



OWN MATTERS

Newsletter of the Older Women's Network New South Wales

Vol.4 No.7 – August 2007

Make the Political Personal

I must admit I felt a mixture of both inspiration and grief when I recently watched a dvd Jan Wood had given us of an historical event, A Day in May – May 24, 1983. It looked at the worldwide political action taken by ordinary women in response to the rising threat of global nuclear war. It shows how over a million women of all ages gathered in collective action to protest for peace. I was inspired by the potential such collective action carries for change, and yet saddened by what I've felt is the silencing of women's activism in the decades that have followed.

We're all familiar with the feminist mantra: "the personal is political", but these days having seen a steady decline in the numbers of women marching at IWD, I really believe that women have to stop thinking that there is some other agency standing between us and all that we hold sacred.

Next time you go to a community meeting look around you. Look at the age of the women who are politically active. Where have all the women gone? It appears we taught our daughters to walk, but we may have forgotten to teach them to march! Similarly we taught them to talk, but they also needed to know how to shout, because apparently their voices have yet to be heard. The only way out to turn this around is to engage with the politics, to OWN them. We must look at every issue that presents and ask how does this impact on the lives of women? Who is making these decisions, and 'How can I make a difference?'

When you read an article in a mainstream women's magazine that declares something like: *Women Choose Work Over Motherhood*, ask yourself: who really decides on the flexibility of the workplace? What factors impact on a woman's decision, and ability to find a partner, to start a family, to stay in the workforce, or take time out? What are the real choices that a woman is presented with, when she finds out she's pregnant? We hear a great deal about young mothers being discouraged from termination, very little is said of the way that mature mothers may feel pressured against proceeding with their pregnancies, by medicos, partners and employers.

When it's all said and done, who's going to be left holding the baby? Yes, childcare is an issue for older women. How are grandmothers left to care for children encouraged by Costello's Baby Bonus, supposed to cope financially with no support mechanism?

Who is really making the decisions about the budgets that affect the lives of women and children? How many shelters exist for victims of violence? Is there a recognition that there is a difference between developing a coordinated response to child abuse and a tactical assault? – is there any understanding that the second simply adds to the damage already inflicted?

What work is valued in our community? How is it being supported? Do people really know where they can turn to ask for help – or does under-funding community organisations help keep the reporting of community distress statistics down?

Unless women start to critically look at every political issue, and examine it for its personal impact on their lives, and the lives of their families, they will literally be surrendering the vote that their foremothers fought so hard to win.

Beth Eldridge

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Who Are We?

The Older Women's Network (OWN) NSW is the peak body for 19 groups in NSW. OWN promotes the rights, dignity and wellbeing of older women through a range of activities and resources, and advocates on issues of interest and concern to older women.

OWN Matters is the newsletter of the Older Women's Network NSW. It is published 11 times a year. The annual subscription for individuals is \$22 and \$40 for organisations and includes GST.

Members of OWN groups in NSW are encouraged to contribute to *OWN Matters* with items of interest to older women and Letters to the Editor. They can be sent by mail or email marked Attention – Editorial Team. Please include contact details. Contributions must be received by the second Tuesday of each month.

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POINT of VIEW

NT ATSI Communities Under Governmental Control

Did the Wild report ever envisage a complete Commonwealth takeover of indigenous communities on aboriginal land, while ignoring whether these might include indigenous communities which were successfully dealing with the issue; and did the Wild report envisage that ALL Australian women in receipt of Centrelink child related payments would now be subject to the control of requirement to spend at least 50% of those payments on food and necessities?

Will we now see prosecutions of the white truck drivers dealing in the grog running, and the white blokes taking advantage of children in black communities?

If the price indigenous women and children are now to pay for their abuse includes loss of control over Aboriginal land, so hard won over the last decades, it is a terrible price to pay, a second price at that.

Vincent Lingiari would be crying at what has come to pass, much of it as a result of white neglect of issues Indigenous women have been raising for many a year.

Marie Coleman

Aboriginal Success Stories

We've been conditioned, with good reason, to think of Aboriginal health in terms of despair rather than success. But there are many successes, most originating at the local level, driven by priorities decided by individual Aboriginal communities, and most depend on the knowledge, authority and support of the elders.

The programs have been devised by Australians for Native Title and Reconciliation (ANTaR) and the communities concerned. They are supported by various charities and organisations and cover problems such as drugs and alcohol, nutrition, petrol sniffing and condoms to prevent teenage pregnancies, transmission of HIV and other sexually transmitted diseases. In addition, ANTaR provides training in building suitable housing, tackling violence head-on, trauma healing, positive life skills, family counselling and avoiding risks in business. Scholarships for Indigenous students are also provided covering tuition and accommodation at the University of NSW.

Pat Zinn

[With the kind permission of ANTaR and the authors, *OWN Matters* will publish some of the success stories that have gladdened the hearts of those who have laboured long and hard to make them work. See p.11-12 for "Putting the Brakes on Petrol Sniffing". Editors.]

DISCLAIMER

The views expressed in OWN Matters are not necessarily those of the Older Women's Network NSW, and we do not guarantee the accuracy of the facts in articles supplied by members. The Older Women's Network NSW accepts no responsibility for any loss occasioned to any person acting, or not acting, upon any material in OWN Matters.

OWN NSW

Coordinators' Report

Our conference is now behind us and we can look back on a successful event which opened with the wonderful speaker Barbara Holborow OAM, former children's court magistrate – earned her reputation for compassion and commonsense when championing the rights of the child. What an amazing woman she is! We knew she was a determined person, but were completely gob-smacked by the news she had signed herself out of hospital that morning to attend our conference. She should have looked pale and wan but her words blinded us to that fact. Not only has she made changes happen, she is still working hard to teach as many of us as she can reach out to, that more change needs to happen and that we all have a responsibility to play a part in it.

Here I would like to welcome the new Management Team, those we have elected to keep up the principles adopted by the founders of OWN just on twenty years ago, to promote the rights, dignity and well being of Older Women.

The new team members are Carol Hinte, Lorraine Inglis, Glenda Laird, Helen Vincent and Sandy McDonald. These new members will join Betty Johnson, Cate Turner, Judith Mustard, Margaret Holland, Joan Van Halen, Jan Robertson. It was encouraging to see the level of support and enthusiasm shown by regional groups wanting to play a role in the future direction of the organisation. These are the women who will Make our Change Happen over the next 12 months. This has given us a very strong and energetic start, and makes the task of carrying out our future plans, building and growing the organisation, so much easier.

Possibly the most daunting tasks facing many groups is the need to reach out to the next generation of OWN women in order to secure our organisational future. One of the questions asked by Cate Turner during the discussion on *Building Your OWN Future* which was lead by Beth Eldridge was: "What can we offer the younger older women we are trying to attract?" The answer is deceptively simple: OWN can offer these women something that is essentially missing from their demanding 'other' lives - a space and a network of women who have the knowledge and experience to know how to age well.

OWN can give them a forum where they can voice their concerns, where they can - through their connection with both existing members and other women like

themselves - start to discover new pathways to this next stage of their life, and explore the potential that may have, until now, laid dormant.

Finding kindred spirits later in life still requires some essential ingredients: time, space, the opportunity to express yourself, your fears, concerns and your joys; the ability to embrace change in a secure environment, and finally the love and trust of others who have taken that journey before you. This is what OWN can offer.

We have and continue to seek ways to uphold our aims, which must remain the foundation of any future vision. We have learnt to lobby and to advocate. The baby boomers know how to do those things, they don't need us to teach them that, but we can teach them what buttons to push and where to go to have their voices heard, particularly when it comes to our arenas of expertise in ageing and health. We can help them in the search for what it is they are seeking to meet their goals. What we must try to avoid is the belief that they will be the only ones learning in this exchange. Their life journeys have taught them many lessons. Our knowledge is knowledge of our issues. We agree their issues will be different. Their journeys will take them on different paths. We will have the privilege of learning what these paths will be if we keep our eyes open and are also prepared to listen and learn, and share from the ones who will be carrying on our aims, when we can no longer do so. If we are prepared to work together to the mutual benefit of all, we can ensure that OWN will live on, with women we trust carrying on the fight for the Rights, Dignity and Wellbeing of Older Women.

Brenda Hodgkinson and my name are no longer on the Management Team list -from now on Brenda and I will take on a new role in OWN - one we are excited about - we will be the Liaison Team that will be visiting all the groups and forming a bridge between OWN NSW Inc and each of the OWN groups. So start looking at your diaries. You will soon be getting a letter from us asking you when you would like us to visit your group. Newcastle has already booked their date, and we'll be visiting them later this year.

Both Brenda and I would like to thank every one from OWN who has helped us in the past and we look forward to your support in the future, for now, Go girls go! See you soon.

Barbara Malcolm

TRIBUTES TO LOUISE ANIKE

Louise Anike

Louise Anike, who died on June 30, 2007, was a star in the feminist firmament of Australia. Her writings and activism inspired women from the 60s until the present day to challenge stereotypes of women's identity and our roles in society.

Her writings were studied by students at universities. They featured in the first public performances of older women's theatre at Sydney's Convention Centre in the 80s.

And from OWN's inception in 1987 until her final stroke, Louise helped all that OWN became – in reputation, policy and activities. Courageously, after her first stroke, she challenged ongoing impairment, by continuing work with Joy Ross in Sydney OWN, drawing on her long history to inject fresh perspectives. Louise was indomitable in spirit always, and fun to be with.

With long-time friend Joy Ross, Louise influenced OWN's expansion statewide and nationally. They helped win recognition of OWN as a peak body for older women.

Louise vigorously pursued the cause of eliminating domestic violence. Her dedication to this goal will never be forgotten. Her activism and advocacy (including through the OWN quilts) influenced recent improved public attention and action on this issue.

Magnificent, memorable, matchless on many counts – our OWN Louise!

Noreen Hewett

Louise

Dear Louise, that small indomitable figure that encapsulated a giant. Her eyes expressed so much of her personality; her humour, her compassion, her strength which meant so much to those around her. She worked with the Theatre Group with good humour in trying to train and discipline a group of older women whose personalities were well and truly formed. Her songs and skits were perfect expressions of her awareness of issues affecting older women, and of the political climate.

As a friend, I found her understanding, with a ready sympathy in times of stress, and great fun to be with. She is missed and remembered by many.

Judith Mustard

Farewell Louise

We'll miss your steady hand at the helm of OWN Sydney.

What a loss to the organisation! In many campaigns you have been responsible for keeping older women's issues on the agenda.

Such a talent – I said at the Funeral service we will never be able to replace you – but your writings will live on to keep the fight for older women's rights.

The fight will still go on.

Peggy Hewett, Sydney OWN

Louise Anike, an Inspiration

A big piece of the heart of OWN has left us all today

It went with dear Louise, when she passed away

She fought for women's rights with her sisters by her side

And the things she helped achieve will be remembered
with great pride.

No matter how we try to fill the gap that she will leave

I do not think that somehow we'll ever quite succeed

As director of the theatre group Louise wore yet another
hat

And every member here today, we'll all remember that

She conducted, singing all the songs, which she did
extremely well

But if you'd forgotten any words, by gee she gave you hell

She always said it with a smile and a quietly spoken word

But woe betide the person who said they hadn't heard

We'll sing our songs more loudly now to make sure she
can hear

But we'd rather have her close to us and keep her near and
dear

We were all Louise's sisters, that's why we'll miss her so

And now we've come to say goodbye, we have to let her
go

She was an inspiration to everyone she knew

That's why it's very hard, Louise, to say goodbye to you.

Josie Jackson

TRIBUTES TO LOUISE ANIKE CONTINUED

Louise Tribute

Many years ago in the United States a group of actors who, to this day have remained unnamed, produced a satirical record about what was happening under Joseph McCarthy and his House Un-American Activities Committee. In one part of the record all the people named Karl Marx who died, and appeared at the Pearly Gates, were promptly sent "Down there!" This continues for sometime until the Devil rings God to tell him to stop this nonsense because Hell is being completely reorganised for the better.

If there is such a place, then whoever is in charge had better look out because, without a doubt, our Louise Anike will be making it a better place for all those women who have been victimised over the centuries and sent "Down there". First off she will be organising and setting up a Management Committee that will meet on a regular basis to put forward a list of claims. Next she will be organising a theatre group and rehearsal time, making sure the space has all the necessary props and conveniences, and in between she will be writing satirical and funny material for them to perform.

This is not being irreverent to Louise's memory because it was through OWN's Theatre Group that I first met and worked with her for many years. Louise was a staunch fighter for the aims of OWN and the rights of women. She will be sadly missed by all her friends and acquaintances.

June Goss, Wyong

My Friend Louise

The phrase 'My Friend Louise', which I delivered to Louise Anike, began some dialogue I had in an early OWN Theatre Group show. How fortunate for me that the phrase was also true. I treasured her guidance over bumpy political terrain; her ability to cut through amounting verbiage [crap!] when needed; her strong feminist social views from which she never wavered; her delightful, whimsical, sometimes cutting, humour that she brought to her writing and stage presence; her elegance; her feistiness and her tenderness. And most of all, her wisdom.

She is already sadly missed.

Gill Falson

ARE YOU INTO FASHION?

The OWN Theatre Group wants to hold a fund-raising Fashion Sale - definitely bigger than St Vinnies!

Is there another group - or more than one - in OWN who would be interested in co-sponsoring a stroll along the catwalk with a sure sale at the end?

This is a very specialised type of fashion sale as practised in Brenda's Theatre Group in Spain, so please contact: Brenda at brendthetrend@unwired.com.au or ph: (02) 9387 5335 to discuss this novel idea.

Between the Covers this Winter

Greetings from *The Feminist Bookshop* to all OWN women. Love your Newsletter, and great to read about all the OWN activities. The book *Revisoning Aging* by Jenny Onyx et al mentioned in last OWN newsletter is available from The Feminist Bookshop for \$19.95 if you would like your own copy. Two other excellent books are *Strong Women Stay Young* by Miriam Nelson, about weight training for women to keep strong bones, and *Live A Longer Life* by Sophie Scott, good info on diet, exercise, bones, and brains, and how to stay well at any age. Another special book is *The Complete Book Of Great Australian Women* edited by Susanna De Vries, about 36 great women who changed the course of Australian history. You may like to look at our webpage www.feministbookshop.com for booklists, our history, and some pictures of us at work. We'd also welcome a group visit from OWN members at any time, and we have a great little coffee shop right next door. *Bus 440* from George street gets you right to our front door. Let us know if you'd like to make a visit so we can plan a guided tour for you. Phone *9810 2666*.

At and Beyond the Rocks

Sydney

A great sadness to all members of OWN is the loss of our dear Louise Anike who died on the 30th June. She had survived a grave illness some 18 months ago and, despite her frailty, was still active and vitally interested in various issues and writing for the newsletter. She will be greatly missed, as a friend and mentor to many, and our hearts go out to her family. OWN will be holding a celebration of her life in September. We hope to get Matina Mottee as speaker. The actual date has yet to be decided, so check the September newsletter for the time and date.

A new group, covering the Eastern Suburbs, has been established. It has been suggested that it meet on the last Friday of the month at the coffee shop attached to the Leagues Club in Bronte Road. The first meeting, we hope, will be a relaxed get together of OWN members to chat, exchange ideas and generally have a good time. The first meeting will be held on Friday 27th July at 11.30 am. We are hoping to see old and new friends present to support this new group.

The Inner West and Jubilation Groups are going well and have plans for future meetings. The Inner West Group will be meeting at 2.00 pm on the first and third Saturdays of the month. The venue is the Community Room on the lower ground floor of Leichhardt Market Place just behind

Tandy's. The Jubilation Group meets at 87 Lower Fort Street on the third Friday of the month at about 6 to 6.30 pm. All are welcome.

The Wellness Group is going ahead in leaps and bounds. When twelve to fifteen attend, costs are covered. However we have received a very generous donation which also helps with the overall costs. Facilitators Alex Franezau and Norah Kemp have been with us for three to four years and still show the same level of dedication. A big thank you. Both helpers are always on hand. Frances Hathfield, who has just had surgery, and Elaine Cohen are early birds. Lola Cummings has taken over general responsibilities for the Group.

The OWN State Conference was held at Sancta Sophia College at Sydney University, from Monday 16 to Tuesday July 17 July. It was attended by women from most of the OWN NSW Groups. It was great to see both familiar and new faces. Our main speaker was Barbara Holborough, Children's Magistrate, whose talk was interesting. Barbara gave us some inspiring stories from her life and her experience working within the legal system.

As part of the Sydney City Council's City of Villages program there was an OWN Your Village project. This project has now been completed. We wish to thank Sue "Superwoman" Kucharova, our project worker, we will miss her considerable energy

and optimism.

Sue, along with the rest of the Project committee, presented their piece of Action Research to the State Conference. This seminar was chaired by City of Sydney Councillor Marcelle Hoff. Sue not only made contact with groups of older women in three villages - Glebe, Ultimo and Surry Hills - but also introduced the groups to OWN activities. Representatives from two of the groups also participated in the Conference Panel.

Four models of how older women can provide support networks amongst themselves were presented. These models and the ideas that have been suggested will be explored more fully in the coming months to see how we can put the ideas into practice.

The other workshops at the Conference were interesting and well attended. In all, the Conference was a great success and very enjoyable.

A new Management team was elected at the Conference. There are some new members of the committee, whilst some of the old ones are in for it again. We all hope that the new team can develop some new ideas and innovations in the coming year. Those who attended the Conference were enthusiastic about strengthening OWN and hoping for new and younger members to carry the torch in the future.

Good health, until next time.

Judith Mustard

At and Beyond the Rocks

Parramatta

We have had a busy year, with interesting speakers from Australian Hearing, Cancer Council, Glaucoma Association, and an Aboriginal woman, Jacinta Tynan, who told of her experiences since learning of her cultural background.

We raised \$186 at our Big Morning Tea. A discussion on "Making a Difference" led - among other things - to knitting for good causes, and we have been successful in our submission for funding for a "Basic Theatre Skills" course. Our bread-and-butter funding comes from our monthly trading table, and we cater very well for our functions.

Our AGM is on 23 July and I thank all members for a very fruitful and happy year.

Maureen Gaudry

Wyang

The Conference is over and congratulations to all involved particularly Brenda, Kris, Cate, and Beth. Everything went swimmingly except for the Conference being held on Sydney's two coldest days. Coats and scarves were definitely the order of the day!

I was on the train and half way home to Wyong when I suddenly realised that I had not filled in the green assessment form. I am now taking the opportunity to do so through OWN Matters.

It is difficult to start a

conference "cold" (and I don't mean as a result of the weather). One suggestion I heard from some of the women was that it would set the scene if there could be a short opening session conducted by Lorna Porter on "Tips for speaking up assertively". Some newer members have not the experience of speaking to a large gathering and are too shy to put forward their ideas or questions.

Because so much has to be packed into each day may I suggest the agenda order be looked at because some of us have to leave early on each day. In the morning session I would like to hear the results of what has been achieved by OWN NSW since the last conference and some of the ideas for future action the retiring management committee would like to pass on to the incoming committee to kick-start their teamwork.

What the various groups have done is in the annual report and can be read by the delegates. Could I suggest that rather than repeating what is already in the report the groups representatives could tell delegates how they went about successfully organising a particular event so that we can all learn from their experience.

Sadly I missed out on open forum discussion on the "Building your OWN Future" and as this is such an important part

of conference I think it should be one of the first cabs off the rank in the morning session.

I do hope that many OWN women picked up the special issue of "Honi Soit" put together by the University of Sydney Women's Department that was on the shelf near the dining room. It deals with today's issues the younger women are battling (I did have a deja vu feeling as I was reading) and they pull no punches. The battle is certainly not won.

Sure we can enjoy each other's company and social events, however, we cannot overlook we have to also face the political battles if we are to fulfil the aims and aspirations of our organization.

June Goss

Cockatoo

Supercilious

topmost branch of tree, cackling

one white cockatoo

flying cockatoo

watch me grieve poisonously

why don't you mock me

lift your wings, screech off

into the fire with friend phoenix

bloody cockatoo

flapping through the sky

who cares about smoke and fire

no more cockatoos

Lucy Raig

NEWS FROM THE GROUPS * NEWS FROM THE GROUPS * NEWS FROM THE GROUPS * NEWS FROM THE GROUPS * NEWS FROM THE GROUPS

Winter Meditation

On the cold, wet winter's afternoon, the city was as usual busy, impatient and noisy. Crowds hurried along footpaths, wanting only to be out of the chilly discomfort of the street, safe in the dry warmth of shops, arcades and even the underground. I was part of the crowd and yet alone, remaining an outsider. Shop assistants served me, their faces blank, seeming to both see and not see me at the same moment. I felt myself again an outsider, only this time invisible as well.

Shop windows, bright with light, overflowing with colourful attractions, left me unmoved. No longer did the lure of new possession bring any sense of satisfaction. How empty I felt, having so much and yet so little. I turned for the train and home. An idea dawned. I would alight one station before my destination and enjoy walking the intervening distance. The thought gave rise to a glimmer of anticipation.

Rain sprinkled lightly on my umbrella as I crossed the busy road outside the station and sought the quiet back streets as my route home. At the very least, that would diminish the unwanted noise of traffic. A sense of quietude began to soften my hardened resistance to an unfeeling world. Newly wet and shiny grass yielded to my tread. My steady pace was like a metronome calling my mind's disrupted rhythms to beat with it. I was coming together.

Children were emerging from the local school, their usual noisy cheerfulness seemingly dampened by the misty ambience. Two young girls clung together under a battered red umbrella singing happily as they walked, enjoying their spontaneous intimacy. I smiled, recalling my own school days and carefree friendship freely offered, easily accepted. Without warning, a car pulled up alongside them. One girl shrieked happily, "Daddy!" She left her friend quickly and got in the car. Her friend, caught unawares, called hopefully, "Can I come too?" but the car drove away without answer and she was left alone, disappointed. I felt sad for her.

But my sadness soon dissipated. A stately deciduous tree, still bearing many yellowing leaves now mysteriously bright in the fading afternoon light, caught my eye. It stood amidst

a golden carpet of fallen leaves, its branches wet and black and pointing imperiously skywards as if to some wordless truth. Its unexpected splendour held me in silent wonder, re-enchanted.

My walk continued past large old homes so much a part of the long-settled suburb. Their usual imposing presence was this time softened by the gathering gloom as heavy storm clouds lowered overhead. Their windows, usually excluding the passing stranger from their private reality, today revealed lamp-lit glimpses of cosy family interiors. How strangely English was this Australian winter atmosphere and how unlike was it to the same scene only weeks before when summer lingered long. Awareness of life's shifting and most beautiful complexity struck me forcefully. Sheer gift ...

Hurrying on, the welcoming warmth of home within reach, I found myself aware of unexpected joy. I was no longer empty.

Indoors, rain began thrumming on the skylight.

Bev Cameron

OWN Matters Collation Volunteers Needed

Our newsletter mailout volunteer team would like some regular extra hands each month to help them get OWN Matters labelled, collated and folded, ready for pick up by Australia Post.

The team starts promptly at 9.00am and finishes by around lunchtime. Collation is usually on the last Wednesday of the month. (This date is always shown on the Diary Page).

If you are willing to help each month, or even help occasionally, please call:

Noel Carpenter on 9971 0021



Women and Heart Attacks



Women rarely have the same dramatic symptoms that men have when experiencing a heart attack... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor. The following is one woman's experience. "I had a completely unexpected heart attack at about 10.30pm with no prior exertion, no prior emotional trauma which might have brought it on. I was sitting all snug and warm on a cold evening, reading.

A moment later, I felt an awful sensation of indigestion, which seemed to feel as though I'd swallowed a golf ball. The only trouble was that I hadn't eaten anything since about 5:00 p.m.

The next sensation was like little squeezing motions that seemed to be racing up my spine, gaining speed as they continued racing up and under my sternum, on into my throat and branching out into both jaws.

I started to take a step and fell on the floor instead. I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the paramedics. I said I thought I was having a heart attack because of the pressure building under the sternum and radiating into my jaws. She said paramedics would leave immediately. I was instructed to unbolt the door and then lie down on the floor where they could see me when they came in. After doing so I lost consciousness.

I woke again when the cardiologist had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side-by-side stints to hold open my right coronary artery".

Be aware that something very different is

happening in your body...not the usual men's symptoms, but inexplicable things. It is said that many more women than men die of their first (and last) MI because they didn't know they were having one, and commonly mistake it as indigestion, take an "anti-heartburn" preparation, and go to bed, hoping they'll feel better in the morning when they wake up...which doesn't happen. Your symptoms might not be exactly like those described above, therefore it is imperative to call the ambulance immediately if ANYTHING unpleasant is happening that you've not felt before. Time is of the essence! It is better to have a "false alarm" visitation than to risk your life guessing what it might be!

It is essential to call the ambulance, rather than your doctor. Doctors don't carry the equipment in their cars that you need! Paramedics do, principally oxygen that you need as soon as possible. Do NOT try to drive. You're a hazard to others on the road.

Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body.

Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive!

Daphne Lera - from the Internet

Breast Cancer Network Australia

Breast Cancer Network Australia is calling on 13,000 people - representing the number of Australians diagnosed with breast cancer in 2007 - to stand together and create the first ever Sydney Field of Women LIVE. We would love you to be a part of this exciting and historic event at Telstra Stadium, before the Sydney Swans v St Kilda match on Saturday evening 11 August 2007.

Breast Cancer Network Australia welcomes everyone- supporters, friends, survivors - people who care.

Registration is \$50 and includes a pink poncho, admission to the AFL game and public transport. 100% of your registration will go to support Breast Cancer Network Australia's important work.

We don't want you to miss out, so register now online at the address below and forward this invitation to anyone you know who might like to join us.

Register at www.fieldofwomen.org.au

Aboriginal Support Circle Issues

Be Suspicious! Be Very Suspicious!

John Howard is now full of compassion for the poor little abused children in the Northern Territory. It seems he has undergone a great conversion since Tampa and after claiming that refugees threw their children overboard (when he knew this was a lie) and after keeping them locked up behind razor wire for years.

Why is the Government suddenly moved, after 11 years, by the fate of Aboriginal children in the Northern Territory who have been living, like their parents, in the most appalling conditions for decades and have been in constant danger of abuse from certain men, both indigenous and non indigenous, who include miners, taxi drivers and even teachers, according to police reports.

Two months ago the Chief Minister for the Northern Territory released the "Inquiry into the Protection of Aboriginal Children from Sexual Abuse." Under the title "Little Children are Sacred" this Inquiry was set up by the Northern Territory Government in August 2006 to research and report on allegations of sexual abuse of Aboriginal children and to find better ways to protect these children. Rex Wild, QC and Patricia Anderson, an Altyawar woman, a strong supporter of disadvantaged people with many years experience working with Aboriginal people, co-chaired the Inquiry.

Assisting the small committee were the Combined Aboriginal Organisations in the Northern Territory (CAO), which represent more than 40 community and indigenous groups. They identified the problems and offered advice to the government on how best to support and empower communities to prevent sexual abuse now and in the future. As there is no elected representative Aboriginal voice since ATSIC was abolished, CAO must be listened to.

The co-directors highlighted a number of

action areas and stressed that *"It is impossible to set communities on the path to recovery without dealing with the basic services and social ills."*

The main areas for action included education, family and community services, family support, empowerment of Aboriginal communities and the appointment of a senior, independent person who can focus on the interest and wellbeing of children and young people, review issues and report to Parliament.

Howard's knee jerk reaction included his draconian proposal to force all children in the Northern Communities to undergo a compulsory health examination. The Inquiry DID NOT recommend physical and psychologically invasive examinations of Aboriginal children, which could only be completely carried out by anal and vaginal examinations. Fortunately, due to massive public protest, this has now been changed to "voluntary" health checks. The Inquiry DID NOT recommend scrapping the permit system to enter Aboriginal lands and it DID NOT recommend taking over Aboriginal towns by enforced 99 year leases.

Howard, wily politician that he is, sneaked in under cover and made use of the report for his own advantage to try to introduce these measures **which were not suggested by the Inquiry** but which would be of great advantage to the great mining companies, whose interest he has faithfully served all his parliamentary life. The Northern Territory, as we know, is practically made of uranium. The mining giants would benefit enormously from the scrapping of the permit system for 99 year leases and also by allowing the dumping of poisonous nuclear waste on the freed-up Aboriginal lands.

All this under the excuse of stopping child abuse! An evil plan indeed, though no secret. It has been openly stated that the Federal Government wants to move Aboriginal people off their lands and it has made recent attempts by offering them millions. (Like



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areas in the Tangentyere in Alice Springs.)

The response from Kevin Rudd has been extremely disappointing to fair minded Australians everywhere. One is amazed that he can support the PM's proposals to take over indigenous communities in the N.T. in his concern over child sexual abuse.

We sincerely hope that a new government in October will invest much more real money, time, effort, thought, and creativity in cooperation with the indigenous people in the North and solve some of the problems besetting us now.

By Pat Zinn and Muriel Hortin

Putting the Brakes on Petrol Sniffing

In the early 1990s Yuendumu, a remote Aboriginal township on the edge of the Tanami Desert, was gripped by an epidemic of petrol sniffing among young people. By 1993 there were more than 70 regular 'sniffers' in Yuendumu (pop. 800-1000) and the community was suffering the fallout, including violence and property damage.

But in 1994, local Warlpiri Elders decided on a 'zero tolerance' approach to the problem. With the support of traditional owners, the local school, the Tanami Network and the local Community Government Council, young petrol sniffers were sent to Purtulu, Mt Theo Outstation - 160kms from Yuendumu and 50kms from the nearest main road - to recover, learn traditional culture and break their addiction.

At the same time, a comprehensive youth program was started in Yuendumu to offer young people active and healthy alternatives to petrol sniffing, and to support young 'graduates' returning from Mt Theo.

Within a decade, the program had reduced the number of petrol sniffers in Yuendumu to zero.

By community consent, young sniffers are sent to Mt Theo for at least one month. Elders provide cultural healing and coordinate outdoor activities such as gardening and traditional hunting. Non-Aboriginal youth workers visit the outstation approximately twice a week to deliver food and provide additional support. This has created an effective partnership between Aboriginal and non-Aboriginal people, with both groups sharing ideas and learning from one another.

Extending on this prevention work, the *Jaru Pirrjirdi* program - which means 'strong voices' - is now working with young adults in the community to address the underlying causes of petrol sniffing and help develop a strong, skilled and dedicated group of young leaders for Yuendumu.

To date, the community-driven initiative has transformed the lives of more than 400 young Aboriginal people from communities in the region, and is regarded in Australia and overseas as a leader in petrol sniffing prevention.

"The success of the Mt Theo Program comes from local Aboriginal people taking control and supporting one another", says Mt Theo Manager Susie Low. "From the beginning, the community has upheld Warlpiri values and used culturally appropriate ways of doing the work. The program received no outside funding until 1997, and all the early work was done on a volunteer basis. It is the families' combined strength and determination that has allowed this program to prosper."

The program is now used as a model for other remote communities in the Northern Territory, where there are an estimated 600 addicted petrol sniffers and 120 people left brain-damaged from the practice.

Giving evidence to the Commonwealth Senate Inquiry into Petrol Sniffing in 2006, Dr Russell Thompson of the WYNHealth Organisation said "...they have managed to do what no-one else has been able to do.



Aboriginal Support Circle Issues

The key to this is that the problem of petrol misuse has been owned by the local community and has come from the local community — it has worked”.

—*Australians for Native Title and Reconciliation*

Outback Stores Development

Last year the Howard government decided to set up a network of franchise-style Outback Stores which would take over from existing community stores. At the time, the Indigenous Affairs Minister said the government would try to change the land tenure arrangements so that a private operator would eventually be able to own a store. “Until we do land ownership, the people who own it are the Aboriginal corporation”, he said.

Indigenous Business Australia chairman, Joseph Elu, said the government had asked the organization to establish the chain of stores.

As the plans developed for Outback Stores, the ideas appear to have changed in emphasis.

According to Indigenous Business Australia:

1. Research has indicated which of the 170 community stores are viable.
2. Any community which has an existing, viable store may join Outback Stores but participation is voluntary.
3. Outback Stores will negotiate management agreements with interested communities to ensure each store is managed appropriately.
4. Outback Stores will pay rent to the community for leasing the store infrastructure.
5. Outback Stores will employ the manager and be responsible for the day to day management of the stores.
6. Loans to upgrade the stores will be available to those communities which enter into an Outback Stores management.

7. Participating stores will pay a fee for service based on annual turnover.

8. Indigenous Business Australia is 100% shareholder in Outback Stores.

And what are the intended outcomes of Outback Stores?

1. To secure the viability of community stores through improved management, supply-chain logistics and infrastructure.
2. A better and broader range of goods, including affordable healthy food.
3. Consistency in the delivery, supply, quality and range of products.
4. Better pricing of products because Outback Stores will be able to negotiate better with suppliers.
5. Increased employment and training opportunities, including business and financial training, for local Indigenous communities.
6. All people employed to be paid a real wage.
7. More efficient and reliable stores.

Which conditions will be included in the Outback Stores management agreements?

Three conditions are insisted on by Outback Stores:

- That the community has no control over the day to day operation of the store including pricing, ordering or supply of goods to the store.
- That all store managers are direct employees of Outback Stores.
- That there is no 'book-up' in Outback Stores.

Conditions open to negotiation include:

- Amount and conditions for loans, distribution of dividends (if any),
 - Range of goods, opening hours, etc.
- Outback Stores recognizes that it is essential to create a partnership in each community in which it operates.

The success of Outback Stores in any



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community will depend on the support it receives from the community.

Outback Stores is looking at a debit card system to assist customers to control their finances, once "book-up" is no longer available,

Indigenous Business Australia has said that it considers 140 community stores viable and that it plans to have 40 of them operating within 3 years. It retains 100% ownership of the company Outback Stores, but it might be possible in future years for communities to buy shares in the company.

Lorraine Inglis

Aboriginal Cultural Awareness Training

On 7 June 2007 the NSW Department of Environment and Climate Change launched a program of Aboriginal cultural awareness training for its entire 4150-strong staff at Botany Bay National Park. The course is intended for all departmental staff, including executives, and 300 staff have already completed training. The course has been put together after consultation with local Aboriginal community members and aims to develop awareness of country, culture, people and history and to provide an overview of key legislation and policy developments relating to the Department's work with Aboriginal people.

Pat Zinn

Malcolm Turnbull and the Environment

On July 3, Malcolm Turnbull announced that 241 square miles, 99% of the Burrup Peninsula, be included in the National Heritage List. He did not include all of the rock art, much to the disappointment of those who hoped that the port on Burrup be moved and all of Burrup be listed.

He said that the remaining rock art would

be protected under WA law and that the companies, such as Woodside, with leases in the area are committed to working around sites of high heritage value. He also said where that is not possible rock art will be relocated in consultation with the indigenous communities. Mr Turnbull said that the announcement was a demonstration of how environment and heritage can be balanced with economic and industry development.

Lorraine Inglis

Wajemup

The recognition of Wajemup (Rottnest Island), off the coast of Perth, as a traditional Aboriginal site has been formally acknowledged by the Western Australian government. More than 6000 years ago Wajemup was part of the mainland, and it has always been known as a men's healing place

Over 4000 Aboriginal men from all tribal areas of Western Australia were imprisoned on the island from 1838 to 1903 and more than 400 graves have been identified. There is a plan for a permanent memorial. The whole area has been identified as a burial ground and is now under heritage protection. No tourism development or construction of any kind will be allowed, including houses.

This year Indigenous Diggers were honoured for the first time as part of the island's ANZAC Day dawn service, and it is hoped that this will become an annual event. It could be considered that those buried on the island were war veterans in their own right, as they fought to defend their countries against the colonisers.

Pat Zinn

Aboriginal Support Circle Meetings

Please note meetings dates have been changed to the second Monday of each month. This month's meeting 13 August, screening of video Bush Food. All welcome contact Pat Zinn, via office on: 9247 7046.



Letters to the Editor

Just You Wait, Beth

I read your May editorial, written in its usual lively fashion, and sympathized with you about not being offered a seat in the crowded buses. Maybe you should not look so efficient and capable. But, dear Beth, wait until you reach the grand old age of 80, get your OBE and are overwhelmed by kindness.

Each week I come to Sydney from MacMasters Beach for Wellness and Creative Movement, staying two nights at Hornsby. I pull a small trolley on wheels, which is a bloody nuisance. Getting onto the train at Woy Woy, carefully minding the gap, I yank my suitcase on board. I wobble a bit and unsteadily make my way to the heavy swinging doors. People are piling up behind me – it's not easy to manipulate a trolley through those doors. You get the two of them open and one is sure to spring back and give you a whack. So someone comes to my aid. The first "Thank you" for the day. I may even be helped to my seat.

At Hornsby I lean forward in my seat then stand up the Feldenkrais way – again a wobble. I get my balance and wait for my stiff knee to loosen – maybe an "ouch" or two. I try to join the throng. Someone takes my suitcase and helps me out onto the platform. If the lift is not working (oh, what a boon they are) I drag my wheelie slowly up the stairs. Generally someone offers to help or, if not, I ask politely and my bag is whisked up and I slowly follow. Another "Thank You".

"No problem. Have a good day."

Then it's off to Wellness or Creative Dancing. Once I loosen up, I'm fine.

The bus is a different matter. I may get help up the stairs, but then my luck

runs out. The bus driver lurches into action before I have a chance to sit down and I'm hurled into a seat willy nilly.

But it's not such a bad day and in spite of all the ouches and groans, it is still a beautiful world at 84.

So, dear Beth, wait, just you wait.

Joan Johns

When is a Wrinkly not an Oldie?

I wonder about the number of my contemporaries that cannot admit to being 'older'.

I was in a shop looking at scarves and a nearby fellow looker was trying to decide which colour to buy. I suggested that, as an older woman, she should buy purple. In high dudgeon this woman, who was 75 if she was a day, snorted, "I am not older." She stalked off without buying a scarf.

A few times I have suggested to friends that they join Jubilation which is, after all, a group of younger older women. Most of them resist, with different excuses, all of them implying that they are not 'old' yet.

What is the big deal? We have been called "the olds" or 'the wrinklies' for years by our children. 'Elders' is a term of respect. Every day is a day older, if not deeper in debt.

Why so difficult to admit that they are 'older'? Do baby boomers have this perception that they will not grow old as we that are left grow old?

The only way I know to avoid growing older is to die young.

Lorraine Inglis

High Tech Headaches

Bravo! to Enid Harrison for her relevant criticism of complicated domestic technology. I agree wholeheartedly. Just recently my family bought a TV set for my mother for her 90th birthday. My TV-savvy son visited her twice to show her how to operate the remotes. Since then, she's had the local TV serviceman visit twice to sort out her mistakes with the remote buttons. When I visited recently, she asked me to help her again. To my chagrin, it was too obscure for me too. At least my failure made her feel better about herself, but surely there's a better way.

Bev Cameron

Reaching Out?

As I sat among the women at the last farewell for Louise, I looked around and realised that we were old, older women.

Then I started to wonder, do we have women waiting in the sidelines to join OWN and take our places as we start to fade away one by one - are they already in the organisation?

When I look around there are not that many new faces that I see. Are we doing anything to recruit women? We must not let our membership dwindle until the only ones left are too arthritic or sick to do much.

Should we all have a get-together and swap ideas on how to improve membership, or have I got it all wrong?

Josie Jackson

Letters cont.

One Solution Fits All

Confronted with reports of serious domestic problems among some of our Northern Territory indigenous people, John Howard's response of sending in armed forces, and possibly reducing some welfare payments, is questioned.

Could it perhaps be that his deep personal involvement in the rotten Iraq war has so clouded his judgment that sending in more troops is his answer to such deep social problems?

Ken O'Hara

Theatre Group Report

The Theatre Group report this month is quite unusual (and brief). We are looking for new members.

If you can sing, dance, act and/or have any stage skills we need you. If you have none of these skills but have always felt the *smell of the greasepaint and the roar of the crowd (audience)* calling you...the THEATRE GROUP NEEDS YOU.

Contact our co-coordinator Jo Allon on 9520 2854 or jballon@bigpond.com

Now is a great time to join as we're just beginning to look at new material and workshopping, so you'll be in on the ground floor.

IN CELEBRATION OF THE LIFE OF JOSEPHINE CONWAY

Vale Josephine Conway

As an organization that has a membership of older women our losses come often and sometimes slip by hardly noticed. Such it was with Josephine who was, dare I say, one of Newcastle's most fiery advocates in her day. Never unnoticed, she could be found on the front line, banner flying in the cause of Women's Rights.

After opening her mail to OWN and answering her letters, I realized her nursing home was a place I drove past when visiting my daughter and grandchildren. With her permission I visited her several times and was always received with great joy.

Her room was her office and from there she wrote to politicians and friends till her eyesight faded. From then on she relied on OWN to carry on the fight and was always interested in what we were doing as a group.

Josephine can fight no more so we have to do it for her. We will stay strong and I hope our voices will always be raised in the fight to gain recognition of the needs of women, not just within our network, but all over the world.

RIP Josephine, you have earned your rest.

Barbara Malcolm

Celebration of the Life of Josephine Conway

Josie died on 26th June at her hostel in Edgeworth, aged 87. For some years Josie was a member of Newcastle OWN, until deafness made it too difficult to participate in meetings. She continued reading OWN Matters, until deteriorating eyesight made that impossible, but she was always interested to hear news from our newsletter.

Josie was a longstanding feminist, whose passion for various causes truly reflected the principle: *The Personal is Political*. For example, as a nurse she knew first-hand the suffering of women from backyard abortions and became a vocal advocate for the Right to Choose.

As nurse and mother, Josie realised that hospital "managed" child-birth was not only painful and undignified for mothers, but also affected the babies who, as she said, "experienced violence from the day they were born" - so she helped to set up the Hunter Valley Home-Birth Group and became a passionate promoter of midwife-assisted birth.

In 1972 Josie joined the Women's Electoral Lobby and organised a discussion group where women shared their common experiences. In her home she set up a WEL office.

Celebration of the Life of Josephine Conway continued

This later became the Women's Information Service, which ran phone-ins on rape, women's property rights in marriage and home-birth, and seminars on such issues as *Violence in the Home*. Josie also helped set up the first women's refuge in Newcastle, Jenny's Place; at her funeral it was heartening to hear a tribute from the staff of Jenny's Place, which continues to support local women.

I first met Josie, in 1983, at a Newcastle women's drama presentation about peace. Josie made clear connections between violence in the home and global violence and, in her inimitable cheery outgoing way, was able to convey these insights to all sorts of others whom she met at meetings, in coffee shops, in the street, or . . . on the telephone. When her daughter began working in East Timor, Josie shared her horror at the military violence against women there.

Josie loved art and music and enjoyed helping organise IWD Dinners, concerts and cabarets. In her 70s she used to walk every Sunday to the Kent Hotel in Hamilton to hear folk jazz, and a good crowd of us celebrated her 80th birthday with her there. She also organised two gatherings on Women's Spirituality, at the Hunter Women's Centre, bringing together women (and several men) from all faith traditions and none.

Alternative health care was another of Josie's passions. When she moved to a hostel, she was deeply distressed when the director told her she should not have visits from her homeopath, but should follow the directions of the hostel's GP. We contacted TARS, who confirmed that Josie did, indeed, have the right to choose her own health carer, but knowing that and convincing hostel staff are, of course, two different things. OWN members

might recall Josie's expressions of her frustrations through the pages of OWN Matters.

In the last few years of deteriorating health, hearing and eyesight, Josie's preferred way of relating to friends was by telephone and, in every conversation I had with her, she would talk about the issues she care so deeply about, ranging over war, religious intolerance, Australian politics, gay rights, aged-care (and the short-comings of university-education for nurses!). I know that there were many of Josie's friends who were drawn into consciousness of these issues by her convinced persistence. And politicians, community leaders and newspaper editors also, who received regular missives from Josie, with enclosed photo-copies and pamphlets; her letters appeared regularly in the Newcastle Herald.

In her years of failing health, Josie's gift of friendship was not abated. There were many of us who were drawn by Josie's strength, humour and warmth, and appreciated her ways of expressing her love of life and her anger and impatience with injustice. Her style was true Hunter Valley – earthy and quirky.

In 1999 Josie gave the IWD address in Newcastle, concluding: *The public image of older women as dependent, sick and helpless, is unjust and untrue. Look around you. We can be self-possessed, well and empowered. And we all know in our hearts that a society that recognises, welcomes and cherishes older women is a healthy and just society.* Josie had to struggle hard to keep that vision strong during the difficult times in aged care and she never gave up.

Janet Grevillea

BOUQUETS

While bouquets are being handed out put mine in the hand of "Josie the Grump". I just love political incorrectness, it is so refreshing. Bad old girls, me and Josie!

So I'll put my hand out too (probably for a caning). When an admired relative in-law enquired of me about a non-admired other, "Why did she do such a thing to me?" My reply was, "Because she's got mad cow disease." Howse that? Or was it just an instinctive recognition that jealousy does exist amongst women, even in me, and I'm sure in you. Of course most of OWN women are aware why. Could it be caused by the psychological repression of females whilst growing up?

Whilst we are thinking about bouquets, I always thought sending flowers to show you care, and to alleviate grief, was a nice habit. On reading death notices recently I have been puzzled by many notices citing "No flowers by request", or in lieu of flowers give donations at the funeral for medical research or to a favourite charity. Now I know why.

After receiving a box of faded stalks after a brother died, then sending flowers for my sister (which were delivered by a neighbour hours after the funeral) silly me did it again - on the death of a mother of in-laws. I was shocked at the cost and the skimpy, but less costly, offerings.

I would think that pensioners make a target market for florists. It seems they are pricing themselves out, so I for one will forgo this habit, and it seems that many others do this as well

Enid Harrison



Pilates

Are you interested in taking part in some research on Pilates?

If you have poor posture and tired feet, why not participate in supervised exercise using Pilates equipment and see if it makes a difference.

I am looking for volunteers to participate in a research program that compares minimal exercise with Pilates based exercises. The aim is to assess whether specific Pilates-based exercises assist in improving foot function and posture.

Participants must be healthy adults aged 50+ years who have some minor foot problems such as flat feet, or who use orthotics and/or have minor low back problems and poor posture, and who are not currently doing much exercise or have low levels of physical activity.

Because of the physical nature of this study, it is not suitable for people with a serious medical problem, a clinical history of back pain, or a medically diagnosed acute foot problem. You will need to obtain medical clearance by your General Practitioner before being able to participate.

Participants will have an initial movement assessment, then be asked to keep an activity diary for eight weeks, without introducing any new exercise. These will be followed by a second movement assessment, induction, and training, followed by supervised Pilates sessions for 12 weeks. Some exercises will be practiced at home and the activity diary will be continued. The active part is completed with a final screening and movement assessment.

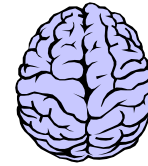
Participants may withdraw at any point in the program, without giving any reason.

All information will be stored securely and treated confidentially according to the UTS Ethics Committee Guidelines. If an individual's data are used in any way, it will remain anonymous.

All face-to-face contact will take place either at UTS Ultimo, or at Modern Pilates Studio, St Leonards.

If you would like more information, please contact Penny Latey by phone on 0409 554 588 within the next month, or e-mail penelope.j.latey@student.uts.edu.au

Contributed by Renate Watkison



Mind Your Mind

The partnership between the Older Women's Network Wellness Centre, Sutherland Division of General Practice, the Dementia Advisory Service and the Sutherland Shire Council was one of the key successes of the Mind your Mind community workshop program, which ran in November 2006 and March 2007. The aims of the workshops were to:

- improve community awareness and understanding of dementia
- increase knowledge of risk factors and 'brain healthy' lifestyles that have the potential to reduce dementia risk factors
- provide healthy lifestyle information and resources on local dementia services

The workshops were presented by local general practitioners and expert health speakers. Each session was supported with information, demonstrations and/or displays. Presenters provided information on memory, dementia, brain health, diet, physical exercise, health checks, medications, social activity, falls prevention and habits.

Evaluation revealed that:

97% reported being more informed about memory loss

96% reported that they now had good ideas on how they could contribute to keeping their brain and body healthy

98% reported that they knew where to find information to help keep their brain and body healthy.

A practical outcome of the workshops is a program called "Mental Gymnastics" currently running at OWN Wellness Centre, Sutherland, on Tuesdays between 10.00am and 11.30am. The focus of the program is managing anxiety.

June West

From information provided by Janine Lundie, Aged Care Program Officer, SDGP

Notices

Depression

Free Information Sessions for Seniors

The Council on the Ageing (COTA) is offering sessions of up to one hour which aim to empower groups of older people to feel comfortable and confident in finding out more about depression and how it affects seniors. Early recognition of the signs of depression can assist sufferers to recover faster. OWN members interested in being part of a session should contact their Coordinator who can obtain further information from Suzanne Williams, COTA (NSW) on (02) 9286 3860 or freecall 1800 449 102 for country NSW callers.

Diabetes & Nutrition

Thursday 30 August, 2007
9.30 am for 10 am start.
Diabetes affects almost half a million Australians. Diana Collins, Diabetes Educator and Michelle Norman, Practising Dietitian, will speak about managing issues of diet and nutrition.
Venue: Level 1, 280 Pitt Street, Sydney.
Bookings: 9286 3860

OWN Aust Conference 26-27 Nov 2007

The Conference will be held at Burgmann College at the Australian National University in Canberra, where OWN (Action) hosted the Conference four or five years ago. Accommodation is basic, but comfortable and very reasonable. We have been quoted \$75 for a full day's board. Additional meals will cost \$10.00. There will be a registration fee of \$20.00 per person to help cover the hire of the conference rooms. We will ask that you send your registration fees to OWN (Australia) and pay the accommodation money direct to Burgmann College after you arrive. Burgmann has credit card facilities.

The Conference Dinner will be held on the Monday. We will just have the normal buffet dinner menu, but will have designated tables with wine on the table. The wine will initially be supplied by OWN (Australia), but women will have to pay for any additional bottles. The dinner will be followed by an after dinner speaker and musical entertainment. Most local women attend on a daily basis, but some of us stay overnight after the dinner, so we can let our hair down without having to run the gauntlet of the boys in blue on the way home. Some parking is available at the College.

The Conference will start with registrations on the Monday morning and finish on the Tuesday afternoon in time for NSW women to catch the 5.00 pm train to Sydney.

The Conference Committee is working on contacting possible speakers. The main issues for discussion are ageism, public dentistry and grandparenting. We thought we would run the latter topics as forums. Could each state nominate one of their women to collect information about the situation in your states (including first hand experiences) and present them at the Conference? We don't need names yet, but it might help if you start work early!

Elections will be held for OWN (A) Council, so please consider nominating for a position. We will need a new Convenor, Secretary and Treasurer, plus state Councillors for those states not represented in those positions.

Barbara Silverstone

Bequests to the Older Women's Network

If you would like to include a bequest to OWN in your Will, the following options will guide you in its wording.

Please specify which Older Women's Network you wish to be the recipient of your gift: Older Women's Network NSW or the *Older Women's Network, Sydney.*

Option No. 1

I devise the sum of \$
..... to the Older Women's Network
for the general purpose of the Older Women's Network OR the specific purpose of

.....
.....
.....

such purpose being consistent with the aims and objectives of the Older Women's Network, to be administered by the Older Women's Network.

Option No 2

(for a proportional bequest)
I give% of my estate to the Older Women's Network for its general purpose or the specific purpose of

.....
.....
.....

The gift you make to OWN will be an enduring record of your generosity.

OWN Sydney Notices

Subscribe NOW!

- Subscription to *OWN Matters* is \$22 per year, these are due every JULY 1.
- Want to join **OWN Sydney** at the same time? We can fix this up in the same way, if you tick this box and include just another \$5
- Would you like to donate? \$.....

Payment method

- I enclose a chq/money order for \$22/\$27 - to Jun30, 2008 made payable to OWNNSW OR
- Please debit the following credit card for \$22/\$27 (plus any donation)

Visa

Mastercard

Bankcard

Total amount:

Card no. _____ / _____ / _____

Exp. date __/__/__

Name on card (please print)

Signature _____

Address _____

State & Post Code _____

I need the audio version

- I'd love it on email
- Email only - don't post
- Email address:

What are friends for?

Please send the above subscription to:

Name:

Signature _____

Address _____

State & PC _____

Members and friends are welcome to attend all activities

Wellness on Wednesdays

9.30am-11.45am every Wednesday
Held in Mott Hall, Argyle St., Millers Point.

Film Discussion group

You are invited to join **Tuesday 13 August**, to see *Evening*, other films recommended for viewing are *Black Book* and *Knocked Up*.

Please ring Yetty on **9665 2050** to check details.

Creative Movement

Join us in Mott Hall on Thursday mornings at 10.15 to discover your inner rhythms! Check with office for term dates: 9247 7046

OWN UP – Unashamedly Political Discussion Group

10.30am to 1.00pm, next meetings Friday 10 August and Friday 12 October 2007.

75 Windmill Street, Millers Point.

Have an early cuppa with us and bring a sandwich for lunch.

Contact Pearlle on (02) 4285 5373 or e-mail

pearliej@bigpond.net.au

Inner-West Networking Group - IWNG

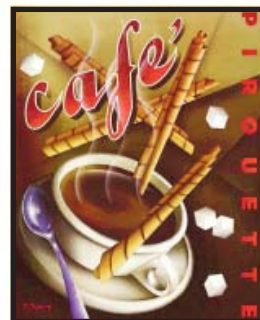
- **Every 2nd Saturday** from 2-4pm **IWNG Meeting** - Leichhardt Market Place, Cnr Marion & Flood Streets, (Community Room ground floor behind Tandy). Networking, mutual support, sharing interests, social activities.

Buses serving the area are: 470, 435, 436, 437, and 438

All OWN members are welcome. Just turn up, or contact the OWN office on 9247 7046 or Jan on 9692 9400 OWN Members from other areas are welcome!

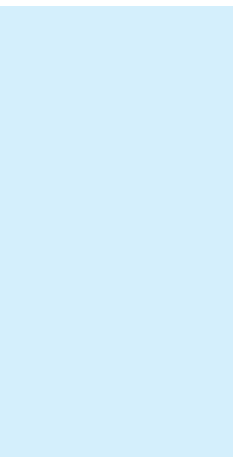
Jubilation - reaching out to retirees, all OWN members welcome 6pm-8.30pm, the 3rd Friday of each month, at 87 Lower Fort St, or dining out together at affordable Sydney eateries.

Contact OWN NSW on 9247 7046.



IF UNDELIVERED PLEASE RETURN TO:
Older Women's Network NSW Inc.
87 Lower Fort Street
Millers Point NSW 2000

OWN Matters



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