



# Ten Forty Matrix Newsletter

July/August 2012

[www.olderdykes.org](http://www.olderdykes.org)

## Gay Marriage – Reformist Rubbish or a Great Leap Forward?

6.00 pm

Saturday 4 August

Dinner and discussion

Presenter: Margot

Facilitator: Helen

“At the age of thirteen I decided that I would never get married. Of course in retrospect I realise that it was heterosexual marriage that I was rejecting - there wasn't any other kind. Now I wonder whether it was the heterosexual bit I was rejecting or the marriage bit. Or are they so linked that it really does not matter...”

Margot will lead a discussion of what we want from our lesbian relationships in all their variety ... and whether the legalisation (normalisation?) of same sex coupledom will help or hinder us in working that out!

**Mervyn Fletcher Hall, 81 Dalhousie Street (cnr Dixon St), Haberfield**

**BYO food to share and your own drinks.**

**Entry fee: \$10 fully waged, \$5 concession.**

Entry to the Mervyn Fletcher hall is in Dixon Street. There is unrestricted parking in Dixon St after 6pm.

By bus, catch the 436 or 438 buses which set down on the corner of Ramsay Road and Dalhousie Street. It takes less than half an hour from Central then a 2 minute walk from the bus stop to the hall.

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## Dykes for Dinner

Thursday 9 August

6 for 6.30pm

Il Goloso

60 Dalhousie Street, Haberfield, Italian Licenced, BYO no corkage

Book before Sunday 5 August by email

[contact@olderdykes.org](mailto:contact@olderdykes.org)

Thursday 13 September

6 for 6.30pm

Daytao Thai

207 Lyons Road, Drummoyne

Book before Sunday 9 September by email

[contact@olderdykes.org](mailto:contact@olderdykes.org)

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## Social Events

Sunday 9 September

Bradley's Head walk

Bring a picnic lunch. Coffee might be available at Athol Hall Cafe.

The 1.7 km circuit walk around Bradleys Head is packed with million dollar views. It's a moderate walk with one 83m climb and takes one hour.

Meet at Circular Quay for the Taronga Zoo ferry at 10.15am. We'll still go if it's overcast but not if it's raining. For more details and to confirm you are coming, email [contact@olderdykes.org](mailto:contact@olderdykes.org)

Wednesday 12 September

Riverboat Postman Hawkesbury River

The Riverboat departs at 10am from Brooklyn Public Wharf and returns at 1.15pm

\$44 for Seniors - morning tea and Ploughman's lunch included.

A train leaves Central for Hawkesbury River Station at 8.45am and arrives at 9.45am. A return train leaves at 2.32. The station is right next to the Public Wharf.

By road: F3 and take the exit towards Mooney Mooney/Brooklyn Route 83. Follow signs to Brooklyn Road.

If it's raining it will be cancelled. If in doubt please check with Daniela.

For more details and to confirm you are coming, please email [contact@olderdykes.org](mailto:contact@olderdykes.org)

## De-stressed Damsels & Happy Feet

Reports and exercises from the Ten Forty dinner and discussion evening on 2nd June

c'mon, inner peace.  
I don't have all day.



*Twas the night of the 2nd and all through the hall  
We were treating our feet on a hard tennis ball  
Then we massaged some lotion on all of our joints  
And played reflexology and pressed liver points*

*Then on to some RESET to relax TMJ  
And it all became quiet - which was weird in a way  
I'd become used to the noise and the talking at will  
Not the quiet atmosphere of sitting so still*

*Last but not least we relaxed our stressed eyes  
Rounding off with a beads-on-string exercise  
Then heading home feeling relaxed from our cares  
With the words "drink more water" ringing in our ears*

To those of you who couldn't make it to Damsels in De-stress, you missed a fun night.

We worked our way through exercises for healthy feet from Wendy (thanks for the tennis balls Wendy), learnt about some Reflexology points from Fran (who also supplied some luscious massage lotion that we could take home – thanks Fran). Then we used two techniques to help relax the Temporomandibular Joint (TMJ) of the jaw, and last but not least a few simple exercises to help our eyes relax and improve our vision.

**Sandy**

P.S. Drink more water

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## Foot and Leg Exercises

These help to maintain the function of the foot by addressing muscle imbalances and tightness in the connective tissue.

- **Ball rolling** - lengthens and softens the plantar fascia ligament and surrounding tissue which connects the heel to the ball of the foot. If this ligament is tight it can tear and cause chronic heel pain and inflammation..  
**Method** - roll a tennis ball under the longitudinal arch of the foot long ways 100 times, then across the fibres staying close to the heel attachment 100 times. Repeat twice (2 reps) or three times a week.
- **Piano playing** - sends blood and encourages awareness and sensation in the toes.  
**Method** - with your feet on the floor, play an imaginary piano with your toes, working each toe individually from the little toe to the big toe 25 reps each foot twice a week.(Initially this will take a lot of concentration.)
- **Toe crunching** - this works the lumbricals which are little muscles in the feet that help to support the arch. If the arch falls there is more stress on the plantar fascia ligament.  
**Method** - with both feet on the floor and trying to keep the toes flat, contract the section of the foot where base of the toes attach to the main part of the foot. A way of doing it is to put a towel on the floor with your feet on one end and then toe-crunch the towel towards you. 100 reps twice a week.
- **Stretching anterior compartment of leg below knee** - lengthening these muscles and connective tissue helps full range of movement of the foot, since all these muscles attach to the foot either via the heel or under or on top of the foot.  
**Method** - from a seated position, cross one foot over so you can see the sole of your crossed over foot and pull the forefoot including toes towards you (point). If this is unworkable for your body type. Then tuck one foot under the chair you are sitting on with the foot pointed behind you and press until you feel the stretch on the upper foot.
- **Calf stretch** - lengthens muscles of the posterior compartment of the lower leg.  
**Method** - stand with feet parallel, take a big step back keeping the front knee flexed and the back knee straight, push the heel down of

the back foot. Both sides, hold 30 seconds. Step in closer so both knees are bent and squat down centre of stride, holds 30 seconds. Both sides. The straightened back leg stretches the superior calf muscle and the bent back leg stretches the deeper one.

- **Plantar fascia windlass stretch** - further stretches the plantar surface of foot  
**Method** - holding onto something stable (chair, table, railing, windowsill), rise onto the balls of your feet as high as you can. Keeping the feet in this position, lower the tailbone into a squat.

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## Bead and String Eye Exercise for Binocular Vision

A bead and string eye exercise that helps with binocular vision and increases the speed of focus shift uses three beads and a 6 foot string. Tie a loop in the end of the 6 foot string. Make it large enough to attach to a stationary object, such as a nail or hook, at a little below eye level

Tie the first bead 6 inches from the loop end. The second bead should be 18 inches from the loop end. The third bead should be 4 feet from the loop end

### Exercise

Do this exercise in good non-glare lighting. Remove glasses (if you normally wear them) and keep both eyes open.

Hold the end of the string against your nose and slowly walk backwards until it becomes taut.

1. Begin by focusing on the middle bead. Once focused, it will seem that there are two of each of the other beads. Also an “X” will appear at the bead you are focusing on.
2. Once you have focused and seen the “X” blink and focus on the bead furthest away. Again, it will seem that there are two of each of the other beads.
3. Once you see the “X” then blink and focus on the nearest bead to your nose. You should see two of each of the other beads. When you see the “X” blink.
4. Repeat from step 1. Do this five times

You can also vary this exercise by swapping steps 2 and 3, so that after you have focused on the middle bead, you focus on the bead closest to you. Make sure however, that you complete five “sets” of a particular order i.e. middle bead, furthest bead, closest bead, before changing the order to middle bead, closest bead, furthest bead.

If you’d like another challenge make up another 6 foot string with five beads spaced one foot apart from each other, starting from the loop end. You can then start at either end and focus on each bead.

If you’re looking for beads there’s a shop at Newtown called Vintage & modern. Address is 431 King St Newtown & website is [www.etelage.com](http://www.etelage.com) They’ve got a great range of beads.

## Skirting Sydney

Nineteen women met at Circular Quay on a crisp and sunny Sunday morning in June to walk around and learn about some of the many women who influenced Sydney.

**Mary Reibey (1777 – 1855)** was

aged 15 when she was transported for seven years for horse stealing. At the time of her arrest, she was dressed as a boy and called herself James Burrow. She worked as a maid and it took several proposals before she married, aged 17. On the death of her husband Mary was left with seven children and control of numerous business enterprises. She was no stranger to this task, having managed her husband’s affairs during his frequent absences from Sydney. She built on the businesses, successfully managing farming, trade, hotels and city buildings. She was a founding member of the Bank of New South Wales (now Westpac).

Mary Reibey is remembered on our twenty-dollar note and a plaque on a cottage she built and lived in at Hunters Hill. She is also commemorated with a city street, Reiby Place, and Mary Reibey House at Silverwater Goal.

**Louisa Lawson (1848 – 1920)** At the age of 40 Louisa Lawson funded and edited her



*Mary Reibey*

own monthly newspaper *The Dawn*. The paper was successfully published between 1888 and 1905. It was written, laid out and printed solely by women and advocated women's right to vote and hold public office. In 1891 the NSW Women's Suffrage League printed its pamphlets at *The Dawn* free of charge. The NSW Women's Suffrage Bill was passed in 1902 and Lawson was described in Parliament as "the mother of suffrage in NSW".

Louisa was so fed up with the postal workers stomping on her mailed newspapers and the papers arriving in a damaged condition that she invented a new postal bag. She had to sue the post office for compensation because they used her design and didn't pay her. She won her case but was never awarded a patent. Ill health forced Louisa to retire and *The Dawn* to stop its presses in 1905.

A park in Marrickville, New South Wales is named in her honour. The Louisa Lawson Reserve contains a large colourful mosaic depicting the front cover of *The Dawn* and a plaque that reads "Louisa Lawson (1848-1920) Social Reformer, Writer, Feminist and Mother of Henry Lawson. These stones are all that remain from the walls of her home in Renwick Street, Marrickville."

Incredibly, there isn't anything in the Sydney CBD to commemorate and mark her achievements. The City of Sydney council is forming a committee to consider public place plaques and memorials. More on this later...

**Juanita Neilson (1932 – 1975)** – Publisher and green bans activist, though not formally acknowledged in the Skirting Sydney pamphlet. Juanita funded her own newsletter NOW and was active in preserving resident's rights against unsympathetic development. She campaigned and supported green bans in The Rocks and is best known for her campaigns in Victoria Street Kings Cross. She disappeared a week after the signing of the tripartite agreement to restore Woolloomooloo as a model for medium density residential housing. The inquest concluded that 38-year old Juanita Nielsen was murdered; her body has not been found and no one brought to trial for her murder.

The Juanita Nielson Community Centre in Woolloomooloo is a tribute to her.

**Thea Proctor (1879 – 1966)** was a painter who described herself as "I am not the sort to sit at home and knit socks". She studied at the Julian Ashton School of Art in George Street and later taught there. She exhibited in London and both the National Galleries of Victoria and NSW bought works. Thea Proctor and Margaret Preston held a joint exhibition in Sydney and Melbourne; both artists included brightly coloured woodcuts in scarlet frames. Although her work was comparatively conservative, in Australia it was considered 'dangerously modern'.

**Jessie Street (1889 – 1970)** was a human rights activist whose 20th Century campaign for human rights stretched over more than 50

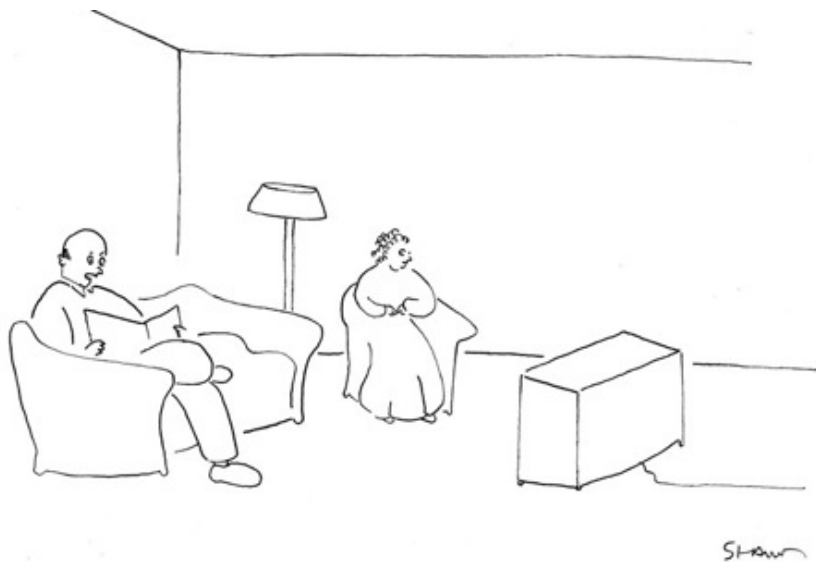
years, from the suffrage struggle in England, to the removal of Australia's constitutional discrimination against Aboriginal people in 1967. She held several federal government advisory appointments in the 1940s, but her career was terminated in the early years of the Cold War. Her political activism in the 1950s and 1960s was on an international scale.

The Jessie Street Memorial Garden in Loftus Street, Circular Quay is a tribute to her. The plaque gives prominence to the city councillors who unveiled the plaque and her work is in tiny hard-to-read lettering nearly at ground level! The Jessie Street National Womens Library 523-525 Harris Street, Ultimo is a specialist library which aims to promote awareness of the cultural heritage of Australian women.

**Rose Scott (1847 – 1925)** contributed to women's causes and to upsetting the establishment. She remained unmarried and later claimed that life was too short to waste it in the service of one man. She was a founding member of the Women's Literary Society in 1889 from whose members (Louisa Lawson and Maybanke Anderson among others) the Womanhood Suffrage League of New South Wales was formed in 1891.

These women worked tirelessly for better opportunities for women and children to be something more than wives or prostitutes.

*Krystyna*



*"Gays and lesbians getting married—haven't they suffered enough?"*

## The Three Rs: Rights, Roadblocks and Resilience - A Challenge to Ageism Forum

The Older Women's Network NSW is holding a one-day forum to identify the negative impact of ageism and recognise the potential of older women to live active, creative lives.

The emphasis will be on resilience: positive steps to overcome discrimination and achieve change in areas such as jobs, health, incomes and community attitudes.

Keynote speaker - Age Discrimination Commissioner, the Hon Susan Ryan AO, Australian Human Rights Commission.

Guest speakers - Professor Barbara Pocock, Director, Centre for Work and Life, University SA, and Elisabeth Wynhausen, journalist & researcher.

**Parliament House Theatrette, Macquarie St. Sydney**

**Thursday 16 August, 2012.**

**9:30am - 4:00pm.**

Registration details [www.ownnsw.org.au](http://www.ownnsw.org.au)

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## Lesbians who Lunch

**Thursday 2 August**

**12pm Gioia Restaurant**

**126A Norton St**

**Leichhardt (near Marion St)**

To book email [contact@olderdykes.org](mailto:contact@olderdykes.org)

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## About Ten Forty Matrix

Ten Forty Matrix is an informal group of lesbians over forty, many of whom have been socially and politically active in Sydney since 1987.

We enjoy discussion and debate on the issues we face in work, life and at home, and hold regular fun events to keep us in touch with the lighter side of life.

Ten years ago we established the website [www.olderdykes.org](http://www.olderdykes.org) to encourage national and international connections between older lesbians.

Ten Forty Matrix is not an organisation you have to join, but if you want to receive regular information about our activities and our bi-monthly newsletter, email [contact@olderdykes.org](mailto:contact@olderdykes.org) and ask to be put on our mailing list.

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## Newsletter

To receive a free emailed newsletter, please email [contact@olderdykes.org](mailto:contact@olderdykes.org)

The web edition and back copies of the newsletter are available for download from our website [www.olderdykes.org](http://www.olderdykes.org)

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## Who currently does what?

Events planning: Cheryl, Daniela, Diann, Frances, Gillian, Helen, Krystyna, Rob, Wendy

Contact listing in LOTL: Jan

Utilities box: Sylvia and Wendy

Money Management: Esther

Websisters: Jan, Ruth, Dorothy, Diann, Helen, Margot, Sandy

Newsletter: editing and layout Ruth and Dorothy

If you would like to become involved in any of the above, or have some ideas about social events and/or topics for our bi-monthly dinner and discussion evenings, please email [contact@olderdykes.org](mailto:contact@olderdykes.org)

## JJ's 20th Black & White Dinner Dance for Women

**Saturday 8 September at 7pm  
Petersham RSL (\$70 pp)**

Payment is in advance, there will be no payments at the door.

Women In the Bush is organising a table at the next Black and White Dinner. If you wish to join us please email [contact@olderdykes.org](mailto:contact@olderdykes.org)

Due date for contacting and paying is 31 August

## Welcome to Sheilas!

Sheilas is a monthly, national e-publication brought to you by the Victorian Women's Trust.

We aim to provide high quality analysis through top shelf contributors, not beholden to a 24-hour kneejerk reactive news cycle.

We pledge to inform, inspire, and engage with readers on critical issues ... and provide some light relief along the way.

Sheilas will be published online and sent to a subscriber base during the second week of each month.

While Sheilas is subscriber based, it's FREE! So please help us spread the word and subscribe via the website <http://sheilas.org.au> or email at [sarah@vwt.org.au](mailto:sarah@vwt.org.au)



# Sunday Dance Club

**Same sex latin and ballroom social dancing**  
**Solo or partnered - all are welcome**

Our professional teacher Clare will step you through some Latin and ballroom moves to warm you up for social dancing. This coaching is suitable for all levels of dancers.

**Venue:** Dance Planet,  
72 Wyndham Street  
Alexandria 2015,  
Close to Redfern and Green Square  
railway stations  
Onstreet parking

**12 August  
2 September**

**5-7pm**

only **\$15** a session  
includes light refreshments

All enquiries email:  
[sundanceclub@gmail.com](mailto:sundanceclub@gmail.com)

**Supported by:**  
DanceDance 0418 586 674  
[dance@bigpond.net.au](mailto:dance@bigpond.net.au)  
Jive with Jeanette 0412 575 675  
JJs Dance Club 0412 774 422  
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