



## HEIDI BRENNER

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### from now on I am Heidi, and that's fine :-)

Dear family, and friends. Dear All, Weirdos, Queers, \* :

The decision to align my name and gender with my deepest feelings has - finally - come very easily to me. Heinz will be Heidi. And that's wonderful.

The first time I had these feelings were at least sixty-three years ago. It was only in the 1970s, when I was 17, that I consciously expressed them. And now the time has come: Heinz is almost 69 years old and life is just about to start for Heidi. Heidi, a hopefully sympathetic older woman with a smile on her face. She is happy and most of the time, at peace with herself. Hopefully healthy for a long time to come as well.

Last autumn I was part of the theatre project ALL THE SEX I'VE EVER HAD. I was aware that I was talking about my own sexuality on stage at the Theatre Neumarkt. It was not just about my practices but also my feelings and actions. It was about my life, my love, and many of my relationships. For the first time, I felt what it really means to be accepted for who I am and how I feel. I was able to open up about myself. Even in front of a group of fifteen people who were all meeting each other for the first time. Five amateur actors, the five-member team from Neumarkt and the team from Mammalian Diving Reflex, a theatre group from Canada. A mixture of old and young, amateurs and professionals, all united by commitment, heart and energy, diversity and queerness. With this group, I discovered a world in Zurich's Werdinsel that I would never have dreamed of. Zurich, Aargau, Germany, Canada, Scotland, Japan, and Australia; all:\* on my doorstep, and all together we created a work that goes far beyond theatre performance. Simply wonderful. Those of you who have been

to a performance has witnessed my coming out live: "Now I am Heidi, a lesbian woman". Always in front of a full house. Always with conviction and at the same time slight trembling. .... Since Thursday, 16th of February 2023, it is now officially stated: Mrs. Heidi Brenner, born on 17th of September 1954.

But there is also a challenging time ahead of me, as there will still be many psychological and physical changes. I have confidence in myself, Heidi. Yes, you'll lose old Heinz, but you'll get Heidi. Who knows what quirks she will take with her? I'm curious about her - and I hope you are too. At last, I don't have to hide behind irony and sarcasm all the time, now I can stand up for myself and my feelings. And you too can finally meet this nice older woman in a new way.

So much for now. I think it's more than enough. Take your time to let my words work on you, to feel, and to see how it goes for you. And we will stay in touch, I hope. Come to me if you can. After all, this can also be a chance for all of us to gather new experiences and to meet life with an open mind. So much is off the beaten track, and we are losing certainties. Therefore, it is of the utmost importance to deal with each other humanely and empathetically.

And by the way, Heidi doesn't bite. I don't know what life as a woman will feel like for me and you. Either way, I look forward to exchanges and ask anybody I know who can support me with courage and openness. I can't do it alone. I thank you already for everything you share with Heidi.

I am very much looking forward to further contact with you.  
See you soon, with a very warm greeting

Heidi Brenner;-)

PS: Heidi's favorite city: Paris