

# Newsletter

January 2010  
www.olderdykes.org



## Ten Forty Dinner and Discussion

### 6-10pm Saturday 6 February

Summer Hill Community Centre  
BYO food to share & your own drinks.

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

### Topic: How to do it for your friends: cardiopulmonary resuscitation (CPR) and first aid facts

Sylvia, who is a trained instructor with the Royal Life Saving Society, will run this workshop.

Following a short presentation, Sylvia will use 'Annie's' (dummies) to teach the basics of cardiopulmonary resuscitation (CPR). We will use role play to check our

understanding of CPR and follow this with a discussion.

Wear comfortable clothing as we'll be working on the floor.

Ten Forty matrix will cover the small fee for face masks and photocopying.

Summer Hill Community Centre is near Lackey Street, which leads from the station. There is parking near the Centre.

By train, the Community Centre is on the right hand side of the station, going towards the City.

By bus, catch the 413 bus to Junction Road, Summer Hill or the 483 to the junction of Liverpool Road and Carlton Crescent, Summer Hill.

## What's on

### Dykes for Dinner

Thursday 14 January 2010

6.30pm

#### The Sultan's Table

179 Enmore Road, Enmore



Main courses \$10 - \$20

BYO

Cash only – no credit cards

RSVP via email to

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

Thursday 11 February 2010

6.30

#### Hotel Saravana Bhavan

15 The Strand Croydon.

Main \$7 - \$17

BYO.

RSVP via email to

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

### 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.

Five 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, you need to take out a newsletter subscription.

### Newsletter subscription

The annual subscription for a hard copy of our bi-monthly newsletter is \$10 payable in January each year.

Subscriptions can be paid at Ten Forty Dinner and Discussion evenings.

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

To receive a hard copy please email [contact@olderdykes.org](mailto:contact@olderdykes.org).



## A terrific evening

Thank you Margot for opening your home to us for yet another great end of year party. We specially appreciated your generosity given that the party was close to your mother's death.

It was great to enjoy the good conversation, laughter and delicious food that are always a feature of Ten Forty events.

The highlight of the night was the appearance of Margot, the Jacaranda Queen, dressed in a glorious lilac op-shop number with stunning décolletage and matching killer heels. The stimulus packages for her well-behaved guests were an added bonus!

## I am such a pagan

I couldn't let it go past without wishing everyone all the best for the Summer Solstice season.

The Sun goddess at her highest energy time of the year is always pretty special to me, a time when we are all (I hope) quite rightly in holiday mode... relaxation with good friends, good food, good conversation, reading, swimming, no need for too many clothes or shoes...

And the lovely balmy summer nights that we get here in Sydney, fabulous when combined with any or all of the above...

All the best for the coming New Year, my feeling (never know why I have these feelings but I do) is that it will be a year when we need to take particular care of ourselves and each other...

In that light, thanks to all who sent me messages recently after my mother's death, more appreciated than I can say

Margot

## Plans for 2010... workshops, discussions and fun days

### Saturday 17 April

"Tweet Tweet Twitter Face Space Online New Blog things, Safe Sorry or Useful?"

An evening discovering what is possible with online social networking.

Presented by Spider

If you have one, please bring your laptops with wireless dongles.

### Saturday 5 June

What was 1970s lesbian separatism all about?

Presenter required

### Saturday 1 August

Talk by former LOTL editor Merryn Johns (TBC).

Facilitator required

### Saturday 2 October

Lezzo Trivia Night

Researchers required

### Social Sundays

7 March: Picnic - Nielson Park

2 May: Walk and picnic lunch at Wentworth Falls

4 July: Lunch in Chinatown or Cabramatta

5 September: TBA

7 November: TBA

Other suggestions:

Meditation workshop run by Sue in conjunction with one or two other workshops on the same night, so women have a choice about what to attend... Games night, dance/soiree

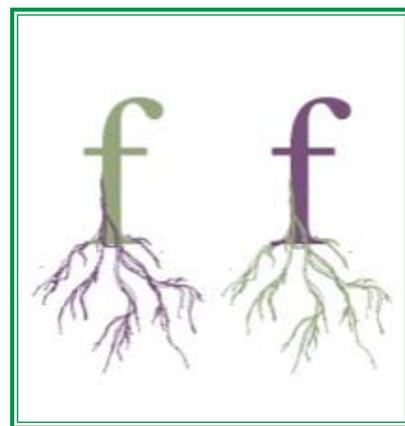
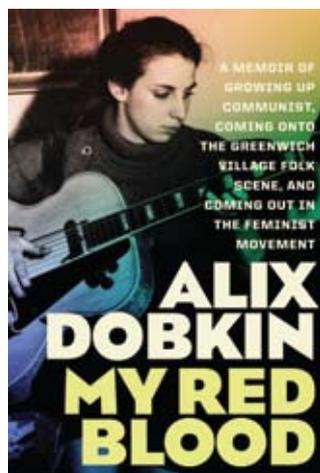
Please note: Bookings have been made for five Saturdays (5.30 to 10pm) at Summer Hill for 2010.

We can only have five dates because we are unincorporated and don't have insurance.

## Music legend

*My Red Blood* by Alix Dobkin is a memoir of growing up in the Communist Party, finding the Greenwich Village folk scene, and coming out as a lesbian in the feminist movement.

Available now from The Feminist Bookshop for \$28.95.



## Feminist Conference

**A CONFERENCE. A FESTIVAL.  
A FUTURE.**

<http://feministconference.blogspot.com>

10 April 2010 and 11 April 2010

9am-6pm

NSW Teachers Federation

23-33 Mary Street, Surry Hills,  
NSW 2010

## Lesbian Nation

In the 1970s, lesbian separatists could be found coast to coast across the USA. They had charming names: the Gutter Dykes of Berkeley, Radicales-bians in New York, the CLIT Collective and Separatists Enraged Proud and Strong in San Francisco. Most were die-hard anti-war activists as well.

In an article called Lesbian Nation published in the March 2, 2009 issue of the New Yorker Ariel Levy focuses on a group of travelling lesbian separatists called the Van Dykes - quite

literally, a group of dykes who drove around in a van.

It's a funny, smart and informative article.

The link has been removed but if you would like to read the whole article, please email [contact@olderdykes.org](mailto:contact@olderdykes.org) asking for a copy to be emailed to you.



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## Feminist Trivia Night No 2

**Thursday 4 February**

**6.30 PM for 7.00 PM**

Level 1, Toxteth Hotel, 345  
Glebe Point Road, Glebe

Cost: \$25.00 includes finger  
food

Come along for a night of fun,  
prizes and to check out your  
feminist knowledge. (Easy ques-  
tions...promise!!)

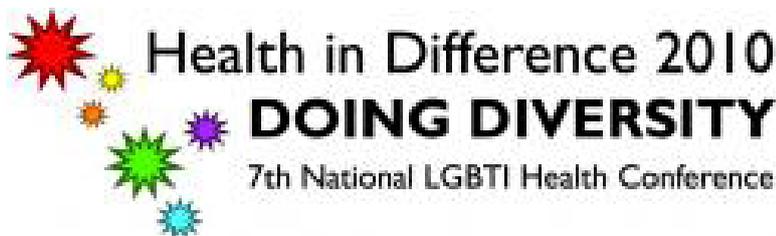
Book for a team of ten or take  
your chances on congenial  
company and join any table.  
If you are booking for a table

please forward invitation info to  
all your group.

Bookings essential:

Contact Gail Hewison or Libby  
Silva at The Feminist Bookshop

Tel: 9810 2666 or email [feminist-  
bookshop@primus.com.au](mailto:feminist-bookshop@primus.com.au)



**Sydney, 29 April - 1 May 2010**

Health in Difference is Austral-  
ia's premier conference on the  
health and wellbeing of lesbian,  
gay, bisexual, trans, intersex,

queer and other sexuality, sex  
and gender diverse (LGBTI\*)  
people.

[http://www.lgbthealth.org.au/  
health-in-difference-2010](http://www.lgbthealth.org.au/health-in-difference-2010)

## Tribute to Val Eastwood

17 August 1927 - 10 December  
2009

Val was a dancer and lived  
above the Tivoli Theatre in  
Bourke Street when she opened  
Val's Coffee Lounge on the first  
floor of 123 Swanston Street in  
1951. She catered to a bohe-  
mian crowd of lesbians, gays  
and theatrical people.

Not long before Val died the  
Australian Lesbian and Gay Ar-  
chives (ALGA) quickly published  
a book of her short stories, *The  
Travelling Mind of Val Eastwood*,  
to honour her remarkable  
contribution to the lesbian and  
gay communities.

Last year was also the 40th  
anniversary of the first lesbian  
support group in Australia,  
Daughters of Bilitis (DOB),  
which was set up in Melbourne  
in 1969. After a great deal  
of debate about whether it  
should promote lesbian rights  
and change society's attitudes  
towards lesbians or be a social  
group, the DOB name was  
changed to the Australasian  
Lesbian Movement in July  
1970.

This is to pay tribute to Val  
Eastwood and the support she  
gave to several generations of  
lesbians and to remember that  
the tradition of lesbian social  
and political groups started 40  
years ago with DOB and has  
continued...

*(An edited version of a letter from  
Jean Taylor)*

## The mortality rate is 100%!

According to research four out of five people haven't filled out an Advance Health Care Directive, or a Living Will, as it's sometimes called.

An Advance Directive outlines the medical care we want, or don't want, in the event of a sudden catastrophic accident or illness or when we are terminally ill and lose the capacity to speak for ourselves.

Why don't more people have an Advance Directive? Perhaps because most of us live in a fantasy world where death happens to other people, but not to us? Part of the fantasy is that when our time is up we are going to die peacefully at home.

In reality, most of us will die in a hospital or a nursing home while some type of medical care is being administered.

An ideal time to explore our thoughts and feelings about the types of medical care we do or don't want to receive at the end of our life is when it's not a burning issue.

Talk about what you want to your partner, friends and family – the more people the better. Although it might be initially difficult, talking about dying can also be quite liberating.

Appointing the right person to sign your Advance Directive is

very important. She should be someone you're comfortable talking with, and someone with enough backbone to take on medical staff if they are reluctant to comply with your stated wishes.

(Advance Directives are legally binding in NSW and a failure to comply can result in a health professional incurring criminal or civil liability.)

If the person you choose to sign your Directive is ambivalent about making decisions on your behalf, or is not assertive, it isn't going to work. And it's also not going to work if they live in another city or don't have the time to commit to monitoring your care.

Remember, your wishes are not final; you can change them at any time while you remain mentally capable of doing so. And your Directive will never be used if you have the capacity to speak competently for yourself or if there is evidence that it has been revoked.

For more information about Advance Care Directives go to:

<http://aslarc.scu.edu.au/AHCD%20Fact%20sheets%20Oct07.pdf> or

<http://www.dwdnsw.org.au/ves/index.php/Articles/fact-sheet-7-advance-health-care-directives-and-enduring-guardianship-in-nsw>

## And on a lighter note...

### Mardi Gras 2010

The official launch will be at Fair Day on Sunday 21st February in Victoria Park.

For the first time the Mardi Gras parade and the Mardi Gras party are being held on separate weekends: the Parade will be on Saturday 27 February along its familiar route in Darlinghurst while the Mardi Gras Party will be on Saturday 6 March.

### IWD 2010

This year it looks as if the Sydney IWD march and rally will be held on Saturday 6 March.

UNIFEM's IWD Breakfast is on Friday 5th March at the Sydney Convention Centre from 7 AM to 8:50 AM.

Geraldine Doogue is the host. Guest Speaker is Dr Rose Evaster-Aderolili, Head of the Gender and Macroeconomic Model at the African Centre for Gender and Development (ACGD) located in Addis-Ababa, Ethiopia.

### Edna Awards 2010

Nominate a feminist you admire. Nominations close early April 2010. For more information and to download a nomination form go to: <http://welnsw.org.au>

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## Ten Forty Matrix

### Who currently does what?

Bookings, liaison, and general contact: Jan

Utilities box: Sylvia and Wendy

Money Management: Esther

Website management: Jan, Ruth, Dorothy, Diana, Robyn, Spider, Kate, Diann and Rosemary

Newsletter: editing and layout Ruth and Dorothy

Photocopying: Judi

Mail-out: Esther

If you would like to become involved in any of the above, please email

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