

Matrix Guild of Victoria Inc.

Newsletter - March 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!

The Matrix International Women's Day Tea Dance is fast approaching, on Saturday March 4th. Make sure you have the date in your diary, as it promises to be a rip-roaring good fun afternoon! Read all the details in this edition. For those interested in co-housing, learn about the Co-housing Forum being planned for May 7th, as well as the film night planned by Women's Property Initiative. (WPI). Chillout is on again this month in Daylesford, and Pandoras are advertising their next evening of entertainment with guest Wendy Stapleton. Monica Dullard is back with her latest comedy show. Plenty of action for everyone!

On a more sober note, read the challenging personal story of one of our members. We always welcome member contributions, so thank you Kaye, for sharing your story.

www.matrixguildvic.org.au

International Women's Day Lesbian Tea Dance



A VOICE
FOR OLDER
LESBIANS

International Women's Day LESBIAN TEA DANCE

Saturday 4th March 2017

2pm - 6pm

Leinster Grove Community Hall, 99 Leinster Gr, Thornbury



Cathy "Fast Fingers" Weisford & Angie "Random Chords" Smith

Wild Women of Armidale

Celebrate IWD, enjoy your favorite feminist anthems
played with gusto by The Wild Women of Armidale
Fabulous dance tracks by DJ Kerry
Scrumptious afternoon tea included

Tix at the door:
\$7 Members
\$10 Concession
\$15 Full

matrixguildvic.org.au
Ph: 0 427 482 976

All Women Welcome



www.matrixguildvic.org.au

On **Saturday 4th March 2pm-6pm**, the **Leinster Grove Community Hall** will be abuzz with dancing lesbians, singing along to their favorite feminist anthems. We're very excited to announce that The Wild Women of Armidale (NSW), with bass and percussion support from some Trentham locals are coming down to perform for you. Dance music by DJ Kerry and a scrumptious afternoon tea included. This is an alcohol-free event.

Tickets at the door:

Members: \$7

Concession: \$10

Full price: \$15



Even if you don't want to dance, come along, catch up with old friends or make some new ones. Please send the attached flyer around to your women friends. If they join Matrix on the day, they get in for free!

Matrix Coffee Afternoons



Mamma Says Café

**We're there every Thursday
.....join us !**

Our Matrix coffee afternoons are in full swing again this year, at **Mamma Says** at 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 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.

We can guarantee 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

If you want more information phone Carole 0437 891 981

Matrix Volunteer Visitor Program (MVVP)



MVVP is a program in which volunteer visitors provide social support for older lesbians, whether they be in their own homes or in aged care facilities.

Our next MVVP training day for volunteers wishing to join the program is on March 25th 2017 and will be held at Clyde Street Community Centre, 64 Clyde Street, Thornbury, from 9.30am till 3.30pm.

If you would like to become a volunteer visitor, please contact Matrix at inquiries@matrixguildvic.org.au or ring **Anna Cook** on 0448002870.

Co-housing and Co-ownership Housing Forum



Coleen, Anneke, Jeanette and Caroline (the latter two women from Women's Property Initiatives - WPI) are planning a joint **Co-housing and Co-ownership Forum for Women on Sunday 7th May in Northcote**. If you have despaired about ever owning your own place, this may provide some options for you. If you worry about how you'll socialize or who might look in on you when you can't drive

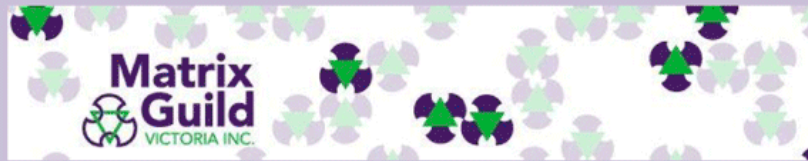
A VOICE
FOR OLDER
LESBIANS

www.matrixguildvic.org.au

anymore; if you dream of living in with more social connectedness, in a more affordable way, then keep this afternoon free. Lunch provided.



A VOICE
FOR OLDER
LESBIANS



EXCITING EVENT MAY 6

MATRIX CHARTERED BUS TRIP

APPROX 20 SEATS ESTIMATED COST \$45.00 PP APPROX.

TO CRANBOURNE ROYAL BOTANICAL GARDENS SATURDAY MAY 6

LEAVE 10AM NORTHCOTE RETURN 6.00PM NORTHCOTE

INTERNATIONALLY ACCLAIMED NATIVE FLORA:
CAFÉ: FABULOUS WALKS: PICNIC AREAS: FACILITIES:



www.matrixguildvic.org.au

Other People's News and Events

Women's Property Initiative (WPI) Film Night



Join us on the eve of International Women's Day for a screening of the world-wide smash hit, *Hidden Figures*, and celebrate the indomitable spirit of women. *Hidden Figures* focuses on a group of African-American female mathematicians that served as the brains behind one of the greatest space missions in U.S. history. Dorothy Vaughan, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines with their brilliance and desire to dream big.

Over a glass of sparkling wine on arrival you will hear about WPI's latest Social Return on Investment Evaluation and the true value of the work we do to create new beginnings for women at risk of homelessness. We will also introduce our new Building Futures fundraising campaign. There will be a choc-top, popcorn, and small soft drink/600 ml water to enjoy during the film.

Tickets: \$30 per person, \$25 concession

Date: 7 March 2017
Time: Drinks & presentation from 6pm
Location: The Kino
45 Collins St Melbourne



Developing Housing Building Futures



Come and party at Chillout 2017!



**A VOICE
FOR OLDER
LESBIANS**



Where? Daylesford

When? March 9-13th 2017

Chillout is soon to be with us and this year the Daylesford-based Festival is celebrating 20 years of “queer country pride”. The emerald is the 20th anniversary gemstone, so this year’s Festival has a green theme. Head up to Daylesford for a weekend of great entertainment, a dance party, dog show, games, demonstrations, retail and community stalls and all-round good fun.

Come and say hello at our Elders stall on the Carnival Day on Sunday 12th March. 11am-7pm. Bluehouse and Cyndi Boste are part of the musical line up. Enjoy a seat in the shade, put your feet up, and sip a free iced peppermint tea. Or better still, volunteer for a 3-hour stint at the stall and get in to the Carnival for free! Call Anneke on 0427 482 976 or email secretary@matrixguildvic.org.au if you can join the stall roster.

Property Rental fees pay for more Women’s Housing

If you have a rental property within 10km of the CBD, or you know someone who does, consider getting Property Initiatives (The Social Enterprise that helps fund WPI) to manage it. Refer a Rental property and you receive \$500 and the owner gets 3 months free property management. Feel virtuous, knowing that 100% of the profits from this company go to providing affordable housing for women and children at risk of homelessness. Contact kristie@propertyinitiatives.com.au or call her on 0430 106 695 or 9663 3275. Read Kristie’s message below:-

Dear Friends and Supporters, THANK YOU & CONGRATULATIONS! Because of your support, in over a year we have been able to grow our rent roll to 120 properties! We now want to reach 170 properties to start returning a profit to our charitable partner WPI. We need your help. As our loyal customers, we are offering you a cash



A VOICE
FOR OLDER
LESBIANS

www.matrixguildvic.org.au

incentive to help us spread the word to family & friends about how great our property management service is. By referring a friend that results in a new management, you will receive a \$500 Visa cash card for your help. And everyone who signs up property with us will receive 3 months free property management. Making the switch is so easy. We do all the work so it's convenient for owners and tenants to transition to our service. It's as easy as completing a form & letting us take care of the rest. Help us make more property management fees count. We give 100% of our company profits to build homes for women & children at risk of homelessness. We don't mind who contacts us – the referrer or the referee Contact us anyway you prefer: Complete this form Email – kristie@propertyinitiatives.com.au Text – 0430 106 695 Call – 03 9663 3275.

propertyinitiatives
REAL ESTATE PRESENTS

The
**SPECTACULAR
SUMMER
SIGN UP
SPREE**

Together we can make a huge impact!

LIMITED TIME ONLY

Refer a rental property and you will receive a \$500 cash card
The person you refer will receive 3 months free property management

Property Initiatives is a social enterprise.
We exist 100% to fund affordable homes for women and
children at risk of homelessness.

propertyinitiatives
REAL ESTATE

Pandoras present a great night of entertainment

PANDORAS presents Wendy Stapleton's *Dusty Show* hosted by The Retro Girls! Best to book!

When: Saturday, 1st April 2017. Doors open 7pm!

All tickets are general admission-seated; so arrive early to snaffle your favourite spot!

Where: Kindred Studios, 212a Whitehall St, Yarraville (park & enter via Harris St)

Pre-Book online \$25: <https://www.trybooking.com/ORLU>

OR at the Door \$30! <https://www.facebook.com/events/579168775622898/>



Enjoy outta-sight burgers, brownies, barista lattes & mouth-watering salads at the **Kindred Cafe**, there are many wonderful spaces to lounge about inside & out! Kitchen open 6pm – 10pm. Bar shuts at 1am.

For more info SMS Rachel on 0417557011 <https://www.facebook.com/pandorasmoon/>

PANDORAS is a regular event (not a venue) created to provide a safe space for queer (LGBTQIA) women and friends. Its inclusive, men are welcome. PANDORAS provides a supportive stage where queer-friendly female artists can be outrageous, funny and uplifting! PANDORAS is a beautiful evening of entertainment hosted and created by The Retro Girls <https://www.facebook.com/TheRetroGirls/>

Wendy Stapleton in action: <https://www.youtube.com/watch?v=Rv-03JrejFU>

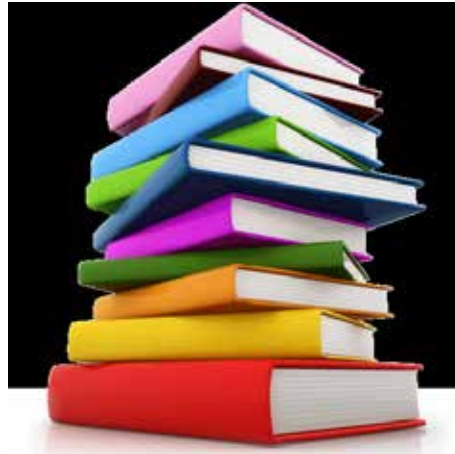
www.matrixguildvic.org.au



**A VOICE
FOR OLDER
LESBIANS**



www.matrixguildvic.org.au



Lezzo Books

Do you have too many lesbian books? Are you moving into a smaller place, or just tidying up? Donate them to your local aged care facility. Many of these Residential Aged Care organisations are trying to become more inclusive of lesbians and others in the LGBT group. Make it easy for them to establish their own lesbian section in their libraries.

MONICA DULLARD presents Ageing with Attitude

MONICA DULLARD
PRESENTS
Ageing with Attitude

THE CLYDE HOTEL
385 Cardigan St Carlton
30th March - 23rd April 2017
NO EASTER SHOWS
Tues - Sat 7pm / Sun 6-30pm
KITCHEN OPEN from 5.00pm

BOOKINGS
www.trybooking.com

& AT THE DOOR
\$25/\$22 & 6+ group
\$20 Tightarse Tues
\$18 Preview

"Very keen comedy
eye...hilarious!"
Herald Sun

Directed by Shirley Billing

Photo: James Peckham // Graphic Design: Anne Walker



A VOICE FOR OLDER LESBIANS

www.matrixguildvic.org.au

Monica Dullard is a Baby Boomer! Her mum is 90 and feisty to boot! Join Monica in her new show, chock full of characters, stories and observations about doing what we can not to get old, including vertical folding of underwear and eating smelly kale! This 'assisted living' talkfest will deliver jam-packed, ridiculous fun! **“Very keen comedy eye... hilarious”** Herald Sun

Date: 30th March - 23rd April, 2017. NO EASTER SHOWS

Time: Tues - Sat 7pm / Sunday 6:30pm

Venue: The Clyde Hotel 385 Cardigan Street, Carlton, VIC 3053

Tickets: Full \$25 / Conc. \$22 & 6 + group / \$20 Tight-arse Tues / \$18 preview

Book: At the door or trybooking.com

Kitchen: Open from 5pm. Buy delicious pub food, top house wines & beers at The Clyde

Parking: 217 Elgin St, Carlton \$8 after 5pm

Trams: 1 or 8 Tram Stop 112 Elgin St, Carlton

On a Personal Note..... Breast Cancer

I was a happy child but experienced a troubled teenage hood. I was full of insecurity and negativity. I hated myself and the world. It was a bumpy road...

My mother died of breast cancer when I was seventeen and things turned from bad to worse. A friend of mine many years later asked if my mother had a 'good death'? I paused while I thought and then replied, no, it was a wretched death. It was full of pain and diminishing power.

Because I was the way I was, I could not properly address my mother's dying. I did not possess the emotional resources. I didn't know what to say or how to act. A few days before she died I was able to bring her a flower of a succulent we had growing in the front garden. This had to symbolise all I couldn't say or do. I think she understood... I hope so.

Afterwards, our family was miserable and broken. We all struggled on as best we could but without reaching out to or supporting each other. We got by...

Many years later, at age fifty, my sister found a lump in her left underarm. It was breast cancer and was successfully treated. Fourteen years later my sister is cancer free which is wonderful!

For the first ten or fifteen years after my mother died I just pretended it had never happened. I did not check my breasts monthly. I did not talk to my doctor about it. In fact, I didn't visit a doctor for about ten years. I was afraid and repulsed by all things medical.



Slowly, as I matured, things started to change inside of me. I paid more attention to health matters generally. I think that I started to value myself more. I faced some of my fears. I was able to visit friends in hospital and even went to the doctor for the first time in years.

While I was on retreat about ten years ago I had a Spirit Healing therapy session. I wasn't sure what that meant but was drawn to it. I trusted the venue and trusted the therapist. During the session the therapist said I must pay attention to my breasts. It's time to do this. I was surprised and a bit annoyed but then it came to me that this was one of the few ways to get a message through to me. I accepted the message and was not afraid.

I started to write 'breasts' on the first day of each month on my calendar. After laying down and thoroughly feeling both breasts, including nipples and underarms, I would get up and place a tick on my calendar, signalling the task was complete. I started to take responsibility.

I talked to my doctor about it. Because two close relatives had experienced breast cancer, the chances of me contracting the disease was about one in four. I prefer to think of it as a three in four chance I will not get it. I started to have mammograms once a year. I was beginning to feel a little more empowered.

Recently, my partner Julie discovered an article about Tamoxifen. Currently, it is the standard treatment for women to take Tamoxifen for five to ten years after they finish their breast cancer treatment. The drug works by blocking oestrogen which is the building block for breast cancer.

Tamoxifen now is also being used as a preventative medicine for women who have a high incidence of breast cancer in their family. My ears pricked up. I believe in prevention. I made an appointment with my doctor who disappointingly said he didn't know anything about this new direction. However, he referred me to a breast specialist.

The breast specialist was one of the most kind and gentle men I have ever met. He listened to my story and quietly said that my chances of contracting breast cancer were actually one in three. That was getting a bit close for my liking. He also said that for a woman with no family herstory of breast cancer, the chance is one in eight. This shocked me. It's far too high!

He recommended that I commence taking Tamoxifen and to take it for the next five to ten years. The most common side effect is hot flushes. Also, he recommended if I was to take a long plane flight that I stop taking it for a few months prior to the trip as deep vein thrombosis is also a possible side effect. I have been taking the medicine for a few weeks now and so far have experienced no adverse responses.

It costs me \$14.00 a month or less if you are on a concession card.



The reason why I am writing this article is to alert you to the possibility of a preventative treatment for breast cancer. You would need to explore this with your doctor or breast specialist to see if it is right for you.
Breast cancer is a terribly sad thing... if we can lessen its occurrence, wouldn't that be wonderful?

Kaye Wright

**A VOICE
FOR OLDER
LESBIANS**

**WILLS
POWERS OF ATTORNEY**

(Financial and Medical)

CONVEYANCING

Family Law Financial Agreements

Marilyn Nuske *BA, LLB, GradDip AT*

Solicitor

Tel: 0400 784 754

Email: marilyn@oceanlegal.com.au

www.oceanlegal.com.au

The deadline for the next Newsletter is 25th March, 2017.

Please send news items and short articles to:

Rosemary Wealthy at r.wealthy@bigpond.com

Anneke Deutsch Matrix Guild of Vic Inc. at secretary@matrixguildvic.org.au
0427 482 976

www.matrixguildvic.org.au