

# **RAINBOW VISIONS NEWSLETTER**

**APRIL 2005**

**ISSUE NO. 3**

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**Welcome** to the April issue of the Newsletter. It's been a busy month since the last newsletter went out, with the first function for our new professional and business group, Mixed Fruits in Suits at the View Factory, the ageing forum that was in part organised by RV, and the opening of a new exhibition at the Aboriginal Artists Gallery on Hunter Street. Planning continues for the Moulin Rouge Ball – what a night of glamour, sophistication and spectacle it promises to be. Enjoy the newsletter and we hope to see you at an RV event soon.

## **The 2005 Committee**

President:	Ivan Skaines
Vice President:	Jennifer Thurgate
Secretary:	Neville Fort
Treasurer:	Hayley Martin
Festival Coordinator:	Sophie Bush
Membership:	Jason Bourke
Fundraising:	Lee McDougall
Newsletter:	Kevin Markwell
?	Margaret Hogarth

## **Getting to Know the Committee ...Part 2**

### **Lee-Anne McDougall (Fundraising)**

Lee-Anne joined Rainbow Visions committee in March 2004. This is Lee-Anne's first time on a community group committee. Lee has taken on the portfolio of fundraising and is very eager to bring the community together with initiatives such as Mixed Fruits in Suits (MFIS) and the RV Moulin Rouge Ball. Lee-Anne has had a mixed career and she currently works at Key Insights Consulting as a Personal Assistant. Lee loves to spend time at home in the garden with her partner and their lovely pussies, although she doesn't mind a top noight out every now and again.

### **Kevin Markwell (Newsletter)**

Kevin realised he was going to be a gay man after falling in love with Number 96's Don Finlayson at the age of 11. He has been with Rainbow Visions since the organization was just a hazy but colourful smudge on the horizon. He has also been involved with Newcastle Uni Gay Support Group (1987), Gay Waves (1989), the Gay and Lesbian Information Service (1989-91) and Karumah (2003). Kevin is more-than-happily partnered to Steven with whom he shares Maryville Manor. He lists his interests as breeding pygmy goannas and reading.

### **Fruits with a View**

The first function for Mixed Fruits in Suits got underway on the balmy evening of Friday 18 March at the View Factory, Newcastle East. Organised by Lee-Anne McDougall, Pam Nylan and Tammy Hawkins, the night was a great way for local gay and lesbian professionals and business people, and rainbow-friendly business owners to get together, chat, network and make new friends.

By 7.00pm when Pam welcomed everybody to the event about 40 people had arrived making the night a very colourful and lively way to get the MFIS year underway. At this stage, the MFIS Committee hope to hold another five events staged every two months in addition to a dinner to be held during the Rainbow Festival in October.

The next event is on Friday 20 May at the View factory from 5.30 to 7.30pm

MFIS acknowledges the support of the View Factory, Long Bench on Darby, Newcastle Auto Centre and Luskintyre Aviation Museum.

## Ageing and Loving It - A Seniors' Week Forum

By Jennifer Thurgate

Following a very successful ageing forum hosted by Rainbow Visions in 2004, the Committee decided to collaborate with the Centre for Research and Education in Ageing (CREA) to co-host a Seniors' Week Event, funded by the Department of Ageing, Disability & Home Care.

We wanted to create a forum that looked at slightly controversial issues, that was fun, interesting, useful and that confounded the usual stereotypes of ageing.

After much discussion, negotiation and collaboration the subject matter and presenters were agreed and on the day about 60 people rocked up to the New Lambton Community Centre to hear about the exploits of older people and to be educated about the importance of tight muscles!

The day was kicked off by Bryce Gaudry, local MP and then it was straight into a video about the Older Women's Network travelling theatre group. These women are just amazing and take their satirical songs out into the countryside and sew the seeds of 'growing old disgracefully'. Their material ranges from sharp political comment to the woes of modern communications where you can grow old just hanging onto the phone waiting for a real human being to finally answer your call. These older women were having fun, certainly confounding the stereotype, and bringing an important message to other older women.

Next we went on a pictorial journey through Europe with a travel agent who gave useful tips on travelling both in Australia and O/S – great photos and really useful information for the 'grey nomads' amongst us.

Then it was up and at 'em with exercises to make sure we 'used it' and 'didn't lose it'. It's pretty easy to do the minimal

amount of exercise when you start to get a bit slower and bits and pieces begin to hurt, but participants were encouraged to use every day tasks to exercise as many muscles as possible by bending, stretching, reaching, pushing, using expansive movements, both hands and keeping good balance by standing on one leg, closing eyes, and lots of other fun stuff.

Food was next on the agenda – first a talk about what to eat and not eat to keep you healthy and all systems functioning, and then lunch – the highlight of any forum!

After lunch it was straight into SEX – well a talk about sex anyway. Dr Victor Minichiello from UNE gave a fascinating address about sexual well-being in the older person. Yes, folks – older people do still have sex and, shock, horror – enjoy it! Sex doesn't stop when you reach 30 or 40 or even older! In fact, with some slight assistance and common sense, sex can be enjoyed for your whole life – yeah!

Interestingly, Victor talked about the rate of sexually transmitted diseases amongst older people, which is surprisingly high as a percentage. He put it down, partly, to older people not wearing condoms – so get it on and keep it on folks!

And to make sure you can continue to have an active sex life, Dr Pauline Chiarelli (those Italians rock) presented 'sexercises – the most fun you can have with your clothes on!' Many men and women neglect their pelvic floor muscles but they do so at their peril! These muscles are vital for both enjoyable sex and for continence. If neglected, women tend to leak when they get older and men can't leak – so, squeeze, squeeze, squeeze – six sets of six squeezes a day and you can keep you nether regions trim, taut and terrific.

The day ended with three panel discussions focussing on people's individual experiences of growing older and advocacy issues. We had a fascinating insight into ageing in different

cultures, ageing in the workforce, coping with retirement and women's perspective versus blokes' views.

It was a great day. There was lots of laughter – loads of energy – and a pervading feeling of optimism. Ageing happens to all of us but it's actually OK as long as you age as healthily as you can and keep a positive attitude. And remember, squeeze, squeeze, squeeze and you'll keep it up; keep it in; and keep it going!

### **How's your sexual health, dear?**

Men, when did you have your last sexual health check-up? If you are having sex with multiple partners then you should really be having a check-up once a year. It's a pretty straightforward process these days.

You can either go along to your GP or alternatively, head up to the Sexual Health Clinic on the 5<sup>th</sup> Floor of the Royal Newcastle Hospital. All you need do is make an appointment by calling 4923 6909 and ask to have a sexual health check-up.

The check-up will include the doctor or nurse taking a sexual history of you, then you head down to the bathroom and produce a urine sample, and a blood sample is also taken. An anal swab might also be taken. And that's it. All over red rover.

You then make another appointment for the following week to receive the test results.

It really is important for your own health and the health of your future sexual partners that you do have a regular check-up.

### **Rainbow Festival listed in Newcastle Tourism Guide**

Newcastle Tourism recently launched its new tourist guide to Newcastle and it's great to see that the Rainbow Festival has

been listed on its Key Tourism Events page, along with Mattara, Surfest and the Shoot Out Festival. It's really wonderful to see that level of support and recognition by Newcastle Tourism of the Festival, isn't it.

### **Attention Homo Homeowners and homemakers!**

Seeking participants for a study of relocation and homemaking by gay men, lesbians, bisexuals and queers.

What does 'home' mean to you? Have you moved to find 'home'? How do home and moving home relate to your queer identity?

The study explores your personal experiences, constructions and meanings of home as queer Australians, and seeks to understand how ideas of home intersect with GLBQ identities. This project is part of a doctoral program at Macquarie University, and volunteers will be asked to participate in a 1 hour taped discussion with the researcher (if in Sydney) or complete an open-ended questionnaire (if outside of Sydney).

Any interested homemakers or homemovers, please contact Andrew Gorman-Murray for further information. Ph: 0414 849 260 or e-mail: [agormanm@els.mq.edu.au](mailto:agormanm@els.mq.edu.au)

### **For Your Diary .....**

#### **Tennis, Anyone?**

Everyone is welcome to come along for a game of social tennis at the Gregson Park Tennis Courts on Wednesday evenings from 8 pm onwards. This is a great chance to exercise and socialise with others members of our community. Players of all standards welcome.

For more information contact Richard on 0408 639 843.

## **Men's Spirituality Retreat "From Silence to Voice"**

A men's spirituality retreat is being organised by NewCoast Metropolitan Community Church. The facilitator is Keith Cameron-Smith.

Details are as follows:

**When: Saturday 23 April 2005**  
**Time: 9am – 4pm (followed by BBQ)**  
**Where: Morisset Multipurpose Centre,  
Dora Street, Morisset**

The cost is \$15 per person; \$10 concession (includes Morning & Afternoon Tea, Lunch and BBQ)

For additional information contact Barry Kennedy on (02) 4358 0112 or by email at [colbar@jumpnet.com.au](mailto:colbar@jumpnet.com.au)

## **Ball Tickets Selling Fast!**

That's right, since the last newsletter went out there has been a big surge in ticket sales for the glamour event of the century, Rainbow Visions' Moulin Rouge Spectacular Spectacular Ball. Several tables of ten have been snapped up by a number of eager locals and not a few outta-towners, who want to ensure that they don't miss out on this night of bacchanalian splendour. So, don't miss out, get your tickets NOW.

The Ball takes place on Saturday July 16 at Newcastle City Hall from 7.00pm to 12 midnight.

Tickets are \$85.00 and includes admission to the Ball, three course sumptuous meal, champagne, wine, beer and soft drink until midnight, and all the fun and dancing you can handle.

You can buy your tickets from the ever friendly staff and volunteers at ACON Hunter, 129 Maitland Road, Islington.

## **Never discount a Discount!**

Pop on to the Business/Service Directory on the Rainbow Visions website [www.rainbowvisions.org.au/services.htm](http://www.rainbowvisions.org.au/services.htm) and there you'll find a whole bunch of discounts for members of Rainbow Visions. Whether you need a new TV aerial, some legal advice, art, computer help or web design, somewhere to spend a few days up at the Bay, some copying done, or vitamins, this page is filled with great discounts. It's worth taking a look. Go on....have a look.

## **GLBTIQ-Welcoming Computers and Web Design**

We just wanted to remind our members of the computer and web design businesses that are listed in our GLBTIQ Business Directory. The proprietors care enough about their GLBTIQ customers to join the Rainbow Friendly Directory.

### **APCS Computers**

Web design, internet set-ups, computer consulting, service, advice  
Contact: Andrew Pickard  
Phone: 0414 229 166  
Email: [apcs@dodo.com.au](mailto:apcs@dodo.com.au)

### **Complete Printer Supplies**

Supply cartridges to fit all ink, laser printers, photocopiers, fax machines.  
Contact: Kerrie Hourigan  
Phone: 4956 3366  
Email: [kerrieh@comprinter.com.au](mailto:kerrieh@comprinter.com.au)

### **Upside Down DownUnder Digital Designs**

Web Design, computer consulting, PC tutoring and advice  
Contact: Patrick Kelly  
Phone: 4953 9178  
Email: [Patrick@UpsideDownUnder.com.au](mailto:Patrick@UpsideDownUnder.com.au)