



Ten Forty Newsletter

July 2015

www.olderdykes.org

Dinner and Discussion

6pm Saturday 8 August 2015

Games night

We are going to have a night of socialising. Bring your cards, scrabble, mahjong or board games and join us for a fun night of games and talking.

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

Please note: There will be no Dykes for Dinner in August.

6.30pm Thursday 10 September

La Botte D'Oro

137 Marion Street Leichhardt

Please email

contact@olderdykes.org

by 6 September

Ten Forty Art Deco Quiz

Are you a woman who likes Art Deco and who likes quizzes?

Janne has taken 24 photos of buildings and interiors around Sydney's CBD. Can you identify them? Walk around with a friend, have a coffee and do the quiz. This is a fun quiz with prizes to be won.

Click the link below and when the weather fines up, start walking.

www.olderdykes.org/about_us/artdeco1.html

Entries close on 31 August 2015.

Ideas welcome

If you have some ideas for social events and/or topics for our bi-monthly dinner and discussion evenings, please email

contact@olderdykes.org

A Berry Fun Weekend

Subsidised by Ten Forty Matrix Inc.

Friday 9 to Sunday 11 October 2015

Registration forms, along with more information, will be emailed to financial members in July.

To enquire about becoming a new member of Ten Forty Matrix Inc. or renewing your membership please email

contact@olderdykes.org

The cost of membership is \$10 unwaged and \$20 waged. For general information about the weekend contact:

berryfunweekend@gmail.com

Depression & Gender

(Report from the May Dinner and Discussion evening, recorded by Rob.)

Helen, a psychologist and researcher, was the guest speaker. Helen has been investigating and writing about women and depression since 1995. She began by thanking Spider for the data projector and asking the 18 women present to agree that any personal experiences shared in the room would stay in the room.

Helen's aim in the presentation and subsequent discussion was to show how social factors such as sex-role stereotyping provides fertile ground for women to become depressed. Her research shows that depression in women is influenced by a combination of feeling powerless and not having control over one's life.

Sex role stereotyping leads to victim blaming, for example, women raped or sexually assaulted are often said to be dressed inappropriately. The message for women is that men have control and women should know their place in society.

Because more women than men identify as depressed, many doctors regard women's hormones as a cause of depression. Helen has found that depression is about women routinely being rendered silent, voiceless and powerless.

A range of contexts and environments in which we live also affects our health. For

example, not caring enough for oneself, a lack of social support and being isolated, neglecting physical health care and being faced with adverse life-events.

Recovering from depression can be achieved by finding your voice, becoming assertive and developing agency. While stressful and negative, life events cannot always be controlled; brain plasticity research shows that brains can be rewired.

Women will stay depressed if they go along with what others think about them and continue to silence themselves. With good friends and social support women can go a long way to overcoming depression.

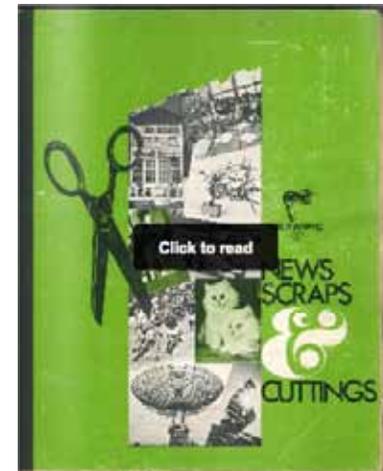
To enable us to more clearly see what factors are influencing our feelings of depression, Helen provided each participant with a SHIFT- Depression® Inventory – available online at www.shiftdepression.com.au/test.php

For more information about Helen's research go to www.shiftdepression.com.au/index.html

History in the making

Digby, photographer and filmmaker, has compiled a scrapbook of the first Mardi Gras, a street festival turned riot, held on the evening of 24 June 1978. Newspaper clippings include those from the Australian, Daily Telegraph, Sydney Morning Herald, Sun, National Times, Campaign etc.

Digby's scrapbook can be read online at the Australian Lesbian and Gay Archives.



© Australian Lesbian and Gay Archives.
alga.org.au/2015/3483

Val's Cafe funding

The Labor Government in Victoria has announced \$402,000 funding over three years for the Val's Café Project, a unique program promoting the health, well-being and social inclusion of older lesbian, gay, bisexual, transgender and intersex (LGBTI) people.

Members of the Matrix Guild in Victoria, Jean Taylor, Ardy Tibby, Barb and Carole Ann, met Minister Martin Foley when he announced the on-going funding, explaining to him that older lesbians' housing and aged care needs were different from the needs of gay men and trans people.

<http://www.valscafe.org.au>

Vale Joy Ross

9 August 1934 – 6 June 2015



I met Joy in 1993 when she was the volunteer coordinator of the Older Women's Network (OWN) at The Rocks and I was employed as the Community Worker. Joy was a creative, inspired and feisty colleague who also, over time, became a valued friend.

Joy's involvement with OWN began in 1988 when she was 54. For the next two decades she dedicated herself to nurturing political awareness and encouraging social activism in older women – both

within the organisation and beyond. She also worked to create an environment that was warm and welcoming and personally enriching for members of OWN.

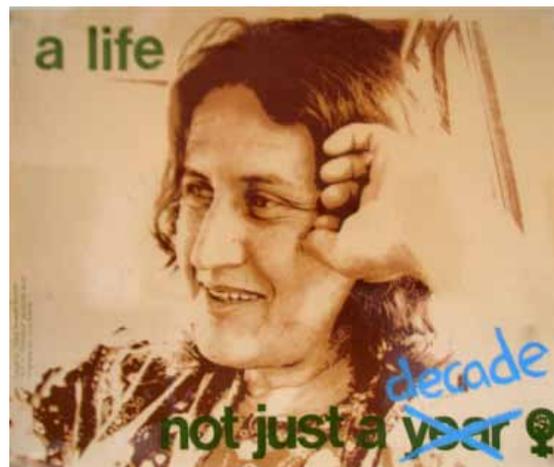
Lesbians within OWN were all but invisible until 1996 when Joy, inspired by the late Louise Anike, advertised an 'Older Lesbian Group' in the Sydney OWN Newsletter. She invited members of OWN who identified as lesbians to attend the first meeting with a view to forming a friendship group and exploring ageing issues. After a year of regular meetings a majority of the women decided they were more interested in social networking than lesbian feminist issues and, disappointingly, the group ceased to exist.

In 1999 Joy was appointed International Year of Older Persons (IYOP) coordinator. She

worked tirelessly to ensure that gender issues were on every agenda and that strategies were developed to address the diverse needs of older women. One of her own strategies was getting together a small contingent of OWN marchers for that year's Gay and Lesbian Mardi Gras!

Joy was born and grew up in Western Australia. She trained as a nurse, then married and moved to Newcastle where her two daughters were born.

In the mid-60s, with her marriage over, Joy began work at the Communist Party's Intervention Bookshop. She quickly became captivated by progressive social and political changes then sweeping the country – the anti-Vietnam War movement, the peace movement and later on, Women's Liberation.



*Poster produced by Sydney University feminists for International Women's Day 1975.
Photographer Ann Roberts*

By 1979 Joy had moved to Sydney, and by 1984 had met her beloved life partner, Fran. Over the years, Joy and Fran have regularly participated in activities and events organised by Ten Forty.

Despite ill health, which began in 2006 with a diagnosis of cancer followed by years of treatments, Joy continued to participate in OWN and Ten Forty. Until quite recently she attended conferences, social events, book discussions and meetings, and regularly met friends for coffee and a chat and shows at the Belvoir.

Joy died peacefully in a nursing home with her daughter Natalie by her side and Fran close by.

With her non-judgemental nature and willingness to help where ever she saw a need, Joy was a friend to many women, lesbian and straight. She was a woman who made a real difference to many of us.

However, Joy did have a blind spot. When anyone expressed appreciation for her contributions and achievements she would be totally dismissive, claiming it was others who deserved the accolades, not her.

This could be Joy's epitaph: a magnificent woman with a gentle soul who achieved so much more in this life than she would ever let herself – or anyone else – acknowledge.

Dorothy

Meet Up

Meetup is the world's largest network of local groups. Meetup makes it easy for anyone to organise a local group or find one already meeting up face-to-face.

The Sydney Gay group is for women who want to speak out, speak up or speak easy. It's a fun-friendly group where EVERY gay, lesbian or queer gal is welcomed!

www.meetup.com/The-Sydney-Gay-Gals/

Olderdykes.org.

How long is it since you checked out our Ten Forty website?

There's an Older Dykes talk back forum where you can share your thoughts and opinions about issues of interest to older lesbians.

www.olderdykes.blogspot.com.au

And there's a wonderful selection of lesbian stories – from raunchy to hilarious to deeply moving, and everything in between – published on the Words page.

www.olderdykes.org/words/words.html

Also check out podcasts on the Words page. At the moment there are only two personal accounts of members' 'Experiences of Feminism' on the podcast page, but we hope to increase that in the near future.

If you have any feedback about the site, please email contact@olderdykes.org with 'websisters feedback' in the subject space.

Support The Women's Library

At a time when hard won rights are falling down all around us, women are confronting misogyny, rape culture and sexism in public and private life and there seems to be less and less space for us, as women, to meet, to connect and to learn and value our herstory, spaces like The Women's Library becomes increasingly precious.

TWL needs the help and support of the women's community. Our validity and usefulness is being questioned and our right to the space we have occupied for thirteen years is at risk. If community support does not become a reality we may well cease to exist.

For more information about TWL go to www.thewomenslibrary.org.au

Conferences

Let's Talk About Sex, Relationships and Intimacy As We Age conference September 2015

www.agedcareonline.com.au/2015/04/There-s-No-Age-Limit-On-Sexual-Activity

An Australian Homosexual Histories Conference will be held at the University of South Australia on 13 – 14 November 2015, the opening weekend of Feast, South Australia's Queer Cultural Arts Festival.

australianpridenetwork.com.au/2015-australian-homosexual-histories-conference-call-for-papers/

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 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 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/about_us/newsletters.html

Who currently does what?

Events planning: Diann, Gillian, Krystyna and Bronwyn

Contact listing in LOTL: Jan

Utilities box: Sylvia and Gillian

Money Management: Cheryl

Websisters: Jan, Ruth, Dorothy, Diann, Sandy

Newsletter: editing and layout Ruth and Dorothy