



# OWN MATTERS

Going Out With A Bang. (Not Much) News from Theatre Group.

Leaving the Rocks. Life of an Activist in OWN. The Ernies.

Bit by Bit, Little by Little - Edna Ryan. Pouch Packages.

Less is More - Really! Out and About with Art and About.



## Research led to an Active life!

Sonia Laverty joined OWN after interviewing members for her PhD on ageism. It was the start of great things...



## Dancers fall for weekend away

Women enjoy dancing, games and performance at Fitzroy Falls during the Deli Dancing weekend.



## Ladies dress for Ernie awards

Jenny and Lorraine enjoyed a night of fun at the annual Ernie awards - where 300 feisty women voted.



## Inclusive plan nets results

A new class for chinese speakers has brought yoga to a group who are delighted with the concept.



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## Who Are We?

The Older Women's Network (OWN) NSW is the peak body for 18 groups and 6 Wellness Centres in NSW. OWN promotes the rights, dignity and wellbeing of older women through a range of activities and resources, and advocates on issues of interest and concern to older women.

OWN Matters is the newsletter of the Older Women's Network NSW. It is published 11 times a year. The annual subscription for individuals is \$35 and \$44 for organisations and includes GST.

## Have your say

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.

**Send by email or mail marked Attention – Editorial Team.**

**The email address is newsletter@ownnsw.org.au.**

Please include contact details. Contributions must be received by the third Tuesday of each month.

## The Team

### Editorial Team

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*More help always welcome!*

## OWN Office

From 10am-3pm the phone is answered by one of our friendly volunteers. Out of office hours, leave a message, with your contact number.

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**GOING OUT WITH A BANG!**

- ✓ **End of Era**
- ✓ **End of Year**
- ✓ **End of November!**

**THURSDAY, NOVEMBER 27**  
**at Mott Hall**

**10AM-3PM**



A party for any member of OWN,  
any group - past or present.  
BYO, bring a plate, and your dancing shoes!

# Letters

## December OWN Matters

**I**n the last issue of the year I'm planning to republish some great articles from the archives, from the past. So you might read something, and say I've read that before. Or you might read something written by you, that had already been published. This is a celebration of OWN women's writing.

So all our writers won't have to think, "What will I write about this month?"

How about you writing a letter about a funny experience or near disaster or great event during your time in OWN? Letters are easy, and short. You only need to write about 100/150 words.

*Lorraine Inglis*



## Scam under Coles Name

**H**i all,  
Yesterday I received an email from Coles offering me a \$35 dollar voucher. The way their email was worded I had to pay them \$35 a month or something. It became hard to understand, which I am sure was the point. I emailed them and said it was

far too complicated for me to understand, you pay me and I pay you. If you want to reward people for their loyalty, just send a number that can be given to the cashier at Coles. I also shop locally, simple. I decided to google this fraud and surprise, a notice there telling people that this is a scam. Can you believe it? As I shop on-line with Coles, that must be how they obtained my email address. Perhaps some enterprising employee?

*May Douglas*



## The Christmas that nearly wasn't

**T**hirty years ago we were to move into our newly built home at Faulconbridge by the end of November. From 1973 I had been chief turkey roaster - always in my mother's early cooker in Sydney. However my mother and in-laws plus our usual extra guests divorced, visiting from UK etc all decided that Christmas could be combined with a first viewing of the new house.

All did not go to plan. It was touch and go and we (husband and two children) actually moved in on 12th December. However



© Mylène Bressan

we had no carpets and most importantly no stove. It had been ordered from the Penrith gas appliances store eight weeks before - something special with the oven beside not beneath the cook top. Having had to cook on an electric stove in rental accommodation for the previous year I was determined to return to gas. Even the local fireman could not put me off with his "in the event of a bushfire disconnect the gas tanks and roll them down the hill away from the house".

The Penrith shop insisted that even if the stove arrived the next day they were not making any more deliveries to the mountains before Christmas. In desperation I asked for the phone number of the Managing Director of the firm making the stove. Never for

one moment expecting to speak to other than his reception desk or secretary. I was amazed when I got straight through to the man himself, in Melbourne.

He promised to investigate and rang back with the news that the stove was ready but would take two days to get to Penrith from Melbourne and said he had a subsidiary company that might be able to help with delivery.

With two days to spare my stove arrived perched on a flat back truck delivering the oxygen and other gas tanks to Katoomba Hospital. It was installed and ready to use just 24 hours before the big day and how much I appreciated that side oven instead of lifting the turkey from a low oven or cooking in a pit in the backyard!

*Annette Butterfield*



### **They're on notice**

**I** got out a new pair of gloves today, the long ones almost up to my elbow. Not the 'going to the ball' gloves, but the 'going to the garden' gloves. I have a big collection of bromeliads, all kinds. I love them but I don't know whether they like me. Maybe they feel neglected. I'm not unkind to them, but I mostly just let them grow. It's safer.

Whenever I start to be kind and repot them or divide them, they attack me. Big scratches up my arms! I need the long gloves, bit



that's not enough. I also need long sleeves. Is it the bromeliads (sharp spikes) or me (being careless), or being older (crumple skin)?

I'm reorganizing my yard, so I put all the bromeliads out in the sunshine for a few days, thinking they'd love it. Now I'll have to be even more careful with them. Some of them got sunburned. I'm still apologizing to one of my favourite red patterned plants because it got badly burnt.

Now I'm dividing my land I'll only have half the space so it won't get easier for them. They'd better not get too pushy, too aggressive. I went to the Bromeliad Show on Saturday. I should have resisted, but I didn't. I bought new plants. My bromeliads are on notice. If the new plants are nicer to me, those that aren't might be relegated to a very dark corner.

*Lorraine Inglis*



### **Worry over War**

**L**ike Joy Ross I have been disturbed by the increase of Australia's involvement in Ukraine & Iraq. My first feelings were "Not more of our young people to be sacrificed and for what?"

Also I wonder about the millions of dollars being spent on the promotion of the centenary of WW1.

Much of this money would be better spent on providing better support and care of the service men and women who returned from Iraq & Afghanistan, if not physically wounded, then certainly carrying mental scars needing ongoing treatment.

Very interested in references to interesting books on Peace Campaigners. Thank you, Joy.

*Nancy Brown*



# At and Beyond the Rocks

## Bankstown starts Yoga group for Chinese speakers

**L**ots of networking, newspaper publicity, friendly chats with community members and informal conversations with workers has finally seen the first Chinese Women's Gentle Yoga group start at Bankstown Wellness Centre this term.

It has been a slow and steady process with lots of confidence building and personal approaches to community members to finally see this group become a reality. We have been aware for a long time that the Chinese and Vietnamese communities are very prominent in this area but our membership has not reflected that, which is disappointing. We needed to keep raising awareness of our services to all women. That takes time, trust and a slow and steady approach to encourage women of different cultural groups to feel comfortable within our network.

When English is not your first language, it is also much more



comfortable to stay within the comfort zone you know and trust. For me as a worker, that means trying to develop connections with the Chinese and Vietnamese speaking community members and developing a relationship. That also takes time and trust. You can be lucky to find one person who is comfortable with taking part in a variety of activities and will be prepared to be your champion or spokesperson and take your message out to the community.

Having brochures in community languages does help, but word of mouth is really the best way to get the message out there. We have four women now with

the hope that the word will continue to spread and judging by their enthusiasm and our lovely trainer Jacqui's style and approach, we will grow. These women are already talking about trying out Tai Chi as well!

*Diane Brooks*



## Weekend away to Fitzroy Falls

**W**e were invited by Debbie Hodgekis, our dance teacher from Illawarra OWN Wellness, to join with other dancers for a weekend of



### ***Fitzroy Falls***

Deli Dancing at the Fitzroy Falls. What an amazing experience. From the moment we arrived to the last day I loved every moment. We met so many other dancers, including a group from Sutherland OWN Wellness centre.

We had all been asked to take an item that meant a lot to us, and had to make a brief speech on the item we had brought. Earlier we had been given a sheet of paper and asked to write down each person's name and what their item was and what it meant to them.

That was wonderful; there were amazing stories and I loved every single one of them. This was a great opportunity to remember the new dancers we were meeting, remember their names and get to know each other. Lily remembered most names and I wasn't far behind. I think this was a brilliant idea by the organisers.

We danced Friday, Saturday and Sunday and learnt so many new dances. Everyone had such a good time. On Friday for dinner everyone brought a plate of food and shared. Such variety and choices! All were tasty. For

the rest of the weekend all our meals were provided; breakfast, morning tea, lunch, dinner and supper, the food was great.

On Saturday night everyone decorated their table with beautiful ornaments, spiritual items and flowers etc - the ladies from Sutherland excelled in that job. Their table was beautiful.

Each group was invited to perform an item. The Southern Island ladies sang and danced to Indian music, they looked and sounded fabulous. They did the Indians proud. Our group was led by Debbie and we performed a dance we had practised many times prior to the event.

Lily did Tai Chi in the morning and some of the ladies joined her, thanks Lily. We were well looked after and couldn't ask for more. They have already booked for next year. We are looking forward to it, and hope many more OWN members will join us next year.

***Fathima McGoldrick***



## Quarterly Meeting Southern Highlands

Once you have been to a Quarterly/ Annual meeting distance won't ever put you off.

Robyn Smith and her team hosted a wonderful day at Moss Vale Community Centre. Delicious morning tea and lunch and a fabulous cake made and decorated by Shirley.

Jane Mears led the discussion on the Rights of Older Women. Just when we thought it couldn't get any more enjoyable the five SHOWN Wenches had us aching with laughter at their own clever, witty (and naughty) songs. The CD should make them rich and famous.

***Lola Cummings,***  
***OWN Sydney***



# Aboriginal Support Circle Issues

*AIME graduates*

## Australian Indigenous Mentoring Experience goes from strength to strength

**T**he Australian Indigenous Mentoring Experience (AIME) began nine years ago when 19-year-old university student, Jack Manning Bancroft, led 24 Indigenous and non-Indigenous University of Sydney students to meet children at Redfern's Alexandria Park Community School.

The university students were offering skills and friendship to help the teenagers get through school and into further study or work. Now AIME has 9 universities, 121 schools, 956 mentors and 1417 mentees involved throughout Australia, except Tasmania.

The program has government and corporate funding and so far Indigenous school students with an AIME mentor have a 22% success rate getting from year 9 to HSC, compared with the national Indigenous average



of 3.8%. Almost 1 in 3 AIME students who finish Year 12 go on to university and another 29% go to TAFE or apprenticeships. The goal is that by 2018 there will be 10,000 Indigenous young people linked with mentors finishing school at the same rate as every other Australian child.

Not only do the students benefit academically, they are strengthened in terms of their resiliency, pride, sense of identity, connection with culture and aspirations for finishing school and going on to further study. The AIME program benefits mentors too in that it is also a great learning experience for them. Also available is the Smith

Family's iTrack program which matches students in years 9-11 online with volunteer mentors from a range of backgrounds and the Smith Family Tertiary Mentoring Program for university students.



## Martu Art

**M**artu Art from the Far Western Desert brings together a selection of collaborative paintings by 29 Martu artists of their Ngurra (Country), a vast area of the Great Sandy, Little Sandy and Gibson Deserts in Western



Australia. Depicting in intricate detail the desert landscape and its stories, the artworks illustrate the Martu people's intimate knowledge of the region.

The vibrant paintings are the result of highly social and collaborative processes that involve older and younger artists coming together to paint and talk, tell stories and sing, remember and educate, ensuring that Martu history, culture and knowledge is passed on to future generations. The exhibition is on till 30th November.

Pat recommends this stunning exhibition - "not to be missed."



### Pre-colonial Aboriginal Society Reconsidered

An important new book, *Dark Emu* by Wathaurong writer Bruce Pascoe shows evidence using journals and diaries of explorers and colonists that the economy and culture of Aboriginal and Torres Strait Island people before British colonisation have been grossly undervalued.

His research has discovered references to dams and wells being built, the growing and harvesting of crops, the erection

of storage sheds and other secure places, the erection of houses, some of which could accommodate 50 people or more, the sewing of clothes, and the trapping of fish.

There are also references to elaborate cemeteries. However, after Aboriginal communities were decimated by warfare and disease, their houses burned, and the foundations used for other buildings, very little was left to be seen by archaeologists. CSIRO scientists are now studying a drought-resistant grain variety that Aboriginal people grew for thousands of years.

The Spirit Emu resides as a dark shape in the Milky Way in between the stars, and is inextricably linked with the Australian landscape that was managed by Aboriginals. For them, the economy and the spirit are inseparable.



### Yarnsafe Program tackles Mental Health

Headspace is the National Youth Mental Health Foundation which recognises that health is holistic, and which works with both young people and their families throughout Australia.



Shame, judgement by others, and feeling isolated stops many young people from getting the help they need. Yarnsafe, which was launched recently, is the first youth-led national Indigenous youth mental health campaign of its kind.

The program was developed in Melbourne in consultation with a group of 12 Aboriginal and Torres Strait Island young people from centres including Broom, Elcho Island, Brisbane, Darwin, Melbourne, Perth and Sydney, by means of a national recruitment process (pictured above). Through a series of workshops and phone and online interaction, the group realised that there is diversity between cultures, but they were able to explore the commonalities that exist within the cultures.

The Yarnsafe campaign will operate in metropolitan, regional and rural communities around the country through headspace centres as well as online at [yarnsafe.org.au](http://yarnsafe.org.au)

*Stories by Pat Zinn*  
●●●●●●●●●●●●●●●●

*Nothing stays the same, we all move on. Let's celebrate with food, stories, music and dancing*

*June West outside the Rocks' office*



## *(Not much) News from the Theatre Group*

As well as welcoming back our new mentor/trainer/director/adviser, Jonnie Swift, from an overseas tour with the Gay and Lesbian Choir, we have had several visitors.

Our friend, Sarah Penicka-Smith, who is the conductor and leader of the said choir, was engaged for two sessions to give us some vocal training. It is surprising how much better we sound after Sarah has been on the job. I hope it lasts.

On the same day our former director, Jo-Anne Cahill, paid us an unexpected and welcome visit. Jo-Anne has been busy lately both acting and directing with the Ensemble Theatre. The following week, two delightful young women students from the University of Western Sydney came to find out about us and willingly joined in with our activities.

We are looking forward to the return of long-time member, Brigid Sen, who has been in the UK for several months, so long in fact that our newest member, Carolyn Neumann, has never met her.

With Joan Modder at the helm, and advice from Jonnie, our new show on housing options for older people is progressing well. I am sure most of us have no idea how long it takes to put a new show together. First of all coming up with a theme, then choosing songs and skits the words of which have to be written or adapted, deciding what to discard and what to keep and which order the items should go in. After this comes learning the

## *Leaving the Rocks*

OWN's history is bound up in the Rocks. We know that we will have to leave our old home. We know that changes can't be avoided. But we shouldn't just fade away. We need to go out with a bang, not a whimper.

This is why we are having an *END of ERA, END of the YEAR, END of NOVEMBER* party. I'm hoping we'll see lots of women from all of the OWN groups come to the party on November 27 at Mott Hall, 10.30- 2.30

Come to the party. BYO, bring a plate. Bring small memento, photograph, souvenir for memories table. It's a chance to share what has happened, all the fun, the disasters, the important events.

Perhaps some women will to get up and talk, limit 2 (maybe 5) minutes. We are planning music and dancing. Please come, share your memories and celebrate.

*Lorraine Inglis*

words and movements, plus the transitions from one to another, discerning what 'works' and what doesn't, practising and more practising, then polishing up the final product.



Sometimes it seems endless but, because this is such an important topic, it is worth it.

Cheers and best wishes from the Theatre Group.  
*Halcyon Evans*



### *Life of an activist in OWN*

It all started innocently enough. While researching for my PhD, in about 1997, I enquired about the possibility of interviewing members of OWN and it seemed like a good idea to join at the same time. I eventually interviewed about 12 members of OWN and their stories became part of my PhD.

My understanding of the depth of ageism that is prevalent in our society had not impinged on me until I became my mother's primary carer. Once I became aware of this very demeaning discriminatory practice my response was, after a break from University of about 30 years, to enrol for a PhD with ageism the focus.

Years later, when I had moved back to Sydney from the Mid-North coast, I was tapped on the shoulder by Joy Ross to help out with the forum *Age gives no Immunity to Violence*. I didn't realise it at the time but that was the beginning of highly interesting and challenging years as an activist in OWN.

Women in OWN were taking different paths from the one I had chosen but we were heading in the same direction. We shared the concern to 'promote the rights, dignity and wellbeing of all older women'. The challenges of ageism for older women remain and constant attention to government

policies, the media, research etc is part of the job these days it if we are going to make a difference. Numerous opportunities are available but we have to be ready to 'step-in' to make the most of them.

Partnerships is a key concept that is encouraged by the State and Federal governments and one that has possibilities for OWN. More often I'm aware of issues concerning older women being taken up by other organisations. The job of representation does not get any easier and forming partnerships with 'like minded' organisations is a possible direction for OWN in the future.

The structure and organisation of OWN represents considerable confidence in the founding mothers, and it is still a good idea. I have enjoyed being an activist in OWN and highly recommend it! I'm hoping to stay involved and to continue to help with the struggle after I leave Sydney in early December.

Many thanks for the friendships and support from the many comrades with whom I have worked in OWN over the years.

*Sonia Laverty*  
*Retiring Chair*  
*OWN NSW*



*What a fabulous night of fun and laughter! If you haven't been to the Ernies, this is what you are missing...*



## *The Ernies*

**W**e enjoyed the Ernies enormously, Lorraine and I. Who said the feminist movement was over? Twenty two years after Meredith Bergmann established the annual Ernies Award dinner at Parliament House in Maquarie St, we did it again. A sellout crowd of 300 feisty women, including a goodly proportion of young women, many attending for the first time.

Many of us dressed up as suffragettes, including Lorraine and I, after raiding our local Vinnies for the purpose. We were all there to name and shame the worst public offenders of offensive words and actions that denigrate women.

Meredith told us that there used to be lots of nominations in some categories that have now all but disappeared, notably the Judiciary and Unions... these senior people seem to have learnt their lesson, and have become much more respectful, or at least circumspect in their proclamations, at least publicly. This is a very positive outcome for the Ernies.

But sadly there are still plenty of candidates for the various silver Ernies, especially in the categories of Politics and Media. So after the list of nominations was read out for each category, we 300 women voted for the worst offenders....voting by shouts of "Boos" and thumping of the table. All very noisy and great fun, as well as serious in intent...helped of course by a goodly flow of wine and good food.

So while it would be good if there were no more nominations for bad behaviour (including by women against other women), still as long as

### *Lorraine and Jenny at the Ernies*

there are, then this is an excellent high profile, fun feminist response. Go the Ernies!!

*Jenny Onyx*



## *History of the Ernies*

**J**ust as no one remembers who Oscar actually was, few people remember the original Ernie.

However, women in the trade union movement in the 1980s and 1990s recall him well. Ernie Ecob was the secretary of the AWU, the old Shearers' Union, and was famous for his comment that women only wanted to be shearers for the sex.

Those of us involved in the trade union movement in NSW had battled with him on many occasions. So in May 1993, when he announced his resignation, Vicki Telfer from the CPSU suggested that we have a lunch to celebrate. And that's how it all began.

At that first lunch a trophy was awarded for the "most bestial remark of the year". The trophy featured a miniature portrait of Ernie Ecob and a sheep rampant atop a brass plinth, a reference to Ernie's origins in the Shearers' Union. Guests were advised to wear a "good frock – something Ernie

## THE COMPLETE LIST OF ERNIES 2014

### Gold Ernie and Political Silver Ernie

#### Christopher Pyne

For claiming that increases in uni fees won't disproportionately affect women because - "Women are well represented amongst the teaching and nursing students. They will not be able to earn the high incomes that dentists and lawyers will earn."

### Media Silver Ernie

#### Piers Akerman

"The ABC has tried to foist its left-wing agenda on the nation. Even the cartoon character Peppa Pig pushes a weird feminist line that would be closer to the hearts of Labor's Handbag Hit Squad than the pre-school audience it is aimed at."

### Judicial Silver Ernie

#### Philip Strickland SC

For suggesting that former MP Jodie McKay's recall of a conversation might not be accurate because she was in "an emotional state".

### Industrial Silver Ernie

#### Wicked Camper Vans

For slogans on their vans:  
"Fat girls are harder to kidnap."  
"In every princess, there's a little slut who wants to try it just once."  
"Life sucks if your girlfriend doesn't."

### Sport Silver Ernie (The Warney)

#### South Coast Winter Swimming Association

In response to women swimmers wanting to join the club moved the following motions:  
"That the name of the South Coast Winter Swimming association should be changed to the South Coast Men's Winter Swimming Association."

"That member affiliation of the South Coast Winter Swimming Association is limited to males."

### Clerical/Celebrity Ernie (The Fred)

#### Kyle and Jackie O

For their on-air questioning of Sports Journalist, Erin Molan on how many sportsmen she has had sex with, whether she has had a boob job, and whether she has ever slept with a cricketer.

### The Elaine

#### (for the remark least helpful to the sisterhood)

Dead heat between:

#### Michaelia Cash, Minister assisting the PM on Women

"In terms of feminism, I've never been someone who really associates with that movement. That movement was a set of ideologies from many, many decades ago"

#### Miranda Devine

"After rising to the top of her party through affirmative action, our first female prime minister cynically played the victim card. Her unscrupulous complaints about sexism and misogyny just empowered the worst kind of women to excuse their own failings, and justified every sexist stereotype."

### The Good Ernie

#### Mark Lennon, Secretary of Unions NSW

For giving female staff 2% more superannuation than men, to acknowledge the structural issues that lead to women having one third of the super savings of men when they retire.

### The Clinton (for repeat offenders)

#### Tony Abbott

would approve of" and forty women came, suitably attired. We all had a wonderful time and promised to repeat the exercise the next year.

From there the Ernies grew and grew. There are

now six categories, plus the 'Good' Ernie, The 'Elaine', for the woman who makes the remark least helpful to the sisterhood and the 'Clinton' for a repeat offender.

*From The Ernies Website*



*Edna Ryan learnt through the experiences in her life that women had to fight for their rights. She inspired others to keep fighting*

*Bit by Bit and Little by Little*



*Edna Ryan*

**E**dna Ryan was born in Pyrmont in 1904. After starting work at 16 as a clerk typist she soon realised that women received only two thirds of the male wage. They couldn't get promotion because they were expected to marry and have children.

Edna joined the Communist Party to achieve equality for women, but left after CPA expelled her husband, Jack Ryan. Then she joined the Labor Party.

She wanted to get into parliament to change the laws that adversely affected working women. Her constant advocacy for equal pay and in particular for wage justice for low paid women workers meant that she was never given a winnable seat. In 1956 she had to go back to work, but her union didn't try to achieve equal pay for its women members.

The Ryan family moved to Canley Heights. She was an unpaid Labor Party alderman on the Fairfield Council for nine years and first woman president of the Local Government Officers' Association (1965-74).

It wasn't until 1965 that Edna persuaded her union to take a claim for equal pay to the New South Wales Industrial Commission on behalf of a small group of women in her workplace. But when the

union won the case, an agreement was made with the employer that this would not flow on to other white-collar women. It happened again with the equal pay decisions of 1969 and 1972.

Edna joined the newly formed Women's Electoral Lobby in 1973. With her knowledge of the industrial relations system she helped a group of young women from WEL prepare the submission on the minimum wage that was presented in the national Wage Case in 1974.

Nothing was the same for Edna after they won. With Anne Conlon she wrote *Gentle Invaders: Australian Women in the Workforce 1788-1974*, then the second, *Two-thirds of a Man: Women & Arbitration in New South Wales 1902-08*.

But her main objective remained in sight, to make the wages and conditions of women workers equal to that of men through the industrial relations system.

In 1985, in recognition of her services to women, she was awarded an honorary doctorate by the University of Sydney.

Edna Ryan was a shrewd political strategist. She brought common sense, intelligence and wit to women's activism. She inspired other women, and was a friend and mentor to women who have continued the fight.

Edna Ryan never gave up the struggle to bring equal pay and rights for women. Because of her others came to an understanding that the only way women would achieve their rights was to fight for them.

*Lorraine Inglis*





## *Pouch Packages*

**H**aving been a keen financial supporter of WIRES for many years, I was thrilled to have the opportunity recently, while visiting the Narooma area, to meet Beris Jenkins, a wildlife rescuer – one of the people at the coalface.

I have always had enormous respect for these people, so was delighted to be able to say so in person.

Beris is currently caring for 3 Swamp Wallabies, all about 5 months old. Each has its own deep pouch with cloth padding inside, suspended from a Zimmer frame, with a small pocket on the outside, where the wallabies can reach it, containing dry food – chopped lucerne, kangaroo pellets, oats, rabbit food and native plants.

But the largest component of their food intake at this point is via the bottle, so Beris took one at a time into her arms and fed it with a special formula that costs \$126.00. (I don't know what weight that comprises, but Beris told me that, by the time the wallabies are 12 months old and can be returned to the bush, she's paying that out each month).

These 3 wallabies were all found in the pouches of mothers killed on the local roads. They're not accepted into a rescue program unless their eyes are open, their ears up, and they have some fur. Before that, they're not viable. Once they have fur they can thermo-regulate, thus keep their heat in.

### *Yonda, Badger and Waylon*

Yonda, Badger and Waylon (he was always wailing when they first got him) get five feeds a day; Beris and her husband Andy are very relieved that they've grown past their 2am.feeds! As each wallaby was fed, it was put down on the floor for a few minutes. They've obviously bonded with Beris as, one after the other, they bounded after her as she moved from room to room.

It's not all fun and games for the wildlife carer. When the baby is in its mother's pouch, she puts her tongue in and stimulates them to excrete, then absorbs all this herself. The carer, however, has to have boxes of tissues available to keep constantly cleaning them.

Beris has cared for some 157 babies over a period of 13 years, and has had as many as eleven at one time. WIRES provide training for the rescuers, and subsidise the cost of the formula by 50%.

To my amazement, Beris seemed as happy to meet me – a financial supporter – as I was to meet her.

She said that the rescuers often talked among themselves about how this work could not be done without "us", out there. We actually argued about which of us made the greater contribution to the success of the program!

*Anna Logan*



*Less stuff, more space...  
After six months of dedicated  
organising, purging and tossing,  
everything has a place!*

### *Less is more! Really!*

**W**here did I put that thing? I know it's here somewhere! It's got to be in this cupboard! No! It can't have disappeared! I'll keep looking! It's bound to show up...and it does... three days later.

War is declared...between my "organisationally challenged self" and my sanity. Sanity is losing. The fight begins:

I reflect on all the false starts I've made trying to "organise" myself and reluctantly surrender to a professional approach to this 'do or die' exercise.

The search for 'organisers' on the internet turns up the Australasian Association of Professional Organisers' website. Members sign up under three levels of experience and expertise and there is a blurb about each one. I find three possibilities and make contact as per their instructions.

It's Sunday and I don't expect a reply. Surprisingly, one obviously organised person replies the same day and arrives that evening for an initial consultation. Given that I've contacted two others I tell her that I'm interested - which I am

- and will get back to her after I've spoken with the other two candidates.

Monday can't come soon enough and after chatting with two more interested organising mavens, I decide on the 'eager beaver'.

I am an optimist so it takes a lot to dent my enthusiasm.

Eager Beaver, all smiles, attacks my flat and quickly erases any ideas of a quick transformation. Suddenly my little flat has become more of a mess than it was when I called her. What was I thinking? What is she doing?

There is crap everywhere: file folders, loose papers, old photos, music, clothing, F#%#! It's my job to do the sorting, purging and tossing before our next appointment! She swears this is a temporary state and warns me that things will get worse before they get better. It is - and they do!

The physical labour, emotional upheaval of discarding possessions - even to worthy causes - and the mess that surrounds me for at least 6 months is not for the fainthearted and there are times I feel very discouraged. When will this nightmare end?

Despite a limited budget we refurnish the small flat to make it work as a studio and home. EB is frugal; committed to saving money (mine!) and we invade the aisles at IKEA. I am in awe as EB puts most of the new furniture together. Hope abounds!

Success! A year later every item has its place. Maintaining order has become a habit. The agony of those initial 6 months keeps me honest. At 76, I have finally discovered that less is more and more importantly, my "dented" enthusiasm has returned.

*Judy Feldman*



### *Out and About with Art and About*

**R**ecently I participated in one of the Sydney City Council's After Dinner Walking Groups, in order to see the Art and About Exhibition (whose theme this year was *Endangered*) in company.

These walks are held whenever there's something of particular interest to be seen around the City; their next one will be for the Christmas Lights.



Since the walks are particularly for Seniors, they take very seriously their responsibility for our safety, and on meeting at 5pm in a cafe behind the Town Hall, we were given a short reminder about traffic in the City. (Somebody raised the particular danger these days from electric cars, which are practically silent.)

We then set off, properly dressed in high vis wrist-bands and with several wranglers along for the ride, for the first event, which was a staging, in the QVB Forecourt, of a 'classroom photo' of our group of about 25, an installation by The Glue Society. It was good fun, with – as back at school – all we shorties were put in the front row, with the tallies at the back.

An 'identity board' was placed in front of us, telling date and place. Aside from arranged groups like ours, they took random people who passed by to include in

their photos, perhaps making a statement about turning strangers into temporary friends. And then each person gets a free copy of the 'class photo'!

From there we walked down Park St. where we were able to see, many storeys above us, enormous murals, including the name 'Remo'. Who remembers them, besides me – how I miss that retailer! Endangered indeed – now gone.

From there we sauntered into Hyde Park to view the five tipis – what the curators called Neon Nomads. Constantly changing images and sounds floated across these tipis. The park looked spectacular under their spell.

Then it was time for the photography exhibition. In Sandringham Gardens (in Hyde Park) we saw the amazing *Little Sydney Lives*, which was divided

into photographs by children from 3 to 7 years old, and others by children from 8 to 11 years of age. Even the younger children's photos showed lovely insight and sensitivity.

The other show, in St. James Walkway was called, simply, *Australian Lives*, and displayed the diversity of the Australian experience. Personally, I loved the winner, called *A Great Day for Drying*, which awarded the artist, Georgina Pope, a prize of \$10,000.

What I thoroughly enjoyed about this walk was its leisurely pace. We weren't rushed from one exhibition to another, but had plenty of time to fully absorb the beauty, or the strangeness of each exhibit.

Can't wait for the next one!

*Anna Logan*



# Notices

## **Nursing home operators have chequered past**

The Abbott Government's trial to abolish quality checks on nursing homes is stated as only applying to operators that have 'consistently demonstrated high levels of care'. However at least three of the ten providers selected for the trial have failed accreditation standards and one has been criticised by the South Australian Coroner for 'lax and unsafe practices'.

How did these operators make the cut for a trial that effectively abolishes accreditation checks? How can the Minister for Social Services, Kevin Andrews, think that abolishing quality audits is acceptable? Accreditation checks should be bolstered, not removed as this trial aims to do. CPSA calls for a Royal Commission to investigate the abuse and neglect of older people in our nursing homes.

*Charmaine Crowe*

## **Free Solo Recital**

A talented young cellist will be giving a free solo recital on Wednesday, at the Sydney Conservatorium of Music. It will be held in the Recital Hall West,

at 5.30pm, for about an hour. I have watched Nazli progress from a six year old in the Homebush West Public School music programme, to an accomplished 22-year old Music graduate from the Conservatorium University. She teaches both cello and piano, even though she's now studying full-time for a Graduate Diploma.

Interested in attending? Please contact me on 0488 464 339, or [annalogn@tpg.com.au](mailto:annalogn@tpg.com.au)

*Anna Logan*



## **Jessie St Library Lunch Hour Talk**

Southern Function Room, Town Hall house, 456 Kent St, Sydney. 12-1.30pm.

**20 November** – Dr Kate Gleeson - *From Student Politician to PM: Tony Abbott and the enduring significance of abortion to the Christian Right.*

Recently, popular analyses of the politics of Abbott (eg David Marr 2013) and abortion (eg Graham Richardson 2013) have underestimated or misrepresented the political significance of abortion to Australian politics. This talk responds to and corrects these popular analyses.

## **Politics in the Pub**

**November 6** - *Where is the ALP Left and what does it stand for?*

John Graham, Assistant General Secretary, NSW Branch ALP; Steven Jones, Federal Member for Throsby; Sally McManus, Secretary Australian Services Union.

**November 13** - *The Ongoing disgrace of homelessness.*

Gary Moore, CEO Homelessness NSW; Sister Anne Jordan, President Cana Communities.

**November 20** - *Regulating the regulators and work-place bullying.*

David Shoebridge, Greens MLC, NSW Parliament; Anne Gardner, General Secretary Public Service Association.

**November 27** - *The politics of AIDS in the 21st century.*

Dr Neal Blewett, Former Labor Health Minister; Alan Brotherton, Director, Policy Strategy and Research at ACON.



## **Wellness activities**

OWN also offers a number of very affordable Wellness activities during school terms. Ring the contact person listed for more information.

**BLACKTOWN:** Rooty Hill Senior Citizens Centre, 34a Rooty Hill Road, Rooty Hill.

**Tuesdays:** Hoy & Bingo, Gentle Exercise and Ukulele.

**Wednesdays:** Drop in for a

cuppa and Line Dancing.  
**Fridays:** Drumming & Tai Chi.  
Monthly bus trips & more! Ring  
Coral on 9631 3289 or Pam on  
9675 7836.

**SUTHERLAND:** Pensioners  
Centre, 749a Old Princes Hwy,  
Sutherland.

**Mondays:** Tai Chi, Strengthening  
Ex, Meditation, Feldenkrais.

**Wednesdays:** Tai Chi, Gentle  
Exercise, Drumming & Book  
Club. Speakers, courses and  
more!

Ring Noreen: 9545 3489.

**ILLAWARRA:** Coniston  
Community Hall, Bridge Street,  
Coniston (near train station &  
parking available).

**Mondays:** Tai Chi, International  
Dancing, Drumming & Gentle  
Exercise. **Tuesdays:** Relaxation/  
Meditation, Thai Yoga & Ukulele.  
Ring Barbara on 0406 627 493 or  
Sheila on 4228 7840.

**BANKSTOWN:** Bankstown  
PCYC, Cnr French Ave &  
Meredith St.

**Mondays, Tuesdays and  
Wednesdays.** Activities include:  
Gentle Yoga, Gent Exercise,  
Drumming, 'Let's Talk About'  
(Discussion), International  
Dancing, Guided Relaxation &  
more!  
Ring Diane on 9708 2245.

**NORTHSIDE:** The Annex,  
Dougherty Centre, 7 Victor St,  
Chatswood.

**Tuesdays:** Mums with Drums.

**Wednesdays:** Feldenkrais,  
Discussion, Book Club & Qi  
Gong. Ring: 9415 2474, 9419  
6417 or 0400 630 089.



## ACTIVITIES

**MEMBERS &  
FRIENDS WELCOME  
TO ATTEND**

**Lost Ladies**  
10am every Wed  
(during school terms),  
exploring various  
locations or topics  
of interest. Contact  
Annette Butterfield  
9665 5369. Email:  
abutterfield\_852@  
hotmail.com

**Film Discussion  
Group**

You are invited on  
**Tuesday Nov 11.**  
Contact Yetty on  
9665 2050 for more  
information.

**Bondi Junction Coffee  
and Gossip Group**

11am - last Friday in  
each month. The Coffee  
Shop, Eastern Suburbs  
Leagues Club (enter  
from 93-98 Spring  
St. You must sign in.)  
Contact Yetty 9665 2050  
to check all details.

**Book Club**

MON, NOV 17 -  
*The Hare with Amber  
Eyes* by Edmund de  
Waal.  
MON, DEC 15 - *The  
Road from Coorain* by  
Jill Ker Conway.  
12.30pm at 87 Lower  
Fort St. Come at 12 with  
a sandwich for lunch.  
Newcomers welcome.

**Aboriginal Support  
Circle**

Confirm details with  
Pat Zinn 9389 1090  
or email pattzinn1@  
hotmail.com

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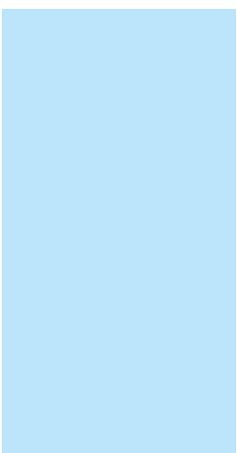
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