinner at 5.00pm before the restaurant became fully packed and there was a long lineup when we left.

Aug 24, 2023

NYSG badminton competition

Played badminton competition in the District Games of District 15 North York Senior Games at Edithvale Community Centre. Won Gold Medal in Women Doubles 65+ and Gold Medal in Mixed Doubles 65+

Aug 26, 2023

Celebrate Gold Medals with Bestie at Maxim's

My best friend and I enjoyed a nice dinner, borsch soup, entrees oxtail for me and fish for her. We loved the oldies but goodies music and danced quite a bit. We wore the same matching necklace with both our names on the necklace.

Aug 31, 2023

Tribute to Tina Turner with Bestie in Unionville

Summer concerts at the Bandstand in Unionville on Thursday evenings. "Songs of Tina Turner". My best friend and I managed to attend. We enjoyed precious moments together and danced quite a bit. An old man in the audience loved my dancing and started videotaping me from the back. My best friend is Simply The Best. She is also a great dancer and asked him to send the video to us. So happy we received a lot of compliments.

Sep 10, 2023

Strenuous hike at Rouge National Urban Park

Lesbian Professionals. Enjoyed a 9.25km tough hike up and down steep slopes over 2.5+ hours, dancing with my hands and arms as I walked. I was the oldest among the 9 hikers.

There was a Lesbian couple holding hands. I felt a little envious and wondered when I will be able to find my own femme Lesbian girlfriend.

Sep 13, 2023

My family member's birthday dinner with my bestie at Good Catch

So happy that my bestie could join us right after her AICI online board meeting. She had baked Portuguese chicken rice plus red beans ice cream drink, and I had roast duck noodle soup and hot Horlicks drink.

My bestie is now considered part of my family and attends our birthday parties. My family can feel that I am a happier person since my bestie came into my life.

Sep 15, 2023

Reflections of my life

I am fiercely proud to be who I am and what I am and living my life as my true self after having been couped up in a shell for over 6 decades, struggling with my identity and sometimes going through hell before finally blossoming and coming out. So thankful for the moral support and encouragement from my family and relatives, my bestie and all my good friends.

I'm a healthy lean and fit 75 years old beautiful Lesbian post-op Transgender woman. My EX GF of 27 years left me 3 years ago when I came out because she couldn't see herself in a Lesbian relationship. I have been alone since, at first unbearably lonely but I met a straight female friend a year ago and we became the best of friends within a short time. Although not romantic and not physically intimate, we're mental soulmates, having the best possible relationship, even better than most physically intimate couples. She brings me so much joy and happiness that I thank the heavens above every morning for bringing her into my life.

I'm in no hurry to look for a Lesbian relationship but I'm open to one when the time comes.

Sep 16, 2023

Dance with Bestie at Turtle Jack

Our friends from the band Music Box, performed at Turtle Jack in Richmond Hill. My bestie and I enjoyed some dancing. I also danced with one of my dance students there. I started teaching Ballroom Dancing to our friends at my condo party room. I don't charge any fees, but they chip in \$10 each to rent the party room. We have dance practices a couple of times a month. Another way of

giving back and paying it forward. Hopefully they can enjoy dancing through life.

Sep 19, 2023

Professional photo shoot in Milton

This was a huge milestone in my transitioning journey. Went for a professional photo shoot on Tuesday in Milton. I put on only lipstick and no other makeup on my suntan face. I wanted to go all natural and told the photographer not to touch up or refinish my photos. She took over 200 beautiful photos and chose 70 for the total package that I ordered.

I am proud of my wrinkles, the good smiley wrinkles on the outside of my eyes. Because of my positivity, I am blessed to have no frown wrinkles between my eyebrows.

I brought several outfits in a large suitcase to change into for the photos. My Transgender Woman friend from Hamilton came to watch the photoshoot. She helped me change to different necklaces after I changed outfits. I will be using these photos to jumpstart my modelling career by sending them to model agencies and fashion magazines.

Sep 24, 2023

OSGA AGM

OSGA Mission. To provide a network built on support and collaboration for social and active opportunities for Ontarians 55+, to promote physical mental and social activities for Seniors to support a healthy lifestyle, especially important in an aging Canadian population.

Ontario is divided into Regions with Districts in each Region. There are about 30 Districts that are members of OSGA. Each District can organize their own competitions in various physical sports and mental card games. Winners can represent their District to compete in the Ontario Games held every two years against other Districts. First and second placements can represent Ontario in the Canada Senior Games held every two years against other Provinces.

Attended the Annual General Meeting of the Ontario Senior Games Association in Barrie on Sunday and Monday. I am the District Co-Ordinator for North York Senior Games representing North York District 15 to attend the AGM. I am also the Badminton Convenor for the North York Senior Games, a volunteer who wants to give back to the community.

Sep 25, 2023

Photoshoot from Carla Morgada

My photoshoot on Sept 19 was captured by portrait artist Carla Morgada of Ellahrika Photography and Photoworks in Milton Ontario

I want to express my sincere appreciation and gratitude to Carla. Her mission is to Capture the True Reflection of Your Beauty and Soul. She is such a joy to work with. I had the time of my life from this wondrous experience, learning more about how to pose from so many different positions. Although I put on only lipstick and no other makeup, she has managed to bring out my natural beauty in the photos.

I am extremely satisfied with the final results. Now I have a beautiful portfolio I can bring to modelling agencies in the future. I will choose one of the beautiful photos to use on my new business card which will say Sensational Senior Model/Actress, and Uniquely exquisite – all natural with lipstick only.

Her contact info:

ellahrika.com

photosthatwork.com

facebook.com/ellahrikaphotography

Instagram.com/Ellahrika/

647-561-0118

Sep 26, 2023

Accepting loved ones for who they are

Accepting my family, my loved ones and friends for who and what they are. At support group meetings, we talk about how different each person's journey is from anyone else's. At 75 years old, I consider myself stubborn and focused on my bucket lists, but I have learnt to accept my family, loved ones, bestie and good friends for who and what they are. They have their own priorities and challenges. They are only willing to make changes for themselves, but not necessarily for me. However, I will always be here for them, just like the song You've got a friend.

Too often, couples break up because they try to change their partner, instead of accepting them for who they are, and not willing to appreciate and live with these differences. Why do people want their partner to be a clone of themselves? It is not practical and not fair.

My EX GF used to try to show me her way of doing things and expected me to follow. I have my own way of doing things and I felt resentment at her insistence to do things her way.

Sep 29, 2023

Looking forward to 2024 badminton competitions

Having won gold medals in North York District Games, my partner and I will go to Orillia in Feb 2024 to play in the Ontario Senior Games Mixed Doubles 65+ competition. After placing first or second, we will represent Ontario to go to Quebec City in Aug 2024 to play in the Canada Senior

Games Mixed Doubles 75+ competition and bring home the all-Canada Senior Games gold medals.

Passing on the torch to continue winning badminton tournaments and accumulating more trophies in the future. My badminton friend from two decades ago came back to Toronto from Hong Kong and hired me as his real estate agent to sell his condo here because he is leaving Toronto to retire in Hong Kong. Over 80 years old, he cannot play badminton anymore and has given me his three beautiful badminton trophies for me to carry on the tradition of winning more badminton trophies.

Oct 8, 2023

International Lesbian Day

Happy International Lesbian Day to all Lesbians around the world. May we continue to live our lives as our true selves and as decent human beings. I wistfully imagine the day when I will be able to find a femme Lesbian girlfriend. However, this may be an elusive dream because of the high standard of the qualities I expect from my future femme Lesbian girlfriend.

Oct 11, 2023

Lunch with Bestie at Lena Restaurant

I drove my bestie to downtown Toronto for a medical check-up at St Michael's hospital after which we found a most unique Argentinian restaurant behind Saks Fifth Avenue to go for lunch. We were impressed by its quaint Spanish design and decor. It was almost like we were on vacation in Europe. We enjoyed precious moments together and the delicious food. The atmosphere suggested it was time to consider vacationing in Europe together. A Mediterranean cruise will be perfect.

Oct 14, 2023

Dinner with Bestie at La Verandah

Went with my bestie and another friend of hers. Dressed all black in a sexy Italian blouse, sexy dance pants with slits on the sides, and jacket, I put on only lipstick and no other makeup on my suntan face. We danced to Disco music. Enjoyed a wonderful evening with my bestie.

Oct 27, 2023

Halloween Masquerade Balls

Dinner and dancing at Harmony Club in Scarborough Toronto on Friday for their Halloween Masquerade Ball. Went without a dance partner. Wearing a long black evening gown with flair sleeves, high heels and a masquerade mask, I put on only lipstick and no other makeup on my suntan face.

After dinner, I left early to join my bestie at La Verandah Restaurant in Woodbridge. It was Salsa night there and because I did not like dancing the Salsa, she danced with some guys. Later, she asked me to dance the Merengue with her.

Sat Oct 28, 2023

Full moon and crazy people

The full moon makes people do crazy things. I was feeling extra sensitive and emotional yesterday. Overwhelmed with loneliness, I could not help

myself and broke down in tears, sobbing uncontrollably. After I came out as a Transgender Woman in August 2020, I had a nightmare a few months later. I dreamt I was laid in a coffin without finishing the surgeries in my transitioning journey. Although I had my top surgery in Dec 2021 and my bottom surgery in Jan 2023 to become a complete woman, I still have other bucket lists to accomplish before I am laid to rest.

I have been alone since my EX GF left me in Sept 2020. Although I found my platonic female friend (my bestie and mental soulmate) 2 years later, and she has given me so much joy and happiness, I still miss having a romantic girlfriend, miss holding hands and kissing and more. I hope that I can find a romantic Femme Lesbian girlfriend before I die.

Oct 31, 2023

Lunch with Bestie at Del Manor Retirement Home

Halloween lunch in North York Ontario. My bestie and I were invited to lunch by Delmanor's Community Relations Manager. I told my bestie that I looked like Red Riding Hood in my red raincoat. We enjoyed bean soup, salad and fried cod, followed by fresh fruit bowl and coffee/tea. We were given a tour of the facilities and viewed a model suite. They were celebrating their Halloween party. We managed to dance a few dances before leaving. Very enjoyable afternoon.

Visiting a retirement living home for Seniors reminds us that we all grow older each day and there will come a time when it is no longer feasible for us to live on our own, that we have to rely on more help from others.

Nov 3, 2023

Appreciate my Facebook Good Friends

I want to express my heartfelt appreciation and thanks to all my good friends on Facebook. Thank you so much for your likes and loves, and wonderful comments on my posts. They give me so much support, encouragement and confidence in my transitioning journey to help me overcome my most difficult struggles and challenges. Thank you. Thank you. Thank you.

Nov 4, 2023

Dinner with Bestie at Brilliant Minded Women Award



Dinner and dancing at The Riviera Event Centre in Vaughan. I went with my Bestie because she received the Global Excellence Award. Her relatives and good friends were there also. I'm so proud to have such an amazingly

accomplished bestie. Great food and atmosphere. We danced a lot together. A female stranger in green dress wanted to take a photo with me. Such a fun and enjoyable evening.

I am grateful to be invited to her events as part of her group of close friends. It's a great opportunity to dress up in beautiful attire to meet more people.

Nov 14, 2023

Signed with TN Model and Talent Agency

So happy to sign up with a modelling agency to enjoy the next stage of my golden years. Thanks to all my good friends for wishing me success in my goal of becoming a Senior Model after I reach 75 years old. Special thanks to my dearest bestie Rebecca Chu, an AICI Image Professional with her critiques on my wardrobe and photos. Another special thanks to my professional photographer Carla Morgado from Ellahrika Photography.

2 weeks ago, I emailed the photos from my Sept professional photo shoot to 7 Modelling Agencies. 3 responded. 2 offered to represent me. I finally decided and signed up with TN Model and Talent Agency in Woodbridge. I already felt welcome during my first interview, but their Agency Director was out of town on business. She came back and I went for my second interview so that she could welcome me to explain the terms of the Agency Agreement. I felt their warmth and welcome and signed up with them on Tues Nov 14. Next step is getting auditions and hopefully out of the Models and Talents applying, I get chosen for commercials.

Modelling and Acting are just a part-time profession for me. I am still a Real Estate Broker, serving my long-time clients and their good friends. I always look after and protect their best interests, usually bringing not only super service but also good luck to their real estate needs.

Nov 18, 2023

Turned down a recall audition

I just turned down a recall audition for a short film. Before I signed up with TN, I applied for a part in a short film and sent in a video audition a week ago. They sent me a script and recalled me for an in-person audition which means I have a good chance of getting the job. The script would involve me in close contact with a man including his wrapping his arms around me and bumping into my breast and dancing with him and gazing longingly into his eyes.

I am a Lesbian and dance with women only. I don't want to be in close contact with a man and will not let him touch me. Therefore, I declined the recall audition. I'm sure I can get more appropriate roles in the future. They contacted me again to explain that if I am chosen for the short PSA (Public Service Announcement) film, they will re-write the script for me.

Nov 25, 2023

Dinner with Bestie and Family at QJD Peking Duck

So happy my bestie came out with my family to celebrate my new modelling and acting career at the QJD Peking Duck Restaurant in Markham Ontario on Saturday. We enjoyed a delicious Peking Duck set course meal. My grandkids did not like the Chinese food. I should have brought some French fries for them to eat.

I was chosen for the lead role in a short PSA film. At first they chose a Transgender Woman friend of mine for the lead role, but after my recall audition, they chose me instead and told my friend she has the supporting role as my wife. My bestie told me I was really lucky to have a starring role to begin my acting career.

Nov 26, 2023

Hug and Love my grandkids

I experienced extreme poverty and hunger as a kid in Hong Kong. I had bad experiences when I was a kid, and these memories still linger on. I want my grandkids to have mostly positive memories. Kids need positive reinforcements all the time to feel loved and nurtured.

When I was a kid, my aunt despised my family and looked down on me calling me an unworthy pauper. I did not attend her funeral when I grew up. Kids are especially sensitive and remember sad and bad memories and mentally fight back even though they may not show it.

Dec 1, 2023

After filming, dinner with Bestie at Studio 9

Dinner and dancing at Studio 9 in Markham Ontario on Friday night right after I starred in the shooting of a short PSA (Public Service Announcement) film. I went with my bestie to celebrate another friend's birthday. We enjoyed ourselves and danced for 3 hours nonstop. One of my dance students there practiced some dance steps with me. Another satisfying party especially immediately after my film shoot.

Dec 6, 2023

AICI dinner with Bestie at Jules Bistro

Joined my bestie at AICI social event at a Bistro in downtown Toronto on Wednesday. I bought 10 raffle tickets for \$20.00 and was lucky to win 3 prizes but the maximum allowed was 2 prizes per person. She also won 2 prizes. I ordered onion soup and Cesar salad with chicken, and she ordered steak with fries and salad.

We enjoyed precious moments together even though the Venue was not pleasant. The Bistro was overcrowded, and too noisy, noisier than a Chinese restaurant. The most enjoyable part of the evening was the uplifting company of my bestie.

Dec 9, 2023

Tearjerker romance movies

2.15am and I am still sobbing from watching 2 Christmas Romance movies that deeply moved me to tears. I came out in the summer of 2020 during COVID and my GF of 27 years left me within 1 month. I have been alone since. Even though I found a platonic female friend 2 years later and she has given me so much joy and happiness, I still miss having a romantic GF, miss holding hands and kissing and more.

It is not easy to live alone and wake up each morning without someone by my side. Living with my EX wife for over 20 years and my EX GF for over 27 years and since Sept 2020 living alone can feel like an empty shell.

My biggest struggle is dealing with extreme loneliness. Watching these romance movies made me realize how I envy those who have romantic partners. I am so grateful and thankful for my platonic GF, my mental soulmate, for without her my loneliness would have been unbearable. I'm also so thankful for my family and all my good friends who have helped me through my most challenging and awkward transitioning journey.

Is it within my reach to find a Femme Lesbian girlfriend before I get too old to enjoy her company?

Dec 9, 2023

Published in Fashion Trendz Magazine

So very happy to be published in the inside Intro Cover of the magazine as Extraordinaire Senior Model in their Dresses to Kill Volume 19. Uniquely exquisite - with lipstick only.



Dec 15, 2023

Published in GIW Magazine

Front Cover GIW Magazine – I am Model Edition Issue 2. Pink is love, Roses are red, Beauty as a Peacock. Uniquely exquisite - with lipstick only.



Dec 16, 2023

Brunch with Ladies 50+

At Sunnyside Grill in Richmond Hill Ontario on Saturday. Met a couple of new friends. I passed out my modelling business cards. I was fully accepted as a beautiful old woman. However, I could not relate to them in terms of their interests and their lack of physical exercise and good health. I had a Western omelet.

After brunch I went shopping at Value Village next door. Later I went with my bestie to see the Chinese movie "In Broad Daylight", a movie about Autism in Hong Kong and how autistic people were taken advantage of and assaulted.

Dec 21, 2023

Bestie and dance students at Lago Cafe

Dinner and dancing at Lago Café and Pizzeria in Woodbridge Ontario on Thursday. My dance students and my bestie joined me for dinner and dancing. I taught them some more steps and practiced with them. It was a lot of fun.

An older woman asked me to dance, and I was so surprised that she could easily dance the Rhumba with me. She was a good dancer. Aiya, I forgot to ask her for her phone number. So stupid of me because I have been searching for a good dance partner for the last 3 years. Later another woman came over to hug me and told me she enjoyed watching me dance and teach my students. She asked me to go there more often. Wonderful evening.

Dec 24, 2023

Fortune Reading with Mahjong Cards

In January, I did a fortune reading for myself using special paper Chinese Mahjong Cards. It was a very accurate and lucky reading. I would end the year with a joyous event. I starred in a Short Film to be released in January 2024. More details in January 2024 after it is released.

I went to Pirates Sound in downtown Toronto to do the Voice Over for the short film. It was a wonderful experience. Delicious breakfast and lunch were available buffet style. Souvenirs were free. I took 2 T-shirts, 2 shoulder carry cloth bags and a tuque.

There were about 5 voice judges sitting with the recording technicians. I sat in the sound-proof room to recite the script. There were only 2 or 3 pages of script. I must have repeated the words a hundred times before the recordings were acceptable to the judges. When I finished and as I left, one of the judges told me I had a beautiful voice.

My bestie reassured me I don't need voice feminization surgery. This is such an important consideration in passing as a female in my transitioning journey.

Dec 24, 2023

Dinner with Bestie served by special needs kids

Christmas Eve dinner at Hollywood Café in Markham Ontario on Sunday. My bestie and I went to enjoy a dinner served by young people with special needs, organized by Cherish Integrated Services.

Dec 26, 2023

Published in Heartland Magazine



Heartland Magazine Page 22. Uniquely exquisite- with lipstick only.

Dec 27, 2023

Viewed again Interview with Trans Canada Project

This video can be seen by searching JueMeili on You Tube. I watched again the video of my interview with Trans Canada Project in April 2021 about my transitioning journey. Bitter First, Sweet Later. I prepared a script for the video otherwise I would've broken down and cried throughout the whole interview.

Towards the end, I said after my bottom surgery, I wanted to apply to become a Senior Model. I did and I became one. I am so grateful that my dream has been realized. I'm now living my life as a Senior Model/Actress.

Dec 30, 2023

Dinner with Bestie at King's Square

My bestie and I went to my family's place to do the Christmas presents' exchange through a Secret Santa game. Her picks were stolen 3 times. It was so much fun. We did not stay for the family and relatives' pot-luck dinner. Instead, we attended a friend's birthday party at King Square where our friends performed live music with Band 8. We enjoyed meeting her friends and danced a lot together. Fun evening. It felt good being accepted by all her friends wherever I go.

Dec 31, 2023

Viewed again heart wrenching song

Every so often, I recall the most challenging part of my transitioning journey and watch again the heart wrenching song I sang to my EX GF in Nov 2021 – Help me make it through the night.

Without experiencing the pain and sorrows, so much crying, the extreme loneliness, the desperation and despair, the terrifying and most difficult challenges, I would not have been able to truly experience the happiness I

am now blessed with at this point in my transitioning journey. I still cry whenever I watch this video, but it is a good reminder of how much I have gone through to achieve the precious joy I can now enjoy. I have become a stronger person because of this. Thank you. Thank you. Thank you.

Dec 31, 2023

Take-out Swiss Chalet at Bestie NYE dinner

We decided to stay in for a quiet dinner to bring in the new year. We enjoyed precious moments together and the Swiss Chalet dinner. So happy that we can share the countdown to bring in the New Year.

I am so blessed that she came into my life in August 2022. She has given me so much joy and happiness and has been my steadfast in my journey. We are not romantic partners and never will be because she is not a Lesbian and our characters are not suitable for a romantic relationship.

Nowadays, I feel that finding a best friend is more important than finding a lover. We complement each other with mental support and encouragement.

Jan 6, 2024

Potluck dinner with Bestie at friends in Woodbridge

Winter potluck dinner on Saturday. My best friend and I went to a friend's place for potluck dinner. She brought salad and I brought my poor people raisin bread pudding. So many delicious dishes from everyone. Our friends play in a band and they performed lots of oldies but goodies for us to dance to. We were all given sexy aprons to wear for the best model contest. Lots of fun.

Jan 9, 2024

Public release of PSA short film Help Us Remain

Finally, this PSA was released. Help Us Remain – Egale Canada. EGALE stands for Equality for Gays and Lesbians Everywhere. Google search: Help us Remain – Egale Canada

I starred in this Public Service Announcement, and I also did the Voiceover. Feeling so blessed and forever grateful to be given this amazing opportunity in my first Acting Career. Shooting of the film was on Dec 1 and Dec 2, 2023





The shooting of the film was so emotional that my tears flowed when I cried in some scenes. When the shooting was done and the casting director said, “It’s a Wrap”, many people there with tears in their eyes came over to congratulate me. Even the production manager was in tears, and she hugged me saying “This is the most emotional one I have ever experienced”. I’m proud to be a part of this production. They were such an amazing crew, everyone. An incredible experience. Thank You. Thank You. Thank You.

The Voiceover at the recording studio was from 11.30am to 4.00pm with an hour for lunch. I must have repeated the words a hundred times so that they fitted in perfectly with the timing of the scenes and the music.

Poster of me in the short film Help Us Remain – Egale Canada

My friend said she saw this poster of me at a bus stop on College Park in downtown Toronto. Another friend said she saw this in Vancouver. It's also in downtown Montreal and Halifax.

Jan 14, 2024

Famous Sayings.

Learn from Yesterday, Live for Today, Hope for Tomorrow. By A. Einstein.
Dance before the Music is over, Live before your Life is over. By unknown.

This is exactly how I am living my life right now. This is also what I wish for my loved ones, my family, my bestie, all my good friends and support groups everywhere.

Jan 14, 2024

Egale Press Release

Grateful for my starring role in Help Us Remain - Egale Canada. I will be at The 519, located at 519 Church St, Toronto on Sat Jan 27 after brunch. EGALE stands for Equality for Gays and Lesbians Everywhere. Help Us Remain, a short 3 minutes' film will be shared at The 519 on their big screen on Fri Jan 26 to Sat Jan 27. Here is their recent press release: [EGALE.CA](https://egale.ca)

Help Us Remain: Egale Canada's Campaign Reveals Dementia Injustices Faced By 2SLGBTQI People - Egale

Jan 19, 2024

Office Gala with Bestie at Hilton Suites

My Real Estate Office Annual Gala on Friday. My bestie and I attended my real estate office Annual Gala dinner. Dressed in a long black evening gown with silver rhinestones, I put on only lipstick and no other makeup on my suntan face. She wore a sexy red cocktail dress. We were the two most beautiful women there and drew admiring glances from everyone. We split half steak half salmon dinners with each other.

I had some reservations about being welcomed by other real estate agents who are good friends of my EX GF. I passed out my modelling business cards to lots of real estate agents there. My EX GF's sons, also real estate agents helping her, came later but I was not comfortable approaching them. They won some awards. My EX GF did not attend. I was accepted by most of them. Some of them commented on how beautiful I was and wanted to take photos with me. My bestie and I enjoyed precious moments together, enjoyed the meal and good conversations with the real estate agents at our table.

Jan 27, 2024

Brunch with Producer + Co-Actress at O'Grady's



Billboard of me in Help Us Remain next to O'Grady's Restaurant.

Went for brunch at O'Grady's at 518 Church St Toronto on Sat Jan 27 with the film producer, a co-actress and a couple of friends. After brunch took some photos under the billboard next door then walked over to The 519 to watch Help Us Remain on the big screen

Jan 22, 2024

Published in Weebo Magazine

In my interview in April 2021 by Trans Canada Project, I said after my 75th birthday in 2023, I would apply to become a Senior Model because that would be a part of me that I would enjoy very much. So happy and grateful that my dreams have come true. This is the fourth online Fashion Magazine that I have appeared in.



Feb 3, 2024

CNY dinner with Bestie at Golden Palace

Dinner and dancing at Golden Palace Banquet Hall in Markham on Saturday. Pre Chinese New Year party. Went with my bestie for dinner and dancing where our good friends performed as Band 8. I wore a red floral Chinese Cheongsam, and she wore a low-cut red evening gown. We were the two most outstanding beautiful women there. We received compliments from many people. We danced a lot together and with her friends. Very enjoyable evening. It was very comforting to pass completely and to be treated as a beautiful female everywhere I went.

Feb 6, 2024

Ontario Senior Games in Orillia

OSGA Winter Games in Orillia Feb 6-8. My badminton partner and I participated in the Mixed Doubles 65+ Badminton Competition and brought home the Silver Medal. There were 8 teams in our division. We beat the other teams. Our opponents who won gold were 8 years younger than me and 10 years younger than my partner.

Ontario Senior Games only has 2 age divisions 55+ and 65+. We were actually playing down 2 age levels against younger players in this Ontario tournament. Not bad for us 75+ Seniors. Canada Senior Games however have age divisions 55+ 60+ 65+ 70+ 75+. We will represent Ontario in Mixed Doubles 75+ in all Canada Senior Games in Quebec City in August and should bring home the Gold Medal. I will also play Women Doubles 75+ and should bring home the Gold Medal as well.

Feb 11, 2024

Bestie and Family at Milestones Restaurant

Lunch in downtown Markham on Sunday.

Went with my bestie and my family for lunch at Milestones to celebrate my Silver Medal and Chinese New Year. My family helped me with some of the photo backgrounds.

It felt great celebrating with my bestie as part of my family.

Feb 21, 2024

Markham Mayor CNY dinner with Bestie

My best friend and I joined Cherish Integrated Services for the Markham Mayor's CNY dinner at the Hilton Markham Suites on Wednesday. The venue was fully packed with 107 tables or 1070 patrons. The Chinese food served was refreshingly light and delicious. Various performances were entertaining. When an Elvis impersonator sang on the stage, I went up to the front of the stage and danced my heart out, oblivious to the 1000+ guests. We really enjoyed ourselves. She won the table prize of a silver coin of the dragon.

Mar 2, 2024

One-week Caribbean Cruise with Bestie

Western Caribbean Cruise on Carnival Mardi Gras Sat Mar 2 to Sat Mar 9. I went with my best friend. The most wonderful vacation I've had in 3 decades.

We received compliments from a lot of passengers and made some new friends. We enjoyed dancing and listening to soft jazz music. I relished the Carnival warm melting chocolate cake.

I enjoyed this cruise more than the previous 20 cruises taken since 1999.





Mar 17, 2024

Injury from strenuous hike

Another tough hike up and down steep slopes with the Lesbians Professionals at Rouge National Urban Park. There was still a bit of snow and icy patches along the route. Nearing the end of the hike, I was getting tired and going down a steep slope, I lost my balance, propelled forward and fell flat on my face. Hikers from our group rushed to me to help me back on my feet. I had some bleeding on my forehead and nose. They provided me with band-aids to stop the bleeding. After the hike, I managed to join them for brunch at a nearby restaurant. Two days later, at my Bestie's suggestion, I went to ER at North York General Hospital for a check-up. They did a CT scan and confirmed I only had a mild concussion. Since then, I have bought hiking poles to provide support and balance for my future hikes.

Mar 28, 2024

Portrait exhibition 50 Women 50+ in Milton

Portrait exhibition of 50 Women over 50 years old in Milton on Thursday evening. Our hostess photographer Carla asked me to make a speech. I took the microphone and said: "My name is JueMeili. It means Pearl Beautiful. It takes decades for a natural pearl to grow in a shell before it is harvested for the whole world to admire its beauty. This is how I see myself, couped up in a shell for over six and a half decades before blossoming and finally coming out as a Transgender Woman. After coming out, I said to myself I want to become a Senior Model after my bottom surgery and after I am 75 years old. Thanks to Carla's amazing photoshoot of me, I became a Senior Model and an Actress. Carla's photos of me have appeared in 4 online Fashion Magazines and I starred in a short film Help Us Remain by Egale Canada. Thank you so much Carla. You're the best."



Some of the women 50+ came up to me to say they couldn't believe I am a Transgender Woman because I am such a beautiful woman. It is so

gratifying to be treated as a woman and to receive compliments from my peers.

April 7, 2024

Runway audition at Roller Pony 75

In person Runway Model audition for the Toronto Fashion Experience "A Night in Miami" Fashion Show in Etobicoke on Sunday. There were over 30 mostly young models, more females than males. Some more models came later for their auditions. I believe more than 60 models came for their auditions. I was sitting next to an older female model and asked her to guess my age. Her boyfriend said about 45. When I told them I would be 76 soon, they were so surprised and said Amazing! She confided she was 47. I told her she could be my daughter. She looked fit because she was a Yoga instructor.

So grateful that my family came to videotape my catwalk. Even though I was not chosen, I am grateful for the experience. I have not practiced enough doing the catwalk that my Bestie taught me. Next time, I will do better.

April 12, 2024

Change photos on living room wall



I felt it was time to update the photos on my living room wall. I replaced the photos taken during the 2 years before my bottom surgery on Jan 31, 2023, with photos from my professional photoshoot in Sept 2023. Thanks to Carla from Ellahrika Photography, I became a Sensational Senior Model and an Actress and starred in the short film Help Us Remain by Egale Canada. My photos have been published in 4 online Fashion Magazines.

I felt that the photos before my bottom surgery were not as confident looking as now.

April 13, 2024

First time at Hair Salon

Finally, first time going to a Hair Salon – TONYC Salon and Beauty Spa in Fairview Mall in North York Ontario on Saturday. My EX-GF used to cut my hair during our 27 years together. I stopped having my hair cut after the first Halloween Masquerade Ball in Oct 2018 and started growing my hair long. Today I went for a hair trim with some layering. Great job Angela. Feeling good.

April 20, 2024

Qualities I expect in Lesbian Girlfriend

Qualities I hope to see in my new femme Lesbian girlfriend. I am now open to meeting my romantic partner. When the time is right, she will come to me. Have not given much thought to dating with so much happening in my life, started Modelling/Acting last November, looking forward to winning gold medals in Women Doubles 75+ and Mixed Doubles 75+ in all Canada Senior Badminton Championships in Quebec City in August this year.

1... I don't smoke, don't drink and don't do drugs. I don't mind her having an occasional glass of wine, but I will not accept her smoking or doing drugs.

2... She loves to dance even if she doesn't know how. I teach Ballroom Dancing and can practise dance steps with her to enjoy dancing together.

3... I have worked hard throughout my whole life to be healthy, lean and fit with exercises and healthy diet. I hope she shares similar values.

People say Good Luck because they don't think I can find one. I'm in no hurry because I have so much joy and happiness from my platonic bestie mental soulmate girlfriend. To me, a bestie is more important than a romantic girlfriend.

April 20, 2024

Golden Daffodil Ball with Bestie

Dinner and dancing in support of Canadian Cancer Society at Sheraton Parkway in Richmond Hill on Saturday. After I ordered the tickets, the organizer C told me the ball was all sold out. I suspected they did not want me there because my EX GF was on their board committee. I threatened to report them to the Human Rights Commission for discriminating me as a Transgender Woman.

C called me to explain that my EX GF had health issues in recent months, and they did not want my presence to upset her in her frail condition. Later she said that my EX GF was not strong enough to attend, and therefore she offered 2 seats at their corporate table for me and my bestie. We sat with them and, overall, had good conversations with them.

I appreciate precious moments with my best friend. Braless in a bare back black and gold party dress, gold medium heels, I put on only lipstick and no other makeup on my suntan face. We watched excellent performances during dinner and managed to enjoy some dancing to karaoke music later. Very good and memorable evening.

May 16, 2024

Overwhelmed with gratitude and sheer joy

Celebrating my 76th birthday. I ask the same question I asked myself during COVID in the summer of 2020. How many more years do I have left - 10 to 15, more if I am lucky.

My best friend wrote on the birthday card that my dance students gave me "So happy for your achievements, one after another". She says that I am always so focused on achieving my goals. Here is why. People say Time is of the essence. I say Time is of the Present. Each day is a precious gift for us to treasure and enjoy, for once it's gone, you can't take it back. I want to accomplish as much as I can with the limited precious time I still have left in

my Golden Years. They say Dance Before the Music Is Over, Live Before Your Life Is Over.

Proud of my age when I completed a questionnaire from a model application this morning:

Waist 27.5"

Shirt small

Bust 37"

Bra size 38B-C

Shoe 9.5-10

Height 5'7.5"

Weight 129lbs

Hair Colour grey

Eye Colour brown

Ethnicity Eurasian mixed Spanish/Portuguese and Chinese

Age 76 athlete

Zodiac Taurus

BTW I am a beauty with naturel features. I put on only lipstick and no other makeup

May 16, 2024

76th birthday dinner with my bestie at Kingsfield restaurant

Dinner in Markham on Thursday. My best friend took me out for dinner to celebrate my 76TH BIRTHDAY. We enjoyed precious moments together and a sumptuous Chinese dinner. I love the card and present she gave me. I posed for some photos and did a bit of Freestyle dancing. Passed out my Modelling business cards to staff and patrons at the next tables. Made new friends. Very memorable evening.

May 25, 2024

Performance at Rainbow Seniors Showcase

This Theatre is the longest running and largest LGBTQ theatre in the world. I was grateful to be chosen as one of the six Seniors to perform. I did not have any jitters and felt comfortable and natural performing in front of a couple of hundred people. I was able to share the sorrows and joys of my transitioning journey with the audience. The happiest moment of my life was when I helped my Bestie up the stage to dance with me. So happy my Bestie was able to dance with me to Tina Turner's Simply the Best during the last part of my performance.





Original link from Buddies in Bad Times Theatre

<https://www.dropbox.com/scl/fi/d53xt70dw5mzkn70r7p3m/BIBTT-Rainbow-Senior.mp4?rlkey=c6t3j3colnprsbjv8qxbw1vt7&st=wz1orrkc&dl=0>

My performance starts from the 48th minute

Rainbow Seniors Showcase at Buddies in Bad Times Theatre in downtown Toronto on Saturday.

<https://www.facebook.com/share/v/1EUvSCDBtk/>

May 25, 2024

Dinner with Bestie at Lena

Dinner in downtown Toronto, so grateful for another accomplishment. After my Rainbow Seniors Showcase performance in the afternoon, my bestie joined me in a celebration dinner at one of our favorites Lena Restaurant in downtown Toronto. It is an Argentinian restaurant with quaint Spanish European decor. We enjoyed precious moments together and a delicious meal.

May 31, 2024

AICI dinner with Bestie at Islington Golf Club

Dinner and dancing in Toronto on Friday. My best friend and I went early to help set up for AICI 30 years Anniversary Party. There was a Fashion Show. My bestie recommended me to walk the Runway, but the Designer used his own Models. We enjoyed precious moments together and danced a lot after dinner.

Jun 15, 2024

Rainbow Seniors Pride at Re kai Centre

Downtown Toronto on Saturday. After my morning hike, I attended the Rainbow Seniors Pride celebration in downtown Toronto. Met some friends from the Rainbow Seniors Showcase that I performed in on Saturday May 25. I did some dancing in front of the stage during the intermission.

Jun 17, 2024

Teach dance class

Dancing is so much fun. It's easy and a good way to stay in shape. We have a WhatsApp chat group called Dance w JML. On Thursday evenings twice a month, I teach Ballroom Dancing at my condo party room to some friends. I teach Social Foxtrot, Waltz, Rhumba, Cha-Cha, Jive, Merengue, Argentine Tango, Samba. I don't charge any fees, but the group admin collects \$10 each to rent the party room for 2 hours. Any excess funds are saved up for dim sum lunch eventually.

I get satisfaction when my dance students master basic steps and gain confidence in dancing. Hopefully they can continue to enjoy dancing at parties in the future.

Jun 19, 2024

Thornhill Seniors Club

20 years Anniversary Party of the Thornhill Seniors Club at Thornhill Community Centre in Markham on Wednesday. I played badminton there in the morning then joined the party of over 200 Seniors at noon. The Mayor of Markham was there to give a speech. Lunch was a hot dog, bottle of water or a can of pop, and a cookie. They served 400 hot dogs. Some had seconds but there must been about 250 Seniors present. There was a singer and lots of dancing afterwards. I enjoyed dancing with some old and some new friends.

Jun 27, 2024

View again Interview with Trans Canada Project

So grateful that Trans Canada Project interviewed me on April 30, 2021, about my transitioning journey. From Bitterness to Sweetness. What a journey it has been. It's never too late to live your dreams. Sometimes, I would watch this video again, to remind myself I was and I am a Transgender Woman, to relive all the struggles and challenges in the beginning before I finally accept living as my true self. My life had been a meaningless blur of events culminating in my final destiny as a woman.

July 1, 2024

Canada Day Power Walk

Celebrating Canada Day, I walked around the block, stopping by the 155 years old historical building, the Zion Schoolhouse at 1091 Finch Ave East in North York Ontario. I admired the old desks and chairs for children and the overall small structure, imagining how the children and the teacher used to look like. It also reminded me of our temporary existence.

July 11, 2024

Condo BBQ with Live Band

Annual free BBQ at my Condo in North York on Thursday evening. What a surprise, my condo hired a band, The Fried Angels, to perform at our BBQ. I finally met the singer, my Facebook friend Frieda. I lined up for a veggie burger topped off with relish and ketchup. Then I enjoyed the music of the Rhythm and Blues rock band and did a lot of freestyle dancing.

July 12, 2024

Published in Beaux Magazine centrefold

The fifth Online Fashion Magazine that I appeared in.



In Autumn last year, I sent my professional photoshoot of 70 photos to some Online Fashion Magazines. I believe I was published in 5 of them but only received photo tear sheets from 4 of them. I searched online and found I was published in this fifth one, the January 1, 2024, issue of Beaux Magazine inside cover and on Page 18 centrefold, my photo says, "Beauty has No Age". I am so proud of my age. I managed to buy an online digital copy of the magazine so that I can now take clearer photos of me on the inside cover and on the centrefold page 18 Beauty has no Age. They published exquisite descriptive words about my timeless beauty. Photos chosen by the magazine were from my beautiful photoshoot with my wonderful photographer Carla Morgado of Ellahrika Photography.

July 21, 2024
Best way to die

I have already prepared for my eventual demise with up-to-date Will and Powers of Attorney at my lawyer's office, and detailed procedures for my Executor.

Recently, I learnt about the passing of 2 of my badminton friends. One of them died while playing badminton. I used to tell my EX GF that is the way I want to die, while doing something that I love. The two things I love to do most are badminton and dancing. Now I tell my friends that when the time comes, I want it to be while I am enjoying one of those two things. I don't want to be in a hospital bedridden for months before it happens. The only problem is this may frighten my friends who are present at the time.

Whenever there is good music, I get up and dance freestyle. At outdoor concerts, I go up near the stage and dance my heart out in front of hundreds of people. At the Markham Mayor Chinese New Year banquet with over 1000 guests, an Elvis impersonator sang on the stage, and I immediately went up to the front of the stage and did my freestyle dancing. That probably pissed off the singer for stealing his thunder. I told my best friend that I am not showing off. I just want to enjoy every single wonderful moment of my very precious limited remaining Golden Years. Dance before the music is over, Live before your life is over.

July 24, 2024

Age difference in a relationship

Age differences in a relationship. Does it really matter? We talked about this at Support Group Meetings. I said I prefer to find a femme lesbian girlfriend closer to my age. They asked me "What if you find a soulmate 20-30 years younger?" Deep discussions ensued. Finally, we all agreed that it is better to have loved for a few years than not to have loved at all. I am 76. My doctor told me I have the body of a 50-year-old and the health of a 30 to 40-year-old. I can give my future femme lesbian partner incredible joy and happiness and pleasure for at least 10-15 years. I don't mind anymore if she is over 20 years younger. However, I prefer someone who is healthy and fit, perhaps a Pilates or Yoga instructor.

July 25, 2024

Mall shopping in my pajamas

Sensational Senior Model shopping at Fairview Mall in North York Ontario in her pajamas and high heels on Thursday. This morning my bestie asked me to help her pick up a pair of leggings from Lulu Lemon. I said "okay". She asked, "today?" I said maybe I can go out in my pajamas and high heels right away to pick them up. I wanted to surprise her. I went there in my athletic T-shirt and short pant skirt, then wore my pajamas over them and changed to high heels at the store to take photos inside and outside the store. I expected shoppers to look surprised, but they didn't even notice me. Nobody said Crazy Lady. So disappointing. I sent my photos to my Bestie.

July 25, 2024

Tribute to Eagles with Bestie in Unionville

Eagles Tribute Concert at the Bandstand in Unionville Ontario on Thursday. I went with my best friend. We enjoyed precious moments together. There were a few hundred people there. I immediately went next to the stage, and I danced my heart out. I enjoy every second of every minute to the fullest.

July 29, 2024

Dim Sum lunch with Bestie and dance students

Dim Sum lunch with dance class friends at Casa Victoria in Markham Ontario on Monday.

After playing badminton, I picked up my best friend to enjoy a hearty dim sum lunch with our dance friends. I teach them Ballroom Dancing about twice a

month on Thursday evenings without charging any fees. They chip in \$10 each to rent the party room for two hours at my condo and save up any leftover funds for eventual dim sum lunch.

This is the first dim sum lunch for our group.

Aug 3, 2024

Bestie early BD at The Kegg

Celebrating my Bestie's early birthday in Richmond Hill. She had half fresh Atlantic lobster with steak combo. I had 2 lobster tails. The piece of complimentary birthday cake was a delicious ice cream cake. Afterwards we joined her friends to dance at Studio 9 in Markham. Another happy memory with my bestie.

Aug 4, 2024

Bestie BD dinner at Skylon Tower in Niagara Falls

Continuing birthday celebration for my bestie at Niagara Falls' Skylon Tower revolving restaurant on Sunday. It was a busy traffic weekend on Sunday. The drive took longer than expected, 2 hours instead of 1.5 hours. We enjoyed the panoramic view of Niagara Falls during the restaurant's revolving turn. She had salmon fillet. I had chicken breast stuffed with ham and cheese. The piece of complimentary birthday cake was a delicious strawberry cheesecake.

Patrons sitting at the tables beside our table clapped their hands after I sang Happy Birthday to her. After dinner, we walked around the observation deck to take more photos. It was a truly memorable birthday celebration. I will need to plan for another memorable birthday for her next year.

Aug 5, 2024

My most vulnerable moment

My most vulnerable moment when I sung this song Help Me Make It Through The Night.



I broke down and cried just now when I watched this video again to remind me of the most difficult and terrifying challenges during the first year of my coming out. I am so grateful for having overcome that period to reach this beautiful happy stage of my transitioning journey.

Aug 11, 2024

Dinner with Bestie at Zunyan Fine Cuisine

Dinner in Scarborough on Sunday. I went with my best friend for a Chinese 10 course meal with her beauty products friends. We enjoyed precious moments together and had good conversations with new friends. I danced solo Freestyle behind our table during one of their Karaoke songs.

Aug 24, 2024

SJC Toronto Alumni BBQ

BBQ lunch at Milne Dam Conservation Park on Saturday. I am now the only female in this boys' school alumni. I enjoyed the BBQ and good conversations with old and new friends.

Aug 24, 2024

Celebrate second anniversary with Bestie at The Keg

Summer Lobster Fest in Richmond Hill on Saturday. My bestie girlfriend and I celebrated our second anniversary together. She enjoyed the whole lobster from Atlantic Canada, and I had the 2 lobster tails dinner. We relished precious moments together. I am so thankful we became friends 2 years ago.

Aug 26, 2024

Canada Senior Games in Quebec City



Represented Ontario in the All Canada Senior Games in Badminton Competition in Quebec City Aug 26-30. Won 4 Medals in Badminton It's never too late to live your dreams.

Mixed Doubles 75+ GOLD,
Women Doubles 75+ GOLD,
Mixed Doubles 70+ SILVER,
Women Doubles 70+ BRONZE.
So thankful another bucket list completed.

It feels great being able to continue playing badminton competitions after 75 years old, and hopefully I can still do this well into my eighties, provided I remain healthy and fit.

I will also want to continue my volunteer role as Badminton Convenor and as District Co-Ordinator for the North York Senior Games District 15.

Sept 10, 2024

Elegance & Style

This Facebook Group has over half a million members.

So grateful for the overwhelming positive responses. At 76 years old and still enjoying elegance, exquisite beauty with lipstick only and no other makeup.

My short mini dress generated a lot of comments, mostly good and some bad. I believe these negative comments are from women who don't have much self-esteem, not confident about their health and appearance, and may be somewhat jealous of me.

This group does not know that I am a transgender woman. I wanted to see how they react and think about my appearance as a regular woman. It is gratifying to know that I pass 100 percent as a woman and look beautiful with only lipstick and no other makeup. I have accomplished this goal in my transitioning journey. Eventually, I will let them know that I am a Transgender Woman and expect their shocked reactions.



880 likes 383 comments

Sept 15, 2024

Vegetarian lunch in Stouffville

Buddhist vegetarian lunch on Sunday. I was invited by a new friend I met from the Zunyan dinner on August 11. She came with a few other friends, and I passed out my modelling business cards and explained to them that I am a Transgender Woman. They all accepted me and we enjoyed good conversations and lunch with some new friends.

Sept 26, 2024

Time to Let Go, destroy photos of EX GF

It was exactly 4 years ago that my EX GF left me. She found a new boyfriend soon after she left. She said she had her own life now and wished me the best in my new life. She told me not to contact her anymore. Since then, I have only seen her twice.

My bestie and I attended the Golden Daffodils Gala on April 15, 2023. We saw her together with her boyfriend there. Second time I bumped into her was on July 1, 2023, Canada Day, when she and her boyfriend were holding hands and walked past me in Unionville. At first, I kept hundreds of our photos and over ten portraits drawn by street artists to remind me of the happy times we shared.

Exactly 2 years after I came out, I met my bestie. She accepted me as a friend right away even though I told her I was a Transgender Woman. Although we are not romantic partners, and never will be, we have become the best of friends and mental soulmates. We support each other mentally and enjoy precious moments together.

I have reached the stage of my life where I am at peace with myself, and I am accomplishing every goal I set. It was time to let go. I tore up or cut and destroyed all the photos and portraits of my EX GF and me. This finally completes one chapter of my life that I no longer want to dwell on.

Sept 26, 2024

Why post so much on Facebook

Why do I post so much on Facebook and why do I dance my heart out, oblivious to hundreds of people at open air concerts, galas and restaurants? I want to leave a public legacy of how I live my life. At the turn of the century, my fortune teller told me I would only live until my seventies.

It doesn't matter if it's true. At 76 years old, I just want to enjoy every second of every precious day to the fullest, for my remaining Golden Years.

My good friends tell me "Dance before the music is over, Live before your life is over". I often remind my family and good friends "Life is so precious, yet short fleeting and fragile. ACE Appreciate Cherish and Enjoy every single wonderful moment with your loved ones, building Happy Memories together". May everyone treasure Happy Memories with their Loved Ones.

Sept 29, 2024

Lesbian dance at Keating Channel Pub

Dinner and dancing in downtown Toronto on Saturday to the music of DJ Dallas.

Enjoyed French onion soup and chicken salad. Dressed in black blouse, sexy black pants, black jacket, I put on only lipstick and no other makeup. I danced solo Freestyle throughout the evening. Met a Facebook friend at the next table. There were several Lesbian couples present and some singles.

I did not see anyone that I could be interested in. Maybe the standards I set for my new femme Lesbian girlfriend were too high.

Oct 2, 2024

Emotional Crying

It was so emotional that I broke down and cried. On Wed Oct 2, after badminton and electrolysis, I had a strange compelling feeling and was drawn to Holy Cross Cemetery on Yonge and Hwy 407 in Richmond Hill Ontario. I visited my parents' grave and my sisters' grave to say a silent prayer for them. I reflected on my mortality and gave thanks to the heavens that I am still here.

Then I whispered sobbingly to my parents “I wish you could have seen me now as a woman” and I cried with uncontrollable emotion. Afterwards I dropped by the cemetery’s office to find out the location of the double niche that I bought for myself years ago.



Oct 3, 2024

Teach dance class

Teaching Ballroom Dancing in the party room of my Condo in North York on Thursday. I have been teaching Ballroom Dancing to good friends for the past year, usually a couple of times a month on Thursday evenings. I teach it in a very simple way, so that even those who claim they have 2 left-feet,

find it easy to follow and learn. I love to teach Social Foxtrot, Slow Waltz, Rhumba, Cha-Cha, Jive, Merengue, Argentine Tango, Samba and Freestyle. This evening, it was the Merengue.

I am just an intermediate level dancer and can appreciate the anxiety of the beginner dancers. Professional instructors expect too much of the beginners in terms of learning the dance steps combined with the styling and body movements. I show beginners just the dance steps to start off with, and once they are familiar with the steps, they gain more confidence to develop styling and body movement.

We have a WhatsApp group called Dance w JML. I don't charge any fees for the dance classes, but our Group Admin collects \$10 per person to pay for the party room rental for 2 hours, and any funds left over are saved up for eventual Dim Sum lunch.

Oct 5, 2024

Powerful Women

Powerful Women who learn and lead.

If a woman Knows Not, but Knows that she Knows Not, TEACH HER.

If a man Knows Not, but Knows Not that he Knows Not, SHUN HIM.

If a woman Knows, and Knows that she Knows, FOLLOW HER.

She is a Powerful Leader who can make a difference.

I was hoping for a female president in the States. Eventually there will be one.

Oct 7, 2024

Opening Toronto Chinese Film Festival

Attending the opening day of the Toronto Chinese Film Festival at the Chinese Cultural Centre in Scarborough. Met many new friends and some old friends there. Finally met a good Facebook friend, from a year ago. We tried unsuccessfully to meet up for coffee chat before, and yesterday we agreed to meet here. Enjoyed good conversations with them. I took some photos with her and with other new friends, including one with the organizers and a performer at this event. Made some new friends as well.

Oct 10, 2024

Movie at Toronto Chinese Film Festival

I was invited to the movies on the fourth day of the Toronto Chinese Film Festival on Thursday. I chatted with my new friends the Founder and Co-Chair of the Film Festival and the Chinese dance performer. We handed out art designed candies to the audience just before the movies.

Oct 13, 2024

Thanksgiving with Bestie at Bayview Court Restaurant

Celebrating Thanksgiving early on Sunday in Richmond Hill Ontario. My bestie and I enjoyed precious moments together with a Chinese dinner of Soy Duck, Assorted Veggies and Satay Beef Rice Noodles.

I have so much to be thankful for: my family, bestie and relatives, Canada, all my good friends from badminton, dancing and Facebook, and all my support groups. They are the reason for all my success in my transitioning journey.

Oct 26, 2024

Family member's birthday with my Bestie at Cousin's Steakhouse

Celebrating my family member's birthday in Newmarket on Saturday. So happy my bestie could join us. We enjoyed precious moments together. She had salad and grilled chicken, while I had cream of mushroom soup and grilled sea bass. Another happy memory.

Oct 28, 2024

Life's wake-up call

I went to look after her daughter while my bestie went to see her doctor about some test results. There were concerns about some health issues.

Her doctor would refer her to a specialist to deal with the concerns. I believed she would have successful treatment.

I suggested to her not to go to the Global AICI Convention in the Philippines next spring. Instead, I said we will go to another cruise or vacation in Spain and Portugal.

She is now part of my family. I treat her as my unbiological sister

Thurs Oct 31, 2024

Bestie at Greg Hair Salon then dine at Jade Yorkville

Drove my bestie for her haircut at Greg May Hair Architects at Avenue Road in Toronto. After her haircut, my bestie and I walked over to Jade Yorkville for dinner. We treasured precious moments together and enjoyed a delicious Halloween meal. She had Lobster Cocktail, and I had Char Siu Duck.

Nov 2, 2024

Brilliant Minded Women 10th anniversary

My bestie and I celebrated the 10th anniversary of Brilliant Minded Women Group. She received Certificates of Recognition and of Achievement. We enjoyed precious moments together and good conversations with her friends.

Nov 9, 2024

Condo anniversary party with Bestie

Dinner and dancing at my Condo in North York on Saturday. My bestie and her friends came to join my condo party with a couple of my family members. Food was okay, but the DJ music was great. My bestie and I danced a lot. Fun evening and wonderful conversations with good friends.

Nov 14, 2024

Did not renew contract with TN Model and Talent

The one-year contract with my Modelling agency was up and I did not renew it. I submitted over 20 online auditions without success. I needed a break to spend more precious time with my loved ones and in the next few months prepare for my competitions in the Canadian Model and Talent Convention in Toronto on April 30 to May 4, 2025. Almost 100 top Agencies from around the world will be here to spot and sign up Talents.

Nov 19, 2024

Reflections of my struggles

Looking back at my struggles and accomplishments, I read these wise words "I am not competing with other people. I just want to do better than what I did before." Because of my early training in life in Power Stretching and Exercises, School Sports, Badminton and the Outward Bound Course, I could stay focused on achieving any goals I set for myself. It is so important to stay healthy and fit to enjoy ourselves later in life.

Dec 23, 2024

Brunch with old friend and her Trans daughter

Pre-Christmas brunch at O'Grady's restaurant in downtown Toronto. I got together with my good friend and finally met her beautiful daughter who was an actress on TV. We enjoyed savory food and great conversations. Her daughter came from Los Angeles to Toronto to spend Christmas with her mother, and to meet up with some friends. She helped me connect with her on Instagram.

Dec 24, 2024

Merry Christmas to all

To all my good friends, I wish you all the best, especially happy times with family and close friends. I could feel the peaceful atmosphere at this time of the year. I became sentimental and tears welled up whenever I hear Christmas Carols.

Dec 25, 2024

Portuguese meal with Bestie

So thankful for celebrating Christmas with my Bestie on Wednesday. We appreciated precious moments together and enjoyed a Portuguese meal of Macao Cod Fish Balls and Portuguese Chicken Rice. It was just over 2 weeks after her treatment for a health issue. That's why we stayed in and had take-out food for dinner. She is such a happy soul.

Dec 31, 2024

Bestie bring in the new year

Celebrating and bringing in the new year with my Bestie. We watched the New York Times Square countdown on TV and celebrated with sparkling drink in crystal glasses I gave her.

We appreciated precious moments together.

Jan 6, 2025

Bone Density Study Report

4 prominent Toronto hospitals participated in a bone density study for Transgender people before bottom surgery and 2 years later. My doctor from Sherbourne Health sent me to Women's College Hospital in Jan 2023 for a bone density test just before my bottom surgery. The results showed I had the

bone structure of a younger adult with no fracture risk for the next couple of decades.

I went for my follow-up test at the end of Nov 2024. My doctor told me that this time: "Your bone density test is excellent. Your bone density actually increased from 2023. Keep doing what you're doing with your diet and exercise." At my in-person check-up last year, she told me I have the body of a 50-year-old and the health of a 35 to 40-year-old. So truly grateful for my blessed good health.

Jan 23, 2025

Office CNY dinner at Casa Victoria

Attended my real estate office Chinese New Year dinner in Markham on Thursday. Dressed in my red floral cheongsam, I received compliments from several female agents at some tables as I passed by. I gave them my modelling business cards, and they asked me to take photos together with them.

Sales Awards were presented during dinner. I was a low volume producer and did not get any prestigious Award. Several agents I knew from before received Awards, including My EX GF's younger son who was sitting at another table. He left immediately after dinner and purposely avoided looking at me as he passed by. It did not bother me at all.

Jan 25, 2025

At 12 years old, I wanted to become this beauty



My father bought the LP record that I listened to everyday, and I kept admiring the cover photo on the record. I am truly fortunate, blessed and humbly grateful that I have become a unique beauty in my own way during a most challenging and amazing transitioning journey.

Jan 25, 2025

CNY with Bestie at Golden Palace restaurant

We attended the CNY banquet at the Golden Palace restaurant in Markham on Saturday. We enjoyed the usual 10 course Chinese meal. Our musician friends Band 8 were performing. We danced a lot together and with her friends. Met old and new friends with good conversations. I am accepted wherever I go as a beautiful woman.

Jan 30, 2025

Jazz Winterlicious with Bestie at Hilton Suites

We went to Jazz Winterlicious in Markham on Thursday. I enjoyed a delicious dinner with my bestie Rebecca and her friends. Michael an action actor from Hong Kong came down to say Hello and took a photo with us. I danced with the jazz singer Jill and took a photo with her.

Feb 11, 2025

Markham mayor CNY dinner with Bestie

Celebrating Markham Mayor's Chinese New Year dinner with my Bestie at the Hilton Suites in Markham on Tuesday. My beautiful bestie and I enjoyed precious moments together, a delicious dinner and good conversations with old and new friends. She took a photo with a live snake.

Feb 21, 2025

The 519 Digital Story Telling Workshop

Went to The 519 in downtown Toronto on Friday. I was humbly grateful to be selected as one of the few to participate in this workshop. After completing, I hope to make short films about my transitioning journey. 2 more workshops to go in March and April.

Mar 23, 2025

North York General Hospital X-Ray of index finger

I went to North York General Hospital on Sunday morning. On Thursday Mar 20, when I closed my car door, my right index finger got stuck in it. Ow. Ow. Ow. It was so painful, but I blocked the pain from my mind. I immediately sprayed THERAPAIN on my finger. I have experienced continuous high throbbing pain since. I don't take painkillers even after my surgeries.

Finally, I decided to go to NYG ER to get an X-Ray. No bone fracture. The doctor used a needle to poke a hole in the fingernail and pressed the nail and finger to squeeze out the accumulated blood. Painful when she squeezed. Home and just finished putting ice around the finger for 10 minutes. Not sure when I can play badminton again with this injury to my dominant hand. Hopefully soon.

Mar 29, 2025

Yee Hong Gala with Bestie in Mississauga

We went to the fundraising gala for Yee Hong Wellness Foundation at the Mississauga Convention Centre on Saturday. We enjoyed dinner and dancing to the music of our good friends BAND 8. Delicious Food and good conversations with new and old friends. Very enjoyable evening.

Apr 4, 2025

The 519 Digital Story Telling Workshop #3

I attended the third and final workshop on Friday to make a short video of my transitioning journey. They tell us that a couple of our videos will be selected, and we can go for a presentation of The 519 with TIFF on Friday June 13 at 12.00-2.45pm. Wish me luck to be chosen as one of the presentors.



April 6, 2025

Material Things versus Life

Material things may have warranties, but life has no guarantees. I keep repeating this to all my loved ones and good friends. Life is so precious yet short fleeting and fragile. ACE, Appreciate Cherish and Enjoy every single wonderful moment with family and loved ones to the fullest, creating Happy Memories that will last forever. May everyone leave Happy Legacies for their Loved Ones to remember them by.

Into my Golden Years, I sobbingly give thanks to the Heavens above every morning: "Thankfulness. Thankfulness. Thankfulness. So grateful to be able to enjoy another so very precious day of my transitioning journey, Thank You. Thank You. Thank You." "So grateful for bringing Rebecca into my life, giving me so much joy and happiness. Please look after her, help her overcome her most difficult challenges and keep her healthy and safe." "Keep my family healthy and safe" and I say again "Keep them all healthy and safe".

April 11-25, 2025

Barcelona and Mediterranean Cruise

My bestie and I stayed at BCN Hotel in Barcelona for 4 days before the cruise. We joined Sagrada Familia and Park Guell tours. She loved shopping in Barcelona. We dined at Sagardi Restaurant. Then we embarked on a 9 nights Mediterranean cruise on Norwegian Breakaway.





Although we enjoyed ourselves, it wasn't as good as the Caribbean cruise in March 2024, because I had swollen feet and she felt some pressure on her back and both of us had to visit the ship's medical center for treatment. We joined various tours in Palma Majorca, Sorrento Pompeii, Livorno Florence, and Cannes. She enjoyed shopping and bought some purses, dresses and a jacket. We bought some nice perfume from the Perfume Factory in Cannes.

We had dinner in the main dining room where a band played soft jazz music. I danced a little with the singer Michelle. I gave my modelling business cards to many passengers who complimented us on our beauty. My bestie laughed when I bowed to the ship's audience after dancing solo in the Atrium. I taught some passengers how to dance the Rhumba. My bestie also did some dancing, looking great with her dance moves.

I modelled an expensive yellow diamonds ring and a yellow diamond necklace for the jewelry store on the ship.

We made friends with a nice Philippine couple and became Facebook friends as well. I disclosed to them that I am a Transgender Woman.

I prefer going on Carnival cruises to the Caribbean during the winter months to enjoy the warm weather in the Caribbean. We loved it so much in March 2024. However, this time we chose a Mediterranean cruise because my Bestie has not been on one before and more importantly because I can't go to Florida to board the ship anymore. I am a Transgender Woman and under the current ridiculous U.S. administration, I cannot enter the States without being possibly arrested and detained. I fear for my life. Carnival had been emailing me about their specials, but I told them to stop their emails until this President is gone.

April 27, 2025

SJC Toronto Alumni Mahjong Competition

I decided to join the SJC Mahjong Competition and dinner this year at New Kennedy Square in Markham on Sunday. I am totally accepted as a Transgender Woman now by my old schoolmates in an all-boys school from Hong Kong. I have not played mahjong for over 10 years and lost about C\$40. Enjoyed the usual 10 course Chinese dinner, ate half and took home the rest. Chatted with old and new friends. I am now the only female in the Toronto alumni, possibly the only female in St. Joseph's College Hong Kong's 150 years history.

May 3, 2025

CMTC Second Runner Up in Runway

I competed in 6 events at the Canadian Model and Talent Convention at the Toronto Airport Marriott from April 30 to May 4. On Sat May 3, I won Third Place or Second Runner Up in the Runway competition out of over 100 females 20+. During one of the workshops, I said I would be 77 years old in 2 weeks, and the audience erupted with clapping and cheering. Then I asked the Model Agency presenter how old his oldest model was, and he said 80 years old. I guess I still have an opportunity to be successful in Modelling.



At the Awards ceremony, they called out 3 contestant numbers to walk to the stage before they announced the placements. For the Runway (Catwalk) competition, they called my number first. I was elated, waved my arms in the air as I walked towards the stage, turned around and blew a kiss to the audience who were clapping and cheering like crazy. Two other contestants joined me on stage. They presented me with a trophy for Second Runner Up, then they presented trophies to the First Runner Up and the Winner.

My bestie said I should feel so proud of this achievement, especially against over 100 females in their 20s and 30s. It was just 13 days before my 77th birthday. She was so happy for me. She complimented me on being able to maintain my focus and purpose in achieving one goal after another in my relatively short transitioning journey.

I am truly thankful for this exciting chapter in my life. I remember that when I first came out and attended a Transgender Group Support zoom meeting, I said my biggest challenge was to learn how to walk like a female. And here I am, winning Second Runner-Up in a Runway competition. I have learnt how to

excel walking like a female and more. I truly pass as a beautiful female in every sense of the word.

May 15, 2025

Teach dance class

I took some photos of myself outside my condo building before my dance friends came over and received several compliments from neighbors passing by. A special class on Thursday at my North York condo party room. Reviewing Rhumba steps tonight.

My bestie and dance friends celebrated an early birthday for me one day before my 77th birthday tomorrow. We enjoyed a delicious mango birthday cake.

May 16, 2025

My 77th birthday with Bestie and good friends

Dinner and dancing at Harmony Club in Scarborough on Friday celebrating my 77th birthday with my Bestie and great friends. Dressed in a golden cheongsam, white jacket and gold high heels, I put on only lipstick and no other makeup.



I danced with my Bestie and with my Chinese lady friends. It was an extra special evening because my Bestie was there, together with other great friends and a BMO past colleague from over 25 years ago.

I had the time of my life, and I will always treasure this happy memory. My bestie seldom joins me at Harmony Club because she is usually not available on Fridays. Until I find a dance partner, I usually go alone for dinner and dancing at Harmony Club every Friday. I go early to take photos to post on Facebook, in a way building up my modelling portfolio.

May 23, 2025

Recipe for Papaya Chicken soup

Benefits of Papaya Chicken Soup. How I lost over 10 pounds to become a Senior Model by enjoying a delicious papaya chicken soup for lunch and having a small dinner, and continuing with lots of physical exercises, badminton and ballroom dancing.

Healthy Papaya Chicken Diet Soup. Papaya is the Queen of all fruits, several times healthier than all other fruits.

Recipe: Veggies and Papaya.

Big pot, put 2 inches of water.

No need to add salt and pepper. Tasty enough without.

Peel wash and slice 4 to 5 large carrots.

Wash 4 to 5 sticks of celery, remove top and bottom, and dice.

Wash 2 bell peppers cut and remove seeds and slice into thin strips.

Peel 2 cucumbers, wash and slice.

Peel 2 zucchinis, wash and slice.

Peel 2 ripened papaya, wash, remove seeds and cut into small chunks.

High heat until boiling, then turn to medium heat for 30 minutes.

Turn off heat and add cooked chicken pieces into pot and mix.

Let cool down completely before putting into plastic container boxes. Put some boxes in the freezer until use and a few boxes in the fridge. Heat up one box in a small pot to enjoy a healthy meal.

Chicken Meat:

Buy 3 to 4 large pieces of chicken breast or thighs. Careful not to overcook chicken. Just over half an inch of water in a large pan, boil chicken meat. Once water is boiling hot for 3 minutes, turn off heat, flip chicken meat over and let sit until cool down. Cut into small pieces and add to the pot of veggie papaya soup.

May 24, 2025

Painting self portrait



My bestie and I attended a fun painting workshop on Saturday in Stouffville, hosted by our good friends. First attempt painting a self-portrait from my photo. Our very good friend, an accomplished artist, did some final touch-ups to make it look more presentable. I wrote my Chinese name on it when I got home and put it up on my entrance closet door so that when I open the condo apartment door, people coming in can see it right away.

May 28, 2025

Added new photos to my living room wall



Photos of the happiest moment of my life dancing with my Bestie at Rainbow Seniors Showcase and the Most Memorable Event Second Runner Up in Runway at CMTC. I consider my bestie as my un-biological sister. She has given me so much joy and happiness that I thank the Heavens above every day for bringing her into my life. Although we are not romantic partners, I believe we are mental soulmates. We deeply understand and support each other.

May 28, 2025

Zoom view of THE 519 Videos

I attended a Zoom meeting with THE 519 and participants in the Digital Story Telling workshops. We watched our short videos together. They were so moved by my video that they suggested I should make a longer film of my transitioning journey. One offered to help me with the longer video. Another mentioned about various Government grants available.

Another participant and I were chosen to do a Presentation of the work of “THE 519 Story Telling” to TIFF on Friday June 13.



With special thanks to the Staff and Production Crew from THE 519, here is the link to my video: <https://vimeo.com/1088038481/804495a810>

May 31, 2025

View Lovin' Her with Bestie at TIFF Lightbox

We went on Saturday to TIFF Lightbox at 350 King St West in downtown Toronto in the Inside Out LGBTQ Theatre. My bestie and I were invited to watch this film Lovin' Her, a revised and longer version of the original film Help Us Remain that I starred in. It was so gratifying to see myself on the big screen. The scene of me crying was so emotional that it brought tears to my eyes. We met up with the Production Manager and the Casting Director and had good conversations with them.



June 11, 2025

My 106th Electrolysis Treatment

It's down to half-hour treatment every 6 weeks. Electrolysis is needed to remove light color or white hair. When I first started in 2019, I had one hour of treatment twice a week. Then it became 1 hour per week, later 1 hour every 2 weeks and after that, 1 hour every 3 to 4 weeks. Dropped to 45 minute-session middle of 2023 and 30 minute-sessions middle of 2024. Just a few white hairs left above my upper lip, on the sides, and below my lower lip.

Electrolysis is more expensive than Laser treatment. It is also more painful. Some patients cannot stand the pain and ask for special numbing ointment applied before electrolysis treatment. I have a high tolerance for pain and don't take pain killers after all my surgeries. Sometimes I even fall asleep

during my electrolysis treatments. The technician had to wake me up to tell me to close my mouth to continue the treatment.

Started in 2019, I had 11 laser treatments for removal of dark color body hair, mainly from my armpits, knuckles, private areas, bum and legs. My well-toned legs are now smooth without any hair. CIS women sometimes need to shave their legs. I anticipate stopping electrolysis within a year or so.

June 13, 2025

Presentation of THE 519 at TIFF

I went for the presentation on Fri June 13 at TIFF in their largest Theatre 1. It was a presentation of THE 519 and their story telling program. K and I did the presentation, introduced ourselves and our backgrounds and spoke about the videos of our transitioning journeys. I said I hope to find a femme lesbian girlfriend before I die much to the delight of the audience.

After our presentation, a feature film was shown "Really Happy Someday". It was about a singer, a Transgender Man's transitioning journey. After the movie, I handed out my Modelling business cards to people who were exiting and chatted with some of them. I received several compliments. The different Videos from THE 519 Digital Story Telling workshops we attended, will soon be shown on Sunday July 27 at Paradise Theatre 1006 Bloor St West at Dovercourt.

June 20, 2025

My feelings going to Harmony Club

Dinner and dancing at Harmony Club on Friday evening. Went without a dance partner. Dressed casually in a fluorescent green tight top, white pants and jacket, and high heels sandals, I put on only lipstick and no other makeup.

Danced a little with my Chinese lady friend. Left early because of my badminton competition tomorrow morning. When Harmony re-opened after COVID, I used to eagerly wait for each Friday to go dinner and dancing. I would pick out my outfit, shoes and accessories at least a few days before Friday. I would go 30 to 40 minutes earlier to take photos of myself before dinner.

I tell them Friday is my Fashion Show. I always get lots of compliments. The euphoria of doing this has passed. Nowadays, I only choose my outfits, shoes and accessories at the last minute because I know that I look good in whatever I wear. Feels good to be treated as a beautiful old woman

June 22, 2025

Appreciation from Badminton Player

I'd like to take a moment to express our deepest appreciation to JueMeili (GeeMayLee) – a remarkable woman whose dedication and energy keep our badminton community thriving year after year. At 77 years young, JueMeili continues to shine as a true role model — the Badminton Convenor and District 15 Coordinator for the North York Senior Games, a ballroom dance instructor, and a recent 2nd Runner Up in a modeling competition! She brings beauty, strength, and inspiration to all of us.

Before each competition, JueMeili personally visits every local community centre to look for interested players and invite seniors to participate, making sure everyone knows this opportunity is open to all. She is passionate about inclusion and community and works hard to make sure no one is left out.

Her yearly volunteer work is truly outstanding:

She sends out updated emails to all participants

Reminds everyone to renew their memberships and complete necessary forms

Organizes detailed match schedules

Carefully ensures players have time to rest between games

Walks from court to court to coordinate matches and find players

Looks after every small detail so everything runs smoothly
And she always brings a personal touch of care and kindness.
Last year, she even donated gifts for the lucky draw, bringing joy and excitement to everyone involved. We are truly grateful for JueMeili's tireless dedication, warm heart, and strong leadership. She inspires us both on and off the court.

Thank you, JueMeili, for all you do for our community! You are truly one of a kind.

Warm regards, S

June 29, 2025

Dare To Dream event

My bestie and I went to the "Dare To Dream" event at the Angus Glen Golf Club on Sunday.

It was a social networking event for women to learn to become their powerful selves. I passed out my business cards and received lots of compliments. My bestie was one of the guest speakers. I took some photos and videoed my Bestie's speech. So proud of my bestie.

July 3, 2025

Teach dance class Samba

No dance classes for 6 weeks due to my badminton competitions in June. We had fun at my condo party room on Thursday. I wore my CMTC Model T-shirt and black pants.



Tonight was learning how to dance the Samba. They first learnt the travelling Volta step. Then I taught them the Basic Samba steps, the Whisk, the Samba Walk, the Bota Fogo, and the Crisscross Travelling Volta. They really enjoyed learning the Samba, stepping to its lively music. I don't charge any fees, but they chip in \$10 each to rent the party room for 2 hours. Any surplus funds are saved up for eventual dim sum lunch.

July 10, 2025

Condo 50 years anniversary

I received a special invitation to attend my condo's 50 years anniversary BBQ party on Thursday. I ate a veggie burger at the BBQ. I did a lot of freestyle dancing to great songs by my Facebook friend and singer Frieda and her band Fried Angels. Met several neighbors and had great conversations with them. Passed out some model business cards.



The condo gave medals to original residents who have lived there since the condos were built 50 years ago, and they also gave medals to some past Directors of the Board.

They presented me with a medal as past President of the Board of Directors.

July 27, 2025

THE 519 Short Films at Paradise Theatre



My bestie and I met up with some good friends to watch 3 short films from THE 519 Digital Story Telling Workshops that I attended. Mine was the first one shown, receiving loud applause and cheering. After the 3 short films, an LGBTQ movie was shown.

It was humbly gratifying to see myself on the big screen. My good friend was deeply touched by the scene of me crying. She said it was so emotional that she started to cry. Afterwards, we enjoyed the Sunday Supper Special at Piano Piano next door. My bestie congratulated me on another achievement, a short film of my transitioning journey being shown on the big screen in a theatre.

Aug 5, 2025

My bestie's birthday at Casa Loma

My bestie said she has never been to Casa Loma before. On her birthday, we toured the beautiful castle of Casa Loma and dined at the gourmet Blue Blood

Steakhouse within the castle. She had jumbo prawn and steak with spinach, and I had lobster bisque and Cornish hen with asparagus. She really enjoyed the steak. She chose a delicious slice of coconut cake for dessert. They put a birthday candle next to the cake so that I could sing Happy Birthday. Again building happy memories with my bestie.

Aug 13, 2025

Annual mass for the departed

Tears flowed down my face as I attended the Annual Mass for the Faithful Departed at Holy Cross Cemetery in Thornhill Ontario. My parents and 2 sisters were buried there. Happy heavenly birthday to my Mom today. It was still hot in the evening, but a cool breeze rustled through the trees to comfort the congregation of several hundred people packed in front of the Holy Family Mausoleum. The Bishop of Toronto led the mass.

I reflected heavily on my mortality and the day when I would be laid to rest. The reason why I seldom go to Church to attend mass on Sundays is because all these emotions well up inside me and flood out in unstoppable tears so much so that I break down and cry my heart out. My friends used to say we don't have to go to church to show that we are good people. We just need to be decent human beings and help others.



Aug 27 2025

My Bestie's lunar birthday, and our Third Anniversary together

Lunch at Costa Sorrento in Markham VIP Ontario to Celebrate my Bestie's lunar birthday and the Third Anniversary of our beautiful friendship. Double joy and happiness. She loves the yellow VW Beetle model car I gave her. We shared pizza and linguine and enjoyed precious moments together.

Sept 5 2025

Upset being touched by a man

Dinner and dancing at Harmony Club. After dinner, I was sitting at my table checking out the photos I took earlier to determine which ones to post on Facebook. A tall black guy came up behind me to ask me to dance. I told him I don't dance with men. I only dance with women. He started touching my shoulder and I told him loudly "Don't touch me". I was pretty upset because I am a Lesbian and don't allow men to touch me. I did not give him permission to do so. My friends at my table understood and looked at him disapprovingly.

Sept 28 2025

St Joseph's College Hong Kong 150 years anniversary

Dinner and dancing at Hilton Suites in Markham Ontario. My bestie and I attended the Toronto Alumni celebration of the Hong Kong school's 150 years anniversary. We enjoyed precious moments together, a delicious dinner and dancing to the jazz music of a live band. Chatted with several good friends. I am the only female in the Toronto Alumni.

Oct 4 2025

Attend Elegant Lions Club Crystal Ball

My Bestie and I attended the 32 years anniversary of the Elegant Lions Club at the Sheraton Parkway in Richmond Hill Ontario. We had good conversations with old and new friends and met our good friend Richmond Hill Councillor Karen there. For the entrée my Bestie had veal steak and I had cod fish. We enjoyed precious moments together and managed to dance a little.

Oct 5 2025

Meeting up with new Facebook friend

Met my new Facebook friend for brunch at Yunshang Rice Noodle in Aurora Ontario. We enjoyed good piping hot noodles and great conversations. We share similar values, both healthy lean and fit through proper diet and exercises. Looking forward to more get togethers in the future.

Oct 6 2025

JueMeili's Journey was selected as 1 of 6 Finalists at TCCFF

JueMeili's Journey, a short Documentary, was selected as 1 of 6 Finalists in the Short Film Competition of TCCFF Toronto Chinese Canadian Film Festival. The 6 short films will be shown at the Chinese Cultural Centre in Scarborough Ontario from 5.00 to 6.00pm on Wed Oct 22 2025. The audience will vote for the winner at 6.00 to 7.00pm.

After 7.00pm a Chinese feature film will be shown "Clash". I advised all my badminton and dance friends and valued clients, asking them to support me by attending and voting for my short film.

Oct 9 2025

Cherish Integrated Services 15 years anniversary

My bestie and I attended the dinner banquet of their 15 years anniversary at Crystal Fountain Event Venue in Markham Ontario. We enjoyed precious moment together and had steak and salmon entrée. Met several old friends and made some new friends. Great conversations overall. Received lots of compliments.

Oct 16 2025

Update to post of Oct 16 2023 - Hope to become Senior Model

I did it.

So much accomplished within 2 years. I became a Senior Model and Actress. I starred in and did the voiceover for Help Us Remain. I appeared in 5 online Fashion Magazines. I performed in Rainbow Seniors Showcase. I was second runner up in CMTC Runway competition. My short film JueMeili's Journey was one of 6 Finalists in TCCFF short film competition. I finally appeared in a Commercial. I won Gold Medals in Senior Badminton Competition WD75+ and MXD75+ in the all-Canada Senior Games in Quebec City. I have so much to be truly thankful for 🥰🥰❤️🙌

Oct 18 2025

Brunch at Milestones in Markham

My Bestie and I enjoyed precious moments of fun and laughter as always, a brief respite from life's challenges. She had been feeling down and unhappy earlier in the morning. I always do my utmost to cheer her up. We bring out the best in each other, experiencing joy and happiness. We both had Seafood Eggs Benedict with Salad instead of brunch potatoes. It was so yummy delicious. We looked forward to and researched the shore excursions on my laptop for our upcoming Mediterranean Cruise in December.

Oct 19 2025

Admiring Mother Nature

Lying in bed gazing at a tree outside my window, I cannot help but admire this work of art from mother nature. It will still be there long after I am gone. It embraces all weather conditions, bright warm sunny days, gentle breezes, howling winds, falling snowflakes, fierce storms, every challenge and joy with

total acceptance. Its full clothing of leaves gets worn out and falls in Autumn, but nature bestows it with a new clothing of fresh leaves reborn in Spring. It overlooks all human activities around it, bustling or quiet, strong or weak and frail, overseeing us as just transient beings in the wonders of the universe. Pondering about my future with deep thoughts about my mortality into my Golden Years.

Oct 22 2025

Viewing the short film JueMeili's Journey



My bestie and I, together with some good friends attended the showing of the 6 short film Finalists at the Chinese Cultural Centre for TCCFF short film competitions, winner to be announced on Friday Oct 24. One of my friends gave me a bouquet of beautiful flowers to wish me good luck.

Oct 23 2025

Sherbourne Health fund raising ICONIC Gala

I wrote a good testimonial about my doctor at Sherbourne Health, and they asked me for another testimonial about Sherbourne Health itself. I gave them a good testimonial also. Then they asked me to go there for a photoshoot and invited me to their fund raising ICONIC Gala.

TESTIMONIAL FOR SHERBOURNE HEALTH

After coming out at 72 years old, during COVID in the summer of 2020, I needed to find a doctor who treated Trans people, but most doctors and clinics were booked full and not taking on any new patients. Eventually, I found Sherbourne Health Centre, and after several telephone interviews, I was referred to a Resident Doctor at the end of 2020. After blood, ECG and Cardio tests, I finally started on Hormone Replacement Therapy, Testosterone blocker in January and Estrogen patch in March 2021. I was in Heaven.

My Resident Doctor confirmed that I did not have to find a family doctor because she would look after all my medical needs. I went through 2 Resident Doctors before Dr. Allison Lou became my permanent doctor. She is the greatest. She helped me with applying for OHIP funding in 2022, for my bottom surgery in Jan 2023 in GRS Montreal, and continues to look after my health and well-being. She told me what I have accomplished in the last 3 years would take others a lifetime to accomplish.

Sherbourne Health is the best hospital to go to, for treating Transgender people young or old. Their doctors have the knowledge, expertise and compassion, to look after Transgender people, especially before and after bottom surgery.

Forever grateful to Sherbourne Health,
JueMeili



Oct 25 2025

Voted best International Short Documentary at TCCFF

JueMeili's Journey was voted the Best International Short Documentary at TCCFF short film competition 2025. My Bestie and our good friend came to celebrate my receiving the Award. So humbly grateful and happy to be able to achieve another bucket list.



https://youtu.be/c_wrxoOuH10

https://youtu.be/c_wrxoOuH10?si=ljkPltBOZFm_CVN1



Oct 29 2025

What is most important in life?

I often remind my family and friends.

Life is so precious, yet short fleeting and fragile. ACE – Appreciate Cherish and Enjoy every single wonderful moment with your loved ones, building Happy Memories that will last forever. When someone we love passes on, Happy Memories are all that matters and will give us strength through our remaining days. Into my Golden Years, I count my blessings for each and every single precious day that I can still enjoy with my Loved Ones. We are merely transitory beings. Let us leave our gentle loving mark behind.

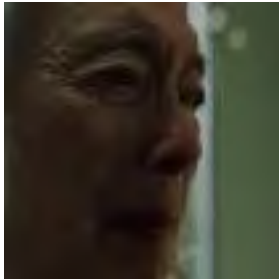
Nov 25, 2025

My first commercial

I was happy and grateful to be chosen for a part in this OMA Ontario Medical Association commercial

Check out this video, "OMA commercial" <https://share.google/uCBv57WCXYiv5YFYv...>

See more



GOOGLE.COM

Ontario's Doctors Won't Give Up [Full]

Ontario's Doctors won't give up on advocating and caring for the millions of patients we treat each year, and the hundreds of communities we serve across the province. Despite the challenges in the health care system, we are not giving up on our promise to care for you. Visit oma.org/advocacy/ca...

Nov 30 2025

My Ontario Volunteer Service Award

I have been a Committee member of District 15 North York Senior Games since before COVID as a Badminton Convenor and later also as the District Co-Ordinator, a liaison between North York District and OSGA Ontario Senior Games Association.



Dec 5-12 2025

7 nights Mediterranean Cruise on MSC World Europa

This time, my bestie and I stayed only 1 night in Barcelona before boarding one of the biggest cruise ships the MSC World Europa. Ports of call included Marseilles, Genoa, Rome, Messina, Malta. Beautiful ship, excellent food and service. Danced a lot. First night I danced solo in the Panorama Theatre in front of hundreds of audience next to the female pop singer singing Tina Turner's Simply the Best.





WHY DO I DANCE MY HEART OUT, OBLIVIOUS TO HUNDREDS WATCHING
Into my Golden Years, I realize that any day can be my last, and I seize the opportunity to enjoy every second of every minute to the fullest and feeling humbly grateful for all the opportunities I have been blessed with. This video of me dancing on the first night on the cruise ship MSC World Europa can be seen on my Facebook post of Jan 15 2026.

Dec 25 2025
Merry Christmas



Attended midnight mass on TV. It was over an hour long, with lots of prayers and singing. I don't usually attend masses because I get so emotional that I break down and cry, especially when I listen to the hymns they play in church and this time the Christmas carols. I was sobbing continuously throughout the whole mass. My life flashes before my eyes with so many ups and downs in my transitioning journey.

My Christmas wishes to all.

Peace on earth to all humankind. Let us accept each other as unique human beings and not impose our beliefs on others. Let us pray for an end to all wars, that nations can live in harmony with each other.

Jan 1 2026
Fortune Reading



An interesting hobby I took up decades ago, using Chinese Paper Mahjong Cards, I do readings without charging any fees. After the readings, I expect them to give a special donation to their own church or favorite charity, no matter the amount big or small.

The readings for myself over the past years have been very accurate, especially helping me focus on my many achievements during my transitioning journey. For this new reading, my focus is on the publication of my book and the production of a feature documentary on my journey.

What my cards also revealed about myself. People see me as someone with a sunny disposition and as a literary person. My hidden self is I care more about others than myself.

I am also a giver. I give my time, energy and my limited resources to my family and loved ones, friends, community and favorite charities.

Jan 29 2026

Covering my dead name

A gold pen set was given to me from a friend many years ago. A pen that actually uses ink and a ball point pen. My old dead name was engraved on the box. I finally covered it with my new legal name. I do not want any reminders of my previous dead name. I got really upset when a relative I met at a funeral still called me by my dead name. She said she cannot call me by my new legal name because she could only see me as my old self. I will ignore her in the future.



Feb 21 2026

CNY Dinner at Studio 28

Celebrating Chinese New Year with friends at Studio 28 in Markham Ontario. My bestie and I enjoyed the big bowl dinner and some good karaoke singing to a live band. We managed to do a little dancing. It was good to be welcomed by her friends who have accepted me as a Trans Woman.

Feb 24 2026

Markham Mayor Chinese New Year Gala

We attended Markham Mayor Scarpitti's Chinese New Year Gala at the Hilton Suites in Markham. My bestie and I enjoyed the performances and dinner with our good friends. She won again this year the lucky draw for the table prize of a silver coin of the year of the horse. I like going to fund-raising galas to support various charities as a way of giving back to society.

Mar 7 2026

Elegant Lion's Club Charity Concert

We attended the Toronto Elegant Lion's Club Orchestra Charity Concert to celebrate International Women's Day at Auric King Restaurant in Markville Mall Markham. My bestie and I enjoyed a delicious Chinese dinner and met up with several old and new friends for great conversations and catching up. We managed to dance a little. It is good to support charities.

April 25 2026

AICI North America Conference Gala

At Delta Hotel in downtown Toronto.

My bestie is an Image Professional with AICI. We attended their gala buffet dinner with some of her friends. There was a fashion show and lots of dancing afterwards. She has helped me a lot in my Modelling career, with how to look good in suitable outfits, correct poses and runway catwalk. I admire her tremendously because she has given up a glamorous career to help look after family.

May 20 2026

Visiting Holy Cross Cemetery

Crying with deep emotions visiting Holy Cross Cemetery on Yonge and Highway 407 on Wednesday.



After badminton in Thornhill, I went to Holy Cross Cemetery to visit the graves of my deceased parents and sisters. A professional Medium did a reading for me recently and told me that not just my mother but also my father accepted me as a Transgender Woman. I broke down and cried uncontrollably as I said prayers for them.

Afterwards I went to the cemetery office to inquire how to find the double niche I bought for myself in the Blessed Virgin Mausoleum. I found it and stayed there for several minutes contemplating my life's formidable journey and seeing my final resting place.

Final Thoughts – Wistful and Hopeful Thinking

My remaining bucket list

Hopefully my book will spark some interests from film producers who have the foresight to make an insightful touching documentary about my transitioning journey to encourage Trans people on their journey and to show to CIS people that we are also decent human beings just trying to live our lives as our true selves. This can promote Diversity Equality and Inclusion.

I told my Bestie that I want to be featured on the front cover of Vogue Magazine. I have been telling Model and Talent Agencies that I am the perfect Senior Commercial Model to showcase designer clothes and accessories to mature affluent female patrons. I need an Agency that has the knowledge, experience and foresight to make this happen.

I love watching TV series such as The Mentalist, Castle, and Bones, detectives who solve crimes with their brains. I feel that I am the perfect Actress to portray a savvy beautiful lean and fit senior lesbian detective who can solve intriguing crimes and murders.

I will be ecstatic if this happens. If not, I am already at peace with myself at this point in my transitioning journey. My doctor told me what I have accomplished in the last few years after I came out would take a lifetime for others to accomplish.

Missing a Sleeping Companion

I am not desperate for a romantic femme lesbian partner and have been alone since my Ex GF left me on September 26, 2020. Sometimes when I sleep though, I kind of miss someone next to me, a sleeping partner, not necessarily for sex. Someone that I can drape my leg over and my hand on her hip occasionally as I sleep, to be able to feel a certain closeness or contact.

I sleep with one pillow in the middle of the headboard and put another pillow on my right side. I vary sleeping positions on my back and on my sides. Occasionally, when I roll to the right, I drape my leg over the pillow and my left hand would rest on it, imagining it to be my femme Lesbian girlfriend.

Lesbian dating

I am open to a new romantic relationship. However, my friends tell me Good Luck because I have set such high standards in the qualities I want to see in my new lesbian girlfriend.

Firstly, I don't smoke, don't drink and don't do drugs. I don't mind her having an occasional glass of wine, but I will not accept her smoking or doing drugs.

Secondly, she must love to dance even though she does not know how. I teach dancing and can show her dance steps so that we can dance through life.

Thirdly, I have been healthy, lean and fit throughout my whole life with lots of exercise and a healthy diet, and I expect her to have the same values. Maybe she is a Yoga or Pilates practitioner, or she enjoys other sports and activities.

I have already talked about age differences in a relationship, and I have come to accept a much younger femme Lesbian romantic partner, because it is better to have loved for a few years than not to have loved at all.

I have started going on dates. It is so important to find out whether we are compatible. Through initial observations and casual conversations, we can determine whether our ADEs (Aspirations, Desires and Expectations) can complement and are acceptable to each other.

My continuous transitioning journey

After my morning Power Stretching and Power Exercises, I read these quotes:
Learn from Yesterday, Live for Today, Hope for Tomorrow. By Albert Einstein.
We cannot direct the wind, but we can adjust the sails. By Unknown.
Dance before the music is over, Live before your life is over. By Unknown.

I live my life as if today is my last, because eventually it will be my last.

Forgiveness.

Before I lie down on my death bed, I want to make peace with whoever has wronged me. I bear no ill feelings to anyone.
For those who I have wronged, I hope and pray that you will find it in your hearts to forgive me. If I have ever caused you any pain, I am sincerely truly and deeply sorry.

My funeral readings

In my estate procedures, after my family say their piece, I ask them to say:

We especially want to thank Rebecca for giving JueMeili the happiest and most wonderful moments of her life. We have, as far as we can recall over the decades, never seen her so happy, ever since they became the best of friends in August 2022.

Even though Rebecca has daunting challenges looking after her family, she finds time to chat with JueMeili all day every day, through text messages, voice messages, and phone calls whenever possible, and see each other at least weekly for lunches, dinners or dances.

JueMeili calls Rebecca her HOI SUM GUOH (happy fruit) because Rebecca has given so much joy and happiness to her that she thanks the Heavens for bringing Rebecca into her life.

Although they are not romantic lovers in this lifetime, they have become more intimate mentally than most lovers and couples. They believe they must have been soulmates in a previous lifetime. Here is a poem that JueMeili wrote for Rebecca. It explains a lot about their relationship:

EXPLORING MY DEEP PLATONIC FRIENDSHIP

My dearest friend,

I admire you tremendously.

You transcend above your most difficult challenges.

You live the words: TO SERVE, TO STRIVE AND NOT TO YIELD.

You unselfishly serve your family and your community.

You always strive above any negativity.

You radiate positivity while holding back any tears or sorrows.

You never yield, never give up,

and carry on with strength and conviction.

We had instant bonding when we first met,

from our initial warm embrace.

You are my confidante.

We confide in each other with our deepest secrets.

We accept each other, faults and all.

We truly enjoy each other's company,

and have become the best of friends within a short time.

I find tender precious moments with you.

We have strong friendship in this fragile world.

You understand me so well and know my whole life story.

You accept my weaknesses, my brashness and my fierce pride.

At the same time, you complimented my charisma and my charm.

You are able to follow me instantly in new dance steps,

as if we had danced together before.

You give me joy and refresh my life.

You say the funniest things and make me laugh.

You have evoked the passion in me again to live life.

We must have been soulmates in a previous lifetime.

*You are my muse and my inspiration.
Thank you for accepting me into your world.*

Conclusion

Hopefully this book will encourage and help Transgender people on their journey, and to give some insights to CIS people so that they can understand us, that we are just trying to live our lives as our true selves and as decent peaceful human beings.

I eagerly look forward to lots more exciting accomplishments in the coming months and years.

I cannot say Thank You enough to each and every single person who has helped me in one way or another. Words alone cannot describe the deep heartfelt appreciation I have for you. I humbly thank you from the bottom of my soul. I love you all and wish you the very best that life can offer and that you will create unending happy memories for yourselves and your loved ones.