

# Newsletter

November 2009  
www.olderdykes.org



## Ten Forty Party

A poster for an "END-OF-YEAR SUMMER SOLSTICE PARTY". The text is in large, bold, white letters with a slight glow, set against a background of purple and blue starry space. Below the title, a white box contains the following text:

For Ten Forty Matrix women and friends  
7pm Saturday 5 December 2009  
at Margot's

Bring a plate of festive food to share and a Lucky Dip gift – (something you'd like to receive yourself - price guide around \$15)

Please let Margot know who is coming 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).



## What's on

### Dykes for Dinner

Thursday 10 December 2009

6.30pm

Finola's

Balmain Bowling Club

156 Darling Street Balmain

Main courses \$14-\$20

Please book by Sunday 6

December via email

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

Thursday 14 January 2010

6.30pm

The Sultan's Table

179 Enmore Road, Enmore

Main courses \$10 - \$20

BYO

Cash only – no credit cards

Please book by Sunday 10

January via email

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

# Memory Workshop

**Saturday 10 October**

There was a big roll-up for Lorna's informative and entertaining workshop on 'Keeping a Good Memory',

Lorna came prepared with an impressive range of teaching aids, including balloons, which when burst surrendered slips of paper conveying myths and facts about memory and a Swiss Army Knife to illustrate the multi-functional nature of memory.

Most of us reported forgetting at least some things: names, faces, phone numbers, car keys, glasses, whether we'd locked the door or turned off the iron so we were eager to learn anything Lorna could teach us.

The information on understanding how and why

memory works was interesting, as was the AAA strategy (Attend, Add, Associate) to remember new names and faces which we practised on each other.

We learned about how we can aid the storage of new information by intentionally pairing it with something else - images, puns, music, whatever, thus making it easier to retrieve. It was a fabulous idea but when tested, some found it easier than others.

Lorna impressed us with her prodigious memory, which she said was not 'natural' but the result of practice.

We all took a pledge to never again say what a bad memory we had as this can be a self-fulfilling prophecy, giving your brain permission to not even try to memorise things.

Lorna stressed that it's normal to forget things and usually the best strategy to pull something from memory is to stop trying so hard to remember and to think of something else. Usually it will pop into your mind later.

As it is impossible to remember everything as we get older, we should stop worrying about it and work out simple strategies for everyday memory tasks. For instance instead of using up valuable memory on remembering telephone numbers store them in a phone or a phone book. Carrying a small notebook to jot down things that you need to remember later can also be a useful strategy.

The workshop was instructive, interactive and heaps of fun, as well as being a reminder of the amazing feats our brains perform for us every day.

Many thanks to Lorna!

*"Thank you for calling. Please leave a message. In case I forget to check my messages, please send your message as an audio file to my email, then send me a fax to remind me to check my email, then call me back to remind me to check my fax."*



## Ideas for 2010

### Dinner and Discussion nights

Climate change

Retirement - pains and gains

Where does our food come from?

*Does anyone have relevant expertise to run these discussions?*

Talk by former LOTL editor  
Merryn Johns.

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

*Does anyone have a special area of expertise and would like to give a talk or run a workshop?*

Please email

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

### Just for fun...

Lezzo trivia night

Games night

Dance/soiree

### Social Sundays

Craft Day

Picnics

Lunch in Leura at Daphne's

Lunch in Chinatown, Cabramatta or other suburbs with distinct ethnic cuisines.

## Bush Wise Women

Forget about the recession - book yourself a Pre or Post Xmas getaway with like minded women.

**17 December to 21 December 2009.**

Join Christine Kershaw on a Great South West Adventure in Western Australia, The trip includes bushwalking along the best sections of the famous

Bibbulmun track through ancient Karri forests and spectacular coastline.

**10 February to 14 February 2010**

Sea kayaking in the Bay of Islands, NZ. Learn the art of sea kayaking while absorbing the breathtaking beauty the Bay of Islands offers.

Email [bushwise@bushwise.co.nz](mailto:bushwise@bushwise.co.nz) for the full itinerary or visit our website [www.bushwise.co.nz](http://www.bushwise.co.nz)

## Care Networks

A new study, funded by the University of Queensland, is looking at the ways paid and unpaid carers come together to provide support to older lesbian and gay people.

This reflects the growing awareness across Australia of the issues confronting lesbian, gay, bisexual and transgender (LGBT) people as they grow older.

The study, led by Mark Hughes and Sue Kentlyn, is looking at the diversity of the care networks of lesbian and gay people

aged 60 and over, and how care providers respond to this person's sexual identity.

The research involves interviews with the older lesbian or gay person, as well as their paid and unpaid carers.

For information about the project please contact Dr Mark Hughes (Email: [m.hughes5@uq.edu.au](mailto:m.hughes5@uq.edu.au) or Phone: 0405 386 976) or Ms Sue Kentlyn (Email: [dryad@internode.on.net](mailto:dryad@internode.on.net) or Phone: 07 3379 7273).

The project has been approved by the University of Queensland Ethics Committee.

## Tributes to Suzanne Keys

**From Kate**

I am so sorry to hear about the passing of Suzanne Keys. I saw her at last years Mardi Gras - she waved at me as her car passed..

I remember many times with Suzanne, Chris and Sabina during the late 70's early 80's. They were all so supportive of me in my long and tortuous coming out and political naivety.

Suzanne was always so sensible and calm and my heart hurt when I read the news. Suzanne touched everyone in a special place and I send my condolences

**From Lavender**

My condolences for Suzanne Keys. She made many contributions to politics and community over the years. I recall her in the 1970s and her clear thinking, often feisty approach and in Women Action Theatre.

Although I have not seen her for years it has been good to know that she and others of the early politically-out-there sisters have not retired from the movement.

**From Adelaide**

The news about Suzanne hit me very hard even though it has been a VERY long time since I have had contact with her. Thanks to whoever sent this information to me. It is very sad news. Some time ago I was told Suzanne had breast cancer. It is always terrible for anyone to have this disease.

I also would appreciate if I could have a few more details about her more recent life. Please email [contact@olderdykes.org](mailto:contact@olderdykes.org)



## Book Review

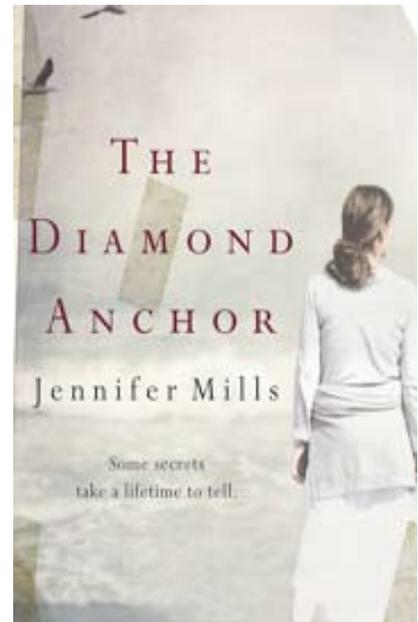
Set in the fictional NSW town of Coal south of Sydney (closely based on the Illawarra coastal area), this story weaves together the workers' struggles of the coal miners in post WWII Australia with the intimate story of two young women called Grace and May.

The two young women share a passionate adolescent romance. However, separated by changing circumstances, both women marry. While Grace travels the world living in New York and London with her university professor husband, May marries a local fisherman and stays in Coal to run her family's hotel, a dilapidated pub perched at the ocean's edge which her

father won in a game of cards. Over the years postcards arrive sporadically from Grace in exotic places.

Fifty years after their affair ends, an unexpected letter from adventurer Grace forces May to relive their extraordinary past and confront the events that drove them apart. As an older widow trying to maintain a careful balance between the demands of her own solitary life, May must finally decide whether to reach out to Grace, whose health is fading, or let her go.

This novel is about the people who stay behind, those who leave and what it means to belong to a place and a community.



Jennifer Mills is already a name to watch with a number of recent Australian awards for her fiction.

University of Queensland Press  
Price: \$32.95

## Sex Discrimination

The 2 October this year marks the 25th anniversary of the Sex Discrimination Act. Go to [www.smh.com.au/multimedia/national/sex-discrimination-shakeup/20091001-gek6.html](http://www.smh.com.au/multimedia/national/sex-discrimination-shakeup/20091001-gek6.html) to hear Adele Horin talking with Sex Discrimination Commissioner Elizabeth Broderick and author and feminist Anne Summers about that period in the Women's Liberation movement, the landmark Act, and what needs to change. Check out who you recognise in the slideshow!



## Ten Forty Matrix

### Who currently does what?

Bookings, liaison, and general contact: Jan

Utilities box: Wendy and Sylvia

Money Management: Esther

Website management: Jan, Ruth, Dorothy, Diana, Kate, Robyn, Spider, 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)