

# Matrix Guild of Victoria Inc.

## Newsletter - June 2017

### The aims and objectives of Matrix are to:

- Promote appropriate care and support for older lesbians
- Provide some accommodation that caters to the needs of ageing lesbians who experience financial disadvantage
- Support ageing lesbians' accommodation choices
- Challenge ageism and oppose discrimination against older lesbians
- Advocate on behalf of older lesbians to governments and other relevant bodies
- Promote social contact and support among older lesbians
- Research lesbians' experience of aged care

Hello Everyone,

This month Matrix is hosting a **Film and Discussion** night, and our **coffee afternoons** are continuing throughout the Winter months. We would love to see you at both, and you will find the details here. Also coming up are the **Dyke Divas Solstice Concert** and the **2017 LGBTI Aging and Aged Care Conference**, plus a number of other events that may be of interest. One of our Matrix members, Coleen, has shared her experience of obtaining in-home services through the **MyGov** website – this is a must-read for all of us who are hoping to age in our own homes. For some light relief, get a copy of **Judy Horacek's new book** of cartoons and attend her book launch; read on for details. Happy reading and stay warm!

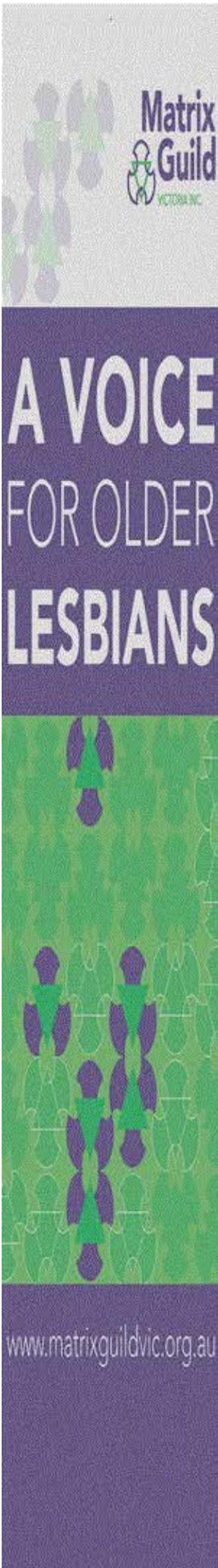
## Matrix News and Events

### Lesbian Film Night: Gender Troubles: The Butches - A film by American film-maker, Lisa Plourde



*'Gender Troubles: The Butches' "A refreshing portrait of lesbians who want to be one thing: themselves." Pink Apple Lesbian and Gay Film Festival, (Zurich, Switzerland)*

Watch the trailer here: <http://gendertroubles.com/index.html>



**When:** Saturday 17th June 2017 6:30 for a 7pm start.  
**Where:** Northcote Senior Citizens Centre 18A Bent St, Northcote

**Public Transport:**

Train: South Morang line: 400m from the Northcote train station  
Tram: No. 86 High St. Tram. Stop 34 at Bent Street.  
Parking: Limited street parking. Extra parking in the Northcote Plaza shopping centre.

This is a **FREE** event. Tea & coffee provided. BYO alcoholic and soft drinks and food.

The film is just under an hour long. Stay and chat about the film, have a drink or a cuppa afterwards.

We invite you to dress up in your butch or femme outfits for this event to add a bit of fun and atmosphere. You can also dress half and half - or whatever fraction you prefer.

*Disclaimer: This invitation in no way implies that Matrix endorses sex role stereotyping!*

*'Contrary to the stereotype, butch lesbians aren't trying to be feminine and failing. They are not going through a rebellious stage or imitating men. Rather, they are women who while being true to their own selves, may look and or act in ways that society has decided is appropriate only for men. And some people have a problem with that.'*

*The women portrayed in this film examine and challenge society's assumptions about what it means to be female. Their struggles reveal how everyone, regardless of their sexual orientation, is pressured to conform and measure up to restrictive gender standards. But they also show the rewards that come when we learn to accept ourselves as we are. This is a film to celebrate butch women.'*

Watch the trailer here: <http://gendertroubles.com/index.html>



***lisa plourde***

**Film maker's statement**

*I felt a need to make this film because as a butch lesbian myself I have experienced so much isolation. I often felt that I was the only one like this. Growing up in a rural area I had no role models. I could not find a future for myself in the women in my life. Not in my family or at school. Not in the adults in my world.*

*So with the help of my friends, we made this film to validate other butches, most whom we would never meet, and to let them know that we know what it is like. They aren't the only ones. We have been there too and they are fine just the way they are. We don't want other butches, especially younger ones, to feel like they have to go through it all alone too.*



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## Matrix Coffee Afternoons



**Mamma Says Café** are continuing every Thursday all through Winter  
.....join us !

The Coffee Afternoons are held at *Mamma Says café*, 120 Station Street, Fairfield. The café is on the left side of Station Street heading north, between Wingrove St and Duncan St. The nearest railway station is Fairfield, on the Hurstbridge line, accessible from Wingrove Street. (*Melways Ref Map 30, K10*)

When you arrive at the café, go through to the outdoor covered area (pictured) at the rear of the café, and you will find us there. There is street parking along Station Street, but you can also park in the carpark behind the shops, which you enter from Gillies Street.

The Coffee afternoons are held every Thursday from 12 – 3 pm. Come along for some good company, good conversation and good food. Have lunch, or just a cuppa. Have a game of Rummio or just have a chat. Bring a friend along. It's a friendly and relaxed atmosphere and everyone is made welcome.

Check out the menu here: [www.mammasays.com.au](http://www.mammasays.com.au)

**The coffee afternoons will continue throughout May, despite the fact that attendance has been declining over recent weeks. However, we may go into recess over winter. We will keep members informed of any changes.**

If you want more information phone Carole 0437 891 981



### **MARK YOUR CALENDARS!**

- **Matrix AGM**  
Saturday, September 16th at 1:30 pm. Venue to be advised.
- **Matrix Tea Dance**  
Sunday, October 8th. Celebrate International Lesbians' Day with your sisters.  
Celebrate Matrix's 25th birthday.  
Venue to be advised.

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## Other People's News and Events



### The Dyke Divas Solstice Concert

#### *Greetings Sisters!*

Dyke Divas, our very own Melbourne lesbian choir, has been singing together now for just over a year. So..... we figure it is time for us to celebrate with a **Winter Solstice Concert**. This is a warm welcome to Matrix Guild members to join us. Here are the details:

**When:** Wednesday 21 June, 6.45pm for a 7pm. The concert will go until about 8pm followed by a light supper.

**Where:** 64 Clyde Street, Thornbury

Please note this is a free event as a big thank you to our lesbian sisters who have been so supportive of our efforts to create a lesbian choir.

This is a great opportunity for us to 'show off' the choir.... but of course, we need an audience to do so. We want to share some of our favourite songs and there will be some opportunities to sing along too if you would like to do so.

Please RSVP so that we have an idea of numbers, but also feel free to just come if you decide on the day.

Hope to see you there!

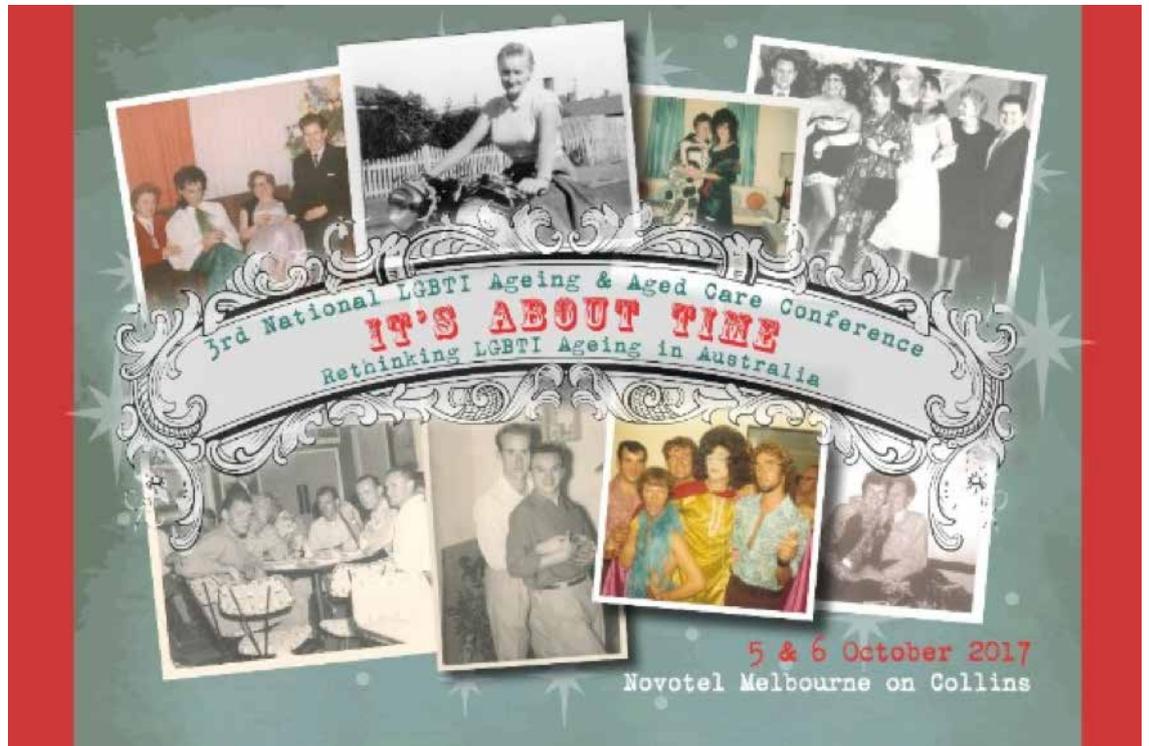
*Rachel*

Mobile 040 288 0178

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REGISTRATIONS, CALL FOR PAPERS, &  
SPONSORSHIP OPPORTUNITIES

**NOW OPEN**

GLHV and Val's LGBTI Ageing and Aged Care, together with the conference planning committee for the 3rd National LGBTI Ageing and Aged Care Conference in Melbourne, Australia - 5 & 6 October, are excited to announce that registrations, the call for papers, and sponsorship are **NOW OPEN**.

The dedicated conference website provides a comprehensive range of information including key themes and streams, registrations process and options, call for papers, sponsorship opportunities and our already confirmed keynote and invited speakers.

Click below for access to all Conference information:

## CONFERENCE WEBSITE LINK

We look forward to providing you with regular updates about this exciting event.

Please contact us if you require any information about the Conference:

E: [lgbti.conference@latrobe.edu.au](mailto:lgbti.conference@latrobe.edu.au)

T: +61 3 9479 8760

**Get in early for the limited number of sponsored seats.**



## All the Queen's Men - The 2017 Coming Back out Ball



### *A message from Tristan Meecham*

I wanted to let Matrix members know about our event in the Victorian Seniors Festival. We wanted to confirm that **The Coming Back Out Ball** ([www.comingbackoutball.com](http://www.comingbackoutball.com)) will take place at the Ballroom on the evening of Saturday 7 October. This social event will feature a performance by a Lesbian, Gay, Bisexual, Transgender and Intersex group. **The Coming Back Out Ball** is a keynote event in the 2017 Victorian Seniors Festival and closes the 3rd National LGBTI Ageing and Aged Care Conference. The event will feature leading LGBTI performers and elders from all over Australia. We aim to launch all the program information at the end of the month. I just wanted to provide this information, as we would love older lesbians from Matrix to attend this special event. I will forward more information as soon as it becomes available.



*Tristan Meecham*

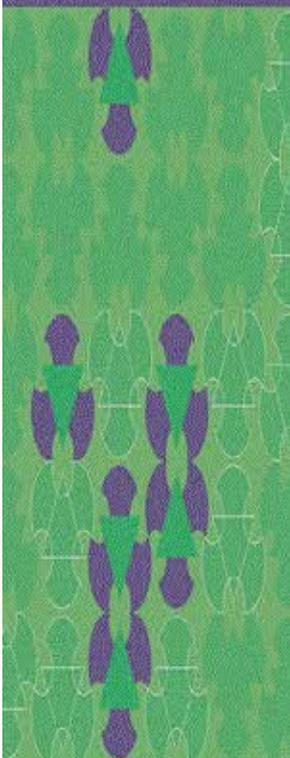
T: + 61 (0) 421572221

E: [tristan@allthequeensmen.net](mailto:tristan@allthequeensmen.net)

W: [allthequeensmen.net](http://allthequeensmen.net)



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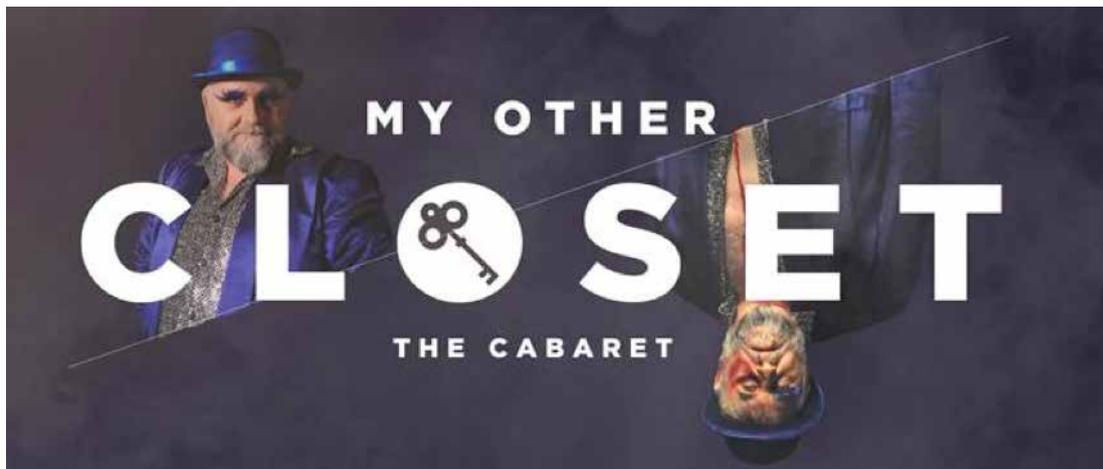


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After a sell-out season in Sydney, **My Other Closet the Cabaret** is coming to Melbourne.

Through collaborations with domestic violence prevention and theatre professionals, this true account of one man’s journey to “Domestic Violence Survivor” is told and sung to us first-hand by the survivor himself.

Dispelling the myths surrounding all abusive relationships and specifically lesbian, gay, bisexual, and transgender people’s relationships, this production gives powerful insight and enables us to end DV for victims of all genders and sexualities.

**“My Other Closet the Cabaret”**: shining a light on the dark side of the rainbow.

**‘My Other Closet the Cabaret’**  
**15th - 28th of July, 2017**  
**Bella Union, 54 Victoria Street, Carlton South.**  
[www.myotherclosetthecabaret.com](http://www.myotherclosetthecabaret.com)

(\*A professional DV counsellor is on hand every performance.)

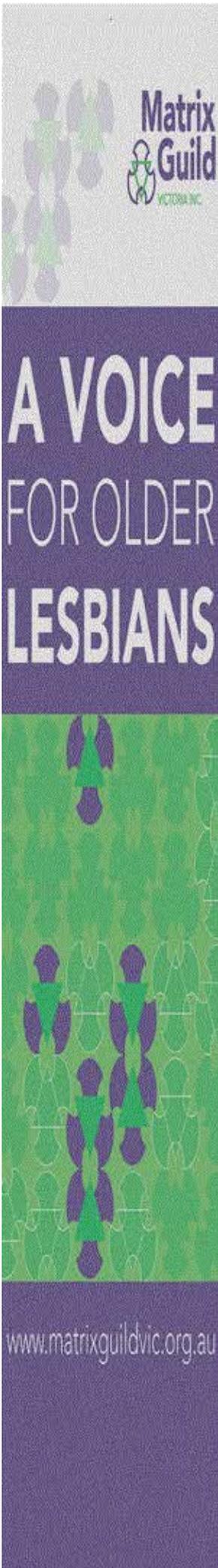
**From the Book Room.....**



***Judy Horacek Launches her new book “Random Life”***

Lesbian and Melbourne cartoonist, Judy Horacek, is launching her new book *Random Life*. Her first cartoon was done in the mid-1980s to illustrate a story written as a member of a community writing group. It sparked her shift from writer to cartoonist. Her cartoons have been included in numerous

black and white art, political, environmental and women’s exhibitions and publications.



In 2002 an exhibition of her feminist cartoons at the NMA, I Am Woman, Hear Me Draw, celebrated the centenary of Australian women getting the vote.

<https://horacek.com.au/wp-content/uploads/2016/08/14-mermaids-500.jpg>



*From Judy Horacek's website, Topic of the Month, - Hybrids, September, 2016.*

**"Random Life" by Judy Horacek Book Launch and Slide Show**

**Thursday June 29, 2017. 6pm for 6:30pm start.**

**Bella Union, Level 1, Victorian Trades Hall, Corner of Victoria & Lygon streets, Carlton VIC (entry off Lygon street)**

**Bella Union website**

## Reports

### Bus Trip to Cranbourne Botanic Gardens

On Saturday May 6th, fourteen enthusiastic Matrix members and friends boarded the mini-bus hired for the occasion and headed off to the Cranbourne Royal Botanic Gardens.

These Gardens have won international awards and acclaim for their visual beauty and rich diversity of native flora. The Gardens play a vital role as the custodian of lands, landscapes and living plant collections, as well as being of scientific and horticultural interest. We had high expectations!

Although the weather wasn't so kind to us – it rained in the afternoon – we all enjoyed exploring the stunning gardens with their many sculptures and water features. After lunch at the Boon Wurrung Café, some of us took a tour in the motorised **Garden Explorer**, with the driver providing a most informative commentary about the plants and their characteristics. It was a great way to appreciate the huge range of flora within the grounds.

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And as you might expect, we finished off the afternoon with another visit to Boon Wurrung café for well-deserved afternoon tea!



On a personal note.....

*I need help to stay at home!*



*Approaching MyGov – you need to be 65 years old  
- check out the website – and make the phone call  
today!*

Well here we all are – ageing – for some of us it is physically easier than for others.

I come from parents and grandparents who have all suffered from osteo- arthritis and I too have been suffering for many years but I did not expect it to kick in quite so viciously quite so soon. The level of disability I had anticipated sometime after 80 years began at 70 with two hip replacements and neck and shoulder pain. I needed help to stay at home and I asked for it and I got it. I know I am not alone– you too may need help – so I am sharing some of my story.

I am well aware of many of our MATRIX Guild members who suffer much more than I do - confronting illness for much longer periods or suddenly any one of us can be caught unawares by a deterioration in existing condition or an illness or accident.

One day when I was talking to my eldest daughter about confronting little things – like not always being able to get up! falling! not being able to open a jar, not being able to fill the car or make a cup of coffee, she said to me “Mum, it might be a good idea to ring **MyGov** and register for services.” There it was! Time to stop denying all the evidence that I was not going to be able to age at home unless I took some steps to get some help. So I did. As ringing a Federal Government helpline is not topmost on most of our ‘to do’ lists, I thought I would share my experience with you.

This and more is on the web under **MyGov**:

### ***Getting started***

***My Aged Care** is a national online and phone service to help you find out about aged care services, and what services may be available to help you.*

*There are different types of aged care services to support you, whatever your needs. When you call the **My Aged Care** contact centre, the staff will ask questions to help understand your needs. They can help you find out if you are eligible for aged care services.*

***Call the My Aged Care contact centre on 1800 200 422.***

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## **What to expect *Be informed about aged care services before you need them***

*People don't usually think about their aged care needs until an unexpected event or health problem occurs. If this happens, it can be a confusing and emotional time. My Aged Care can help you access services which can improve your wellbeing and help you stay independent. Receiving help at the right time can help you better manage on your own.*

### **Where do I start?**

*Finding out about the range of aged care services available before you need them may help you to make well-informed decisions.*

### **What services could help me as I get older?**

*Find out about aged care services that may help you in the future:*

- *help in your own home such as domestic help, meals or nursing care*
- *short-term help*
- *residential aged care homes.*

### **How to access services?**

*Find out about your eligibility for services:*

- *contact **My Aged Care***
- *understand your needs*
- *how to find services.*

### **Who pays for aged care services?**

*The Australian Government contributes to the cost of a range of aged care services in Australia. Get an indication of the fees you may pay when you need aged care:*

- *fee estimate*
- *your contribution*
- *financial assessment.*

### **Starting the conversation about aged care**

*It's never too early or too late to start talking about aged care:*

- *talk about aged care with your family, friends, carers or health professionals*
- *tips for having a conversation about aged care.*

### **What can I do now to prepare for getting older?**

*There are things you can do now to prepare for getting older, such as:*

- *staying physically active and healthy*
- *planning your finances*
- *preparing legal documents.*



## What happened for me?

I made the call to **MyGov** and simply left my name and phone number and within a couple of weeks a very pleasant person rang me, welcomed me to **MyGov**, took some very basic details of my contact numbers and address and said I would be contacted by my local council within a few weeks.

A week later another very pleasant person rang and asked if they could call around to discuss my needs and we made an appointment. My interviewer was a young man who was so pleasant and unobtrusive I barely realised we were doing more than having a cup of tea. I was asked about my health needs and what I needed to age at home. There were no concerns about my announcing when asked if I lived alone that I did and that I was a Lesbian, (I did not need to volunteer this information – I chose to do so) no intrusive questions about money or my medical condition – just some basic information.

My apartment is in the Darebin Council area and I was quickly linked in with Darebin Council and Darebin Community Health who work together. I assume each Council operates independently but I was immediately offered the following services:

### **Personal Care**

Help with a range of tasks as part of my daily routine.

### **Domestic Assistance**

Help with tasks around your house and in my community

### **Home Delivered Meals**

Healthy and culturally appropriate meals brought to you at home.

### **Home Maintenance**

Help with minor household repairs, safety and security maintenance.

### **Community Transport**

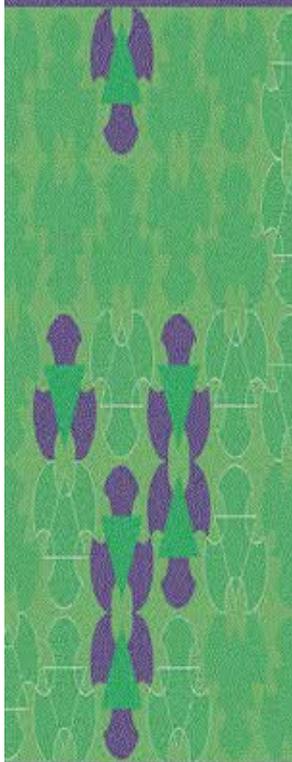
Help with transport or shopping and getting to social groups or other activities in Darebin. This is a pre-booked door to door service.

### **Flexible Respite**

Respite to give carers a break from their caring role; this can be in the home or in the community.



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And through Darebin Community Health:

- Podiatry
- Physiotherapy
- Physiotherapy exercise groups
- Nutrition and dietetics
- Occupational therapy, including help with disability aids and rails.
- Restorative care – not sure what this is yet but it sounds nice! Maybe post-op care?
- Speech pathology
- Counselling
- Social Groups



### **Payment**

I pay a very small co-payment for the services I receive – currently housekeeping from the Council. And through the Community Health Centre again a small co-payment for physiotherapy. The Occupational Therapist has taken me, for free, to look at furniture and provided me with a subsidised chair and information on where I can buy disability aids at normal cost. She also arranged for the Council to fit rails in my bathroom at a subsidised cost.

I have not yet used many of the range of services but I anticipate doing so as I age. The professionals have all been highly skilled, courteous and empathic with great attention to my individual needs. My house cleaners have been from many countries and backgrounds and I enjoy my weekly chat with them as much as their services – they also keep an eye on me and would contact their managers if I were not answering my door or if they thought I needed more help. They are very unobtrusive and caring.

**If you are over 65 and need help ageing at home please make the call to MyGov – Aged Services. I have found the services I have received and anticipate receiving simply wonderful and I know they will assist me to stay at home for as long as is possible.**

*Coleen*

### **Postscript**

With a further couple of operations pending I rang my Council to enquire about post-operative shopping, and personal care which I understand they provide. A very courteous but insistent young man told me, three times, that



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I had to ring **MyGov** and register. It took my firmly refuting this three times and repeating that “*No, I am already registered and I want to speak to my case worker at the Council*” to get an assurance that my case manager will ring me back. I thought I would share this new experience and say – when you do get a case manager – write down the name of this person and the date and time they visited you – and make sure you file any case notes where you can retrieve them. Good luck – be strong, persistent and resilient – the services are there for your well- deserved care!



## WILLS

## POWERS OF ATTORNEY

(Financial and Medical)

## CONVEYANCING

Family Law Financial Agreements

*20% off for Matrix Members  
Home Visits may be possible*

Marilyn Nuske BA, LLB, GradDip AT

*Solicitor*

Tel: 0400 784 754

Email: [marilyn@oceanlegal.com.au](mailto:marilyn@oceanlegal.com.au)

[www.oceanlegal.com.au](http://www.oceanlegal.com.au)

The deadline for the next Newsletter is 27th June, 2017.

Please send news items and short articles to:

Rosemary Wealthy at [r.wealthy@bigpond.com](mailto:r.wealthy@bigpond.com)

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[secretary@matrixguildvic.org.au](mailto:secretary@matrixguildvic.org.au)  
or 0427 482 976

