



Ten Forty Matrix Newsletter

September 2013

www.olderdykes.org

Dinner and Discussion

6pm Saturday 12 October

55 Uppity

Guest Speaker: Teresa Savage

55 Uppity (www.55uppitty.com) is about challenging ideas about older LGBTI women; it's about our feisty over-55 uppity women.

It's about pulling apart the clichés about women and ageing; about the diminishing of sexuality and the relaxation of passions; about what older dykes and queers and lezzos wear and think and believe.

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, which has unrestricted parking after 6pm.

By bus, catch the 436 or 438 buses which set down on the corner of Ramsay Road and Dalhousie Street.

Dykes for Dinner

6.30pm Thursday 14 November 2013

Il Goloso

60 Dalhousie Street Haberfield

BYO and licensed

Please email

contact@olderdykes.org by Sunday 10 November

October Dinner

There is no dinner planned for October. If you would like to organise one for **Thursday 10 October**, please email contact@olderdykes.org with details as soon as possible.

Social Activity

Sculpture by the Sea

10 am Sunday 3 November

Meet us all at the beginning of the walk at the bottom of Notts Avenue Bondi, near Bondi Icebergs. From here we will walk to Clovelly.

Bring lunch and we will stop on the way for a picnic. Also bring water and a hat etc. for sun protection.

If it is raining the walk will not be on. Ring Rob to check that morning before 9am on 98107574.

RSVP by emailing contact@olderdykes.org before 31 October

For your diary

End of year Dykes for Dinner at Finola's

6.30pm Wednesday 11 December

Balmain Bowling Club

Imogens 2

Dust off your cameras for the second Ten Forty Matrix photography competition!

(More information in the next newsletter.)



Fun and Games

We had the most fabulous Games night on Saturday 3 August ably led by our Games Mistress, Bronwyn. I don't think I have ever laughed so much. It is so good for one's soul and, of course, for our



health.

There was no slacking. As soon as we entered the room we were assigned a role to play in a deadly winking game where if you saw the murderer wink at you, you had to die – with panache. In talking about it afterwards a couple of the murderers complained that

women they winked at did not die. The victims reported they did not have their glasses on!! Some of us kept our heads down and talked to the floor for the whole exercise.

A lovely bunch of women made three teams to play passing the orange from chin to chin. Unfortunately the team that won had pushed their breasts up to help hold the orange as they complained about double chins hindering them!

My favourite game was based on Julia Gillard. We divided into three teams and the front person had to don a red wig and then proceed to a clothing bin and select a jacket, a string of pearls and a pair of glasses, then jump

through hoops (as women are required to in politics), take a balloon and place it between the knees (one has to work hard to hold it all together), and, maintaining said balloon in place, negotiate, slalom-style, the successive obstacles of Kevin Rudd,

Tony Abbott and THE MEDIA represented by various plastic buckets, laundry baskets and plant pots. The resemblance between some of them and either Rudd or Abbott was most uncanny. Once one had succeeded in this, one added an item to the Bronski Feminist Reform Plan. They then returned to the team, removing clothing and accessories on the way, and handed the red wig to the next player who repeats the process (to add authenticity, as Julia Gillard herself did this many, many times).

As concerns the Bronski Reform Plan, the best suggestions were a Lesbian Week, Lesbian Public Holiday and Bronwyn (not Bishop) for PM.

A special thankyou to all the work Bronwyn did in providing all the props, making up the games and running them so well. It was much appreciated by everyone who attended. If it is run next year add it to your diary as it was the most fun I have had for ages.

Robyn





ALMA's Special Status

Confirmed!

The Australian Lesbian Medical Association (ALMA), which offers support and mentoring to lesbian doctors, medical students and their partners, has officially been granted UN consultative status, as set out below.

It means that ALMA has the right to attend and make written and oral submissions at international Economic and Social Council events.

It has been a long struggle that began when six ALMA members attended the Medical Women's International Association (MWIA) Congress in Sydney in 2001 and became aware of the potential impact of involvement in the United Nations. Thanks to the early efforts of Drs Liz Rickman, Kath Burns, Ruth McNair and Carol Booth, with Carol's dogged persistence in recent years, this has come to fruition.

I would also like to personally thank Lavender who spoke at one of our ALMA conference a few years ago and encouraged ALMA members to continue to support these efforts when things were not looking so hopeful.

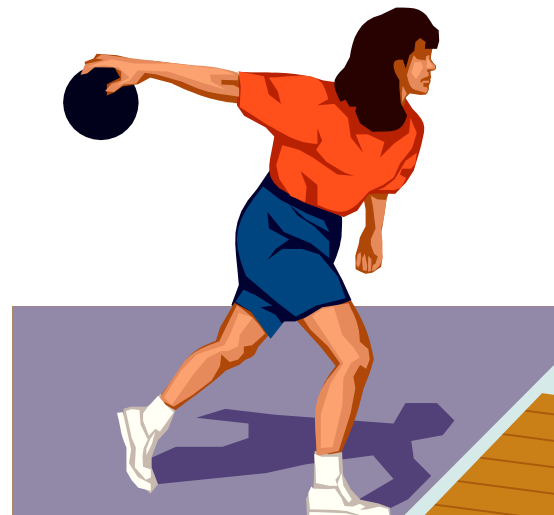
Wendy

Tenpin Bowling

On Sunday 8 September twelve women enjoyed a morning session of tenpin bowling at Strathfield Superbowl. Some experts, although very modest about their talents, were able to give a few tips to the less skilled. This was fortunate as seeing your ball roll down the grid can be a little humiliating, and with the tips, it didn't take long before even the less skilled were able to bowl some good scores.

In between turns it was possible to have pleasant conversations, and later, some of us stayed on for lunch. A simple affair but nice to relax with a fun group of women, especially after the huffing and puffing of the election.

We all decided we must do it again, so look out for future dates. I am sure more of you would enjoy this relatively inexpensive fun.
Sylvia



Pussy Willows

Two lesbians were out playing golf. They tee off, one drive goes to the right, and one drive goes to the left.

One of them finds her ball in a patch of buttercups. She grabs a club and takes a mighty swing at the ball. She hits a beautiful second shot, but in the process, she hacks the hell out of the buttercups.

Suddenly a woman appears out of nowhere. She blocks her path to her golf bag, looks at her, and says:

"I am Mother Nature, and I do not like the way you treated my buttercups. From now on, you won't be able to stand the taste of butter. Each time you eat butter you will become physically ill to the point of total nausea."

The mystery woman then disappears as quickly as she appeared.

Shaken, the woman calls out to her partner, "Hey, where's your ball?"

"It's over here in the pussy willows."

She screams back, "WHATEVER YOU DO, DON'T HIT THE BALL! DON'T HIT THE BALL!"

Exercise and Dementia

How soon should you think about preventing dementia? As early as the 20s and 30s and certainly by the time we're in our 40s, say researchers from the Centre for Healthy Brain Ageing at the University of NSW.

Healthy habits are no guarantee of evading dementia, but they're a big help. Around half the risk of dementia is related to lifestyle factors, says Professor Perminder Sachdev, co-director of the Centre.

“There's an advantage in doing a mix of aerobic and strength exercises because different exercises appear to have different positive effects on the brain.”

Exercise may be the most important protective factor for ageing brains. Ideally it should start early and be maintained into late life – although it's never too late to start.

Clinical neuropsychologist Professor Nicola Gates says research shows that people who exercise have better cognitive function, especially memory and executive function (the brain skills involved in organisation, planning and judgements), and lower dementia risk.

There's an advantage in doing a mix of aerobic and strength exercises because different exercises appear to have different positive effects on the brain.

“Aerobic exercise like walking, running or cycling stimulates more of a protein called brain-derived neurotrophic factor that promotes the growth of new brain cells. But resistance training helps the body produce more of a hormone called insulin growth factor 1 that's important for improving the blood supply to the brain,” she says.

Staying at a healthy weight is also important. Gain too many kilos and up goes the risk of high blood pressure. This can damage blood vessels including those that feed the brain – which is why healthy blood pressure lowers your dementia risk. Being overweight also increases the chances of type 2 diabetes, adding a further risk for developing dementia.

LOVE* is in the air

Do you wonder what you will do as you age, where you will live, whether your partner can live with you, how those around may respond...?

If you're interested in the ageing needs of the GLBT community come and inform us about your experiences, your service preferences and how you think things can change.

LOVE Community/Provider Consultation on Thursday 3 October, 4-6pm (with light food at finish) at the NSW Teachers Federation Venue, 23-33 Mary St, Surry Hills.

For more information contact Diana Bernard at dbernard@acon.org.au or 02 9206 2033.

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 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 and ask to be put on our mailing list.

Please note our new postal address is PO Box 1312 Randwick 2031

Newsletter

To receive a free emailed newsletter, please email contact@olderdykes.org

The web edition and back copies of the newsletter are available for download from our website www.olderdykes.org

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: Cheryl

Websisters: Jan, Ruth, Dorothy, Diann, 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