



OWN MATTERS

Newsletter of the Older Women's Network NSW

Vol.8 No.7 – August 2011



We pay tribute to Helen Young

Several years ago, when Helen was considering doing voluntary work, I suggested that she offer her editing skills to OWN and the rest is history.....

see *Remembering Helen* pages 4-5



Bev Cameron explores some political perspectives

We, the electorate, have become so accustomed to living comfortable lives in our affluent country that about one third of us have no interest whatever in politics... In other words, as a nation, we get the politics and politicians that we want.

see *Politicians, media and People* pages 6-7



Lorraine Inglis tackles the Technology Evolution

Evolution is about change, and the survival of the fittest. Technology is driving change, and being fit to deal with change will be important – not just for seniors...

see *Computer Challenge* page 15



Rita Tratt dances to a new tune

Talking to one of my colleagues in the Theatre Group... it becomes very clear that life fills in the spaces that had previously been taken up with work, because life has so much to offer...

see *Staying Alive* page 17

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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 especially for your contributions.

The email address is newsletter@ownnsw.org.au

CONTENTS

New cover with snippets	1
Contacts and Contents	2
Another Fabulous Conference ...	3
Congratulations Trude!	3
Winner Conference Quilt	3
Vale Helen Young	4-5
Remembering Helen	4
Missing You	4-5
Helen's Dash	5
Lament for Our OWN Helen	5
Shed some light on Census	6
Politicians, media and People	6-7
Can They Hold the Line	7
Aboriginal Support Circle	8-9
New Voice for Indigenous	8
CoS Describes white settlement .	8
Aged care Kempsey	8
Aboriginal Memorial	9
Mentoring Program	9
At and Beyond the Rocks	10-11
OWN Sydney August	10
OWN Sydney July	10-11
Sutherland	10
Southern Highlands	11-12
Lost Ladies Term 3	12
OWN Theatre Group	13
Sydney OWN AGM Notice	13
Cats and Dogs	13
Gold Fever	14
Computer Challenge	15
Anti-Poverty Week	15
Influenza Facts	16
Feeling Restored	16
Staying Alive	17
Jessie Street Lunch Hour talks	17
Jessie Street Annual Luncheon ...	17
Invitation to Artists	18
WAIG Notice	18
OWN Sydney Notices	19

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Another Fabulous Conference!

This year registrations for the conference were so slow to come in, so it seemed as if there was not a great deal of interest out there in the groups. We were concerned that despite the consultations last year, and the resolution to go with a one day event, members were perhaps deciding that they really didn't think it was worth the effort. Then whammy! We were being overwhelmed with registrations. In the end we had over 100 women to welcome our guest speaker, the Hon Andrew Constance MP, Minister for Ageing, to our event. And what a welcome! Rita Tratt, and Jo Allon arrived at dawn, to set up chairs and tables and put the finishing touches on the décor so beautifully arranged by the members of the Theatre Group. Our worries about temperature evaporated with the warmth and enthusiasm of so many women, shimmying to the drum rhythms of Sydney OWN's *Rock On*, and Bankstown Wellness *Jam Tartz*, in fact it got so hot that the Minister confessed a little trepidation on his approach – wondering what he was getting into!

He soon realized he was amongst friends, and our members listened intently and really appreciated the opportunity to ask challenging questions, and be invited to contact him where matters could not be easily answered or resolved. Everybody was so impressed at his willingness to stay beyond his appointed time, to answer “just one more question...?”

Still, like the Minister, we too had to stick to a timetable, and with an AGM to run, we were soon back on track. As with all OWN undertakings, the apparent effortless ease of the day was achieved by a brilliant team of volunteers, and a fantastic effort on the part of our OWN NSW 2010-2011 Management Team. I'm delighted to say that most of them will be returning for another two years! Huge thanks to this fabulous team of women: Lorraine Inglis, Sonia Laverty, Betty Johnson, Beverley Farley, Jo Allon, Rita Tratt, Mary Bentley, Glenda Laird, (all continuing) and Cate Turner and Morgana Oliver-Ayers (now retiring from office) who have carried OWN through some of our biggest challenges to date. These included the revision of the OWN NSW Constitution, and the implementation of our new business plan and triennial funding agreement with Ageing, Disability and Home Care. At the conference delegates passed a special resolution to accept the new constitutional document with the amendments as voted on at the Special General Meeting held in April. Joining our Management Team for 2011-2013, will be our most welcome new members: Pat Carter, Maura Outterside, Marilyn Johnson and Elaine Cohen.

It's a pity the Minister could not have seen our fabulous *Theatre Group*! Another stellar performance as we got to see a snapshot of the *Village People* show that they've been performing around the City of Sydney over the last year.

With all that excitement we were well and truly ready for our Splendid Sandwich lunch, magically served by our brilliant team of OWN Volunteers who kept it coming like an endless banquet. So thanks also to: Kit Cheung, Margaret Kearney, Chris Taylor, Sandra Wilson, Merrill Woods and from Illawarra, Berta Solis. Cheers too for the great work of Glenda Laird and Mary Bentley on the front desks.

Huge thanks to Barbara Malcolm for bestowing another magnificent quilt on us, which was won by Shirley Heyes, a member of OWN Parramatta. Barbara's drummers, the *Heartbeats*, later inspired us to rumba in the aisles. However some of you may not be aware - having arisen before dawn - Barbara also performed secret miracles and rituals to ensure our brilliant weather! This meant that Lorraine Inglis was able to summon her Walk-shop devotees to roam un-hindered through the brilliant afternoon sunshine of Sydney's Rocks, they did come back – although they didn't have to - they just didn't want it to end!

Meanwhile back at the Mott Hall, Dr Beatriz Copello had been coaxing her eager writers to channel their memories, and plan their autobiographies. While in the other hall, Sonia Laverty and Penny Nelson had devised the older women's think tank to tackle ageism, uncovering the strategies that had the best potential to bring about change.

It was a fabulous day, so if you missed it, just remember you now have a year to plan for the next one!

Beth Eldridge

Conference Quilt 28 July 2011

The raffle for Barbara Malcolm's beautiful Conference Quilt was won by Shirley Heyes, a member of OWN Parramatta.

Congratulations, I'm sure this will have pride of place in its new home.

Many thanks to all the women who bought and sold tickets and, of course to Barbara, for making this raffle such a success.



Vale Helen Young



An editorial team lunch at Helen's in 2009. L to R: Lorraine I, Daphne L, Helen Young, Helen LM, Beth E, Judith M, June W.

Remembering Helen

We first met in the early 1970's at the Sydney office of Jacaranda Press, a Brisbane-based publishing house. Our role as representatives was to promote their Australian educational materials by visiting Primary Schools throughout NSW and the ACT.

Unlike me, Helen had previous sales experience as a successful Tupperware agent. However, sales results were excellent, because schools had received generous Whitlam Government grants at that time. Eventually Helen left Jacaranda to take up another position.

Helen's beautiful house in Clontarf, with its wonderful harbour views, was perfect for entertaining, at which she excelled. As she was a great cook, Helen continued to delight friends with her culinary offerings until she became too ill to do so. Only then did she "withdraw into her hollow log", as she called it.

Over the years we shared several interstate and overseas holidays, including a memorable couple of weeks in Italy in 1993.

Two of Helen's finest qualities that I can personally attest to, were loyalty and generosity to her friends in time of trouble, when her house and heart were always open to them.

Several years ago, when Helen was considering doing voluntary work, I suggested that she offer her editing skills to OWN and the rest is history...

June West

Missing You

I'm finding it difficult to come to terms with the fact that I won't ever see Helen Young again. I won't have my day brightened by her messages, and her beautiful voice, reminding me to trawl through my emails to retrieve another bundle of goodies.

Helen's stories were like Christmas presents. I awaited them with the same anticipation and excitement, and knew that they were chosen and made with much love, care and expertise. When I read her work, I could hear her voice as keenly as if she was standing there in front of me, with all the enthusiasm, energy and personality that she brought to her storytelling. Remember a couple of years ago Helen entertained us all at an OWN Sydney AGM with her tales from Taronga? For those who missed the live performance, her articles in *OWN Matters* captured Helen's charm of delivery, complete with her delicious, surprise ending.

It's probably hard to imagine just how seriously everybody on the editorial team at *OWN Matters* takes their job. It is no easy task preparing and delivering a publication of this size and quality on a monthly basis, relying on the bulk of work to be undertaken by staff volunteering their time and skills. It truly is a labour of love, and it was not unusual for Helen and I to spend the last weekend of every month, working into the wee hours to ensure that we could deliver the finished copy for printing on the following Monday morning. I would tweak about with the copy and Helen would give every page a final proof, the pages, phone calls and emails would flow between us. Like mother and midwife – although I couldn't tell you who was who – we pushed, panted, and bore down, until nearly

Vale Helen Young

exhausted, another issue was safely delivered. Only then could we rest.

When Helen first became ill, I had to brace myself to bring the next issue into the world on my own. My biggest fear was that she would examine it, line-by-line, and find it wanting. I must have gone without any sleep for 48 hours, and re-read that issue a dozen times. "It was alright," she said, "only found one error, on page..." Bless her!

It astounded me after two months of treatment, when Helen called me to ask if she could "have her job back – if we hadn't given it to anyone else?" I was overjoyed. I assured her that 'her position' was secure, and we were all missing her terribly. To our delight Helen returned. When she wasn't well enough to come in she would beg me to send her material by email, so she wouldn't 'lose touch'. I have no desire to work any of our volunteers into their graves. However Helen wanted to give every day she had left, meaning and passion. There was not a time when I called her in those last few months and she wasn't entertaining friends, or expecting them any minute, but she still insisted on working on *OWN Matters*, because it too gave her enormous satisfaction, and pleasure.

I miss this wonderful woman. I wanted many more years of her friendship, her stories and her wisdom. I can't yet come to terms with the fact that I won't see her again, or hear her voice. I must content myself by revisiting her in her writing, and recalling the moments we shared. These I will cherish.

A toast to you, Helen Young.

Beth Eldridge, Coordinator OWN NSW

Helen's – Dash

When I joined the Editorial team in 2007 I was on a steep learning curve. Although my computing skills were adequate I soon realised that my writing skills were not of the same ilk as those of the many contributions to *OWNMatters*. The team was always supportive, I persevered and before long I felt I was making a useful contribution. I quickly learnt that Helen Young was not only a precise and talented editor but also a writer who could make a simple event into an interesting and thoughtful piece of writing.

The one thing that she insisted on was that a dash was not a hyphen; her use of the dash was masterful and this has now converted me to its many uses. I will always feel privileged to have worked with Helen and I promise all our readers that the dash will always appear in the newsletter.

Louise Bentley



Lament for Our OWN Helen

Tears are falling now all over town

Down our old faces

Wrinkled as they are from so much living – and laughing too

– but not today.

Today we mourn our lovely Helen Young

Who fell and broke her arm

In opening her front door.

We know it saved her from further pain and suffering and for that we're glad for her.

We know that soon we'll put all that aside

And will remember what a friend we had,

And we will celebrate a wonderful woman.

Today in our deep grief

We think of her

Loving the life she had made,

Serenely living and working in her house full of friends, memories and treasures

Nestled under the towering angophoras

Her pacific paradise,

A passing parade of lizards, birds and boats

Yet more wonderful than that view,

Was the woman who woke to it each morning.

Dorothy Cox

Government Circles

Shed some light on Census night

Tuesday, 9 August 2011, is Census night in Australia. The Australian Bureau of Statistics (ABS) conducts the Census of Population and Housing every five years.

The Census aims to take a 'snapshot' of Australia on Census night. It collects vital information that decision makers, government and communities use to allocate services, facilities and funding in your area. Everyone in Australia on Census night needs to complete the Census even if you are not an Australian citizen or resident. Only foreign diplomats and their families do not have to complete the Census.

On Census night, you will have the option to either fill out the paper form delivered to your home, or complete the Census online using eCensus. eCensus is an online alternative to completing the paper form with online help available. To use eCensus you will need a working internet connection and an eCensus envelope which can be requested from your Census Collector or through the Census Inquiry Service.

People who are blind or have low vision will be able to use the eCensus independently through the use of assistive technology. eCensus is compatible with commonly used screen reader programs such as Jaws© and Windows Eyes©. Support is available for anyone who needs help participating in the Census. In some locations, such as hospitals and nursing homes, Special Collectors will be employed to provide assistance with completing the form.

If someone needs help completing their form, or using eCensus, we encourage them to enlist the help of someone they trust - a family member, friend, carer or neighbour. The Census form is also available in other formats, including Braille, large print and audio. eCensus envelopes and help documentation are also available in alternate formats. A DVD providing general information about the Census is available in Auslan, and closed captioned, via the ABS website.

The Census asks some important questions that you need to make sure you answer correctly. For a person with an illness, injury or disability it is important that you answer questions 20 to 23 of the Household form accurately and in full. These questions are about daily physical and communication activities. For family members or carers of a person with an illness, injury or disability, it is important that you answer question 49 of the Household form. This question is about providing unpaid care, help or assistance to family members or others. This information helps governments and other service providers to plan for the future.

All information provided is kept strictly confidential by law. The ABS does not share any personal information with government or private agencies. All Census workers are legally bound never to share any personal information.

For general help or information about the Census and eCensus, or to request alternate formats call the Census Inquiry Service on **1300 338 776** or visit www.abs.gov.au/census. Translation services are also available via the Census Inquiry Service Language Helpline on **1300 340 120**.

People who are deaf, or have a hearing or speech impairment can contact Census Inquiry Service through the National Relay Service: TTY users phone **133 677** and ask for **1300 338 776**

Speak and Listen users phone **1300 555 727** and ask for **1300 338 776**, or Internet relay users connect to www.relayservice.com.au and ask for **1300 338 776**.

The Census Inquiry Service is open 8:30am to 8:00pm, seven days a week from 18 July to 5 September 2011.

Politicians, the Media and the People

'I suspect you're all deviants! You look like the kind of people who tune in to the ABC!'

This understated, dry humour belonging to former Federal Labor Government Finance Minister, Lindsay Tanner, brought a ripple of laughter from his mainly senior audience, gathered in the Stanton Library, North Sydney to hear him on the subject of his recent book, *Sideshow: Dumbing down Democracy*.

The subject of the book is the relationship between politicians, the media and the voters. Though much of what he said was not new to those who are interested in politics, his words underscored important points to ponder. If you're like me, you will frequently feel irritated if not disgusted by many electronic media interviews, even to the point of switching off. How can our elected representatives, in their role of the serious business of running the country, making many difficult compromises and unpopular decisions while working long hours to achieve their aims, allow themselves to be interviewed with such disdain and such intrusive, repetitive and often naïve questions without flinching? How can they tolerate biased reinterpretations of their words in the print media without faltering?

Tanner informed us that politicians have no option. Without the media's help the public won't know their names, and without being known and recognised they won't

Government Circles

be elected to carry out their task. He noted the cult of celebrity is alive and well in this arena. That explains why some politicians, eg. Barnaby Joyce with his apoplectic, outraged and often incongruous comments or Bob Katter with his big hat, his big voice and passionate views, are so well known. To the media they are 'charismatic' (read: interesting). Ruefully, Tanner told us 'thoughtful' (read: boring) was the adjective most used to describe himself. I'm sure none of us in the audience, noting his quiet humour and incisive thinking, thought that!

The various branches of the media set the agenda for politicians to respond to in their encounters, and the latter have no option but to go along with that if they wish to keep their public persona alive. Unfortunately, it seems the media's main objective is to focus more on such trivia as the Prime Minister's failure to weep in the face of the Queensland floods or on Tony Abbot's red Speedo rather than his failure to outline his party's vision for the future.

Why is it that the media treats politicians in such demeaning ways? Largely because we, the electorate, have become so accustomed to living comfortable lives in our affluent country that about one third of us have no interest whatever in politics, another third have a moderate, easily swayed interest and only the remaining third follow in detail our political scene with all its lobby group pressures, complex compromises and unpopular decisions. In other words, as a nation, we get the politics and politicians that we want.

Any serious social, economic or political change requires us, the electorate, to lift ourselves from our inertia and let our politicians know what we think about their efforts and what we want for the future. It is also up to us to reject media presentations that merely serve to stir up emotions and entertain rather than inform readers, listeners and viewers and to insist they tell us as objectively as possible what is going on. If we stop taking whatever the media offers, the mere threat of loss of audience and sponsorship support and, hence their viability will bring about changes for the better.

I could understand why the softly spoken, humorous, candid and perceptive Lindsay Tanner has finally chosen to move on from politics. I only hope, we as people who desire the benefits of living in a free society and who have concerns about our children's future, will actively pull together to see not only that we get dedicated, talented and hard-working members of Parliament, but that we recognise the truly vast power of the media to influence our thinking to our advantage - or otherwise - and ensure greater efforts on their part towards factual, unbiased reporting.

Bev Cameron

Can They Hold the Line?

I am cheering them on. I am rejoicing about what they are doing. Not all of it, but some. They are fighting some major powers. Will they win all the battles? Will they hold the line?

They have taken on the mining industry with the carbon tax. They have a lot of public support in this because many believe this is a battle worth fighting. They might not have chosen to take on the pubs and clubs, but Andrew Wilkie has forced them to confront the gambling issue, and again many support this struggle.

They are fighting the tobacco industry as they go for plain packaging. This will probably be more of a skirmish, because it has support on both sides of the house.

They have won one battle, and negotiated with the Telcos, and the NBN will be a fact of life. They are confronting the export meat industry, not a battle they chose but one forced upon them by public opinion. The other battle forced on them, by public opinion and the Opposition, is the issue of boat people, and unfortunately they have been pushed to a decision they might not have chosen.

In my heart I rejoice in some members of Parliament, not of the Labour Party who are involved in the battles. I loved the final act of Steve Fielding, Senator, Family First Party, who, with malice aforethought, sank Tony Abbot's plebiscite. I admire that tilter at windmills, Andrew Wilkie, who stands bloody but unbowed, in his push against the gambling industry. And I love Bob Brown, Representative rather than politician, who has fought on alone, then gathered his small fighting force, and may be part of a big win against the polluters.

So this Labor government has fought and will win some battles against strong opponents. But to my sorrow they have not really fought for those who needed them most. They continued with the Intervention, and are apparently forcing income quarantining on others who are disenfranchised. They cut back on proposed affordable housing. They are bowing to the pressure from the Opposition in their treatment of refugees. Which battles they choose indicates what they do or do not stand for. It's a bit sad, really.

Lorraine Inglis



I make this pledge:
I will defend the rights of all Australians to fair representation, equal rights, fair prices, and a safe and productive environment now, and in the future.

Aboriginal Support Circle Issues

A New Voice for Indigenous People

Six years after ATSIC was abolished by the Howard Government, the National Congress of Australia's First People has been established. At the first forum in June, six new directors were elected and Jody Brown and Les Malezer are the new co-chairs. Equal numbers of men and women will fill executive positions and there will also be an ethics body to prevent misuse of office which occurred in ATSIC. Initially funded by the Federal government, the National Congress will generate its own funding in order to be independent from government control.

Health, education, sovereignty (encompassing constitutional recognition) and issues relating to management and protection of land will be the first priorities for the congress. Dr Lowitja O'Donoghue, elder stateswoman and former ATSIC chair, called for unity and has called on Indigenous Australians to give the National Congress a chance.

We wish them success in their endeavours.

Pat Zinn

The City of Sydney Describes White Settlement as an Invasion

The City of Sydney's Aboriginal advisory panel threatened to quit if THAT WORD was omitted from the preamble of the city's plan for 2030. During a long debate, Deputy Lord Mayor Marcelle Hoff lodged a petition for Councillors to use the term "invasion or illegal colonisation" in policy documents and statements. She read out dictionary definitions of invasion as "to take possession, to penetrate, to intrude, to overrun". Some of the councillors described the use of the word as offensive, but Ms. Hoff maintained that it was "intellectually dishonest" to not use words simply because they offend some people.

Clover Moore was more moderate in her approach. In an attempt to heal the rift

among her group of councillors, she conceded that she had underestimated the depth of feeling on this issue, and after a 7-to-2 vote in favour, the new statement now reads:

"In 1778 the British established a convict outpost on the shores of Sydney Harbour. This had far-reaching and devastating impact on the Eora nation, including the occupation and appropriation of traditional lands. Despite the destructive impact of this invasion, Aboriginal culture endured, and is now globally recognised as one of the world's oldest cultures."

The Aboriginal Support Circle has written to thank and support Ms. Hoff, who had received hate mail, for the stand she had taken.

Pat Zinn

Founders of Aged Care Centre in Kempsey Honoured

Val March and Gary Morriss have each been awarded an OAM medal for their work in setting up and running Booroongen Djugun Aboriginal Corporation (meaning "sleeping on Home Ground") in Kempsey. The idea originated in 1989 when Mrs March (now Operations Director) and Mr Morriss, (now Chief Executive Officer) along with other health and welfare workers called a public meeting to discuss the development of a much-needed Aboriginal aged-care facility for the mid north coast region of NSW.

The corporation started operations in 1991. Outreach services and outreach training followed in 1992 and 1994 and in 1997 a multi-award-winning, state-of-the-art, aged care centre was opened. The centre has benefitted thousands of people not only offering aged housing, but also training health workers, leading to jobs, and also carrying out home and community care and offering respite services. Heartiest congratulations!

Pat Zinn



Aboriginal Support Circle Issues

An Aboriginal Memorial for Sydney

The Jessie Street National Women's Library often participates in NAIDOC Week honouring Indigenous Australians. This year, volunteer Elizabeth Mooney invited other volunteers to a ceremony dedicating a memorial to Sydney's original inhabitants.

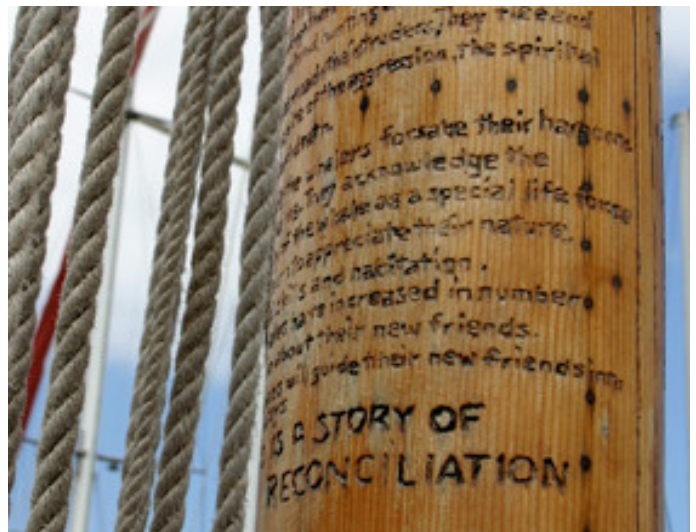
Elizabeth has realised her long-held vision for such a memorial by funding Aboriginal artists Vic Simms, and Glen Timbery, to carve traditional markings on a forest red gum in Sydney's Royal Botanic Gardens (CBD Rotary also provided some funds). Tree carving has traditionally enabled Indigenous people to communicate ownership of land. Elizabeth was guest of honour at the ceremony on 24 February, when Indigenous children from Our Lady of Mt. Carmel School danced in front of the tree. The then Executive Director of the Gardens, Dr. Tim Entwisle, dedicated the tree as 'Yurabirong', or 'people of this place', and dedicated it a memorial to endure for 'many, many centuries'

Jessie Street National Women's Library Newsletter July 2011

Mentoring Program Reaping Rewards

Twelve years ago, the Redfern-based Tribal Warrior Association started as a maritime educational facility for Aboriginal youth with a hands-on learning program. A year ago it expanded into a mentoring program teaching individuals the skills to enter the workforce, the emphasis being on communicating with the employer and the individual about adapting to the new environment, roles and responsibilities. Many of the individuals involved in the mentoring are youths released from juvenile detention.

The Babana Aboriginal Men's Group was the catalyst for this program, as it realises that empowerment of the individual is the key to avoiding domestic violence and crime.



The mentoring sessions start at 6am with boxing sessions at the Indigenous Learning Centre with members of the police force, youths from the neighbourhood, and community elders. The young men soon learn the value of dedication and self-discipline. The program is particularly important in assisting kids who have offended, by breaking the cycle with a positive activity, and preventing them re-offending. Sport is a great medium, but apart from keeping fit, barriers are broken down between the police and the kids because they get to see each other in a different light. The police service recognises the hard work and commitment of each participant through a sports bag award ceremony at their police muster once a month. These initiatives help to change attitudes, which also rubs off on to other kids, and helps to lower the crime rate.

The cost of keeping someone in juvenile detention is \$589 each day and developing community-based programs that reduce re-offending is a far more economical way of using tax-payers resources. Up until now, there has not been enough support from the NSW Government for mentoring programs. Shane Phillips, CEO of the Tribal Warrior Association has said: "we don't want handouts, we want to sustain a program that will last more than a couple of years...we look at what's happening now and climb the ladder together to the future."

Pat Zinn

At and Beyond the Rocks



OWN Sydney Report: August

Last month's report from OWN Sydney somehow disappeared in transit. It has since been recovered, and follows this article. In it you will find the suggestion of going to the Gardening Australia Expo as a group, which although it is now too late to organise as a group you may still be interested in going under your own steam. The cost is \$17.00.

The second item from the June report, which I will mention briefly, was canvassing the idea of an early evening meeting for those who cannot make it to daytime gatherings, and maybe the new committee will pursue this. Meanwhile, please give it some thought and be forthcoming with ideas.

The two social group meetings in June, Birkenhead and Bondi Junction, were very enjoyable, though very few "outsiders" were present, i.e. other members who are not local to those areas. It was interesting to see new faces and get to know some old ones better. The Birkenhead of fifteen or twenty years ago that I knew had vanished, so it was a good thing I had Nora's directions to help me locate the café where we met. These smaller social groups are a really important feature of OWN. Indeed, they could be the way forward if members are finding it too difficult to commit to running the group, if no one comes forward to be active on committee.

Your committee is now gearing up for the Annual General Meeting on Thursday 15 September in Mott Hall. As well as conducting the business of the day, we want to make it an occasion for some fun and some social interaction between members. It will kick off at 11a.m. with morning tea, followed by the meeting at which a new committee will be appointed, decisions taken, ending with your chance to give some feedback and air your views. After that the fun will begin, and then we shall have lunch together provided by OWN Sydney. Now comes the usual plea:

First - your **RSVP for the AGM** is needed for catering purposes, by **10 AUGUST** please, the date of our next committee meeting.

Second - **PLEASE STEP UP TO REPRESENT YOUR GROUP (OWN SYDNEY)**, join the committee, do something for OWN.

It really is vital. A letter will reach you in August. Please consider!

Most of you will know Betty Johnson, our stalwart and tireless advocate on all matters medical/social/aging. On our behalf, Betty attends innumerable meetings and is a powerful and respected voice both for older women and for the recipients of care generally - so often overlooked by those drawing up the regulations and deciding where the money shall go. We need to ensure that the trust she has built up with government agencies and spokespersons of all kinds is not lost when - IF - Betty finally decides to retire (at 90, perhaps?). Congratulations to you, Betty, for the esteem in which you are held and thank you for all the work you do on our behalf. It would be wonderful if one of us OWN Sydneysiders could join Betty now, to learn the ropes and become known to all those powerful people who have such a say in our lives. It's a real chance to make a difference. What an incredible opportunity! How about it?

Brigid Sen

OWN Sydney Report: July

At our committee meeting we welcomed Sandra McKirdy from Dee Why who had responded to our call for new enthusiasts to fill vacancies. We look forward to seeing Sandra again and again and again. The date of our next meeting is 8 July, 10am as usual, in Windmill Street.

The idea of an early evening meeting in November with a first-rate speaker is still something we'd like to pursue and we hope that

At and Beyond the Rocks

this finds favour with many members who can otherwise not be at any of our functions. Finding the right Speaker is, of course, paramount, so please ply us with names to follow up. Committee members also have their ears to the ground so our combined efforts should bear good fruit.

Does a collective visit to the new-style Gardening Expo appeal to you? There will be flyers and maybe a poster in the office from the organisation telling us all about it, and if the idea finds favour you could organise a group visit. If you have at least ten people, the cost is \$14.00 per head as opposed to \$17.00. This year the Gardening Expo will be held at Rosehill Gardens Racecourse from Friday 19 August to Sunday 21 August.

The committee received notice of an extremely important campaign that CPSA is running on the subject of user-pays and all aspects of Care - which coincidentally is something I raised with you (June OWN Matters) as a possible topic for our potential Speaker event. You can read about it in July OWN Matters and I urge you to spread the word, and to contribute yourselves if you can. We are the ones most likely to be affected by any change in the way caring responsibilities are met and also paid for.

Lastly, a reminder of our meeting on 15 September, a Thursday - further details elsewhere. It's called our AGM but I prefer to think of it as our Annual Meeting where we sort out activities for the year and how to organise them. There is little need for us to be very formal, though we do need people to spearhead the running of OWN Sydney, and as we receive monies, they require handling and proper records have to be kept.

Brigid Sen

Sutherland OWN

Sutherland Older Women's Network Wellness centre celebrated its 10th Anniversary with almost 70 members attending a luncheon at the Thai Rose restaurant in Sutherland on 13 May. A fabulous time was had by all.

One of the Centre's founders was Noreen Hewett, attended the event and ceremoniously cut the birthday cake which was served to members.

The Centre's fund raiser, Cilla Primmer, organised a raffle to raise funds for our centre; a total of \$170 was raised. The Centre was established by founding members Noreen and Barbara Burnham, who with other OWN members researched the needs of older women and found social isolation of older women a priority. At present there are about 140 members. It provides activities for members including computer courses, tai chi, strengthening exercises, Feldenkrais, international dancing, gentle exercise, and a performance group, the DAMES.

The Centre's co-ordinator Pat Donaghy, turned 80 on 17 June, and great preparations were made to surprise her with a birthday party scheduled for 15 June. But instead, Pat a great stalwart, surprised everyone by failing to turn up for the event! Pat spent the previous night and the party day in hospital with medicos keeping an eye on her diagnosed vertigo. Not to be thwarted, centre members - especially those who had turned 80 - and those who had a birthday in the near past - celebrated with Pat's cake! That evening Pat received *some* cake, a potted orchid and balloons. Thankfully Pat has recovered and is well and truly back coordinating the Centre again.

Sutherland OWN

SHOWN Report

We started this year with a Committee of eight but when Committee members became ill, went overseas, or had family problems all at the same time, we found that eight was not enough to run things smoothly. In our April Newsletter, I announced that we needed three extra Committee members to bring our number up to eleven and that we would have a brief election at our June meeting. Shortly after the Newsletter was sent out, our need became greater when Kerin Spencer resigned because of health problems, then a few weeks later our need became *even* "greaterer" when our Treasurer, Marie Anderson, announced she would have to resign because of ongoing health issues, failing

eyesight *and* the need to move house. Oh, woe! Fortunately, at our June meeting four members agreed to come on Committee and one of them was willing to take on the role of Treasurer. This gives us a Committee of ten 6~ the new members have fitted-in well and the transition of Treasurers went smoothly so that there was no time where we were without a Treasurer. What a relief!

Our June guest speaker was Donna Hendry, Senior Education Officer with the Macular Degeneration Foundation. Donna is a very good speaker who is easy to listen to and informative. In July, Chris Young, a local solicitor, spoke to us about the issues that we need to be aware of when considering moving into a retirement village or an aged care facility. Again, he was a very good speaker and our members asked him plenty of questions

Sadly, the SHOWN Heartbeats group has folded as Kerin Spencer is no longer able to continue running the group. Some of the drummers have decided to meet informally to drum, possibly trying different styles of drumming. Our Tai Chi classes continue to be really popular and well attended. We were invited to become an Active Over50's provider, which we have done, as it sounds a good way to let more people know about the benefits of Tai Chi.

We have established a SHOWN Library consisting of all OWN Matters and various OWN publications. The Library is available at each meeting for members to borrow items. Initially, the take-up was slow but now several women have borrowed from it and, hopefully, the work of setting it up will be rewarded by our members using the Library regularly.

All in all, the first half of 2011 has been pretty good for SHOWN and we are looking forward to continuing the year in the same busy and positive way.

Robyn Smith
SHOWN Coordinator



NEWS FROM THE GROUPS * NEWS FROM THE GROUPS * NEWS

LOST LADIES TERM 3

Welcome back all and welcome to newcomers. For the first time we have a written request to pay in advance for a tour. I have asked to pay in cash on the day but this may be the last time. Many of my booking contacts going back years are retiring, eg Carolyn from the National Maritime Museum who has looked after us over the past decade. The program is late because at 2.30 today I had a booking cancellation but managed to win the day after finally locating the right person.

10 August

10AM Museum of Sydney for guided tour *The Enemy at Home* German internees of the First World War also 52 *Suburbs* photos: cost \$5.

17 August

10AM National Art School Gallery (behind) the Supreme Court at Darlinghurst. Katie will give us a tour of Korean painting, sculpture and ceramics (remember that Korean sculpture with the mother of pearl inlay we saw at MCA years ago?) Free entry.

24 August

10AM at Windmill St. then at 11am to S.H.Ervin for *Up Close and Personal*

The collection of Dr Elliott containing works of Aboriginal Art, Dobell, Drysdale, Boyd Whitely etc. \$8 for tour again: lunch is booked.

31 August

10AM at the Powerhouse Museum, easy to reach by monorail or light rail from Central. *Love Lace* exhibition – modern interpretations of old skills, hopefully we will see a demonstration the Lace Studies Centre. Tour \$6 fans might like to stay on for the Harry Potter exhibition!

7 September

10AM Jewish Museum just down towards St Vincent's hospital from the National Art School same 389 bus (check timetable) from Circular Quay: Cost \$7 entry.

14 September

Merle's annual lunch to see her orchids and lovely garden at 357 Sailors Bay Road Northbridge. Merle likes champagne but you can also bring your own wine. Arrive at or just after 12 noon never before. Volunteers, say three or four, to bring dessert (if possible different people to last year). See Merle closer to the day.

Annette Butterfield

Theatre Group



The Showgirls are now well into their *Village People Shows* and have also resumed rehearsals for *Don't Knock Your Granny*. Both shows are being performed in Perth in October at the annual OWN Conference so need to be at their best. All ten of us plan on attending this important event and hope to add great value to the program.

Wednesday 15 June saw us visiting the Rex Centre at Kings Cross. From my perspective, this was our best show yet, as the audience - including several men - were most appreciative. The venue was excellent and they rewarded us with wine and cheese. What an afterglow! Small hiccups such as forgotten costumes and lines were replaced by warm, generous praise. We can't wait to go back there and some of us even want to move there! Marjorie seemed to particularly enjoy chatting to an ex-member of The Australian Opera Company who, like many of the audience, had some interesting stories to tell.

Our fifth Village People Show was at a giant housing complex in Surry Hills, called the Northcott Centre. Just finding the Community Centre was a real challenge. Our small audience here included some people who had seen us the week before in Kings Cross as well as 90 year old Dolly, who cut the ribbon when Sir Robert Askin and Sir John Northcott opened the complex. We'd like to think that we're acquiring our own Barmy Army which may one day rival the one at Wimbledon! At least we had a different pianist and we made different mistakes to last time so even our 'regulars' enjoyed the show.

We have only a few *Village People Shows* left now but I must say they have been lots of fun and I really believe in our theme of 'positive aging'. That, of course, is why we all love being involved in this life changing organisation! Long live OWN.

Denise Miel



AGM Notice

The date for the OWN Sydney AGM and fun festival, that is 15 September, Mott Hall, Millers Point; 10.30 am meeting, followed by lunch.

One of our jobs at the AGM is to elect the committee. Please think about stepping up to this role for 12 months. It's challenging and can be lots of fun, and there is the possibility to make a difference for older women in a climate of entrenched ageism



Cats and Dogs

Not the "raining" kind – the actual animals.

In Letters to the Editor of the SMH recently, I spotted a letter from a reader who claimed to have the last word on the naming of cats. Apparently there had been an ongoing discussion on the matter.

I was amused and possibly convinced by his argument that, whereas one definitely 'owns a dog', one merely 'plays host' to a cat. He went on to say that provided cats are given a warm place to sleep, and sufficient food, by "an attentive staff, they will generally come when called or, at the very least, they will raise an inquisitive eyebrow."

As long as I can remember, my family has always 'played host' to a succession of cats. We had dogs too, when my children were growing up, and it is true, of course, that one 'owns' a dog; the reason being that dogs are pack animals and their owners become their leaders.

On the subject of food, my resident cat, "Pip", should have been called "Oliver", as he invariably asks for more! It's a long story, but I didn't acquire him until he was 5 months old. Unfortunately, he was not socialized by his previous 'carer', with the result that he hides every time I have visitors. However, "Pip" immediately bonded with me and is a most loving cat to 'yours truly.'

June West

Our OWN Travels

Gold Fever

Fortune had smiled on me. Taking a gamble on a U3A Australian history course, I was rewarded by the opportunity to pull my sketchy knowledge into a more complete picture. When the class had reached the period of the gold rush, a time of massive change in the fledgling cities of Sydney and Melbourne, fortune smiled on me again. My Devoted Spouse suggested a quick visit to Ballarat to catch up with family. What more could I ask! Eagerly I added a number of places to our itinerary to get a first-hand look at the sources of gold fever.

Reaching Bendigo, one of the major centres of gold digging in the 1850's, we inspected its splendid Victorian buildings and explored the widely acclaimed Chinese Dragon Museum. Chinese immigrants during the gold rush had swelled to such numbers that Melbourne authorities eventually barred them from landing, but the intrepid Chinese simply sailed on to Robe, in South Australia and walked the several hundred kilometres to the goldfields where they toiled despite other miners' discrimination. The museum has detailed displays of life in the Chinese section of Bendigo. We then began to understand more fully how long the Chinese have been part of Australian life.

From Bendigo, we toured through picturesque old gold mining centres on our way to Ballarat. In Clunes, we lunched in an olde worlde café, looking out to a scene reminiscent of a Hollywood movie set of the Wild West – a wide main street, small shops with permanent awnings and posts where one could tie up one's horse. It was not hard to imagine the scene in the time of the gold rush.

In Ballarat we caught up with family, but also found time to visit the Gold Museum next to Sovereign Hill tourist township. In the museum we saw original mining equipment set out alongside modern mining machinery. Replicas of the 'Welcome Stranger' and 'Welcome' nuggets, the biggest so far discovered, gave an idea of how exhilarated miners would have felt at their discoveries. We were both amused and warmed when a local 'hobby miner' and his son, clearly very excited, caught up with us to show us their very own nuggets, the larger about 5 cm x 8 cm, which they had found simply by panning in the local creek. It seemed to me they were on to something. Just a couple of days previously, a TV item had informed us that a mining company is reopening a Ballarat mine to keep digging for gold. At around \$1500 an ounce, that is hardly surprising.

We explored the public buildings and monuments of Ballarat, most of which were built from the wealth of the gold rush. The elaborate Mining Exchange, now empty, was once buzzing with brokers and investors dealing gold company shares. At the same time, old government



buildings and a large gaol, now part of the Ballarat University campus, reminded us of the need for strict supervision of such a volatile industry where quarrels and brawls were rife.

Our trip reached its grand finale in Melbourne. Though we have been there many times, we had not seen either the Public Library or the Houses of Parliament, both built on the wealth of the gold rush.

The Public Library was surrounded by scaffolding and earthworks obscuring its normally imposing facade. From the 4th floor mezzanine level we gazed down into the central reading room directly under a huge Victorian dome. The wood panelled walls, the star pattern of the long reading benches and honey-gold timber everywhere made the reading room a truly pleasing sight. We passed through long galleries down marble stairs past honour rolls and out into busy Swanston Street.

To be in the Victorian parliament building was to fulfil a long-held ambition of mine. It is an impressive edifice reached via an imposing flight of stairs. The spacious entrance lobby hints at the glamour of the parliamentary chambers beyond. We learned from a friendly guide that the Parliament was opened in 1856, two years after Eureka Stockade 'when they had so much money they didn't know what to do with it.' The Lower House chamber, unlike that of NSW, is on the grand scale. Walls, elaborately adorned with bas relief pillars striped in coral pink paint and gold leaf and a floral frieze similarly decorated rest under an intricately patterned ceiling also touched with gold.

We had to hurry away to make it to a totally different kind of gold magnificence, the King Tutankhamen exhibition. We had already seen the Vienna Exhibition, touched with gold of yet another kind, and still had the exhibition of painter of gold rush times, Eugene von Guerard to go. By the end of our stay in Melbourne, we felt quite flushed with gold fever but, thankfully, it was time for the long drive home. That would give us time to reflect on our short but fascinating Australian history complete with convicts, squatters, gold diggers, bushrangers, fading colonialism, Federation and our Australian identity arising from all that rich and colourful inheritance.

Bev Cameron

Computer Challenge

Evolution is about change, and the survival of the fittest. Technology is driving change, and being fit to deal with change will be important – not just for seniors. Many people between 40 and 60 years of age don't have the computer skills needed now for a huge range of jobs. But dealing with everyday life will need computer skills. Changing technology forced me to do something. My son calls it Mum's Technology Evolution.

I had a computer and could use it for basic functions, but it was time to improve my computer skills. So I looked for courses and this was surprisingly difficult. There were four criteria: I had to be able to afford the course, I had to be able to access the course, I wanted to learn new skills, and the teacher needed to provide effective teaching.

I researched what was available. There were lots of commercially run courses, but they were too expensive as usually the employers pay the costs; they were aimed at business. There were courses that were too difficult because of time or location or access to public transport. There were short courses, but they didn't teach me enough or went too fast for me to keep up.

So I decided to go to a TAFE because they were affordable, accessible, and had trained teachers. I assumed that Ultimo or Petersham TAFE would have a suitable course, but this wasn't the case. Their courses were for people who want to work in Technology, not for beginners. I wanted to do Computing Certificate I, so I enrolled at Padstow TAFE, giving up my "No Good Deeds Friday" for two terms.

The course was aimed at absolute beginners, was taught by an effective, patient teacher and the class had people of all ages and stages. I did learn a lot, but not enough. A common problem is that, for skills to be developed, more practice is needed. What many students say they need for each new skill is to have a simple record of instructions; step 1, step 2, step 3, etc. Then they would practice later.

Some students decided to repeat the course next semester. A few of us wanted to enroll for Certificate II. The problem is that this is meant to be a full-time course, four days a week. Most of us couldn't do this. Lidcombe TAFE has a part-time night-time course, but the TAFE isn't very close to the station. North Sydney has a part-time course so I went to enroll there. The admissions person

suggested I try Computer Pals for Seniors. Well, that was it! I don't react well to patronizing twerps.

At Padstow TAFE, a few of us are doing some units from Computing Certificate 2 next semester, and some units next year. I will probably need to go two days a week though I don't yet know which days. I'm hoping that I'll have my "No Good Deeds Day" back. But I have decided that this time, for each new skill, I will record my own set of instructions...write my own manual. My daughter tells me that I am the most stubborn person she knows. I prefer to think I am determined.

Petersham TAFE Outreach is offering a **free** computer beginners' course next term. If you are interested, go to Petersham TAFE, 27 Crystal St, Thursday 10.00 am 21 July, Library, Seminar Room, Building C. For more information phone **9335 2550**

Lorraine Inglis



**ANTI-POVERTY
16 - 22 October 2011 WEEK**

**Join in Anti-Poverty Week 2011
16 - 22 October**

Anti-Poverty Week focuses on poverty around the world, including Australia. Its main aims are to:

- strengthen public understanding of the causes and consequences of poverty and hardship;
- encourage research, discussion and action to address these problems.

Last year, at least 1,000 organisations and more than 10,000 people were involved around the country.

Everyone is welcome to organise activities or join in something being organised by other people.

The website www.antipovertyweek.org.au includes basic fact sheets, promotional material, a calendar of activities and links to other sources of info and ideas.

For more information or to list activities on the websites contact us at **1300 797 290** or apw@antipovertyweek.org.au



Influenza Facts

Influenza is a serious, often debilitating illness which affects the whole body. Influenza symptoms include fever, headaches, muscle aches and pains. Influenza can cause serious illness, particularly in people with underlying medical conditions, older adults and young children. Many people confuse the common cold with influenza; however, colds are much less severe.

The estimated number of Australians that die from influenza and its complications range from between 1,500 to more than 2,500 each year. The World Health Organization (W.H.O.) estimates that worldwide 5-15% of the population are affected by influenza each year, there are between three and five million cases of serious illness and between 250,000 and 500,000 deaths. In Australia it is estimated that influenza annually causes 18,000 hospitalisations and over 300,000 GP consultations.

Studies have shown that influenza can survive for an hour or more in the air in enclosed environments. More than eight hours on hard surfaces such as stainless steel and plastic. More than an hour on hands.

People of all ages with underlying medical conditions, including: heart conditions, severe asthma, and other lung conditions, diabetes (type 1 and type 2), kidney problems, impaired immunity such as HIV infection, malignant cancers, chronic neurological disorders, pregnant women, people 65 years of age, residents of nursing homes and other long-term care facilities, and Aboriginal and Torres Strait Island adults aged 15 years are also at increased risk of severe complications from influenza.

Vaccination is the single most effective way of protecting yourself against influenza infection. Hand washing and personal hygiene, such as trying not to touch your mouth or nose are also important preventative measures and when possible, avoid crowds when influenza is prevalent.

In healthy adults the vaccine has been shown to be 70-90% effective in protecting against infection.

Rest as much as possible while you have the acute symptoms (fever, muscle aches etc). Influenza is highly contagious and can be spread for up to a day before symptoms appear and for five days afterwards. Ways to avoid spreading influenza include: Wash your hands regularly, cover your nose and mouth when coughing or sneezing, avoid physical contact with others, avoid mixing with other people, particularly those in a high-risk category, while contagious. Don't return to work early, you could still be contagious.

It is important that you see your GP immediately if you believe that you are suffering influenza and wish to reduce the duration of your illness.

Information provided The Influenza Specialist group

Feeling Restored

Dorothy Cox rang last week because she couldn't bear to think that you might be missing out on an important program - it's called *Restore - Recovery Exercises and Stepping On after fracture*. OWN Northside's, Dorothy Pizey, sent us a piece last issue about it which we ran on page 16.

So Dorothy Cox got in contact with Cathie Sherrington, who is heading the research, and such is her devotion to her study, that she now comes to visit Dorothy Cox in her aged care facility to ensure that Dorothy can build up her strength, and stay on her feet. In Dorothy's words: "Cathie has helped keep me on my feet without fear of falling."

If you'd like to find out more about this program contact Teresa on 9657 0378 or email: torr@georgeinstitute.org.au

contributed by Dorothy Cox

Words of Wisdom

Staying Alive

Since I joined the Theatre Group I seem to be living through the words of the songs. Josie Jackson (JJ not JLo) has a lot to do with this. I go along singing “Staying Alive” and words like “I’m an older woman who likes to talk” and “do my walk most everyday”. It’s all part of the wonderful liberation of this recently retired dame. I wasn’t going to use the word ‘liberation’ because it’s a bit of cliché, and one of my resolutions this year was to try and avoid clichés. So let’s just use that nice old word “freedom”. Liberation seems more appropriate for the world’s big events when many thousands, millions of people are freed from oppression.

Talking to one of my colleagues in the Theatre Group, in fact several of them, it becomes very clear that life fills in the spaces that had previously been taken up with work, because life has so much to offer. And the skills that were developed through work are there to build on and enhance and, dare I say, even improve on.

For instance the words “rediscover old skills” – there I go again – another phrase from another song – have become important to me and I think the brain needs to do a checklist every now and again to see that nothing is wasted. It’s like how I used to tell people who were training for TAFE/work that everything we learn comes together at some point, maybe not in the first job, the second, or even the third but at some time and it’s so great when that happens.

I’ve never had a great singing voice, and I always liked the words on a record cover that said the artist had the gift of atonality – meaning that the artist sang in one key, whilst playing in another. It’s always stuck with me and when asked to listen to the piano, I’ve never been exactly sure that my ears heard the key that most other people were singing. As I do have a voice, which projects very loudly, spoken parts are no problem.

Rediscovering old skills doesn’t exactly apply to singing but I am getting better. Either that or the rest of the group have got used to me. Whatever, we seem to achieve a harmonious result and we do have some lovely voices. Improving the voice is on the agenda to work on and I am a fervent fan of u-tube. Strangely, or is it, if I can see people singing I take practising far more seriously than if I just have the medium of sound.

Many years ago, on a visit to schools in Japan, I met many women in their sixties, when I was in my late 40’s. They told me that when you get to sixty it’s time to have fun, as long as one does something to care for the society as well. Seems pretty much what OWN is all about really!

Rita Tratt

Jessie Street Library Lunch Hour Talks

18 August: Joanne Fedler – **The Wisdom of Hunger**

Joanne will be talking about her book *When Hungry, Eat* which is a spiritual memoir about losing weight and immigration. When she decided she needed to lose weight just before her 40th birthday, Joanne had no idea the spiritual journey she was undertaking, which would lead her to a place of much greater hunger than growling in her belly. This talk looks at the ways in which we have to let go in order to find home in a new place.

Joanne Fedler is an author, motivational speaker, writing teacher and occasional life-coach. She has written *Secret Mothers’ Business* which has sold over 350,000 copies worldwide, *Things without a Name* and *When Hungry, Eat*. She is currently working on a sequel to *Secret Mothers’ Business*

The talks are held in the Southern Function Room, 4th Floor, Town Hall House, 456 Kent St. Sydney from 12 till 1.30pm. Please book by noon the Tuesday preceding the talk, everyone welcome: \$22 non-members, \$16 JSNWL members. Pay at the door, everyone welcome, sandwich lunch provided.

Jessie Street National Women’s Library

17th Annual Fundraising Luncheon

Monday 19 September 2011

Strangers Dining Room, Parliament House,
Macquarie St. Sydney

11.45 am for 12.30pm start

Guest Speaker: Professor Kerryn Phelps AM

From Fringe to mainstream: Turning Unconventional Ideas into Accepted Wisdom

“Dr Kerryn” is a prominent campaigner for indigenous health, complementary medicine, human rights and the welfare of asylum seekers. She was the first woman President of the Australian Medical Association, a television, radio and print personality and a leader of the integrative medicine movement. Professor Phelps continues to combine academic duties with patient care at her Sydney clinics.

Cost: **\$95** per person (\$90 for members of JSNWL)

RSVP Monday 12 September 2011

Notices

Invitation to Artists

The Sydney Green Ring is a collection of walking and cycle paths that create a circle around Sydney. *Sketching The Gamut* will present a body of work exploring and promoting the potentials of *The Sydney Green Ring* to improve the sustainability, livability, and biodiversity of the Inner Sydney Region. All works will be propositional and speculative, experimental models describing or evoking projects that could potentially be made in the real environment as a part of the larger project of *The Gamut*. Proposed works need not be achievable but should explore and promote the potentials of *The Sydney Green Ring* with the intention of opening dialogue and developing strategies toward real world outcomes.

Sketching The Gamut will include a one week exhibition, a bicycle tour of *The Sydney Green Ring* (over two days), and a public forum to discuss the issues raised by the project.

Exhibition will be during October, beginning the week of the 24th. A bicycle tour in four stages of the Sydney Green Ring will be held on the weekend of the 24th and 25 of September as part of RTA Bike Week.

- Proposals due 5:00pm Mon, Sep 5th 2011
- Artists will be informed of our selection by Fri Sep 9th
- Selected work must be delivered by Mon Sep 26th
- In your submission please include:
- Name: / Postal Address: / Email Address: / Phone:
- A brief description of your proposed artwork: (up to 150 words)
- A brief description of any special installation requirements.
- 1-5 images, concept drawings (jpeg's 1-2MB in size), or a dvd of your proposed artwork, or similar previous works:
- A brief artistic CV: (1/2 page max)

Email your proposal to:
info@indexspace.com.au

Please encourage people to participate and add to the online discussion. It's about the art and participation and it is eligible to all, meaning that older people are being encouraged to enter!

So do join in!

For more info see the blog : <http://thegamutsydney.blogspot.com>

WAIG: Women's Discussion Group : Monday 10am – 12 noon

All WAIG sessions are now held at the Lane Cove Library, Longueville Rd, Lane Cove unless otherwise stated. Cost of Monday sessions are \$6 for members or \$8 non-members per session. There is no childcare provided ; for further information see www.waig.org.au email waig@waig.org.au or phone 0411 016 784

8 August: Book Group: Deirdee Freyberg will review David Mitchell's *The Thousand Autumns of Jacob de Zoet*, a love story between a European man and a Japanese woman at the turn of the 18th century Edo era, which allows the author to present the encounter between civilizations from both sides.

15 August: Group Discussion – Women in Italy – life and politics: Marta Scuccuglia, an Italian psychologist will share her perspective and experience, including information on her work with women's groups in Italy.

22 August: Book Group: Anne Bates will review Kathryn Stockett's *The Help*. Jackson Mississippi 1962. Black maids raise white children, but are not trusted with the silver. Skeeter, freshly home from college, finds that Constantine, the much loved black maid, who raised her, has disappeared. Searching for her and eager to know more about the black maids' world, Skeeter forms friendships with two other black maids, Aibileen and Minny. Theirs is a world far apart from Skeeter's.

29 August: Discussion Group – Homeopathy for Today and Tomorrow: Anita Jain, Homeopathic Practitioner, Chatswood. If as according to the World Health Organisation, homeopathy is the second most widely used form of medicine in the world, what makes it so popular? How does it work and what makes it so relevant in our pursuit of good health? What does homeopathy offer to communities that want their medicine to be environmentally respectful?

5 September: Discussion Group – Working with women in Papua New Guinea – discussion options for ways in which WAIG can support women and their issues in PNG.

Lane Cove Women's Action and Informaion Group Inc.

OWN Sydney Notices

WOW! Subscribe NOW!

Subscription to *OWN Matters* is \$22 per year, 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 - covers to Jun30, 2012 made payable to OWNNSW **OR** Please debit the following credit card for \$22 (plus any donation)

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Signature

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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.

10.45 - 11.45 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

Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest. See full entry on page 12. (Party for Annette's 70th on 3 Aug!)

Contact Annette Butterfield: 9665 5369 email:

abutterfield_852@hotmail.com

Film Discussion group

You are invited to join us on **Tuesday 9 August**. Please ring Yetty on **9665 2050** to check details of films.

Bondi Junction Coffee and Gossip Group

26 August 11am The Coffee Shop, Eastern Suburbs Leagues Club.

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

Northern Beaches Coffee Group

The Northern Beaches coffee meeting is on the **last Saturday** of the month at café HIT in the arcade next to Woolworth's on Oakes Avenue, Dee Why.

Do come and join Noel **9971 0021** and Sandra **9984 1769** for a great coffee and chat at the HIT Café, Oakes Avenue - in the arcade next to Woolworths at 9.30 -11.30am, **27 August**.

Book Club

15 August 12.30-2.30 pm at 87 Lower Fort Street. This month's book is: *My Place* by **Sally Morgan**. 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 **19 September** meeting is *The Book Thief* by **Markus Zusak**.

Aboriginal Support Circle

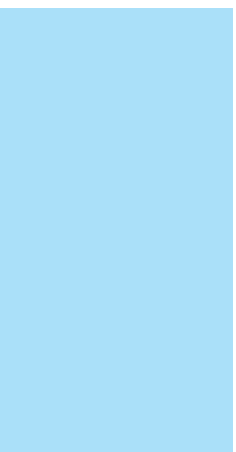
Meets on the 2nd Monday of each month at 10.30 am, at 75 Windmill Street, unless we are going to art exhibitions or places of interest. Confirm all details with Pat Zinn: 9389 1090 or email patzinn@hotmail.com

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 **13 and 27 August**, then **10 and 24 September**.

**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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