



Ten Forty Matrix Newsletter

July 2013

www.olderdykes.org

Dinner and Games

6pm Saturday 3 August

Returning by popular demand...

Keep warm this August with interactive lesbian games.

From the silly to the even more ridiculous, the August games evening will guarantee lively interaction, good fun and laughs to warm body and soul. Leave your adult good sense at home and come prepared for absurdity (no, I promise it's not a discussion of Australian politics!).

Games mistress: Bronwyn

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

There is no dinner planned for August. If you would like to organise one for **Thursday 8 August**, please email contact@olderdykes.org with details as soon as possible.

Tenpin Bowling



**10.30am Sunday 8 September
Strathfield Superbowl
546 Liverpool Road, Strathfield.**

For beginners and experienced bowlers. Enjoy a fun day bowling with a group of friendly women. We will play two games, taking approximately two hours and then enjoy lunch together at the cafeteria on site. Cost depends on numbers: \$19 per person, includes shoe hire

(you have to use their shoes), or if we are more than 15, it will be \$15 per person. Lunch is at your own cost.

Directions: Travelling in a westerly direction along Liverpool Road/Hume Highway from the city Strathfield Superbowl is on the left after Homebush Road. Park out the front.

Booking in advance needed so email contact@olderdykes.org

Social Activity

The Skirting Sydney Tour scheduled for 7 July was cancelled due to lack of interest. Or, was it too cold?

Would anyone like to guide us in discovering some of the lesser known city spaces promoting women's causes and abilities? Check it out at www.cityofsydney.nsw.gov.au/__data/assets/pdf_file/0008/109817/WalkTourSkirtingSydney_v2.pdf

If it appeals, please email contact@olderdykes.org with details as soon as possible.

Indian head massage workshop report

The Ten Forty Matrix dinner at Haberfield on Saturday 1 June was followed by a presentation on Indian Head Massage Workshop by Frances.

Before demonstrating the massage techniques, Frances explained that we didn't need to undress to receive this particular massage, and that although it only takes around 30 minutes, we could expect the benefits to last considerably longer. She also warned that an Indian Head Massage should be avoided in some circumstances, for instance, when suffering from high or low blood pressure, while feeling unwell, or following an accident involving the head, neck or upper back.

Indian Head Massage is steeped in ancient traditions based on the Ayurvedic healing system, a form of alternative medicine, and has been practised in India for over a thousand years. It strives to restore balance and inner harmony to the mind, body and spirit. Originally developed by Indian women who practiced the techniques on members of their families, especially babies and children, it had the added bonus of strengthening family bonds. Originally it was focussed on the head only but over time it has developed into a massage of the scalp, face, neck, upper back, shoulders and upper arms.

In addition to the physical and psychological benefits associated with the

massage, Frances described other benefits: promoting relaxation and increasing blood circulation to the head, neck and shoulders; sending more oxygen to the brain which improves concentration and diminishes mental fatigue; breaking down of fibrositic nodules, commonly known as 'knots' and providing relief from stiffness in the neck and shoulder muscles, which increases lymphatic flow. It can also relieve tension headaches, lessen irritability and promote a more restful sleep. An Indian Head Massage also triggers the release in the brain of chemicals called endorphins, which create a feeling of wellbeing.

The Indian head massage also works on balancing three of the six chakras, namely:

- Crown chakra which concerns thinking and decision making
- Brow chakra or 'third eye' concerned with inner vision
- Throat chakra concerned with communication and expression.

Using a willing (and grateful) model, Frances demonstrated the finer points of the Indian Head Massage in a practical session that saw the 24 participants pair up to give and receive a massage over the next hour.

The evening was pleasurable on many counts, not least being the light-hearted atmosphere and the warm bonds created through the hands-on giving and receiving.

Thank you, Frances.

Rules for a female PM

If you want to be the Prime Minister of Australia you'll need to follow these rules – set by journalists:

- Never fold your arms in front of you in case you show a bit of cleavage.
- Never wear high heels in case you trip on a bit of lawn .
- Never wear jackets because they might show that you've got a 'big arse'.
- Never wear new glasses because it might evoke a 'touch of suspicion'.
- Never use the 'gender card' no matter how sexist, misogynist or rude the questions and comments about you may be.
- Ensure that you have your long earlobes and nose removed beforehand.
- Never talk in a female voice. Practice using a man's voice.
- Never try to stay elected if News Poll is sick of you
- Never challenge a man for leadership, no matter how inept he is, in case this is seen as 'knifing' him
- Never raise any issues like abortion, sexism, equal opportunity, childcare or maternity leave in case you're seen as divisive.

In other words, seriously consider a sex change.

Post from Independent Australia

Women in the Bush

Women in the Bush is mainly a lesbian bush walking group. There are also bike rides, and bike tours, tables at women's dances and various other activities like kayaking, picnics,



visits to interesting places and theatre visits.

Women in the Bush did not start out as a lesbian group but rather a feminist alternative to the male dominated bush walking groups of the 1980s. Françoise, an enthusiastic bush walker wanted to walk with other women in a more social atmosphere. In May 1984 her note pinned up in The Feminist Bookshop was answered by some keen walkers and Women in the Bush was born.

Over the years the original ethos has not changed. Women in the Bush is a friendly, social group. Walks, rides and other activities are organised by volunteers and cater for all abilities. The participants have been mainly lesbian from the beginning, and today attract

mostly lesbians over 40 although younger women come from time to time.

We have moved from posting out our program to three monthly emailed programs of weekly walks and rides. There is also a website with photographs and information about the walks and what else is on. The home page picture is of our banner designed by Beatrice. This banner has featured in many International Women's Day marches.

For more information and to be included on the email list email contact@olderdykes.org www.womeninthebush.org.au



Kayaking

A number of women have become interested in kayaking. Some have had previous experience but others are new to the sport. A few of us have our own kayaks but most don't so we have gone on group organised trips. Now that some of us are a little more experienced we may hire kayaks and go on

our own trips to easy to kayak places.

Unlike bush walking kayaking costs money. A good kayak is over \$1000 and hire is from \$40 up depending on how long you hire and the quality of the kayaks. A good alternative especially for beginners is Freedom Outdoors, organised by Tony Carr. Tony is active in the National Parks Association. A day kayaking with Tony includes warm up, skills briefing, safety briefing, hire of quality double kayaks, personal flotation devices, a detailed pre-kayak information sheet and best of all post kayak cake and coffee/tea. He goes to interesting places and the trips range from easy to medium. Most trips include stopping for morning tea and lunch and some stop for afternoon tea. There are sometimes brief walks to interesting spots, swimming and lots of sightseeing. The day is usually from 9am-4pm with about 4 hours actual kayaking.

If you are interested in being in an informal group of lesbian kayakers who let each other know if we need a partner for a trip email contact@olderdykes.org or check out the Freedom Outdoors website www.freedomoutdoors.com.au



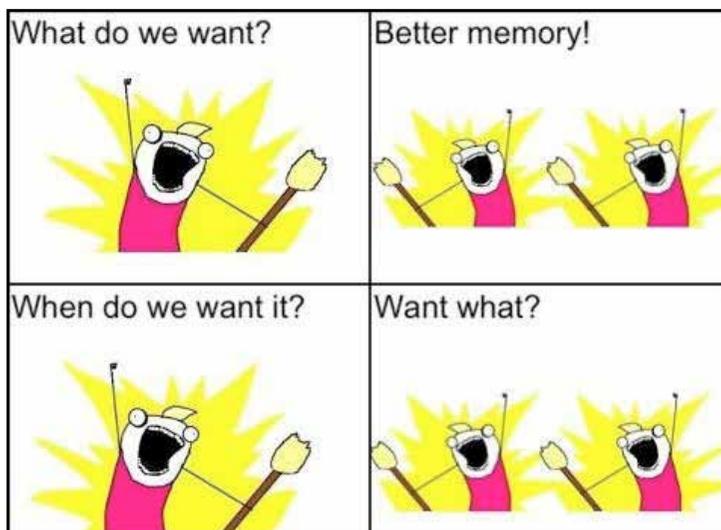
No more discrimination

On 26 June – the same day that Julia Gillard ‘resigned’ as our first female Prime Minister – the Sex Discrimination Amendment Sexual Orientation, Gender Identity and Intersex Status) Bill, was passed in the Senate. The Bill provides protection against discrimination in areas such as accommodation and healthcare for lesbian, gay, bisexual, transgender and intersex people.

To ensure we are protected from discrimination, the Federal Labor Government is providing new funding to seven organisations to improve the responsiveness of the aged care system to the needs of LGBTI Australians.

Jo Harrison, an academic activist within the field of ageing research and service development says, “It’s tremendous victory for LGBTI elders”.

members.ozemail.com.au/~jamms/



ALMA's Special Status

The Australian Lesbian Medical Association (ALMA) began in 1999. It offers support and mentoring to lesbian doctors, medical students and their partners. ALMA funds lesbian health research by awarding grants every year to original projects and lobbies for inclusion of lesbian health in medical school and in specialist training.

On 24 May 2013 in an historic vote the UN Committee on Non-Governmental Organizations approved ALMA for special consultative status. It has yet to be confirmed by the full Economic and Social Council, which may have already happened by the time you read this report.

The Committee making the recommendation voted nine in favour and six against, with two abstentions. Following the vote, several Members expressed enthusiastic support for the decision, with the United States' delegate saying she was “thrilled to be “witnessing history”.

To read a full report of the voting process go to: www.un.org/News/Press/docs//2013/ecosoc6580.doc.htm

DocLIST

DocLIST is an online list of doctors and mental health professionals who have been recommended by lesbians and bisexual women throughout Australia and New

Zealand. DocLIST is run by the Australian Lesbian Medical Association (ALMA) – www.doclist.com.au

There are currently 56 general practitioners, 20 specialists, six mental health professionals and two dentists on the list, covering all Australian states and territories except Western Australia.

DocLIST needs recommendations of more doctors and mental health professionals. If you can help this resource grow by recommending appropriate professionals and by spreading the word among their friends and contacts, add their names at www.doclist.com.au

If you would like to know more, check out the website or email the DocLIST Coordinator Dr Sarah Burrowes alma.doclist@gmail.com

Gay Marriage

The problem with gay marriage is not the gay bit but the marriage bit. In a sane world, heterosexuals would be demanding the rationalisation of marriage or, better, its abolition.

What we have instead is a strange new belief that marriage is a fundamental human right. Human beings have never had, and do not have now, a right to be married. Though a “right to family life” is recognised by the European Bill of Rights, it does not include a right to be married.

Germaine Greer 20 April 2013

A few internet resources to keep you stimulated, informed and sometimes outraged

Adele Horin's 'Coming of Age'

<http://adelehorin.com.au>

The News with Nipples -

<http://newswithnipples.com>

The Hoopla <http://thehoopla.com.au>

Online news from a community of wise, warm, witty and wonderful women.

Eden Riley <http://www.edenriley.com> voted Best Australian Blog 2012 by Sydney Writers' Centre.

Destroy the Joint

<https://www.facebook.com/DestroyTheJoint>

Jane Caro and other feminists

Anne Summers <http://annesummers.com.au>

also publishes Anne Summers Reports: Sane, Factual, Relevant

Clementine Ford –

<http://clementineford.blogspot.com.au>

writer, broadcaster, troublemaker.

And a wonderful YouTube video called

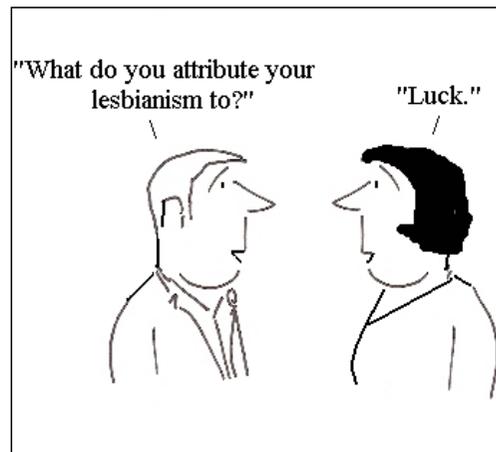
'What R U having'

www.youtube.com/watch?feature=player_embedded&v=5VTIt9GamyM

The 2013 Outstanding Short Story competition

Closing date: 1 September 2013

www.gay-ebooks.com.au/outstanding.html



Lesbian Community Grants

LInc (Lesbians Inc.) is a not-for-profit community organization providing financial backing to lesbians and lesbian friendly groups in Australia through its community grants scheme. Since 2000, Lesbians Incorporated has distributed over \$130,000 for a range of activities of benefit to the lesbian community.

Lesbians and lesbian friendly organisations may apply for grants up to \$1000 at any time.

In 2013, with a deadline of 31 August, LInc will fund one large grant of up to \$10,000 and one large grant of up to \$5,000. Large grant recipients are announced on 8 October 2013, International Lesbian Day.

To apply for a grant download and the information pack go to:

www.lincgrants.org.au/grants.html

About Ten Forty Matrix

Ten Forty Matrix is an informal group of lesbians over forty, many of whom have been socially and politically active in Sydney since 1987.

We enjoy discussion and debate 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.

Ten years ago we established the website www.olderdykes.org to encourage national and international connections between older lesbians.

Ten Forty Matrix 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.

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

Who currently does what?

Events planning: Cheryl, Daniela, Diann, Frances, Gillian, Helen, Krystyna, Rob, Wendy

Contact listing in LOTL: Jan

Utilities box: Sylvia and Wendy

Money Management: Cheryl

Websisters: Jan, Ruth, Dorothy, Diann, Margot, Sandy

Newsletter: editing and layout Ruth and Dorothy

If you would like to become involved in any of the above, or have some ideas about social events and/or topics for our bi-monthly dinner and discussion evenings, please email contact@olderdykes.org