



# Ten Forty Matrix Newsletter

January 2019

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

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## Dinner & Discussion

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### The Internet, Social Media and Us: Risks and Rewards

**Saturday 16 February 6-9pm**

**Presenter: Justine Humphry**

Justine is currently a lecturer in Digital Cultures at the University of Sydney, and ran an IT company that serviced the community sector for many years. Her connection to Ten Forty goes back to 2001 when her partner Sarah designed our original website.

For many older lesbians, social networking is a form of entertainment, great for meeting people with similar interests, and useful for staying in touch with friends and family. For others it is a mysterious and unknown world. For many others it is somewhere in between.

No matter what your level of skill and/or knowledge, Justine's presentation will have something for you as she guides us through the safety issues, the politics, and the relevance and rewards to older lesbians of the Internet and various social media platforms in a talk and questions format. There will be some interactive exercises.

This presentation is not a 'hands-on' workshop. At the planned follow-up workshops, one of them at the Berry 'Focus on Friendship' weekend, we will be able to use our own devices to explore a range of social media platforms such as WhatsApp, Facebook, Twitter, LinkedIn, Instagram, Snapchat etc.



#### PLEASE NOTE:

**Thanks to a grant from Lesbians Incorporated (LInc) we are serving Thai food, including vegetarian dishes, free of charge at 6pm.**

**BYO drinks. Coffee and tea provided.**

**RSVP for catering purposes by Thursday 14 February to [contact@olderdykes.org](mailto:contact@olderdykes.org).**

**Venue:** Mervyn Fletcher Hall, 81 Dalhousie Street, (cnr Dickson St), Haberfield.

Buses are available: 406, 436, 438, 439 and street parking is available close by.

## Dykes for Dinner

**6.30pm Thursday 14 February 2019**

At Fernandos

118 Norton St, Leichhardt

RSVP [contact@olderdykes.org](mailto:contact@olderdykes.org)  
by Friday 8 February.

**6.30pm Thursday 14 March 2019**

Salisbury Hotel

118 Percival Rd, Stanmore

RSVP to Gillian- [contact@olderdykes.org](mailto:contact@olderdykes.org)  
by 8 March.

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## A celebration of International Women's Day

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**Wednesday 6 March 2019**

Celebrate International Women's Week with a day trip to Wollongong, We'll catch an early train from Central (around 9.30am), have a swim at the beach and enjoy a delicious lunch at Northbeach Pavilion.

This is a subsidised event for Ten Forty Matrix members but all older lesbians are welcome to attend.

Further information will be available at a later date through [contact@olderdykes.org](mailto:contact@olderdykes.org)

# Focus On Friendship

A fun weekend in Berry for Older Lesbians

Organised by Ten Forty Matrix



Kayaking near Berry Sport and Recreation Centre

**5pm Friday 29 to 4pm Sunday 31 March 2019**

Ten Forty Matrix invites you to our 'Focus on Friendship Weekend', where you can make new friends and join in a wide range of fun activities – both active and passive. This is a subsidised weekend camp that will appeal to regional older lesbians and those who have limited funds to enjoy a weekend away. We particularly encourage older lesbians who have not participated in any previous Ten Forty Matrix events or activities to come along. Ten Forty Matrix 'regulars' are also invited to attend.

**Accommodation:** Bunk style accommodation in comfortable rooms with bathrooms nearby. You will be sharing with one or two other women, and we aim to use only bottom bunks.

**Meals:** Breakfast lunch and dinner as well as morning tea. The venue caters for special dietary needs.



Try your hand at archery at Berry Sport and Recreation Centre

**Location:** Berry Sport and Recreation Centre is located in a garden setting about 2km from Berry, 140km south of Sydney, and a few kilometres from beaches. It is fully accessible.

<https://sportandrecreation.nsw.gov.au/sportandrecreation/facilities/berry>

**Activities:** Will include swimming (solar heated, open air pool), kayaking, archery, board and card games, bush walking, group discussions, workshops, and much more.

**Subsidised and affordable:** The cost includes accommodation, activities and all meals.

**\$25** for lesbians on a full aged/disability support/carer pension or Newstart.

**\$75** for all others, including women receiving part pensions.

For more information about transport, costs and registration contact:

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

Ten FortyMatrix thanks our sponsors, ANZ & Sydney Gay and Lesbian Mardi Gras, for supporting this event.



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## AGM 2017– 2018

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### Chairperson's Report

Ten Forty, as we know, originated 30 years ago. Ten Forty Matrix Inc., thanks to a legacy from Julie Hacker, was incorporated in 2013. The merger of these two groups in 2017 has been very successful.

Julie's generosity supported us to begin a steady strengthening of our organisation by building membership and expanding the range of activities we offer, all while keeping the aim of our constitution in mind ... to promote the wellbeing of older women in NSW who identify as lesbian.

Your hard-working Committee of ten has met at roughly six-weekly intervals throughout the year to ensure the decisions we make are relevant and responsive to members' needs.

Reflecting on our work, I want to say how valuable are the efforts of this Committee to our community ... from the generosity of Julie Hacker down to individual committee members, some of us ill and yes, old, or both, yet committed and vital to the dialogue of our meetings and the decisions made.

One of the highlights this year has been the number and range of funding grants \* we have successfully applied for. We thank Dorothy, Kel, Sylvia and Jan for their many hours writing and re-writing submissions. All too often we can overlook the individual effort that goes into keeping our group flourishing and functioning.

Diann, for instance, is the Committee member who manages our Contact e-mail messaging system, which

continues to reach more and more women. Currently over 300 people are registered on Contact.

Dorothy is not only our secretary, but with Ruth Butler produces the bi-monthly newsletter which is a source of great delight, very professional in writing, style and layout.

Jan, Dorothy and Diann are members of Websisters. This group keeps the website up-to-date and is currently involved in negotiating a professional redesign of the site, which will go 'live' in February 2019.

Sylvia and Orsolina, amongst others, have ensured the focus of our dinner and discussion bi-monthly topics are relevant and stimulating. While numbers can sometimes be small, written feedback from participants indicate the topics are always relevant, thought provoking and/or entertaining.

Pearlie, Sylvia and Jan have organised three special daytime outings this year. One to Woy Woy for a seafood lunch, a second one to Wollongong Harbour for a sea view lunch and a third outing, just last Sunday, a ferry trip with fish and chips for lunch on the Hawkesbury River. Watery themes abound. Again our Treasurer will update us on the money issues involved in these excursions.

When we first became incorporated, the Committee decided to make donations to causes promoting women's and lesbian's issues. This year, for the first time, we acted on this decision and donated \$2,000 to Brazen Hussies, 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. I am sure we all look forward to seeing this film on the big screen sometime soon but meanwhile here's the link to their teaser trailer <https://filmcamp.us14.list-manage.com/track/click?u=e9b765db9b7c2d3064abc9b64&id=6ff308f1f1&e=b8cab70546>

In May, in the face of extraordinary publicity about the effects of plastic in our oceans and on land, we ran a campaign via Contact and the newsletter about reducing our use of plastic in all its forms.

In conclusion, can I remind you all that we defied societal expectations when we were young and fighting for change. We defy expectations now in what we are able to do.

There used to be a poster in the Women's Warehouse, all those years ago. It depicted a woman, face unseen, fleeing from a burning building. The message read ... keep warm this winter, make trouble.

I'm not sure how many of us could run away these days but I like to think we are still fighting, empowering women, making trouble.

I want to thank each and every one of you who has made a contribution to the success of Ten Forty Matrix. You inspire me. I am sure you inspire others too.

### Pearlie

#### \*Grants received 2017-2018

ACON Women's Health – Brochures	\$ 500
Mental Health Assoc. – 30th birthday	\$1000
Inner West Council –website redesign	\$2530
Lesbians Incorporated – Social Media	\$ 950
ANZ & Mardi Gras – Berry weekend	\$8000

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## Cruising on the Hawkesbury

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The Hawkesbury River stretches from Richmond to the Pacific. Most of the river passes through National Parks with rugged, tree clad, sandstone cliffs.

The Riverboat Postman runs a three hour cruise on Sundays from Brooklyn, along a scenic stretch of the river.

At 11am on 11 November, in ideal weather, 32 women boarded the boat. In memory of the 100 years since the end of the First World War many women wore the homemade poppies provided by Ten Forty.

Tea and coffee with delicious homemade Anzac Biscuits were served up as we glided past wonderful vistas of Australian bush. The cruise passed small isolated settlements and islands each with its own history. Our guide provided a running commentary as the boat moved gracefully through the water, for some a little too much commentary, for others an interesting collection of facts about the river's history. Lunch, which catered for all dietary needs, was appreciated by all. It



was possible to move around the boat getting upper deck views, or sit and talk to friends while watching the scenery flow past.

We returned to Brooklyn around 2.15. The cruise was a most enjoyable way to spend a day., with those still working very happy to have a weekend activity they could attend.

**Sylvia**

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## Thank you...

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The Hawkesbury Cruise was the final event for 2018.

A big thank you to members of the Planning Group – Diann, Orsolina, Wendy F, Wendy W and Sylvia – and to all those who have attended and contributed to making these events so successful. We have some exciting ideas on the drawing board for 2019, so watch Contact and the Ten Forty Matrix newsletter to plan your involvement.

Proposed Dinner Discussions will be on the following dates : Saturday 16 February, Saturday 6 April, Saturday 1 June, Saturday 3 August, Saturday 12 October. Suggested topics include, The neuroscience of happiness (not all serious, laughs included), A good book I have read, Women at work film and intergenerational discussion of work today, and finally Archetypes Quiz.

Confirmation of dates and events will be posted on Contact and in the bi-monthly Newsletter.

**Sylvia**



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## Summer Solstice Party

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Once again Margo made her home available for the Ten Forty Matrix Summer Solstice Party.

Her lovely lounge, deck and garden were full of older lesbians and their friends. Around 30-40 women attended.

The kitchen table was as always crowded with delicious home-made savoury meals and desserts. Some plates quickly emptied but there was plenty of food for all.

It was a great opportunity to meet new women as there are always some friends who are there for the first time. But also a great time to catch up and chat with those one hasn't seen for a while.

Most of those present brought a gift of around \$20 and Margo used an entertaining way to enable turns in selecting a parcel that appealed. It is always fun to guess what will be in the wrapped gifts. Some swapping of gifts went on as well.

A big thank you to Margo for her hospitality and to those who came and made it a fun, friendly night.

**Sylvia**

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## Pearlie's acceptance speech at the Edna awards

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I am a writer, a feminist, a lesbian. In the 1970s it wasn't unusual to hear a woman say ... I'm the first in my family to go to uni, the first to own a car, a house, etc etc. But those of us who identified as lesbians did not say publicly I am the first in my family to become a lesbian. We knew that aspects of our lives were outside the law. In effect, we were outlaws. We suffered discrimination and, if we had children, they often suffered discrimination too.

All that changed, supposedly, this time last year. The laws are set in place but we know it can take a lot longer to change attitudes.

But we 1970s women, no matter where we came from, were a gritty lot and ran our daily lives and our work schedules with enough time to fit in the campaigns, the demos, the sit-ins, the endless meetings where we spent hours sometimes deciding on the definition of a word or a phrase. We were determined and courageous. We wanted change and didn't suffer compromise very well.

We grew older. A small wise group of women started Ten Forty in 1987. Ten years a feminist and over 40. Ten Forty today is a pulsating thing and we, who are drawn to belong, are part of the welcoming heartbeat.

As older feminists we are learning to ask for help as well as offer it, we are learning to

know the difference between independence and bloody minded stubbornness, and we are simply stuffed full of information and advice, just ask us and we can sprout like a fountain. Not from Google mind you, all of it from lived experience. I think Edna Ryan would have happily joined in our dialogues.

I accept this very precious honour on behalf of us all. Thank you. Thank you. Thank you.

### Pearlie



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## Do you enjoy nature and being outdoors with other lesbians?

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Women in the Bush is a very welcoming bush walking and outdoor activity group for the Lesbian community based in Sydney since 1984. We cater for all age groups and levels of fitness. Our walks vary from easy to more difficult. We are particularly popular with older lesbians.

Not only do we organise bush walks, but we also organise bike rides and other outdoor

activities, as well as various social activities, including group tables at dances and theatre throughout the year.

We have a three or four monthly program. Our listed leader should be contacted for more information about the activity, they can tell you what level of fitness is required, how to get to the start and any other details you need.

We walk in all National Parks around Sydney. Our experienced leaders know many interesting and little visited locations. There are magnificent views, wonderful wildflowers and exciting water ways to see.

For more information check out our website: [www.womeninthebush.org.au](http://www.womeninthebush.org.au)

To register for our walk program and updates contact: [contact@olderdykes.org](mailto:contact@olderdykes.org)

For more information contact Sylvia: [contact@olderdykes.org](mailto:contact@olderdykes.org)

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## Women, Ageing and Disadvantage

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At the end of 2018 The Seniors Rights Service held a free symposium on women, ageing and disadvantage at the NSW Teachers Federation Conference Centre. The Seniors Rights Service is a non-profit organisation providing a legal service, advocacy and education for and about seniors. It is LGBTI inclusive as well as having a strong focus on indigenous seniors, and those from a non-English speaking

background. The legal service also has a focus on problems for seniors in strata units or townhouses.

The symposium consisted of two forums followed by the organisation's AGM. The opening address by Margaret Duckett painted a sad picture of older women's situation in today's society, and one that we are only too familiar with. There are half a million aging women living in poverty and suffering other disadvantages.

In the first forum, a diverse and representative panel spoke on different aspects of problems experienced by ageing women, including reports of sexual and financial abuse, rarely reported.

ACON's Love Project and Community Visitors Scheme is providing community contact and support for lesbians and other older people. Silver Rainbow – an Aged Care Awareness In-Person Training Course provides training to the aged care industry on LGBTI needs.

Barbara O'Neill, Aboriginal support worker, spoke about the ravages of drugs, poverty and prison affecting older Indigenous women, who are mostly left to look after the young. They can also experience homelessness and domestic violence. Being moved from their community can be a traumatic loss of community as many of these women are from the stolen generation.

Professor Deborah Loxton had excellent research on the causes of homelessness amongst ageing women, which is increasing. She listed economic stress due to divorce, sole

motherhood, domestic violence and health factors. Lesley Robson from Baptist Care added that due to social housing being sold off and little government funding over many years, there are 15,000 on the waiting list for social housing and single elderly women are not on the top of the list. Health care for the homeless is costing billions, which could be spent on accommodation. Charities are the main providers of accommodation for the elderly but they are unable to meet the demand and do not have sufficient funds to meet the needs of a growing elderly population of poor women.

At the second Forum the bleak picture presented in the first was replaced with a focus on solutions. This was a very practical session with the main outcomes being: a call for more research and use of this in government policy and laws to back them up, the need for A Royal Commission into Aged Care, better housing policies, in particular 25% of all developments to be affordable housing. A very important point was addressing the factors which cause poverty in old age by removing the discriminations that women experience at all times in their life. I left the Symposium with a very positive view of the Seniors Rights Service and all those who spoke at the Forums.

Seniors Rights Service: Legal, Advocacy, Education

[www.seniorsrightservice.org.au](http://www.seniorsrightservice.org.au)

**Sylvia**

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## About Ten Forty

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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](http://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](http://www.olderdykes.org/mailList/?p=subscribe)

## 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)

## 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