



# Ten Forty Newsletter

April 2016

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

## Dinner and Discussion

**6pm Saturday 8 May**

**What books have rocked your mind?**

Authors or titles that inspired us, and why.  
Facilitated by Jan.

There are some golden oldies books many have read that opened our eyes to the possibilities of a different life. For some it was *The Well of Loneliness* by Radcliffe Hall published in 1923, an absolute eye opener in its day. For others it was Rita May Brown's 1973 hilarious and explicit portrayal of lesbian life. Another was *Fried Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg, published in 1987.

Then, of course, there are contemporary books (lesbian and non-lesbian) that have inspired or changed us.

The evening will be free flowing to allow everyone to share books they have found inspirational and meaningful.

Feel free to bring books to swap, though you will have to take them home if not swapped.

This may also be an opportunity to connect with like-minded women and form a book group.

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 April 2016**

Doytao Thai Drummoyne

207-2011 Lyons Road, Russell Lea

Please email

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

by Sunday 10 April

**6.30pm Thursday 12 May 2016**

La Botte D'Oro Leichhardt

137 Marion St, Leichhardt NSW 2040

Please email

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

by 8 May

## Photo Walk

**Wednesday 13 April**

**Biennale of Sydney - Cockatoo Island**

There will be plenty of photographic opportunities at the Embassy of the Real

Meet at Circular Quay, Wharf 5, before 9.30am. (Ferry goes at 9.37)

Please email

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



## Imogens

The Imogens photography competition opens on 15 June. Entry forms will go out on contact and be available on the website. There will be fabulous cash prizes to be won in each of the two categories thanks to Ten Forty Matrix Inc:

1st prize - **\$400**

2nd prize - **\$200**

3rd prize - **\$150**

People's choice prize - **\$100**

Get clicking! The categories are:

**Lesbians in the Frame**

**Wild Frame**

## Dancing all night? Not a problem...

'How to dance all night' was the first in our series of discussion evenings this year focused on the general topic of wellbeing. Judi, a personal trainer and fitness instructor, showed us how we can increase our strength and mobility without having to join a gym or buy fancy equipment.



In her introduction Judi spoke about some curious ideas we have about fitness, for example, the idea of no pain no gain is not necessarily true, and working up a sweat is the body's way of trying to cool itself, rather than a reflection of how fit you are.

Judi also reinforced the sad fact that it is impossible to 'spot reduce' unwanted body fat.



She stressed that overall fitness requires a focus on four areas: cardio, bone density, balance and strength training.

I didn't expect to learn how easy it is to exercise at home with minimal equipment to strengthen the ankles and legs to prevent damage by falls, trips and slips.

First Judi showed us some leg exercises by standing next to a chair and using it to steady and support the body while raising up on our toes.

We did squats by going to a sitting position then standing; then we did lunges to strengthen both the hips and quadriceps



muscles. Easy to do at home and great for leg strength.

And as for upper body strength, we punched the air above our heads, used resistance bands instead of weights, and had a lot of fun.

### Krystyna



Squat



Lunge

## Flirting: a report from the 12 March Dinner and Discussion



It's very frustrating being a girl and trying to flirt with other girls, like you tell them, "You're cute" and they're like "Aw thank you." No, no i'm being gay with you... Homo intended, damn it

Wendy opened the evening discussion with an acknowledgement and respect to the Wangal people of the Eora nation who are the traditional owners of the land in which Haberfield is now a part.

The outline of the evening promised a little bit of input about flirting from Sylvia, then small group discussion and rounded off with a bit of drama. If laughing and enjoying ourselves during this discussion was drama, then we all should have more drama!

Flirting offers a socially approved way of signalling one's interest either socially or sexually. Understanding that some people flirt to build and consolidate friendships and knowing when flirting is meant to indicate one's availability for a partner or directed to the person one is attracted.

Most women can flirt and laugh with their friends especially when they have a tacit agreement that it is all meant in fun; there aren't any misunderstandings or hurt feelings. It is a little more challenging to flirt with the intention of showing interest in someone especially if one is not sure about the interest the other has or whether they welcome the extra attention.

Body language is the most common form across many cultures as in a prolonged stare followed by a head tilt away with a little smile. Sylvia demonstrated this several times to the delight of the women present. Dancing close to, or accidental touching of hands or arms can take place; further touching is seen as foreplay!

Verbal flirting requires a degree of confidence and the ability to use the situation to construct flirtatious comments eg 'I like the way you dance' or 'that colour shirt really suits you'. A sincere or playful compliment is much better than a pick up line.

Written flirting is best used for cards or texts. What you write is up to you! It can be a text invitation to see a movie or event with you. If you have her number, phone her within two days, any longer seems as if you are not interested at all.

Playfulness is just another word that can describe flirting. Remember even if you are shy and prefer not to make the first

move, accept compliments, and consider the possibilities of continuing on a new level of engagement. You never know where it may lead!

**Krystyna**

## Letters

### Gay marriage: where do you stand?

Thanks for the newsletter and the invitation to contribute some thoughts on gay marriage.

For a start, I think that 'marriage equality' is an oxymoron. Marriage as a social structure, regardless of the genders involved, is anti-equality in my opinion. In particular, I think that categorising people as single, married or de facto goes nowhere near recognising the diversity and instability of human relationships, and is not a logical or equitable basis upon which to base provisions regarding pensions, superannuation and taxes. I think it is much fairer to treat all adults as individuals, and base provisions on actual advantage, disadvantage or dependencies.

As for the campaign, I am not buying into it. I regard marriage as a bit like smoking. I respect everyone's right to do it, but I do not see it as a good thing to advocate. And while on the one hand granting same sex couples the right to marry could be seen as symbolic of community acceptance, my concern is that it could serve as a smokescreen that will stifle more meaningful debate about the relevance and desirability or otherwise of the underlying social structures. You won't see me marching with any banners for or against. To be honest I am a bit bored with it.

Best regards, Wendy

### From the Editors:

Thanks for your comments, Wendy. We were more than a little surprised that you were the only one to respond to our invitation to share your thoughts on gay marriage.

Perhaps, like you, our readers are a bit bored with the whole thing too.

## Transgender debate

What determines whether you're male or female - is it the clothes you wear, your physical appearance, your DNA, sex at birth or is it simply what you feel inside? But what about those who don't neatly fit into either category?

If you missed hearing Bronwyn Winter in the debate catch up with the highlights of 'Society must recognise Trans people's gender identities', an Intelligence Squared debate, presented by the Ethics Centre, Sydney Recital Hall, 3 March 2016

[www.abc.net.au/radionational/programs/bigideas/iq-transgender-debate/7233160](http://www.abc.net.au/radionational/programs/bigideas/iq-transgender-debate/7233160)

## Coming out in Aged Care

Many gay people entering aged care are facing the "horrible" task of once again revealing their sexual orientation or gender identity to their new community, according to former High Court judge Michael Kirby.

Mr Kirby, who is also a prominent campaigner for the lesbian, gay, bisexual, transgender and intersex (LGBTI) community, said some residents faced hostility and hatred earlier in life and feared the reaction of fellow residents.

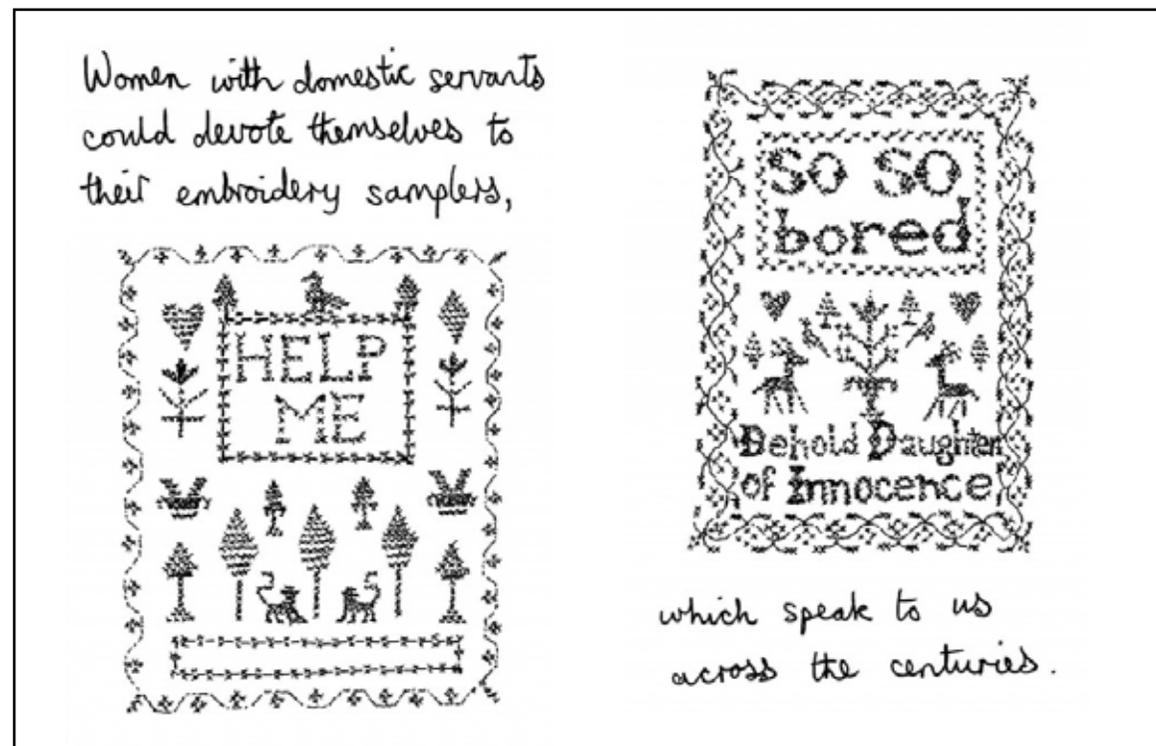
If you would like to read the entire article, first published on the ABC site, go to [www.abc.net.au/news/2016-03-03/lgbti-people-face-coming-out-all-over-again-in-aged-care/7217260](http://www.abc.net.au/news/2016-03-03/lgbti-people-face-coming-out-all-over-again-in-aged-care/7217260)

## When did 'butch' become a dirty word in the queer scene?

"To this day, in Australia, when I refer to myself as "butch" people scoff at me and turn away. People use the term "butch" as a way of insulting other queer women, describing a time or aesthetic that we have "long moved beyond". Read the article [www.dailylife.com.au/news-and-views/dl-culture/when-did-butch-become-a-dirty-word-in-the-queer-scene-20160316-gnqx6m.html](http://www.dailylife.com.au/news-and-views/dl-culture/when-did-butch-become-a-dirty-word-in-the-queer-scene-20160316-gnqx6m.html)

## Butch lesbians are paying a price for bending gender rules

"It would appear that many folk can only cope with women as feminine and men as masculine. A number of lesbians I know who are on the butch side have been asked when they are transitioning. Being openly and proudly butch has now, as DeLaria says, become something that many in the lesbian community look down on." Read the article [www.theguardian.com/commentisfree/2015/jul/31/butch-lesbians-paying-price-bending-gender](http://www.theguardian.com/commentisfree/2015/jul/31/butch-lesbians-paying-price-bending-gender)



Cartoon from *The Trouble with Women* by Jacky Fleming – a book of delicious, funny, feminist cartoons – and an insightful look at how women have appeared (or not) in history

## What's the difference?

Between Ten Forty and Ten Forty Matrix Incorporated ...

Ten Forty is not an organisation you have to join and has no membership fees.

Throughout the year a Planning Group offers a range of social activities and organises Dinner and Discussion evenings where a small entrance fee is charged to cover rent and refreshments. Ten Forty also manages the email list, Contact, and the olderdykes website.



Ten Forty Matrix Inc. was incorporated in 2014 following a bequest of \$43,000 from Julie Hacker, a long time member of Ten Forty. It offers a limited number of subsidised events for members each year.

To renew your membership or become a member of Ten Forty Matrix Inc., see details below.

## Ten Forty Matrix Inc. Membership Renewals

Our annual membership fees are levied by calendar year, with 2016 memberships due for renewal on 31 March 2016. Fees are the same as last year: \$10 unwaged, \$20 waged.

Please print and complete the membership renewal form on page 6 and pay your fees. If you need a renewal form please email [contact@olderdykes.org](mailto:contact@olderdykes.org)

You can pay your 2016 fees either

- by electronic transfer BSB: 062148 A/C Number: 10526147 and please remember to identify yourself on the transfer.
- by making a personal deposit into the Commonwealth Bank Ten Forty Matrix Inc. BSB: 062148 A/C Number: 10526147.
- by sending a cheque with your renewal form

### Joining for the first time?

If you were not a paid-up member in 2015 please print and complete the membership form on page 6 of this newsletter. You will need a proposer and a seconder who are existing members of Ten Forty Matrix Inc to sign the form.



*Australian Iron Woman Champion*

## About Ten Forty

The first national conference of Ten Forty in the mid-eighties attracted politically active feminists of all hues and sexualities. However, 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 [www.olderdykes.org](http://www.olderdykes.org) encourages national and international connections between older lesbians.

Ten Forty 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.

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

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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/about\\_us/newsletters.html](http://www.olderdykes.org/about_us/newsletters.html)

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## Who currently does what?

Events planning: Diann, Gillian, Krystyna and Bronwyn

Contact listing in LOTL: Jan

Utilities box: Sylvia and Gillian

Money Management: Esther

Websisters: Jan, Ruth, Dorothy, Diann,

Sandy

Newsletter: editing and layout Ruth and Dorothy