



Ten Forty Matrix Newsletter

December 2022

www.olderdykes.org

What's On

Dykes for Dinner Thursday 8 December @ 6.30

Café Jolly
165 Norton Street
Leichhardt

To celebrate our last D4D for 2022, we are returning to the popular Cafe Jolly with its generous serves and great value eating. Its a classic Italian Restaurant with homemade pasta and fresh Australian seafood. Gluten free and Vegan options available. BYO with \$2 per head cover charge. Situated opposite The Royal Hotel near to Short Street (cross street). Free Parking available in the Council Car Park on Marion Street near the Town Hall. Looking forward to seeing you there!

Please RSVP to Fiona at

Contact@olderdykes.org

OUT AND ABOUT Sunday 18th December @ 12pm

Sailor's Grill
2 St George Crescent
Drummoyne

RSVP to Sharon at

Contact@olderdykes.org

Dinner Discussion for Older Lesbians

The next Dinner Discussion will be in March 2023. The topic will be something to celebrate IWD.

Look out for more details on Contact.

Country Lesbians Association (CLA) Sunday 26 February 2023

Zoom Session

Topic: The first time I knowingly saw a lesbian. More details will come out on Contact.

Sydney World Pride from 17 February to 5 March 2023

Lots of events on in February next year. Here is the link for Sydney World Pride.

<https://sydneyworldpride.com/>

Report of Dinner and Discussion for Older Lesbians

8 October 2022

Sylvia

How and where will we live as we age?

All was ready for Dinner and Discussion for Older Lesbians but the warning of a storm on the Saturday made the planners anxious that we may not have an audience for our four speakers. But no, braving the rain, 23 women arrived carrying plates, and casseroles of delicious food. While the storm raged we ate and socialised.

At 7pm we gathered for the main event. The Wangal People, traditional owners of the land we were meeting on, were acknowledged. Then all those present were welcomed, in particular three new participants received enthusiastic applause.

Sylvia introduced the topic with a few factual reasons why many aged women, particularly single women, have limited superannuation or savings. Also she gave some of the reasons why women may find themselves under housing stress, despite owning their own home. For renters the situation is even worse, and women over 55 years of age are the growing homeless in Australia.

Mary

Our first speaker, owned her own much, loved, town house, in a good suburb. She loved her small garden and the company of her dog. At age 75, only a few years after retirement, Mary's daughter suggested she might like to live in a granny flat next to the large, new house she and her husband were buying, and planning to renovate. Very much a family woman, the idea of security and family nearby was appealing to Mary. She sold her home unit for a good price and invested the money in her daughter's plan. She was to live at her daughter's farm, on the other side of the Blue Mountains, in a fairly remote spot, while building went ahead. She sold much of her furniture and had to give up her dog. Sadly, council regulations and other hold ups meant that Mary was basically homeless for two years. She missed her friends and social life, so rented a flat in the city. Her savings were gradually being depleted. So at last she decided to pull out of the plan and find somewhere secure to live. This did cause conflict with her daughter, now resolved. There was of course a loss of money in making so many changes. She talked with some of her family members, friends, and those she knew seeking similar retirement homes.

Mary strongly recommends talking to those who have similar ideas to share information. She is now living in a small retirement complex

owned by Uniting Church, known to be lesbian friendly. Nothing is perfect and Mary gave a few examples of the need for flexibility, and an open mind, when living in such close proximity to others. Still, she is happy in her lovely two-bedroom unit, set in a garden and accessible to public transport.

© Kaye

Buckland Retirement Village

Kaye could not be present but Diann read out her intended presentation.

Why you chose this living project?

- wanted to be free of house & garden maintenance
- wanted more time to enjoy/develop other interests as I aged
- best option financially for remaining in the area and living independently.

My 2-bedroom unit, 69 m² in 2011 cost \$267,000. A garage cost \$12,000. At least \$100,000 less than what was available on the open market. And of sounder construction! From December 2017 onwards my estate is guaranteed \$186,000. For a new resident today, it would cost \$420,000 and the garage \$15,000. The resident 'loses' 5% every year of their 'going in' price for 6 years. If I was unhappy and wanted or needed to leave, say after 22 months, Buckland would pay back \$240,300. That's \$267,000 – [5% x 2 years of

\$267,000]. That's how they are able to cope with the open market. Recently a 2 bedroom unit with garage in S'wood sold for \$475,000. I'm better off here with these maintained facilities, grounds and services. Monthly fee, a bit like council rates, but includes water is currently \$392.

Why it is a good one for older lesbians?

- a lesbian couple I meditated with weekly in their new section villa (bought off the plan in early 2000s) suggested I make enquiries about a unit in the 'old section' (constructed in 1985). Now there are 5 of us in this retirement village. Website www.buckland-rv.com.au has good photos and information
- my house sold quickly & I was able to move in straight away. NO WAITING. Many tell stories of waiting up to 4 years. I felt WELCOMED. December 2011

How does one go about accessing this form of living arrangement?

- recommendations from friends and your local/social networks.
- luck with careful risk taking that it can be a suitable base for the next stage of your life and core beliefs.

What may be some of the difficulties with the living project?

- conflict with others, innocently upsetting others established routines eg hanging out my washing on their washing line day ☹️

- stereotype assumptions: seeking common ground & developing skills around different points of view eg Same Sex Marriage.

- greater frequency of illness & dying on this property than in my old street. 4 of my immediate neighbours died in my first 3 years here.

- due to closer proximity and no fences I felt more easily seen, and vulnerable to less privacy, apparent gossip, assumptions, and misunderstandings. It is possible to hear conversations outside and approaching immediate neighbours.

I had to develop my Brazen Transparency Skills; that took about 3 years. Same Sex Marriage legislation validates that I'm a full citizen who has chosen not to marry.

- limitations: not allowed to do any external or internal building changes. Like solar panels or change the colour of any of the cream-coloured walls.
- limited storage space.
- guests are limited to a maximum of 3 nights per stay.

What other thoughts have you for living situations in old age?

Travelling to our events and gatherings, highlights for me were 'family' stayovers on the way there and home, and our concerts. I'm doing very little of that now.

Treats I'd like to be part of are

- Swap visits.
- Older dyke travelling performance group.

Why come to Buckland

You will be just over 1km from Springwood shopping centre.

You will be just 20 minutes to Penrith and 75 minutes to Sydney by car.

The village is situated, according to many experts, in the best climate in the world and is free of city pollution.

Springwood is serviced by fast, electric, air conditioned trains which will take you to Sydney in approximately 75 minutes.

You will be only minutes to the Springwood Golf and Springwood Sports Bowling Clubs.

Buckland has

- 51.5 hectares of beautiful, natural bushland.
- 144 bed residential aged care facility.
- 165 self-care units and cottages (over two sites).
- a community centre comprising library, lounge, indoor bowls area, table tennis, craft room, commercial kitchen and an auditorium which seats almost 300 people.
- a Residents Forum which caters for welfare and social activities as well as input into the running of the Village.
- wheelchair access to all units and cottages.

- regular bus services provided by a private bus company.
- its own buses which are used for local village transportation and regular outings.

History

Sir Thomas Buckland, renowned philanthropist, who at the time was the Governor of the Bank of New South Wales, founded the organisation in 1934. Sir Thomas Buckland acquired land at Springwood and proceeded to build a hospital for women, whom for various reasons required specialist medical care.

Since Buckland's inception as a Convalescent Hospital in 1934 the organisation has now progressed from being an innovative edifice of the thirties to housing the children from the Burnside Homes during the forties to again returning to a hospital for women in the fifties.

Today the organisation has expanded its array of services to providing many self-care options, and aged care residential services in the Springwood area.

The Facility

The Buckland Retirement Village provides a wide range of independent living options, including 1-bedroom units, 1 bedroom with den units, two and three bedroom units plus

a variety of three-bedroom cottages, all located on the main site.

All of these units are within close proximity to the main service centre as well as the John Lethbridge King Community Centre (local doctor, now deceased). The community centre offers a main auditorium, a library, a table tennis area, indoor bowls, a craft area as well as a large private lounge area.

www.buckland-rv.com.au
Buckland Aged Care Services
Springwood NSW 2777

Sue Older Women in Co- housing

Like many I have lived with the fantasy of residing in a community of women. Whilst I have a lovely community around me within driving distance and lots of interesting things to do, I became very excited when I heard about a group of women around Melbourne and Daylesford who were looking to buy land and build a cohousing community of women. When I read about WINC, (Older Women in Co-housing), I became very excited about such a lifestyle with women, mostly lesbian, who hold compatible interests and values.

About 5 years ago a few women came together in Melbourne to discuss the possibility of buying land. Over time the group grew and became WINC, Older Women in Cohousing Inc.

WINC is a membership-based group open to more women joining, and whilst the membership is changing, there is a core group who are committed to the vision. There is a strong emphasis on support and respect.

The model of cohousing was brought to America and beyond from Denmark by a then young architect, Charles Durrett. The idea behind cohousing is to build a small village of privately-owned housing with shared community buildings and land.

WINC is aiming to buy a piece of land, build about 30 strata title units and some communal facilities such as a community building with a kitchen and enough space for us to gather for meals etc, a workshop, a spa, and a couple of guest rooms. Lots of space to sit around and share cups of coffee and tea, and catch up. There will be vegie gardens and beautiful shared natural spaces. Pets and chooks welcome. The units will be universally accessible and environmentally sustainable with at least an 8-star energy performance.

Currently the group is close to buying a piece of land just outside Castlemaine (1.5 hrs from Melbourne, on a rail line, and an area that is L&G friendly, alternative and very arty). The vision is once contracts are in place, some women will buy or ½ buy, others will rent, and there will be some social housing. There is an expectation of working

contributions to the running of the community once it is up and running, and also in the lead up process, but flexible around capacity, eg, if you can't dig gardens you can make cups of tea etc. It is a community run by the community.

The group has built up a lot of contacts with professionals, and many women who can help create this community (building eco-friendly units on a new piece of land is very complicated and involved). WINC also has members who are lawyers, and a retired architect advising. WINC meets monthly, both in person and on zoom.

For more info about the project and membership contact:

Sue: 0408 210 884

Mary-Faeth: secretary@winccohousing.org.au

Anneke: president@winccohousing.org.au

Website:

<https://winccohousing.org.au/location/>



WINCCohousing

OLDER WOMEN IN COHOUSING

Pearlie

Pearlie shared her somewhat circular journey in what she thinks was a journey to reconnect with her home. She and her long-term partner Meg moved from Manchester UK, in 1994, to a much-loved house in Wollongong. Their money did not extend to a similar home in Sydney. After many happy years in this house, Meg's memory loss challenges prompted the move to a unit in Sydney, for more security, to be nearer public transport, friends and a greater social life.

In 2016 Pearlie had to face the death of her dear lover. While still deep in grief eighteen months later, she felt the need to move again, somewhere on her own, an independent living unit. She was worried about staying alone in the unit with all the memories of Meg around her, a comfort on one hand, but also a reminder of all that she had lost. She found a retirement place that suited her very well and put down a deposit.

She put her unit up for sale. The pandemic, changes in the housing situation in Sydney, and other factors, meant the price she was offered was not worth going ahead. Pearlie decided to stay in her unit, despite losing the deposit. It was a head decision, she said. She has rebuilt her life. She's been Strata Secretary for the large complex where she lives for a few years now, jokingly describing her role as somewhere between customer service and older stateswoman.

She has come to terms happily with living alone, without Meg, but feeling surrounded by good memories and good friends.

Search



Diar



Living in Social Housing

I live in Social housing, once known as Public Housing. It was once a great option. A secure home; 30% of your income for rent, or market value, whichever was higher. The lease was 'Continuous', with no set end date, as long as the tenant looked after the property and stayed within the rental agreement guidelines. The NSW State government had a Department of Housing. I moved in when this was still the case. We still had a mix of people living in housing. Some were full time workers, some were not able to work. Everyone paid 30% of their income.

The NSW Department of Housing no longer exists. It is now broken into two sections, the one that managed the tenancies and the one that owned the land and houses.

The Land and Housing Corporation makes the decisions to sell properties and force tenants to be rehoused. 'Forcing' also includes doing no maintenance on the property, until it is completely uninhabitable.

The money received for the sale of the houses does not necessarily go back into building more housing. It goes to the general coffers of the NSW government. The government sometimes enters into so-called 'private/public' agreements with

developers. The developer gets our public land to build private housing, with a small percentage required to be social or affordable housing.

Housing tenancies are now split into several categories. The NSW government still describes tenancy as secure and affordable rental housing for people on low incomes with housing needs. However, it is now split into several categories:

- **Social housing**, managed by the Department of Communities & Justice
- **Community housing**, managed by non-government social housing providers
- **Affordable housing**, supposedly open to people on a wider range of incomes than social housing. In most situations, affordable housing is managed by charities, not-for-profits, or community organisations.

A continuous lease is no longer offered. Housing is no longer 'secure'. All new tenants who are assessed as eligible for a five- or ten-year lease are required to enter into a fixed term twelve-month probationary lease. Ten-year leases are for clients with ongoing housing and high support needs that are unlikely to decline. Five-year leases are for clients with housing and support needs that will most probably continue in some form over the next five years. Two-year leases are for clients

with transitional or temporary support needs that will probably decline over the next two years or the client's continuing need for social housing is unclear over the next five years because the household's financial circumstances may improve.

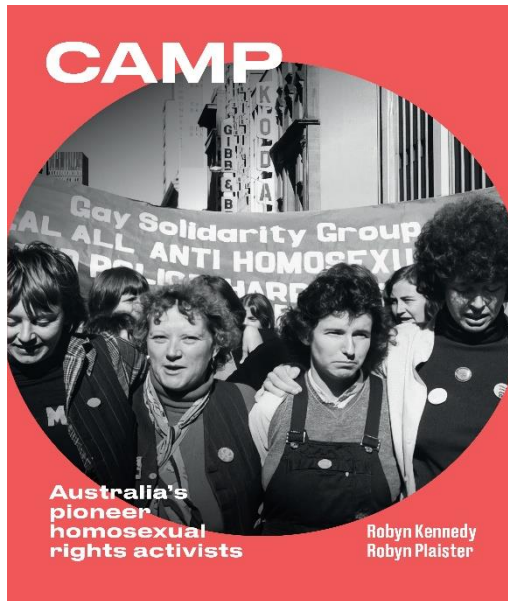
Continuous leases apply only to tenants who were housed before 1 July 2005 and who have lived continuously in a property owned or managed by DCJ since being housed..

A very sad development of public housing in the State of NSW. More complaints and protest needed. All the same, I am grateful to have the house I live in.

Report of the Book Launch: **CAMP: Australia's pioneer homosexual rights activists** By *Robyn Plaister and Robyn Kennedy*

26 November 2022

Jimmy Little Community Centre



Robyn Plaister and Robyn Kennedy agreed to do a launch of their publication *CAMP: Australia's pioneer homosexual rights activists*, before the Ten Forty Matrix Annual General Meeting, but open to all. The launch was well attended by around 30 participants.

Robyn Plaister has been a founding member of many important groups in her life including Ten Forty Matrix and the Sydney Lesbian Teachers Group.

But it is her activism in CAMP that drew her to start this three-year research and writing project with Robyn Kennedy, also an early member of Sydney CAMP. Covid lockdowns provided some time from their busy lives to take on the mammoth task of finding past members of CAMP in every state of Australia, then organise and interview them, getting photographs taken, editing and then seeking out earlier photographs of CAMP events. One past activist produced a box of photos from under her bed. So do remember photos are important. Hang onto them. You never know when you might need them.

For many lesbians the 1978 Mardi Gras is assumed, wrongly, to be the first push back action by gays and lesbians against their discrimination and persecution. But, before that there was an eight-year history of building a movement and taking action to change not only the laws against male homosexuality, but also to educate society.

The interviews reveal the lives of those who were trail blazers and some of whom are sadly no longer with us. From the audience came the first question. Was Sue Wills, (featured in the book and a well loved and respected Sydney lesbian feminist) able to see the printed book before her death? Sadly not.

Another audience member asked if writing the book was enjoyable. It took a while for both Robyns to answer this question. In part NO, because it was a lot of work. But also, YES because they were able to produce a book they are proud of and which tells a story not available elsewhere.

It is more than 50 years since the founding of CAMP, and this book is a celebration of a significant event and the many lesbian and gay men who created the achievements which are the basis of many of the rights we now have. With 300 pages and 53 photographs this high-quality publication is a must for all those interested in our history. Cost \$49.95.

To order

Email your:

- Name
- Address
- Email address
- Number of books required

To: pridepublish@gmail.com

Thinking about our eyes. A recipe

The Genetic Eye foundation, based at the University of New South Wales, Prince of Wales hospital, is a non-profit organisation whose mission is to assist and inform the visually impaired, especially those with hereditary eye diseases, help maintain vision by public and professional instruction, and continue with research related to the eye and to the bionic eye.

In 2010, the foundation funded the publication of a cook book by Hellene Coroneo and her husband, the well known ophthalmologist, Mina Coroneo, entitled *Feast Your Eyes*, subtitled the eye health cookbook.

There's a marvellous quote on the first page. It reads ...

'Who partakes of olive oil and bread is immune to the arrows of death.'
Cretan proverb (matinada)

Most of the recipes place emphasis on fish and seafood but we have chosen a vegetarian recipe from the book that we hope you will like.

Toasted Cumin and Beetroot Salad

(Recipe comes from Kate Hemphill from Herbie's Spices fame)
Serves 4

Ingredients

750 g whole beetroot
3 tablespoons extra virgin oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
1 teaspoon whole cumin seeds

For the garnish

100 g barrel-aged or Persian fetta cheese
Extra virgin olive oil
Handful parsley leaves
Lemon juice for serving

Preparation

Roast the whole beetroots in their skins on a baking tray at 180 degrees Celsius for 45-60 minutes until they feel soft when skewered.

Allow to cool slightly, remove skin and chop beetroot into 3 cm cubes.

Lightly toast the cumin seeds in a frypan.

Return beetroot to the baking tray and toss in oil, salt, pepper, ground cumin and cumin seeds.

Place back in the oven for ten minutes.

Turn beetroot out onto a serving dish, crumble over the feta cheese, drizzle with lemon juice and oil and top with parsley leaves.

The sweet beetroot, salty feta and earthy cumin make a wonderful combination and this dish can be served hot or cold.

Ita Buttrose and Vanessa Jones have also written a book entitled *Eating for Eye Health*, subtitled *Macular Degeneration Cookbook*.

Recipes from this book include Udon Noodles, Lemon Risotto and a Blood Orange Jelly dessert with Citrus Salad. Emphasis is placed on foods containing omega 3 fatty acids, such as salmon and lutein-rich spinach.

Lutein can be found in green, leafy vegetables, eggs and all yellow or orange-coloured vegetables and fruits.

Ophthalmologists often recommend Lutein tablets too, where an existing eye or vision problem has been diagnosed, or even to maintain good eye health.

Pearlie

Marilyn Monroe had Myopia

In a recent newsletter produced by the Look for Life foundation, evidence has been put forward that indicates Marilyn Monroe was myopic.

Although there are few photographs of Marilyn wearing spectacles the newsletter features two such snaps, and in one you can see that the lenses are tinted.

Kevin Tuohy is the man credited with inventing corneal lenses. Included in the collection of items obtained from his estate were casts and corneal lenses believed to have been made by Tuohy for Marilyn Monroe.

Coloured photographs in the newsletter show her with blue, brown and green eyes, the obvious implication being that she was an early user of coloured contact lenses.

In earlier times, people with myopia were forced to wear glasses with thick lenses similar to the glassy bottom of coca-cola bottles. It's good to know that Marilyn Monroe in that era, managed so well.

Pearlie

A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

Letters to the Editor

Newcastle

Hi Newcastle visitors. Thanks very much for coming along and making the trip such a success: fine weather (except for the amazing wind on Wednesday), lots of good food and above all lots of meetups, reunions and friendship. Our location at Crown on Darby was very comfortable once problems with bathrooms and stairs were addressed and the staff did their best to sort this out. And onsite parking! Once you had found it, that is. And heaps of cafes etc outside and only four blocks to the water. The big bonus was the courtyard. None of us had expected it to be so big and so pleasant. It was such a thrill to see everyone gathered there on Tuesday evening.

Special thanks to Crow for providing a wealth of information about food and activities and bravely eating out at lots of cafes to find the best places for us. All that effort in researching museums and places of interest added greatly to our enjoyment of the many features of the city.

And Fiona also deserves thanks for keeping the finances in order and to the Ten Forty Matrix Inc for making funds available. Thanks and best wishes from Jan and the team.

Newcastle

What a wonderful few days away we had on the Ten Forty Matrix trip to Newcastle in early November this year. When we first saw the details in the newsletter, neither of us knew what to expect but we decided to give it a go. We've been to some of the Out and About lunches and D4D dinners and have met some nice people there so we hoped the trip would help us extend our social circle a bit further.

Everything was brilliantly organised. The hotel was easily accessible by public transport (we travelled by train and tram), and we were able to check in straight away. Our room was quiet with a very comfortable bed, excellent quality linens, an enclosed balcony, and a renovated bathroom. The staff were friendly, helpful and accommodating. It was also in a great position, with lots of cafés and restaurants around and a 15-minute walk from the beach and ocean. Tick, tick, and tick.

The best part of the hotel stay was the daily 4pm get-together in the courtyard. Bring your own drinks and move your own chairs! The circle just kept getting bigger and the laughs louder.

We enjoyed great dinners on all three evenings. Pub grub, Ethiopian, and Korean were enthusiastically consumed. All very different and all delicious, and each venue looked after us beautifully.

Crow did A LOT of research on the food selections, and we all benefited. We have friends in town so didn't participate in the walks and other daytime activities that were organised, but from what we heard they were all excellent too.

And so many lovely women! What a wonderful opportunity we all had to socialise with "like-minded" people. We won't hesitate to do it again. Massive thanks to Fiona, Jan, Crow and anyone else involved in the organisation for doing such a sterling job on our behalf.

Jayne and Barbara (from Leichhardt)

Newcastle

A heartily thanks to Jan, Fiona and Crow for providing such a great 3 days. Everything was well organised, amazing food variety, good camaraderie all around and even the weather was on our side.

I would like also to thank Marion and Kath for swapping apartments with Pearlie and I. It was greatly appreciated. What a pleasure to have a walk-in shower.

I'm very grateful to belong to our amazing network of women, thank you to all.
Best wishes for good health
Daniela

Newcastle

Thanks to you Jan, and to Fiona and Crow, for such good organising. And thanks to everyone. It would not happen without you. The afternoon meetups were particularly good for reconnecting.
Diann

The Newsletter

We, Diann and Pearlie, hope you have enjoyed reading the newsletter.

Please keep giving us your feedback and let us know topics of interest you feel need to be shared in the newsletter.

Follow us on FaceBook
Ten Forty Matrix NSW

Browse our Website
www.olderdykes.org



About Ten Forty and Older Dykes

The first national conference of Ten Forty in the mid-eighties attracted politically active feminists of all hues and sexualities. Over time it became obvious that a huge majority of women attending follow-up meetings and activities in Sydney were lesbian feminists. Today Ten Forty and Older Dykes refer to the same group of women. We enjoy discussion 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. Our website <http://www.olderdykes.org> encourages national and international connections between older lesbians. Ten Forty is not an organisation you have to join, though members do get some discounts. If you want to receive regular information about our activities and our bi-monthly newsletter, visit our website and put yourself on our email list.

Newsletter

The newsletter comes out on our email list. If you do not receive it, email us contact@olderdykes.org
The web edition and back copies of the newsletter are available for download from our website.

Who currently does what?

Events planning: Sylvia, Diann, Wendy

Contact email list: Diann, Julie

Archives: Sylvia and Jan

Money Management: Fiona

Websisters: Jan, Ruth, Diann, Pearlie, Julie

Newsletter: editing and layout Pearlie and Diann

Management committee Jan, Sylvia, Pearlie, Diann, Fiona, Wendy, Jacqui, Alex