



Ten Forty Matrix Newsletter

September 2018

www.olderdykes.org

What's On?

Dinner and Discussion Group for Older Lesbians

Open Mic with singer-songwriter Sandy

Saturday 6 October 6-9pm

Be entertained by musicians, singers and comedians for a fun night of entertainment, music, song and more.

Contact Sandy if you are interested in performing.

Email: contact@olderdykes.org

Mervyn Fletcher Hall, 81 Dalhousie Street (cnr Dixon St), Haberfield.

BYO food to share and your own drinks. Gold coin donation



Dykes for Dinner

6.30pm Thursday 11 October

Thai Pothong

322 Victoria Rd Marrickville

BYO (corkage \$1.50 p.p)

RSVP to contact@olderdykes.org by

7 Oct at the latest so a booking can be made.



6.30pm Thursday 8 November

La Botte D'Oro

137 Marion St Leichhardt

BYO wine \$3 corkage per bottle

RSVP to contact@olderdykes.org by 4 Nov at latest so a booking can be made.

Out & About

A monthly social group in the Sydney area. For details about the February event, please email contact@olderdykes.org

For your diaries...

Wednesday 26 September: "Wollongong by the Sea" – a members-subsidised lunch at a restaurant overlooking the ocean. More information mid-September.

Sunday 11 November: "Sunday on the Hawkesbury" – a three hour subsidised cruise with fish and chips for lunch. More information late September.

Saturday 17 November: Ten Forty Matrix AGM followed by a member-subsidised dinner at a local restaurant. Full details sent out mid-September.

Saturday 22 December: Summer Solstice Party Full details in November Newsletter.

Saturday 16 February: Social media information evening. More details in the January 2019 Ten Forty Matrix Newsletter.

Friday 1st March to Sunday 3 March 2019: a subsidised three-day weekend at Berry Sport and Recreation Centre. Registration forms will be sent out towards the end of 2018.

Report from our August meeting

Demented Fear of Dementia

Presented by Pearlle

Women arrived early bearing delicious food, and soon the warm room was filled with vibrant conversation. New and recent participants were warmly greeted and were soon engaged in conversations too. Following dinner, 26 women sat around for Pearlle's much anticipated presentation.

Pearlle's presentation and the discussion following it contained much significant information and deeply personal sharing that cannot be reproduced in a report. The following is merely an overview of the content of the night.

In addition to Pearlle's information she had invited Laurel Walter, also a member of Ten Forty Matrix, who is now working with Dementia Australia. Laurel provided some useful insights as well as information handouts and a brochure addressing the LGBTI community.

Pearlle shared her experience of living with a much loved partner who suffered dementia for many years. She outlined the fact that when you are a person whose mind is a significant part of your identity the gradual loss of your capacity to think clearly and recall is devastating. Despite this each person

experiences this loss in different ways and there are good and bad days.

Exact symptoms of dementia vary depending on the area of the brain affected. In Meg's case she had evidence of dementia, vascular dementia, 12 years before a diagnosis and one year before she died from choice rather than live with the loss of her mind.

Pearlle shared some of the difficulties of being a Carer. The Carer has to think for two but at the same time not diminish the independence of the person they are caring for. To do this you need strategies which can be gained from sharing with others and working with the person you care for. It is also important to maintain positive social connections, and having friends who can spend time with the person you care for. The dementia helpline is an important support.

Pearlle outlined the key brain functions, which include storing and recalling memory, language, executive control (planning etc.), visual and spatial organisation as well as processing smells.

Many people experience impairment in brain function particularly as we age but this is not always dementia. Stress, trauma or witnessing a serious crime or accident are factors which can impact seriously on our ability to function fully. Pearlle outlined Mild Cognitive Impairment (MCI) which is usually identified when a person has memory problems greater than a person of comparative age. This can be serious for the

person but does not always lead to dementia. Research into MCI and its treatment is underway.

One important point in the presentation was that dementia is a broad not specific disease and not easy to diagnose.

Information from Dementia Australia can help in guiding people to a better understanding of dementia and its diagnosis.

We are often afraid of dementia and sometimes make snap judgements about ourselves and others. One shared idea is to have at least three pieces of information about a person and their brain function before making a judgement. The presentation ended on a positive note of love of the person one cares for.

Following Pearlle's presentation many participants shared their experiences and fears based on family history. The level of discussion was very positive, honest and brave. Feedback indicated this was a very successful event and participants felt welcome and valued the deep, respectful discussion.

The National Dementia Helpline is 1800 100 500 and operates between 9am and 5pm Monday to Friday. The Helpline is for anyone concerned about their memory, anybody who has been diagnosed with dementia or who works with people with dementia, or anybody who simply wants to know more.

by Sylvia

Hospital care ...

(An old one, but still relevant and worth repeating.)

A grandmother telephoned St. Joseph's Hospital and timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said,

"I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your sister?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me fuck all around here."

A Zero Waste Life

by Anita Vandyke

Anita Vandyke wants to show you that by living a zero waste life you actually gain more - more time, more money and more life.

Her simple, practical guide shows you how by changing your daily habits you can eliminate plastic from your life in thirty days. These are the inside tips of a waste warrior, whose life has changed from excess to eco-luxe.

A Zero Waste Life is a guide to the small changes you can make to radically reduce your waste, without losing your lifestyle.

Based on 30 lifestyle 'rules' and handy tips, this practical book offers a fresh 'can do' approach to reducing your waste and living a cleaner, kinder life.

\$20 from Glee Books and other bookstores.

Have you heard about Cora Balls?



Placed in your washing machine, Cora Balls catch Microplastics, Microfibres and Pet Hair.

They are now available in Australia

from Flora and Fauna <https://www.floraandfauna.com.au/cora-laundry-ball-yellow-1-ball>

True stories of bold women

True stories from the real world engage people first by raising awareness then by offering a vehicle that we can share with others and build a community that cares. Help us create, fund and share stories to shift the dial on issues that matter.

BRAZEN HUSSIES is a theatrical and television documentary that rediscovers the rich history of the bold women who reignited the Women's Liberation Movement in Australia in the late 1960s and 1970s.

Bringing together archival footage, photographs and headlines with personal in-depth interviews, BRAZEN HUSSIES introduces contemporary audiences to an exciting and revolutionary chapter in Australian history. We reveal how this diverse group of activists were ridiculed in the media, faced scorn and resistance at home and were sometimes arrested in their fight to make great social change.

This film will inspire its audiences to question gender equality today and realise that the personal really is political and individual actions can create lasting change.

Please donate!

<http://www.documentaryaustralia.com.au/films/4061/brazen-hussies/supporters>



Edna Ryan Awards

making a feminist difference

Friday 16 November 2018

6:00 pm – 9:00 pm

Trades Hall Building 4-10 Goulburn Street (cnr Dixon), Sydney.

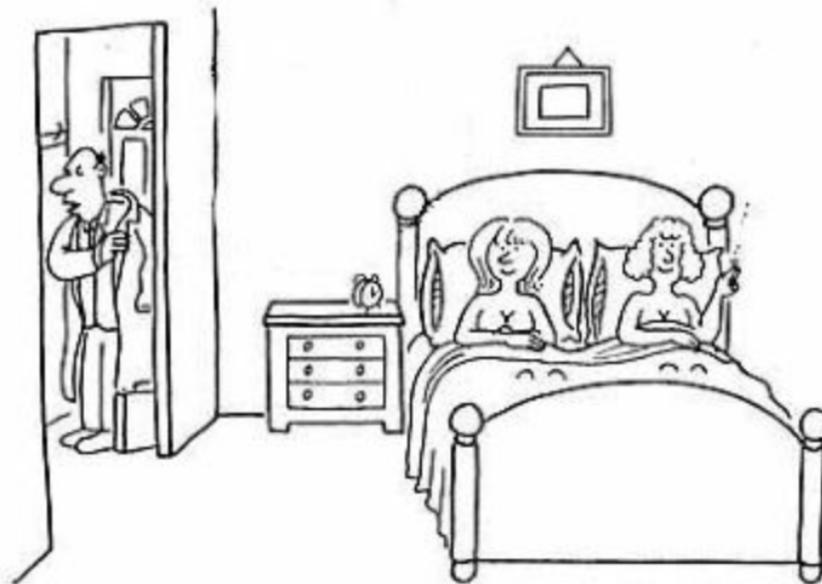
Concession: \$25, Full price \$35

This year, 2018, marks the twenty-first year of the EDNA Awards, which commemorate the work of Edna Ryan by acknowledging the contribution of women in NSW and the ACT who have had a significant impact on the social, economic, and political status of women and girls.

The EDNAs are awards for women who have made a feminist difference - the battlers and the unsung heroines who show commitment and determination. These Awards recognise those whose activities advance the status of women.

Start thinking now about who you might like to nominate for an EDNA. Nomination forms are now available and must be submitted by 21 September 2108. All nominations must be on an official entry form:

<https://ednaryan.net.au/sites/ednaryan.net.au/files//2018%20EDNAs%20NOMINATION%20FORM.pdf>



"You'd never believe it. I got replaced by a woman at work today."

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 Matrix 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.

You can pay an annual fee to join Ten Forty Matrix, or you can participate as a casual member. If you want to receive regular information about our activities and the free bi-monthly newsletter join our mailing list www.olderdykes.org/mailList/?p=subscribe

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: Members of the Ten Forty Matrix committee

Telephone contact: Jan 9810 1862

Utilities box: Sylvia and Gillian

Money Management: Kel

Websisters: Jan, Ruth, Dorothy, Diann,

Newsletter: editing and layout Ruth and Dorothy