



OWN MATTERS

Newsletter of the Older Women's Network NSW

Vol.8 No.4 – May 2011



On Your Own Head Be It!

For many years the pigeons in London's Trafalgar Square were considered a tourist attraction, with street vendors selling packets of seeds. Just who were the pigeons? The ones who paid for the seeds or the ones who ate them?

see *Just Who's the Pigeon?* page 4



Renters Rights have changed

Did you know that all tenants in New South Wales can get free advice about this law from a local Tenants Advice and Advocacy Service?

see *New Tenancy Laws in NSW* page 5



Isabel MacCallum pays tribute to Barbara Robertson

Mrs Barbara Robertson, who passed away on Thursday 24 March, was a vibrant woman with many interests and talents...Her support and enthusiasm made it possible to launch the book 'I Remember. I Remember.'

see *A Friend to Remember* page 7



Keeping in Touch with Lunch

Sutherland OWN won a grant from Sutherland Shire Council... to enable a group of older women to lunch at Karimbla Restaurant, Miranda, on a weekly basis.

see *Centre Wins Council Grant* page 10

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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 news-letter 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 email or mail marked Attention – Editorial Team. Please include contact details. Contributions must be received by the second Tuesday of each month.

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OWN Office



The phone hours at our OWN office are from 10:00 to 3:00.

If you call outside these hours you may get a recorded message.

Leave a message, with your contact number, and we will get back to you as soon as possible.

Between 10:00 and 3:00 the phone will be answered by one of our friendly volunteers.

OWN Matters Direct!

We love to hear from you and publish what you have to say in our newsletter.



The best way, for you and us, is for you to email your letter or article.

We have an email address for your

especially contributions.

The email address is newsletter@ownnsw.org.au

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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 would like to thank all of those members who came as delegates and representatives to our recent Special General Meeting, and to all those of our members who discussed and spoke to us about our draft constitution. I was so worried that we wouldn't have the necessary numbers to make up a quorum, but you did us proud. The room was packed, the meeting lively and the discussion spirited. Most of the changes were passed without problems. Some were eliminated. Some needed amendment. I had ordered lunch for 12.30, thinking I might sneak off to the play at the Belvoir afterward. That proved somewhat optimistic, but we were finished by 2pm. It only remains now, for us to enter all of your amendments.

You will recall at the last conference delegates were surveyed and decided upon a one day conference. In order to give members other opportunities to catch up with old friends, we also decided to take OWN NSW Quarterly meetings out to our members. So far we have had one in Newcastle, to the north, and one in the Illawarra, to the south. The third May Quarterly is being held at Blacktown, 4 May. Coral tells me that she has ordered us a lovely lunch, and that their, drummers are practising for their performance.

On Thursday, 5 May, we have the Gender Awareness Workshop, with facilitators to focus on issues that impact on older women's health. We expect the day will inspire resources for the wider OWN Network. We also hope that what we learn might make us better informed when it comes to writing our funding submissions.

Beth will be on leave from May 10 to May 20. Kris will be in the office as usual, from Monday to Wednesday both weeks. The office will be staffed by volunteers on both Thursdays and Fridays, from 10.00am to 2.00pm. Please treat them gently!

The next item on our agenda is the refining the details of our Annual State Conference July 28. Our AGM is part of that conference, and when we vote for the new Management Team. We would love new blood in the team. That does not mean that the meetings descend to violence. Lively even spirited discussion, but no more than that. Please think about volunteering to be part of this important team which works with and represents all of our members.

Lorraine Inglis, OWN NSW Management Team

Conference Quilt

28 July 2011

Barbara Malcolm created this beautiful quilt to raise money for the OWN NSW Annual Conference. Raffle tickets are available from the OWN NSW Office at 87 Lower Fort Street, \$2 each or three for \$5. The Winner of the gorgeous Japanese-inspired creation will be announced at our OWN NSW Annual Conference on 28 July, so don't miss out!



OWN NSW May Quarterly Meeting

We've been north and south and now we go west! Our May Quarterly meeting will take place at Blacktown, with Blacktown OWN group. We have been having the meetings on Thursdays, to fit in with our other meeting days but Blacktown don't have access to the hall on Thursdays, so the meeting will be on a day that suits our hosts, on Wednesday, 4 May at Rooty Hill Seniors Centre 34 A Rooty Hill Rd South, Rooty Hill. RSVP to:

Coral Littlewood, (Coord) 14 Valencia Cres, Toongabbie 2146 ph: 9631 3289

or email: ownblacktown@virginbroadband.com.au

They will feed us and their drummers will entertain us.

Set that date aside... Wednesday 4 May for the Quarterly meeting at Blacktown.

Daily Grind

Struggle Street

I live in Struggle Street, as I belong to that damned category, the frail aged. I live on 'my pat', as the saying goes. And I resist all efforts to reside in those partial prisons, the 'rest home', as they were once called.

I eat what I like, not what 'well-wishers' would force on me and there are certain joys in that.

The frail aged in society sure are vulnerable and one needs a certain determination to deal with them. All in the name of 'we are only trying to help'. More often one finds that this can be called 'trying to help themselves'.

But, and it is a big BUT, I have my supporters. Because they are useful people they are busy. They are not 'What's in it for me' types, who we strugglers need to avoid like the plague. You know some of them: Dorothy Cora and Noreen Hewett are two remarkable women. I get calls from Dorothy, who traces me as I'm in hospital and Noreen, struggling herself, telephones me.

I am a tough individual and I have been in tears, though I never shed tears. I get angry instead and shout impatiently at those slow to respond. I do not look for sympathy – when I am very ill I tell my friends to nurture me. If I want friends, then there are the nurses, because I set out to win them. I regard them as wonderful people, which they mostly are. Another wonderful ally is my doctor, who takes the trouble to phone me at home to explain something medical. She gives me the brutal truth, as in: "if you don't have this small operation (for skin cancer) it will go to the brain". I like that approach, don't you? She also plies me with pills and puffers for a cardiovascular condition. She is another remarkable woman who is right with womankind.

Another joy in my life is television and journalists such as Peter FitzSimons and his wife, Lisa Wilkinson. Also I must mention my beloved nephew and his gorgeous dog, Shadow, who gazes at you with undisguised rapture when stroked behind his ears. He is an absolutely non aggressive animal except with ducks. We have a plethora of ducks here, which poo on the path and slow up traffic, so I shout at them: "Get out of here, ducks!" They are definitely not cute!

So, I struggle while it lasts, in spite of those who do not know what 'Struggle Street' is.

Enid Harrison

Just Who's the Pigeon?

In Leichhardt there are a lot of pigeons. A few years ago I saw a doco, Leichhardt Flight Club, by Sally Eccleston. This looked at generations of locals who raced homing pigeons over distances of up to one thousand kilometres per day. They held onto a tradition of competitive racing,

despite interference from mobile phones, jumbo jets and the local council and from rapid gentrification. Cheaper than race horses or even greyhounds? Not always! A British company that breeds pigeons recently paid more than \$130,000 for a champion racer.

Most of the lofts are gone and Leichhardt pigeons these days are ferals. Feral pigeons have descended from *Rock Pigeons* which humans have been breeding for hundreds of years, in particular for food. Pigeons mate for life and where the food supply remains constant, will breed four to six times a year, producing two young each time.

For my Leichhardt neighbour, her husband's pigeons had been the bane of her life through the years of caring for him. She wasn't interested in eating them, and as far as she was concerned, they brought the rats, in search of the pigeon seed, their eggs and the baby pigeons. When her husband died, she crated up his pigeons, took them to his funeral, and released them, in a grand gesture, at his graveside. Of course her released pigeons joined the ferals.

For many years the pigeons in London's Trafalgar Square were considered a tourist attraction, with street vendors selling packets of seeds. Just who were the pigeons? The ones who paid for the seeds or the ones who ate them? When the feeding of pigeons was banned by London mayor, Ken Livingstone, a group flouted the ban and fed the pigeons from a small part of the square under the control of Westminster City Council. They had to come to an arrangement to feed them only after seven pm.

The problem is pigeon poo, and the mess made of public spaces, buildings, statues in cities around the world. When pest control companies kill pigeons, the culled birds are replaced within a short time as a result of the rejuvenation of the flock. Studies indicate flocks respond by increasing in size. It appears culling, and persistent and deliberate feeding are the contributory factors to the growth of pigeon flocks the world, wide. Pigeons will not breed if the food source is reduced and they are unable to feed their young. You will see pigeons wherever you see pigeon feeders. Those who put out birdseed or bread for a pigeon are arranging for it to be turned by the obliging pigeon into pigeon sh**. Those who put out enough food for a pair of pigeons are arranging for them to be able to produce up to twelve pigeons within a year who will all turn food into more pigeon sh**.

If you are a citizen, you are probably paying for pigeon culling by pest companies, and cleaning of public spaces by cleaning companies.

"Accept that some days you are the pigeon and some days the statue." Dilbert (Scott Adams)

Lorraine Inglis

Housing Issues



New Tenancy Laws in NSW

Almost one in four people live in rented accommodation in NSW and the law governing the relationship between landlord and tenants in NSW has now changed. The new law, the *Residential Tenancies Act 2010*, changes some of the rights and responsibilities of tenants and landlords. If you need to know how much notice is required to end a tenancy or want information about repairs and maintenance the Tenants' Union has a series of free, user-friendly fact sheets setting out tenants rights and responsibilities under the law.

These provide up to date information on rent increases, rent arrears, repairs, the Consumer, Trader and Tenancy Tribunal, ending a tenancy, tenancy databases, share housing and more.

Find out more at www.tenants.org.au/publish/factsheets/

- Did you know that all tenants in New South Wales can get free advice about this law from a local Tenants Advice and Advocacy Service?

Services cover all of New South Wales and are located in Albury, Armidale, Bateman's Bay, Bathurst, Bondi Junction, Broken Hill, Campbelltown, Campsie, Chatswood, Dubbo, Grafton, Katoomba, Lismore, Marrickville, Newcastle, Orange, Parramatta, Port Macquarie, Queanbeyan, Redfern, Wagga Wagga, Wollongong and Wyong. There are also four Aboriginal services covering Sydney, western, southern and northern New South Wales.

For details of your local service see www.tenants.org.au/publish/contact-us.

Welcome Home – Shelter NSW conference on housing for an inclusive society

What is the contribution of housing to an inclusive society?

When it comes to social disadvantage, is housing part of the solution or part of the problem?

How can we ensure that everyone in New South Wales can gain access to housing, exercise choice about their housing, and find housing in a condition and in areas that enhance livability?

These key issues will be discussed by speakers, panellists, and the audience at *Welcome Home* – Shelter NSW's conference on housing for an inclusive society which will take place in Sydney on **Wednesday 29 June 2011**.

Register now!: Registrations are open until Thursday 23 June. An 'early bird' discount applies to registrations received before Thursday 16 June: www.sheltersnsw.org.au/docs/fly11conference-rego.html.

Our list of speakers will be available soon:

www.sheltersnsw.org.au/docs/fly11conference-about.html.

For more information, please contact Yana Myronenko.-
Tel: (02) 9267 5733 ext.13

Email: admin@sheltersnsw.org.au

Aboriginal Support Circle Issues

Hooray for Auntie Beryl!

Aunty Beryl Van-Oploo, Redfern community leader and trainer at Yaama Dhiyaan Hospitality Training School, has been awarded the Education and Long Life Learning Award as part of the recent Senior's week. She was nominated by our own Cate Turner - onya, Cate! She held a Bush Tucker tasting event at Yaama Dhiyaan as part of the Seniors Week program, explaining that native foods play a significant part in the Aboriginal diet, not only for health, but also for connection with the land.

She had an instrumental role in setting up Yaama Dhiyaan, Australia's first and only hospitality college specialising in Indigenous culture and cuisine and has trained and found employment for more than 160 students so far.

Pat Zinn



Aunty Beryl Van-Oploo

New York visit for Mudgin-Gal

Mudgin-Gal Aboriginal Corporation Women's Centre recently sent two of its workers, CEO Dixie Link-Gordon and education manager Ashlee Donohue to New York City, as part of the Australian delegation for the 55th Session of the Commission on the Status of Women in 2011. Mudgin-Gal has been an incorporated organisation for the past 18 years and is governed by Aboriginal women. It carries out community outreach, including domestic violence and sexual support work, in Redfern and Waterloo.

Dixie Link-Gordon says that she learned a lot and is gratified to see that Mudgin-Gal is on a par with the world when it comes to education on the effects of domestic and community violence.

Tackling Violence is a NSW Government-funded activity endorsed by former Community Services Minister Linda Burney, with the Mudgin-Gal project concept having been devised and initiated by Dixie Link-Gordon, who is also the project education officer.

Pat Zinn

Linda Burney a Labor Leader

Linda Burney has become the Deputy Opposition Leader in the NSW Parliament, with the shadow portfolio of Planning, Infrastructure and Heritage, Sport and Recreation and the Hunter and Central Coast. She chose her own portfolio, saying that she didn't want to take on Aboriginal Affairs as she would then be typecast.

Linda was the first Aboriginal person to graduate from Charles Sturt University. She became a teacher but was then hand-picked to enter the public service. She has overcome adversity, being raised by relatives. Her husband, Rick Farley, former farmers' leader, died of an aneurism some years ago; at the same time her daughter became very ill with a rare disease.

Asked if she thought she would make a good Labor leader one day she said: "I am a Labor leader." Onya, Linda, I hope to see you as NSW premier soon!

Patt Zinn



ASC Issues

Deep anger at Mulrunji Whitewash

In March, protesters outside Parliament House in Brisbane condemned the decision not to take action against six police involved in the death in custody investigation of Mulrunji Doomadgee on Palm Island seven years ago. Two coroners carried out the investigation and found flaws in the police handling of the investigation, while a report by Queensland's Crime and Misconduct Commission (CMC) last year recommended disciplinary action be taken against the officers involved.

After an investigation by a senior police officer, the Queensland Police Service said that while no disciplinary action would be taken, two officers would receive "managerial guidance." The CMC announced that because no disciplinary action was being taken, its hands were tied, but they described the decision as "incomprehensible." Senior Sergeant Chris Hurley, who arrested Mulrunji, who died in a police cell two hours later with a ruptured liver and other injuries, was found not guilty by a jury after being charged with manslaughter. He received generous compensation and was promoted.

Community leaders, politicians and lawyers have condemned this police inaction. One can imagine what the verdict would have been if the opposite had occurred, with an Aboriginal police officer arresting a non-indigenous man who died two hours later? Activist Sam Watson vowed that further action will be taken to see justice done. The Palm Island community will look to the churches, the trade union movement, the universities and colleges to give them the resources to take this matter to the highest level.

Pat Zinn



A Friend to Remember

Mrs Barbara Robertson, who passed away on Thursday 24 March, was a vibrant woman with many interests and talents.

Despite setbacks which would have been daunting to many, Barbara not only brought up her own family after her husband's untimely death, but she involved herself in a great many community activities. She and her partner John were staunch members of the Shoalhaven Bush Walking Club and as well as contributing in kind to the local groups. Together they explored challenging parts of the world often with minimum funds and equipment. They were an example of how the world can open up, given time and determination. Barbara was a stalwart supporter of the Older Women's Network. She held the position of Coordinator for the allotted time of two years with quiet dignity, she was a very able Treasurer and had a special talent for making newcomers feel welcome. Her support and enthusiasm made it possible to launch the book '*I Remember. I Remember*' where thirty older people who had been teenagers during World War II, recorded their stories. The sale of these books as well as donations from the community, enabled the Older Women's Network to donate \$1,000 to a very worthy cause in Northern Nigeria, and another \$1,000 to two local women's refuge groups. It was shortly after this that she was diagnosed with what transpired to be inoperable cancer, yet still as she had for many years. Barbara continued to offer hospitality at her lovely home at Hyams Beach. She will be sadly missed by many.

Isabel MacCallum

Nowra OWN



At and Beyond the Rocks

OWN Sydney

Here we are again, into autumn and one third of the year gone. We still have the use of Windmill Street for our meetings, but are graciously allowed to take over the premises at Lower Fort Street when we lay on something special - as we did on 12 April. It was great to see a whole host of OWN Sydney members at our first social event of the year, the performance in Mott Hall by the Theatre Group in their Village People show. Since I was starring in it, modesty forbids me to tell you what a huge success it was, how wonderfully we performed, how exceptional some of us (who shall remain nameless) were in every regard. I can say that we had a great audience of very appreciative OWN Sydney members and local residents, who use Henry Jenson Centre as their meeting place and for whom the whole idea of a community show was proposed and funded by the City of Sydney. Grateful thanks to Joy Ross and Judith Daley for setting up the scrumptious shared lunch, and to all contributors.

Now your committee is turning its attention to OWN Sydney events for the rest of the year, starting with another social project for June. As you will know, there are two social groups who meet on a regular basis, just to enjoy each other's company; one in Bondi Junction, led by Yetty Windt, the other by Nora Huppert at Birkenhead Point, so we wondered whether this might be an occasion for other Sydney members to swell their numbers, just this once, to join the groups and meet some new friends? So far we are just floating this as an idea. Yetty is happy with it and Nora will get feedback from her group, so watch this space in June *OWN Matters*. Now, here's the BUT: we do need feedback on the proposal, mainly for likely support, numbers, that sort of thing.

In September OWN Sydney will hold the Annual Meeting, details nearer the time. We have a new idea for Spring; this is to hold our event at 5.30 for 6pm, which will allow those who can't normally make it to daytime events to join us. Clocks will have changed so it will be light again, and hopefully warmer? The committee is seeking a good speaker for the occasion. Soup-and-roll type refreshments will be served, and this is where Sydney members come in. We need to

know how you view this proposal. We also need input in maybe two ways: the names of speakers that you would really turn out for, or topics you wish to explore together. I know that feedback is nobody's thing but we can't arrange a speaker and then only have five people turn up, so asking what appeals to us all makes good sense. And here is my email address, right now, before I forget - which I did last time and had no response to a possible Jumbulla visit (see *OWN Matters*, April) - bmsen@bigpond.com. Or alternatively, please leave some written response in the Sydney tray in the office for any one of the committee.

More about all our various groups next time, when we plan to feature them individually in more depth.

OWN Sydney would like to congratulate the team working on restructuring the OWN NSW Constitution, for hours of concentrated work leading to a successful conclusion, with all points discussed and voted on by Member Groups at the final ratification meeting on April 14th.

Thank you Sonia Laverty and Joy Ross for holding the fort at Harmony Day in the Town Hall, offering OWN information leaflets to anyone who stopped long enough to look, and thank you Marjorie for assembling them. Though apparently not very well attended, I hope it was worth it

Brigid Sen

Illawarra OWN

The first month's operation this year has shown us that we are doing something right, with new members registering every week. Our membership now stands at 72 and we are averaging just over 50 attending every week with most members taking more than one class. The Thai Chi classes are almost at capacity, the dance and both the exercise classes are the same. The drumming is struggling as the number of drums available is limited. The area that is available to us is also limited.

In the middle of last year, before this potential overcrowding arrived, we had obliged council by putting an invitation to an Open House on the Monday and Tuesday of Seniors Week in their booklet that informed everyone of the activities

At and Beyond the Rocks

that would be happening during Seniors' Week. Monday was the day of the worst storms and floods in the Illawarra for over 50 years. It started with heavy rain and the only change in the weather that day was when the rain got harder. Railway lines were washed away and roads were closed everywhere. Fourteen women had rung to accept our invitation and, to our amazement, five actually turned up and joined another fourteen members who had come for the classes. The second day dawned bright and sunny, but it was the day of the Premier's Concert so we expected that would be a quiet day as well. We were again pleasantly surprised when Thai Yoga had 13 attend and ten for the drumming; seven of these were visitors.

Later in the week four members of Wellness went to a senior's lunch in Corrimal and played a small part in a pageant put on by the Illawarra Drama Group and Silver T OWN's to demonstrate the various activities we have at the centre. This was well received and will be repeated at the Regional meeting to be held at the same venue on 21 April.

The first of our workshops, with the funding from The Illawarra IWD Committee, will be run by well known Wellness presenter from Bankstown Wellness Centre, Petra Will-Herrat, and will commence on 9 May and run for four weeks. Each session will run for three hours and will be on [Living Comfortably Within My Own Skin](#). Because of the space difficulties we are going to run this one at the Corrimal Community Centre, which is where the Illawarra OWN group hold their meetings.

Last week we had a cooking demonstration and tasting on the art of Peruvian Cuisine by Bertha Solis. She also cooked for our midterm lunch which was very well attended. These lunches have been very popular and are a way of cementing friendship with our parent group, Illawarra OWN, as we always make certain they and their friends are invited. These invitations have resulted in new women from the group coming to Wellness and new members from Wellness swelling attendances to the activities the group run, a win-win situation.

Barbara Malcolm

Interaction a Big Success

Sutherland Older Women's Network (OWN) Wellness Centre's interaction with Engadine High School students proved to be a great success when OWN members and students celebrated Seniors Week with a concert on March 25.

Sutherland OWN won a Senior Week Grant of \$500 from the NSW Department of Human Services, Ageing, Disability and Home Care to provide intergenerational activities during Seniors' week. OWN performers, *The Dames*, shared the stage with Engadine High School students before an audience of local senior citizens, school staff, students and their parents.

Engadine High School principal, Joanne Jarvis, welcomed senior citizens to the school's concert, which starred *The Dames* and the school's students in an afternoon of fun and entertainment, where performers demonstrated great talents. The school's vocalists, dancers, drummers and musicians performed and *The Dames* responded in kind, and provided a response to a cheer-leading piece that was choreographed by an American exchange student at the school. The school's Support Unit Class also performed a dance piece to *Time Warp* and enjoyed a very warm reception from the audience.

Joanne said the event was awe inspiring and it provided a fantastic opportunity for young and old to bridge the generation gap. "Our students thoroughly enjoyed it and our week finished on a high note," she said. "Thank you for providing an afternoon of entertainment and inspiration for the students and staff of Engadine High. It will be remembered for a very long time."

According to Anne Passmore, who coordinated *The Dames* input into the event, OWN participants and attendees were blown away by the talent, generosity of spirit and courtesy of the pupils of Engadine High. "Joanne must be a very proud principal," Anne said. The school's Hospitality students also provided afternoon tea of scones with jam and cream and other fantastic food.

The most moving moment was the finale when students and seniors joined each other on stage to sing "I am an Australian (We are Australian)". There were very few dry eyes in the house.

Heather Bushell

At and Beyond the Rocks

Centre wins Council grant

Announced in a St George and Sutherland Shire Leader in December 2010, Sutherland OWN won a grant of \$10,769 from the Sutherland Shire Council.

The grant called *Keeping in touch with lunch*, covers the cost of attendees' transport, enabling a group of older women to lunch at Karimbla Restaurant, Miranda, on a weekly basis. Participants are picked up at their homes and returned after the event and the cost of the two-course meal is only \$10.

Women attending the luncheons include isolated women who have no social contacts as well as previous participants of the Sutherland OWN Wellness Centre. Sutherland OWN canvassed Shire Neighbourhood Aid Offices to seek interested people who wished to attend the luncheons. The luncheons commenced on 7 April.

Heather Bushell

Lost Ladies

Welcome back Joan and to new members Pam and Marie.

- 4 May 10am National Art School (behind the Supreme court at Taylor's Square) Katie is giving us the history of the cell block theatre and other buildings plus an exhibition of early productions even when it had no roof! Free.
- 11 May 9.30 Art Gallery of NSW for the Archibald tour \$10.
- 18 May 9.30 catch the Manly ferry from Quay wharf 3 arriving at Manly at 10am or make your own way by car (2 disabled spaces) to the Manly Art Gallery for Michael Klempton's exhibition of contemporary Chinese and Australian prints also an exhibition on the Far West Childrens' Home. Free.
- 25 May 10am at Windmill St for 11am at S.H.Ervin Salon de Refusee with Simon. \$8 (lunch bookings please).
- 1 June 10 am St Mary's Cathedral for tour of church and crypt \$5

Remember to call me on 96655369 if you are not coming back this term.

Annette Butterfield

Gabe Journey Jones: Sydney OWN Drumming Tutor

I am passionate about drumming as a way to bring people together and have fun. I've been playing the drum kit for over 25 years, and djembe for 12 years. Here is a quick summary about me in relation to drumming and teaching.

For the past 12 years I have been involved with women's drumming performance groups which contribute to a range of community events including: International Women's Day; Reclaim the Night; International Day for People with Disability; Sydney Gay and Lesbian Mardi Gras events; Sydney Summer Spiritfest; Feminist Bookshop launches; and political, anti-war and environmental rallies.



I began djembe classes with Liz Ireland in 1999 and since then have performed with Liz and many different drumming groups including *Feral Fingers*, *Girls@Play*, *Out2Play* and *Girl Beat*.

In 2010 I developed and co-facilitated my first drumming class - *Djembe Journey Workshop* for women. It ran over three months and was enjoyed by all the participants. I taught a Liberian welcome rhythm called Fanga, which is great in a drum circle.

Other things I get up to...

I am a co-Founder and co-Producer of *Creative Womyn Down Under*, a not-for-profit community-focussed initiative which aims to connect womyn and creativity. We are organising a gala night *Lesbians in the House* at the Sydney Opera House on 10 July 2011, all welcome. See www.creativewomyn.net I manage our website, newsletter & events from home with my partner Georgina Abrahams, and spend the rest of my week with family, friends and on adventures with our 19 month old son Jai who is also a keen drummer. I'm also a member of the Newtown Neighbourhood Centre Board in my sixth year. I'm into spoken word performance poetry, and facilitate a monthly *Creative Womyn's Show and Share* discussion group. This is always open to more participants.

Contact: 0400 619 868 or email gabrielle@creativewomyn.net

OWN NSW Theatre Group



We have been rehearsing hard for our *Sydney's City of Villages* performances which started on 12 April in the Abraham Mott Hall at the Rocks.

Our first performance for 2011 though was an 'out of town' one on 6 April. After an unscheduled tour of the surrounding area our stalwart volunteer bus driver, Anne Hoberg, delivered us to Penrith Panthers Club where we sang for 170 people at the Macarthur Dementia Advisory Services Conference. To quote a few words from one of our songs: "we stunned and staggered 'em"— some might say in more ways than one!

Our new director, Alison Ingram, and our new pianist, Janice Beavan, are gradually getting used to our idiosyncrasies. Janice was even heard to say that she was "enjoying herself in a tortured sort of way!" Actually anyone passing by Mott Hall on a Tuesday morning, might wonder what kind of strange things are going on as we practise our breathing and vocal exercises. Divided into three groups with each group repeating a different, rather weird, tongue-twister at the same time, it probably sounds like some sort of obscure Icelandic language (with apologies to any Icelandic members of OWN).

One of our members, Wendy Brown, has unfortunately broken her arm but is determined to get back to us as soon as she can; trooper that she is. And speaking of dedicated troupers, Norma Bastock still travels by train from Nowra to the Rocks and back every week for rehearsals.

The Theatre Group are hoping to travel to Perth for the OWN Australia Conference in October and to raise money towards our fares, we have put together two bumper hampers to be raffled.

Tickets are \$2 each or three for \$5 and are available from Theatre Group members or email tg@ownsw.org.au

Halcyon Evans

Centre Stage

by Dorothy Cora

\$15.00 plus \$7

Available from Older Women's Network NSW

Ph (02) 9247 7046

admin@ownsw.org.au

Published in 2009 by the

Older Women's Network NSW

with financial support from the

City of Sydney

Belvoir Theatre

The Belvoir Theatre doesn't advertise freebies any more! Here are the dates for their free performances for those who are unwaged. The Box Office is open at 1 pm and the performance starts at 2pm.

The Business	26 May
The Seagull	14 July
Neighbourhood Watch	25 August
Human Interest Story	15 Sept
Summer of the 17th Doll	10 Nov

from Joy Ross

Letters to the Editor



Feminist Bookshop Under New Management

Dear Feminist Friends

This is to let you know that as of 29 March 2011 The Feminist Bookshop has been sold and is in new hands. Gail and Libby are moving on to new challenges. Two wonderful women have stepped up to take the shop into a new era; Caterina Giuliano and Jo Angri.

This year is the 37th anniversary of The Feminist Bookshop. Gail, Libby and Jane (already retired) have kept it going for 29 of those years, an amazingly rewarding experience of service to many communities. Our greatest wish is for that work to be continued.

We feel confident that Jo and Cat will be able to achieve this. We wish them all the very best, and ask that you feminists out there, keep them in mind and offer them support in your own way.

The Feminist Bookshop is a very visible presence of women's issues, resources available, and a public reminder that we still have a long way to go, so thank you to OWN Members for your support in the past and please help to keep it going. Come in soon to meet Cat and Jo.

Libby and Gail

The Feminist Bookstore
www.feministbookshop.com

Connecting Grandmas and Families

My idea is to have a program to introduce families with young children with no family support close by to Grandmas who, in turn, don't have their Grandkids close by.

I thought it would be a nice idea as I miss my own Mum terribly, I wish I had her close by for company, support and to have someone to talk to. She is eight hours away and my mother-in-law is an hour away and still working so we don't get to see her much either. I have two young boys and believe it would be as good for them as well as me to have a stand-in Granny. I have spoken to a number of other Mums in the same situation – it was then that I thought well, if there are all these Mums with no close support, surely there must be plenty of Granny's missing their daughters and grandkids? How many hugs are we all missing out on?

With the adopted Grandma I thought it would be nice to spend time going to the park, going to the shops, even just calling over for afternoon tea – whatever really, whatever suited respected parties.

It would be great to hear whether there are those Grannies out there?

Karen Boyle
karenboyle@aapt.net.au

Well Worth It!

The last two talks I have given, at the Museum of Sydney for the Rocks Painting Exhibition on women artists and the *Who was Portia Geach?* at the S.H.Ervin Gallery, were both very poorly attended, as the Bridge and/or nearby roads were closed for cycle races and the big picnic. So being asked to give a talk for OWN, is a major commitment. It takes me several hours of preparation to keep an audience happy for half an hour and each topic is different. This one was on my family history in the Rocks

area. Also, I am not a naturally relaxed public speaker and always have 'butterflies' beforehand. But it was for OWN and I thought we might get a bit of publicity so I toddled off with a six page talk, half a dozen A4 size visuals (no power point presentations by this bunny) and two bundles of OWN leaflets - general stuff and theatre group material.

The Rocks Market was in full swing, the day perfect autumn weather and the Discovery Museum a gem in an 1841 warehouse, stone with huge beams and well worth a visit. The friendly curator and her team looked after my needs of lectern, water, etc. saying they had 24 bookings; the most they'd ever had. In fact, forty people turned up but, unexpectedly, so did the audio recorder and the photographer to put my talk on the Web for anyone who missed it Gosh I should have paid more attention to my hair and did I still have any lipstick on! By this stage my butterflies had really taken flight. The audience, in the main older women not from our group, were very attentive. The questions at the end came thick and fast from visitors from the UK and other overseas countries and out of Sydney visitors. Several people asked for more references and, best of all the leaflets disappeared in a moment. One of my photos of a painting the *Whalers Arms Hotel* was commandeered, in a nice way, by the education officer for use in their education program on the dig site opposite Sussanah Place.

With coffee and a book on the Rocks as my reward, lunch with a new friend, several purchases from the market and the extravagance of a taxi home I had a very pleasant day, even if my neck will look like a chook's on the internet. But then the audio won't be too good either as my watch band kept dinging on the metal edge of the lectern!

Annette Butterfield

Lost Ladies

Generation Gap?

Minding Lucy

After a hectic day, I did not look forward to more responsibility caring for granddaughter Lucy. All was quiet until I decided to check on her. I found her engrossed in arranging artificial flowers taken from the basket on a coffee table in my room. But her vision was not of a new flower arrangement, but of a wedding. She was arranging the wedding venue with flowers adorning every available nook and cranny. Talking to herself, she discussed the bridal party and who would have flowers. She decorated my sewing box with a handy cloth, asking me about a suitable wedding cake. I suggested, entering into the spirit of the occasion, that she turn the flower basket upside down and decorate it with ivy. Delighted with that idea, Lucy, still fired up, spied a small, fat angel hanging on my book shelves and put it atop the cake. I was promptly elected to be bridesmaid and given flowers for my hair. I suggested she dress up as the bride. Lucy's eyes widened with surprise and delight. An old white tea towel clipped to her head served as a veil. A string of pearls long enough to reach almost to her hips needed a dress to show it off. An old white T-shirt filled the bill perfectly.

Lucy pirouetted in front of the mirror, briefly silent as she smiled a sweet, shy smile of pleasure at her image. 'What about a groom for the bride?' I asked. 'Better go and see Bruce. He makes a good groom.'

Lucy took a red rose and hurried down the hallway to Bruce, shouting as she went, 'Bruce, here's a flower for your buttonhole!'

Returning quickly, she stood back, hands on hips, and remarked sagely, 'It's time to admire all my work!' I smiled at such adult sophistication in my five and a half-year old grand-daughter and suppressed a laugh as I realised that all my earlier sense of fatigue had dissipated. At that moment, Lucy's mother arrived with two-year old sister Lani. Bruce invited them to come to the wedding upstairs. Her mother, seeing the unaccustomed sight of my normally office-like room converted into a bower of flowers and general chaos, blinked uncertainly, but sat down with Lani as instructed by the bride and the ceremony began. Bruce knelt to be on Lucy's level. I acted as marriage celebrant and finally persuaded Lucy to hold Bruce's hand, smile at him and say 'I will love you forever. Thank you for marrying me.' But she baulked with shyness and embarrassment when I said it was time to kiss the groom until Bruce leaned over and kissed her gently himself.

Lucy recovered her poise quickly and led Bruce to see the wedding cake. I invited them to cut the cake together.

The rest of us cheered and clapped and I took photos to record the happy event.

Lucy will probably soon forget this delightful hour of make-believe, but it will remain with me to the end of my days, a source of deep satisfaction as I reflect on my life's journey and on those special times which made it all worthwhile.

Bev Cameron

Alpha Generation

I was having coffee with friends, a couple of whom complained about the number of children around making noise and disturbing their 'cuppa'. I can understand it, to a certain extent, because neither of them had children themselves, so they don't appreciate problems of parents who want to sit down and relax. What is obvious is the sudden increase in the numbers of young children around; they are everywhere, in large numbers, and it seems that this change happened very suddenly.

The fact is that the 'echo boomers' are having families. Baby boomers were born, generally speaking, between 1946 and 1968 and the peak of births was 1961. They are now senior citizens, and their children, the 'echo boomers', were born between 1965 and 1999. The peak birth rate was 1971, the highest ever at that time. Their ages are, mostly, now between 18 and 40. They waited longer to start having families, but there are lots of them and that means lots of babies. This 'alpha generation', children of the echo boomers, and grandchildren of the baby boomers, are bound to be another 'boom'. What will it be called? Children of echo boomers would be born between about 2000 and 2025. In 2009 more babies were born than in any year previously. Who can say when the birth rate will peak?

The big question will still be about the 'female fertility rate'. That is, will they have enough babies? Enough for whom? Will enough babies be born to support the boomers? When you see them running around, having fun, making noise, encourage them. They should enjoy themselves while they can. Think of their future. John Howard didn't like the all time low birth rate while he was in power, so the baby bonus was supposed to sign them up for the long haul. It is this 'alpha generation' who will, at some time, have to pay the taxes that support the pensioners, their parents and grandparents and possibly, since we are living longer, their great-grandparents. What are we wishing on them?

Lorraine Inglis

Our OWN Travels

Brigid's Travels: Part one

Our travels were fabulous and contrary to all predictions, we survived our visits to seven destinations, entailing eleven flights in 20 days, very well. We nearly lost a few things, Gour's wallet being one, but they all reappeared somehow. The wallet story was particularly heart-warming, as it happened in a small town in the extreme north, Bagdogra, from where we travelled on to Kurseong in the hills.



We had oodles of time at the small airport so spent it eating in their one and only restaurant. We were welcomed as VIP's, a disconcerting tendency that used to operate in the Raj days right up to about 1970 but should surely have died out after all this time. Our trolley was immediately pushed into a space and a table found for us (very few empty ones) and the head honcho summoned others to attend to our every need. That sort of thing, but all very friendly and I didn't feel any of the unctuousness that used to accompany it in the sixties. Just as well we were so well cared for because after he had paid for our meal Gour thought he had put his wallet into his pocket but must have missed, or he just left it on the table. Old age! Anyway, as we walked out, one of the minions came running after us, 'Sir, you have left your wallet!' As it contained credit cards of all kinds as well as money, this was truly amazing in a country with as many poor as India.

On reflection, it was a good mix of being tourists and seeing interesting and beautiful things, visiting family, and doing 'business', one being Gour's lectures in Chiang Mai, the other our visit to Dhaka to meet our sponsored child and family there. The staff of Plan International were great, especially Tushar, a woman who wears three hats for the organisation and who unfortunately was too busy to accompany us in person. We had been picked up from our Platinum Suites Hotel and 8.30am turned into 9.00 am and then some, in the usual way, but as we began to negotiate the traffic, I understood why. Dhaka's roads and traffic are horrendous. What's more, there are hardly any traffic police and I only saw two traffic lights that I

remember. Nothing moves. Everything honks. Cars, buses, trucks, pedestrians, rickshaws, tuk tuks, cyclists, but no wandering cows!

After some discussion and meeting the people running Plan we then drove north to the slum district called Mohammedpur, still in the city.



We stopped in a reasonably wide street and began to thread our way on foot through increasingly narrow ones until we reached tiny lanes about a metre wide, lined with very small houses. People everywhere, more coming out to look, friendly faces of people who took had made an effort to create a home from nothing. These were refugees from Bihar at the time of partition and the dreadful shameful riots of that time, originally Urdu speaking, now Bengali with a slightly different accent. Partition was 1947, and they have lived here ever since!

Punam's home was neat and clean, shiny pots and pans up on a wall shelf, some bits of furniture and stairs to an upper floor. The older ones, out at work now, come home in the evening: Gour says there are ten children in all (Punam, the youngest is just 11, and there's a 15 year old still at school). I think they must sleep on mattresses – or the floor – and cram in somehow. Her mother, mid-fifties, is very dignified with a beautiful face. Punam is quiet, a bit solemn and shy, but becoming more relaxed and even throwing her arms across our shoulders for the final photo. I spoke Bengali to her, which helped. All the neighbours and children crowded into the small room and up the stairs to look on. We took photos, talked to the family, gave out small presents I had brought, including sweets to share with other children (probably not enough, never enough I fear).

To be continued next issue

Brigid Sen

Norfolk Island



A fellow member of Marrickville Heritage Society and I joined a group of Royal Australian Heritage Society members (RAHS) on a recent study tour of Norfolk Island. One of the reasons we were there was to attend a reception at Norfolk Island's historic Government House to celebrate the appointment of local historian, Mr. Bruce Baskerville, as a Fellow of the Federation of Australian Historical Studies.

We left Sydney on the morning the drought broke; the flight was turbulent and we were greeted by a torrential downpour on arrival. But Norfolk Islanders were rejoicing as it had been many months since they had seen rain.

As I knew little about the island's history, it was a real learning experience for me from day one. After an initial bus tour to familiarise us with the island, each couple had the use of a hire car.

Captain James Cook was the first European to sight Norfolk Island in 1774. He recommended it as a being a good source of flax for sails and thought the Norfolk pine timber would be suitable for masts. Therefore, just a week after the arrival of the First Fleet in Sydney Cove, the Governor appointed Phillip Gidley King as superintendent and commandant of a Norfolk Island settlement. They sailed in the armed tender *Supply* in February 1788 and the first settlers landed on the island on 6 March 1788 - now celebrated as Foundation Day. Unfortunately, the flax proved both difficult to work with and of inferior quality, and the Norfolk pine was unsuitable for masts.

By 1792 there were almost as many people on Norfolk as in the colony of New South Wales; due to increasing numbers of convicts being sent there to ease the food shortage in Sydney, where the colony was close to starving.

The British Government ultimately decided to move part of the Norfolk Island settlement to Tasmania. By 1810 the Norfolk population had shrunk to 177 people, so the First Settlement was abandoned in 1814.

Today Norfolk Island's tranquility and beauty belies a turbulent and cruel past. During the Second Settlement (1825 - 1855), when the colony of New South Wales again used it as a place of punishment for convicts, Governor Darling said: "My object was to hold out that Settlement as a place of the extremest punishment, short of death." This was an infamous period, evidenced by the implements of torture now on display in the island's museum, the ruins of the tiny multiple-convict cells in the gaol and inscriptions on gravestones in the cemetery. Public pressure and outrage at the shocking conditions eventually led to the closure of the penal settlement in May 1855.

We met many descendants of Fletcher Christian and other *Bounty* mutineers whose ancestors, with their Tahitian wives and children, left Pitcairn Island and finally settled on Norfolk Island in 1856.

In 1914 Norfolk Island became a territory of the Commonwealth of Australia and in 1979 the Norfolk Island Act established a Legislative Assembly, which we were invited to visit and were addressed by the Speaker of the House on the structure of the island's government.

What impressed me most about our time there was the open, friendly nature of the people. They go out of there way to be helpful and nothing is too much trouble. On the road they invariably give you the 'Norfolk wave', irrespective of whether they know you. It was a truly uplifting experience.

June West



DES Activism: An Australian Journey

Many women in Australia are unaware of the harmful anti-miscarriage drug, DES, known as 'diethylstilboestrol' or 'stilboestrol'. This hormone drug was prescribed during pregnancy from 1938-1971 (and sometimes beyond). Women given DES and their children of that pregnancy are at higher risk of certain types of cancer and reproductive problems. Many people may be suffering DES effects without knowing why. Women often go on to ask: "Why haven't we been told about DES?"

After the lobbying efforts by DES Action USA, the US population (with approx. 5-10 million DES exposed people) has at least been afforded a DES public education campaign. In Australia the DES problem has been dismissed and minimised, even with the glib remark, "It's only a problem in USA". The prevailing attitude that disenfranchises DES exposed Australians, has possibly evolved from something that runs much deeper and is firmly entrenched.

My pet theory is that, from the time the DES cancer link was made in USA in 1971, until the time this causal link first reached the news media in Australia, drug companies and those with vested interest exerted utmost damage control outside USA. In concentrated effort, every opportunity would have been taken within this bonus timeframe, to use influence to ensure government ideas on managing the DES exposure problem would protect those companies. Those ideas by government would be 'set in concrete' for all time. Just a theory of mine - it's no rocket science! However, it seeks to explain the dismissive attitude and also the horrific facts revealed when our DES Action group accessed government documents.

The experience in advocating for the needs of DES exposed people to the Australian government is like 'banging your head against a brick wall' - many times. To have a successful argument for the rights of Australians to be informed about DES, it is imperative to have a feasible estimate of the size of DES problem and to delve for the full inside story of previous management of the DES issue. Results obtained via Freedom of Information and the lobbying process are all-telling and disturbing for everyone

affected by DES, and include the Therapeutic Goods Administration (TGA) decision not to inform the public about DES due to concerns about creating alarm. Imagine the public outrage if the same was decided for the asbestos hazard! Through lobbying it was revealed that even the reporting of DES associated cancer cases to the TGA had been stymied for almost two decades. We can now estimate there are up to 740,000 DES exposed Australians. DES Action Australia-NSW has recently presented the DES issue for the attention of the Australian Human Rights Commissioner.

In spite of the many negative aspects of the lobbying experience, there is still, to this day, no reason to stop these endeavours on behalf of DES exposed people. The journey of DES Action Australia-NSW can be traced in greater detail at www.desnsw.blogspot.com

Carol Devine, Coordinator, DES Action Australia-NSW

0298754820 c_devine@bigpond.net.au

At a Mammogram

At a mammogram ask for a neck guard and an apron guard!

This is interesting information most of us may not be aware of...

On his September 28, 2010 show, Dr. Oz featured information on the fastest growing cancer in women, thyroid cancer. It was a very interesting program and he mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists don't bother to use it. Also, there is something called a 'thyroid guard' for use during mammograms. By coincidence, a woman had her yearly mammo. She felt a little silly, but she asked about the guard and sure enough, the technician had one in a drawer. She asked why it wasn't routinely used.

Answer: "I don't know, they have to ask!"

Contributed by Daphne Lera

You're Pulling My Leg

Of Fasmids and Phrogs

Out there people are making a living. Doing what? Growing critters.

A friend has bred a few generations of phasmids and of frogs. Or is that fasmids and phrogs?

If you fancy small pets, you could too.

If you want a pair of phasmids (or stick insects) someone is growing them for you. You can buy various species online, or from some pet shops. You need an escape proof cage, maybe with very fine mesh. You need to line the floor with newspaper. They eat eucalyptus leaves, so every couple of days you need to put small branches of leaves into a jar of water to keep them fresh. You need to spray the insects very lightly, regularly. If you have a male and female, they will mate and the female will lay eggs. You should collect the eggs and place them on river sand in a tray. The eggs will hatch into small nymphs after up to two years. If you have only female phasmids, they still may lay eggs but all the nymphs that hatch will be females.

If you want to keep frogs, you can buy them from a licensed breeder, but in NSW, unless you are doing it as an educator, you need a permit. You might get tadpoles from someone who has them. You need an aquarium and out of water space for your frog. (Remember tadpoles have gills and frogs have lungs.) The water must be de-chlorinated but if you have a tank water it should be ok. If you have adult frogs, you need live insects to feed them. You can buy crickets of various sizes. Boiled up, finely chopped lettuce is good for young taddies. As they grow you need bloodworms. You can buy them frozen or dried.

So people are out there are growing little critters such as phasmids or frogs. But they are also growing crickets to feed frogs, and bloodworms to feed tadpoles. And who knows what other critters to keep, to grow, or to feed to your critters! Some people grow phasmids to feed their pet geckos. Those who breed frogs probably also grow their own insects to feed their frogs. And some people have pet crickets! In this curious world, anything is possible.

Lorraine Inglis

April Fools

Last week I pulled an Aprils Fools' Day stunt without really trying. I was asked to do a radio interview on 1 April and when they asked me to do it, suggesting that I do something to lighten up the day. I am a bit past silly April Fools' Day pranks and was a bit sniffy about being asked to do something. But when I was putting together what I was going to say, which was what we are doing at

the Wellness Centre, I thought I would chuck into the mix that we were entering a team in the Older Women's Network Soccer competition. I warned Beth that she may get some funny calls as I was going to say on local radio that there were eight older women's teams playing in the OWN NSW Soccer Comp, and this extra funding would allow Illawarra Wellness to buy a few soccer balls and some kit and enter a team. I put at the end of the email, "Check the date."

I was told on good authority that when Beth opened my email she grabbed the front of her desk and said, "Holy Cow!" which bought all the office to a standstill. She re-read the first part of the email without getting to the last words – "Check the date" – and went into panic mode. Beth emailed me straight back and said she would have to check with the insurance company as she was pretty sure we would not be covered to play soccer. Kris also emailed me saying we were not covered for contact sports and what were the names of the other eight OWN groups who were playing in this Comp as they would have to be told they had no insurance cover. I kept saying, "The date, look at the date," but nobody did until I emailed and said, "It's the 1st of April". Kris then asked, "Is this an April Fools' prank,? If so I was totally taken in by it!". After being assured it was, Beth sent an email with a rough looking goalie with her hands on her hips saying, "You scored!" I sent one back saying, "GOOOOAAALLL!" After all that, the broadcast was delayed and we didn't go to air 'til after midday, so I couldn't say it. I'm still pretty chuffed to think that Beth and Kris thought I could find enough older women to play in an eight team Older Women's Network soccer competition!

Barbara Malcolm

Beware of Hoax Phone Calls!

What do you do when you get a phone call out of the blue, telling you that the caller is from Microsoft and that your computer is about to break down because it's been invaded by malware? If you are a trusting person like me, your heart will start thumping and you'll utter those fateful words "What can I do?" Well, 2 hours later, after tapping numerous keys and viewing all sorts of messages, and being told that Norton only protects against viruses and not hackers, I paid \$180 for a 3-year program that would give me this protection. Brigid Sen, thank you for your information about hoaxes, and here is another one to add to the list. I'm very wary about fishy emails and am now older and wiser about phone calls. How did they get my number? Be aware, very aware.

Pat Zinn

Notices

Older Parent Carer Program

If you are 60 and over (or 45 and over if Aboriginal) and caring for a son or daughter with a disability or long-term illness, Carers NSW can support you. Our Older Parent Carer Program offers family centred services for you and your loved ones. Our local support coordinators can help you:

Look after yourself- We're here to assist you personally in your caring situation. We can help you to ease your stress and attend to your own health and wellbeing needs.

Plan for the Future- We can work with mainstream services to ensure you have access to legal, financial, and respite assistance.

Connect with your community- We can connect you and your family to social networks and peer support groups in your area.

For more information contact Carers NSW on **1800 242 636**, Monday to Friday, 9am to 5pm or visit www.carersnsw.asn.au



Carers NSW is here to help

The Carers NSW Carer Line provides access and information, emotional support and referral to a range of services for carers and the people you care for.

Carers can access the Carer Line Monday to Friday, **9am-5pm** 1800 242 636*

For more information contact Carers NSW on 1800 242 636 or visit www.Carersnsw.asn.au

* free call except from mobiles



Kings Cross Community Centre

The Kings Cross Community Centre is offering the following weekly exercise classes:

Monday 2pm Creative Movement \$3
Tuesday 10.30 am Stepping On 7 classes \$15
Tuesday 9.30 am Tai-Chi Advanced \$3
Thursday 9 am Tai Chi Intermediate \$3
Thursday 10 am Tai Chi Absolute beginners \$3
Thursday 11.15 am Gentle Yoga - \$3
Friday 10.30 am Gentle Movement Feldenkrais

The Book and Jumble Stall is back on Thursdays from 11am til 2 pm

The centre is located at 50-58 Macleay St Potts Point - adjacent to the Fitzroy Gardens
For further information phone **9357 2164** or email kxcc@bigpond.com



From the Academy Award winning producers of *The King's Speech*, *Oranges and Sunshine* tells another incredible true story; this time of Margaret Humphreys, a social worker from the UK, who uncovered one of the most significant social scandals in recent times: the organised deportation of children in care from the United Kingdom to Australia.

Almost single-handedly, and against overwhelming odds and with little regard for her own well-being, Margaret reunited thousands of families, brought authorities to account and worldwide attention to an extraordinary miscarriage of justice. Only at the movies June 9

May volunteers at OWN are in the running for a free ticket!

www.iconmovies.com.au

OWN Sydney Notices

WOW! Subscribe NOW!

Subscription to *OWN Matters* is \$22 per year, due every JULY 1!
Subscribe NOW for 6 months for \$11.

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 \$11 - covers to Jun30, 2011 made payable to OWNNSW **OR** Please debit the following credit card for \$11 (plus any donation)

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Total amount:

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Please send the above subscription to:

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State & PC

With my best wishes!

Members and friends are welcome to attend all activities

Wellness on Wednesdays

9.30am-1.30 pm every Wednesday

Held in Mott Hall, Argyle St., Millers Point.

9.30 - 10.30 Gentle Exercise.

10.15 - 10.45 Tai Chi.

Drumming

12.15 - 1.30pm Wednesdays, Mott Hall, Argyle St. Millers Point.

\$8 per session. Drums and gourds are provided. If you would like to drum please contact Lorraine: 9569 0051 **Please note: No drumming on Wed 11 May 2011.**

Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest. See page 10 for details.

Contact Annette Butterfield: 9665 5369 email (changed) :

abutterfield_852@hotmail.com

Film Discussion group

You are invited to join us on **Tuesday 10 May**, to see *Mad Bastards*. Recommended for viewing is *Incendies*. Please ring Yetty on **9665 2050** to check details.

Bondi Junction Coffee and Gossip Group

27 May 11am The Coffee Shop, Eastern Suburbs Leagues Club.

Last Friday of every month. Contact Yetty on **9665 2050** to check details.

Book Club

16 May 12.30-2.30 pm at 87 Lower Fort Street. This month's book is: *Mr Pip* by Lloyd Jones. Come at 12 and bring a sandwich for lunch at midday.

Any questions, phone Anne Marie on 9622 0717. Note: Book to be discussed at the 20 June meeting is *The Other Boleyn Girl* by Philippa Gregory.

Aboriginal Support Circle

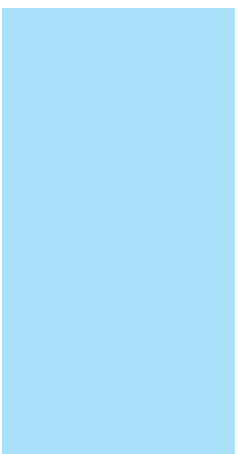
Meets on the 2nd Monday of each month at 10.30 am, at 75 Windmill Street, unless we are going to art exhibitions or places of interest. Confirm all details with Pat Zinn: 9389 1090 or email patzinn@hotmail.com

Saturday Social Group at Birkenhead Point

We meet from 10.30 a.m. to 12.00 noon at Birkenhead Café, 1st floor Birkenhead Shopping Complex. Contacts: Nora Huppert 9181 3918 and Bev Cameron 9957 5367. The dates are Saturdays 7May, 21 May, 4 June and 18 June.

**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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