



OWN MATTERS

Value Unpaid Care. OWN Wellness Centres Report. Bag Lady.
How Illawarra Centre Started. Blacktown Beginnings. Fascination.
Jessie Street Lunch. Welcoming CALD members. Is It Ethical?
Who's Afraid? Disability Snapshot. Training for Tech Savvy Seniors.



Get Savvy with technology

Training classes extended to regional and remote areas of NSW through local libraries.



Bark paintings go on show

Saltwater Visions highlight the efforts of Yulnu people to share their connection to Saltwater Country.



A Grand Day Out

Members enjoy a tour of the NAISDA Dance College and the beautiful sculptures of Mount Penang.



Jesse Street Trust's Lunch

Hon Justice Virginia Bell joins fund raiser to talk about the rights of women in relation to the law.



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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 \$30 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

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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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*It is time to value unpaid care in Australia.
Imagine the difference it would make to older
women if superannuation credits were paid into
super funds of carers while doing unpaid work*

The contradictions are mind boggling. Three important reports released recently demonstrate how far we still have to go, as older women, to be recognised and valued positively by society.

The first of these is *Counting on Care Work in Australia*, produced by the Economic Security for Women Alliance (April 2012). This report claims that while the care sector is estimated to be worth \$762 billion, for 2009-2010, most of this, or \$650 billion, is the imputed value of unpaid care. If this amount was actually transacted it would represent just over half of Australia's Gross Domestic Product (GDP).

These figures are based on the labour required to meet the needs of children including their education, everybody's physical and mental health that requires attention, and the needs of those who require assistance because of age and disability.

It will be no surprise to readers that the contribution of women aged between 25 and 65 years to unpaid care is 60%. If this age range was increased this percentage would

no doubt rise as we all know that intergenerational caring continues well into later life for many women. In summary this report found that the care industry is maintained largely by the unpaid work of women including older women.

In the report *Investing in Care: recognising and valuing those who care*, by the Australian Human Rights Commission (AHRC 2013), Elizabeth Broderick, Sex Discrimination Commissioner, points out that caring is valuable, necessary work that benefits us as individuals as well as the well-being of our society as a whole. Brodrick says that now is the time for some bold and innovative thinking on how to value unpaid care work in Australia.

This focus is long overdue as the impact on retirement savings for those with interrupted work histories is well known and experienced by many older women. Superannuation is mostly not paid during paid maternity leave, and certainly there is no example of 'superannuation credits' paid on unpaid care work.

Superannuation credits, which

would probably have to be government contributions to the super funds of carers while engaged in unpaid care work, would be a valued contribution to the retirement income of many while making a considerable contribution to the economic well-being of society.

The third report *Fact or fiction? Stereotypes of older Australians* (AHRC 2013) documents discriminatory attitudes and negative stereotyping towards ageing that has 'free range' in Australia. It is curious how these attitudes are sustained when the contributions by older women, and men, to society is so vast. The contradictions towards ageing are mind boggling to say the least!

Susan Ryan, Age Discrimination Commissioner, claims that the Australian Human Rights Commission will be working hard on combating the negative attitudes towards ageing.

The OWN Australia conference is scheduled for late September. It is hoped that the relevance of these 3 reports encourages conference participants to action.

Sonia Laverty
OWN NSW



Letters

An Answer to a Problem

We want to put all the articles you send in to our newsletter: those about issues important to older women, those about other social justice issues, interesting or entertaining stories, funny stories, but we have to set limits on the size of our articles.

No writer can have more than a page in our small magazine. A page would be limited to 450 words if we use a photo, maybe more if not. Some pages will have stories/articles that are only about 250 to 300 words.

There are two reasons for us to edit articles, as any editor does. One is size; we have to cut down some articles without affecting the point of the writing. The other is we want your article to read well. This might mean we have to edit it to make the meaning clearer.

We hope you understand that editing is essential.

And sometimes we will need to publish your work in a later issue because we simply don't have enough space.

The Editorial Team



The Silver Belles

Sydney AGM

On July 18 at our OWN Sydney AGM, we had an interesting and productive meeting, but the highlight was the “Silver Belles”, an incredible tap dance group from the Illawarra, who performed several dances, in incredible costumes, for about an hour. If you weren't there you don't know what you missed. As one of our members said, “I haven't been as entertained in years!” You will see and hear more next month.

Elaine Cohen

Computer Woes

Dear Newsletter Team, thank you for printing my letters and articles but in spite of my telling you that my email address is now pattzinn1@hotmail.com you have printed the old address in the back page and also the birthday celebration notice. Here's a letter about my experience:-

Recently my computer informed me that it would not put me through to Hotmail because it was suspected that someone else was using it. So I had no choice but to change it, however, I was warned by my friendly computer

technician that I would lose all my email addresses, inbox messages and “letters sent”.

I know that there's a process whereby you back up everything but even if I had done that, I'm not sure if it would have helped. However, I had used an exercise book to make a phone book some time ago and had entered not only phone numbers, but also email addresses. So I'm in business again and my new address is pattzinn1@hotmail.com

One positive - no more junk!

Pat Zinn



In Love Again

Earlier this year, when I wrote about losing my thirteen year old cat, Pip, to cancer I knew that in time I would have another companion animal. But, as I'm no "spring chicken", I planned to purchase an older adult cat from the Cat Protection Society.

In late November, my neighbour's cat had six kittens and, several weeks later, when she arrived at my door with a tiny kitten and asked me whether I would look after it for the day, it was obvious she was hoping that I'd want to keep her. Of course, by the end of that day I had no intention of returning her.

Her name is Hayley, a pretty tabby and white kitten, who is feisty, naughty and adorable. I haven't laughed so much in years as I do at her antics. Now that she has been neutered, I let her out to play in the garden during the day. Together with her older half-sister, from a previous litter next door, they have a great time chasing each other around my back garden. They had obviously bonded prior to when I acquired Hayley, because, during the time Hayley was kept inside, the older cat used to

communicate with her from the ledge outside my window.

June West



My Dog Molly

I came home from the city, and as it was such a nice day, I opened the back doors and left them open so that Molly, the dog, could come in and out as she pleased. A bird flew in the back door, a big bird! I think Molly fainted, I screamed!

The bird flew around the downstairs with Molly chasing it. The bird then flew upstairs, then down the stairs with Molly snapping her jaws, following. After a few flights around the downstairs room, the bird exited out the back door.

Now Molly sits at the back door waiting for the bird to return. Alas that will not happen, but try telling that to Molly, the optimist.

Josie Jackson



The things people say

(From the archives)

You might want to try this site: www.rinkworks.com/said/courtroom.shtml

The following quotations from official court records were chosen for your entertainment.

Lawyer: "Now, Mrs. Johnson, how was your first marriage terminated?"

Witness: "By death."

Lawyer: "And by whose death was it terminated?"

Lawyer: "This myasthenia gravis - does it affect your memory at all?"

Witness: "Yes."

Lawyer: "And in what ways does it affect your memory?"

Witness: "I forget."

Lawyer: "You forget. Can you give us an example of something you've forgotten?"



Still Dry July

Thanks to all my supporters for being so generous towards my Dry July effort to raise funds for Cancer support.

As I write this the total amount raised is \$1077.10. The glass of port before bedtime has been missed (18 days to go but who's counting) but has had no affect on my sleep patterns, for which I am grateful but surprised.

The glass of wine I usually have with lunch each month at the two OWN meetings I attend was not missed either.

Thanks again for your help and meanwhile, DFTBA, (Don't Forget to Be Awesome) I'm trying hard not to.

Barbara Malcolm



At and Beyond the Rocks

A grand day out!

Thanks to the organisation of Wyong OWN's Margaret Reid, Wyong and Brisbane Waters OWN members enjoyed a really grand day out on June 21st.

From the various areas in the Wyong and Gosford districts, we headed to Mount Penang where the old and new "Boy's Remand Centre" is situated. However, the old part is now put to a far better use as home to NAISDA Dance College. It is here that young Aboriginal and Torres Strait islanders are studying traditional style and modern dancing.

We met at the Waterfall Cafe, then it was up to the top of the mountain where the sculptures from the Bi-Centenary in 1988 are situated. This is very interesting as it is a multi-cultural collection of work. The horse resting on its shoulders was from the Republic of Georgia, the big, very decorative head of a bride from Burma and the big abstract from either China or Japan.

These large granite works



have been weathered and are decorated by Nature with moss.

Like so many cultural activities there is not enough government funding for NAISDA. They do have a number of performances that help raise funds, however, they do need other methods of raising finance to fund their students to keep them accommodated and fed.

In the large rehearsal room we watched a number of dances. It was an impromptu performance. The agility of the young dancers showed they really do work out in the Pilates Studio and at the bar. It is possible to see the mixture of ancient Aboriginal Dance cleverly

woven into the modern dance movement. Each performance was loudly applauded and appreciated. Other members felt as I did, that these serious young students will graduate with honours and go on to greater cultural activities.

Thank you Margaret for your organisation, and to Carol. It really was a memorable and great day out for everyone!

*June Goss
Wyong OWN*



Catching up with Hastings OWN

Our group has been going for nine years since Ann Lang from Sutherland OWN started this group in 2004 with a couple of women. I joined in 2005, and after a couple of years took over as Secretary. I had experience in organising the Social Club at Wagga Wagga Base Hospital.

We have a great group, with eight on the committee. Ann left our group and I took over as Coordinator, a job I enjoy. We have had a few new members



Above: Gloria and Ella from Hastings OWN. Right: Irene with her dog, Sydney



of late who found our group via publicity in the local newspaper.

Our ages range from 70-90. I have included a couple of photos (above) of our members. One of Gloria who turned 90 this month, with Ella, our treasurer. And one of Irene who does line dancing, lawn bowls and gentle exercises at one of our clubs, is with Sydney, her dog at our Hastings Headway Christmas lunch. Headway is our charity and the clients enjoy the dog. We donated \$785 this last financial year, which I feel was a good effort as we are a small group.

A big thank you to Beth and OWN NSW management team and also the Editorial Team which compiles OWN Matters, a much enjoyed magazine.

Pam Kenyon, Coordinator



Theatre Group

Putting together a show takes time and much discussion. Even finding a suitable name can be fraught! Copies of sheet music need to be found, we have to learn the words, as well as the movements

which our director, Uma has planned. All of this takes trial and error.

We are pleased to welcome Inez to our ranks and to welcome back Meg. And a big thank you to Miranda who has agreed to be our stage manager-roadie-general assistant. As with several of our members, Inez and Miranda first saw us as part of the audience and thought it looked like fun.

We have recently performed twice at a community centre in Dulwich Hill, first with our light-hearted show and, a month later, the serious one on elder abuse, *Don't Knock Your Granny*.

On both occasions there was a Q&A session afterwards when we informed people about OWN and the audience gave us some feedback. We also gave a performance of our elder abuse show at a forum at North Sydney convened by The Education Centre Against Violence for social workers, police and community workers which very well received.

I must mention a wonderful singing workshop run by Sarah Penicka-Smith, which Uma

arranged for us. Sarah is the musical director of The Gay and Lesbian Choir as well as principal conductor of The Macquarie University Singers and is a great teacher.

Halcyon Evans



OWN NSW August Quarterly Meeting

Brisbane Water OWN recently moved to a new location for our monthly meetings as our local Council closed the Community Centre. We have been offered another location in the same area which will give us the same access to public transport and parking.

This all happened after we offered to host the quarterly meeting in August and I can say you gave me some sleepless nights. We hope the new location will be up to hosting all you wonderful women and look forward to seeing you here on the beautiful Central Coast.

One of our current projects is to assist the Mental Health Unit at our local hospital with funds to re-cover their snooker table. This is a vital part of their patient's rehabilitation plan. I hope you will help us raise these funds by supporting our raffle at the quarterly meeting - the prize will be two framed long stitch, donated by an OWN member.

Carole Davidson
Convenor Brisbane Water OWN





Aboriginal Support Circle Issues

50th anniversary of Yirrkala Bark Petition

In 1963, twelve clan leaders of the Yolngu people of north-east Arnhem Land sent two bark petitions to the Federal Parliament, calling on Parliament to reconsider its decision to excise 300km² of Arnhem Land for bauxite mining and to send a committee to speak to the elders.

The then minister for territories, Paul Hasluck, rejected the validity of the signatories, indicating that they did not represent all of the clans entitled to speak. Two weeks later, the people sent a second bark petition, this time with the thumbprints of clan elders, so that there could be no doubt that the people were united in signing the petition. Both petitions were framed by bark carrying Aboriginal designs.

Unfortunately the petitions did not succeed and the mining went ahead.

However, the petitions started the land rights debate culminating in

the Mabo judgement, ending the legal fiction of terra nullius.

During NAIDOC week in July, the Prime Minister, Kevin Rudd and Yolngu leaders came together in Yirrkala to remember the twelve clan leaders, some of whom are still alive, who had sent the petitions.

Mr Rudd described the petitions as the first traditional Indigenous documents to be recognised by the Australian Parliament and as “two of Australia’s most important founding documents.”

Also, during NAIDOC week, the thumbprint ochre-coloured petitions stored in parliamentary archives for decades, were revealed for the first time, and will be available to view in an online exhibition curated by the Australian Institute of Aboriginal and Torres Strait Islander studies.

Pat Zinn



Good medicine for community

The Jarimadangah Butu community in West Kimberley

have long known that the bark of the Mudjala tree is an effective pain-killer.

The community now holds a joint patent with Griffith University for this painkiller from the Mudjala tree which grows on the banks of the lower Fitzroy River. The idea is to farm the tree and turn the bark into a herbal product for sale.

Native Title has recently been registered and the community rangers are receiving training in scientific vegetation surveying. Statistics will show the numbers of plants and where they grow and the data will help make the decision whether to cultivate the tree from the wild, or grow it out.

Pat Zinn



Kinchela Home declared an Aboriginal Place

Between June 1924 and May 1970, up to 600 “stolen” Aboriginal boys were taken to the Kinchela Aboriginal Boys Home near Kempsey in NSW. Now it has been officially



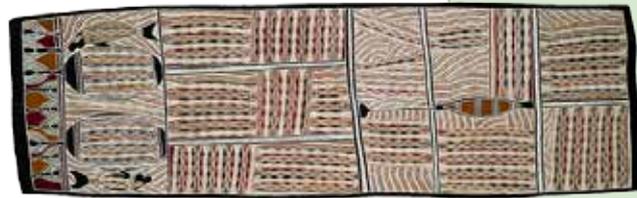
declared an “Aboriginal Place” by the NSW Government “to recognise the cultural, social and historic significance of the site to the Aboriginal community.”

Dunghutti Elders and the Kempsey Local Aboriginal Land Council played a major role in securing the declaration. The home represents the social and cultural dislocation and the deep personal grief suffered by the inmates, who were all stolen children.

Over 70 Aboriginal Places have been declared in NSW since 1974 to recognise that “Aboriginal culture is living and dynamic and that the connection of Aboriginal people to the land and culture is immensely important to their wellbeing and future.” Under NSW law, the declaration of an Aboriginal Place does not change the status of the land or affect ownership rights. But a person must not harm or desecrate an Aboriginal Place.

The Eurabalong Aboriginal Fringe Camp near Lake Cargelligo in NSW was formally declared an Aboriginal Place very recently, as is the St. Clair Aboriginal Mission Station and Corroboree Ground south of Singleton.

The St. Clair Aboriginal Mission Station, nominated by the Wonnarua Aboriginal Nations



A bark painting from the Saltwater Collection

Corporation, is also a memorial to the Stolen Generations.

Pat Zinn



Hotline saved

In a previous edition of OWN Matters, it was reported that the NSW/ACT Custody Notification Service, credited with preventing Aboriginal deaths in custody, would lose funding in June 2013.

Technology and social media are helping to make politicians listen! An online petition hosted by change.org protesting the closure, was signed by 33,000 people and it has been confirmed that the service will be funded by the Federal Government for at least another two years.

Pat Zinn



Stolen Generations Website

The Stolen Generations Testimonies website was launched on 25 May, the evening before ‘Sorry Day.’ www.stolengenerationstestimonies.com

About 28 to 30 Stolen Generation

Saltwater visions

Australian National Maritime Museum, 2 Murray Street, Darling Harbour.

May 23 - Oct 6, 9.30am-5pm

Bark paintings from the Maritime Museum’s Saltwater Collections highlight the efforts of Yolnu people to share their connections to saltwater country.

In 1996 an illegal fishing camp was discovered hidden at Garranji. After this desecration, Yolnu people began painting barks that demonstrated the rules, philosophies and stories of their region. They were presented as evidence of Yolnu connections to saltwater country in a 2008 High Court case. The court verdict gave precedence to Indigenous rights.

Contact details: Stephen Gapps 9298 3723.

members were interviewed during the consultative process for this project in 2009 resulting in a DVD/Documentary.

Lorraine McGee-Sippel



The story of OWN Wellness is about the centres that were initiated by and are now organised, managed and run by highly skilled and passionate older women

Report on OWN Wellness Centres

This report is a write up of a twelve month research project that focused on the OWN Wellness Centres, established over the past twenty years by the Older Women's Network (OWN). These centres encourage and make it possible for older women to access and participate in a range of affordable social, educational, physical and intellectual activities in their own communities.

There are six Wellness Centres, all with an active ageing orientation. They were initiated by and are organised, managed and run by community based, highly skilled, committed and passionate older women. This research investigated and documented what the Centres are doing and the work being done by all the women running and participating in the OWN Wellness Centres in NSW.

The report is in two sections. Section One is a literature review covering relevant international and national policy frameworks, focusing on the status of women's health, the impact of gender and the important issue of falls and falls prevention.

Did you know that in 2011, 1530 people aged over 75 died from falls – more than the 1290 people of all ages who died that year in road accidents (ABS, cited by Adele Horin, 2013). We can prevent these falls happening, and as a matter of fact, the OWN Wellness Centres are already doing this.

Section Two documents the structures, the management and the organisation of the 6 Wellness Centres, Bankstown, Blacktown, Illawarra, Northside, Sutherland and Sydney. Appendices

2 and 3 will be of particular interest to readers of OWN Matters. Appendix 2 titled Beginning Stories, reproduces the stories told by Coral Littlewood, Coordinator at Blacktown, and Barbara Malcolm, Coordinator, Illawarra, about the setting up of these two Wellness Centres.

Appendix 3: The OWN Wellness Centres, provides details of what goes on at each of the OWN Wellness Centres. The information for this Appendix was obtained from interviews we conducted with coordinators and members of their Management Teams.

The most significant finding of this scoping study was that the OWN Wellness Centres make a major contribution to supporting and enhancing the health, wellbeing and social connectedness of hundreds of older women in NSW. The report is designed and set out so that readers can read the entire report, or just dip into the sections that are of particular interest.

I would really recommend the report as an excellent read for anyone interested in older women, health, well being and activism.

I would like to acknowledge and thank all the women involved in the OWN Wellness Centres who gave so generously of their time, to tell us their stories. Comments on the report would be very welcome.

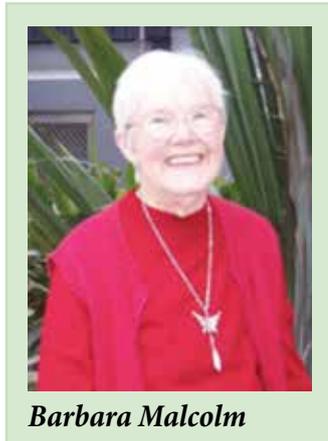
Jane Mears
Email: j.mears@uws.edu.au

Ref: Horin, A 2013, Not Waving, Falling, downloaded 30th March from <http://adelehorin.com.au/2013/03/25/not-waving-falling/>



How Illawarra OWN Wellness centre came about - 2009

I was involved with the Wellness Centres being run by OWN NSW and when I moved to Coniston I decided this area needed to have somewhere that women could meet and take part in good health practices. I got in touch with the local radio station and local paper to see if there was an interest there and found there was.



Barbara Malcolm

I set out to find a venue and some trainers to run two of the three activities that are at the other five OWN Wellness Centres: Tai chi, Gentle Exercise and Drumming. I myself had been teaching drumming to a group of Wollondilly OWN members. I found the venue through the community Liaison officer at Wollongong Council, the Tai Chi trainer from the local Women's Health Centre and the Gentle Exercise trainer from a group I had joined at Wollongong Hospital.

We opened for one day a week in September 2009 and after the Christmas break started the New Year by adding International Folk Dancing to our program. By the end of 2010 we had started to work with Chaiya Norandachenunt who was doing a PhD at Wollongong University, researching the benefits of Tai Chi and Thai Yoga to older persons, and were then opening two days a week.

The number of participants and the fitness levels of the members improved so much that by the end of 2011 we had to introduce a further exercise program so that those who had been doing the gentle exercise could move on to a level where they could continue to build their fitness.

By the end of 2012 an extra Thai Yoga class was added for the same reason. The last class we started was our Ukulele class.

Classes now are:

Monday: Tai Chi, International Folk Dancing, Gentle Exercise, Fitness for Seniors, Beginner drummers and Performance Drummers.

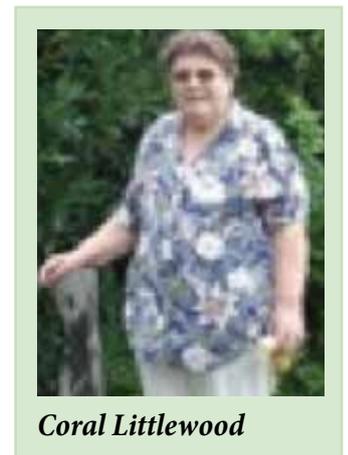
Tuesday: Beginners Thai Yoga, Thai Yoga and Ukulele.

Barbara Malcolm, Coordinator



Beginning of Blacktown & Districts OWN Wellness Centre - 2004

The first time I had heard of the Older Women's Network was an invitation I received from the Aged Care Planner for Blacktown City Council. They had arranged a Forum in the area to see if there would be any interest in starting up a group. There were over 100 women at the Forum.



Coral Littlewood

The Theatre Group performed a few numbers and some aged care nurses gave us the details of The Older Women's Network. It all sounded very interesting to me as I had retired recently, although the left wing rabble rouser did put me off.

A few days later Pam Hawkins rang me to see if I would come to another meeting in the Chambers to settle on a date and venue. These meeting went on for three weeks and in the end I found myself voted as the President and the Treasure!

The Council provides us with a hall, rent free. On the 23rd March, 2004 we held our first meeting with 80 members. We quickly filled the hall three days a week with various Wellness activities and have maintained a membership of just over 100 for nine years. Over 50% of our membership has been on the books longer than five years.

*Carol Littlewood
Coordinator*



We are not just members of the OWN community. We contribute much to the broader society of which we are a part, and value our participation in many events

Fascination

“**D**on’t miss the Sydney Moderns exhibition at the Art Gallery!” my neighbour enthused. “It’s terrific!”

Fortune smiled. The next day, I had time to get to the Gallery and see it for myself. With a desire to fill in the gaps of my knowledge of Sydney’s history, I was delighted to discover paintings, water colours, etchings, pottery and even an art-deco mock up of a room, representing the period from 1910 -1930.

The years between the wars were a time of unprecedented growth and change in Sydney. There was the construction of the Harbour Bridge (the subject of several paintings); the commencement of multi-storey dwellings (which in locations like Elizabeth Bay allowed some women the opportunity to live independently in the city for the first time), and the beginning of the city’s underground railway system with its concomitant daily rush hours of commuters clogging streets in a brand new way. The period saw radical new freedoms for women, including simple, body-hugging fashions minus constricting corsetry, and new methods of birth control.

Many of the exhibits in ‘Sydney Moderns’ are old friends of mine, works of well-known artists which are part of the Gallery’s permanent collection, but also works borrowed from private owners and other galleries. The artists include Roland Wakelin, Roy de Maistre, Elioth Gruner, Grace Cossington-Smith, Grace Crowley, Margaret Preston, Thea Proctor and many others.

Seeing the exhibits put me in a state of rich nostalgia, especially when our guided group came to the mock-up of the ‘modern’ living room of the early ‘30’s. My mind was thrust back to times spent in my grandparents’ homes, to afternoon tea parties spent sipping tea from angular art deco teacups and sitting in streamlined art deco arm chairs in front of art deco fireplaces. Briefly, the present moment faded from my view...

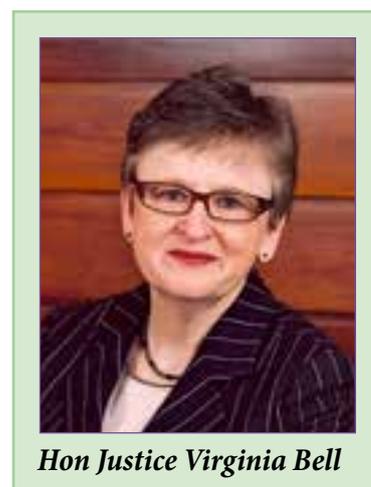
I recommend this exhibition to all who may love our city and our Australian story. You will not be disappointed, but do join one of the free guided tours, as it makes a huge difference to what you will grasp from what you see.

Bev Cameron



Jessie Street Lunch

In May I attended the Jessie Street Trust’s Annual Lunch at Parliament House. I always enjoy it, as it’s serving a worthy cause and meet friends that I may not see regularly.



Hon Justice Virginia Bell

The lunch is a fund raiser that “supports campaigns and projects around Australia that promote Jessie Street’s values - the rights of women and indigenous people, peace and disarmament, and the elimination of discrimination”.

The Trust has awarded \$7,000 to the Women's Legal Services NSW to fund a project to encourage women to report discrimination in the workplace, and get free legal advice. The keynote speaker was the Hon Justice Virginia Bell AC of the High Court of Australia (Her Companion of the Order of Australia was awarded in 2012 for, "(being) an advocate for the economically and socially disadvantaged". I remember her myself from the 1980s when she worked at the Redfern Legal Centre, NCOSS, where I worked.

She told of the lengthy struggle for women to be included in the jury roll. It lasted until 1968, when they were finally, like the men, required to be on it. Even then, any woman could simply ask the Sheriff to remove her name! She told of an incident from her days as a law student in 1969 when her "criminal law lecturer singled out the only female students, instructing the two of us not to attend the trial of a sexual offence."

To support her belief that gender isn't necessarily reflected in court decisions, Virginia Bell also reminded us of the Superclinics case of the mid-1990s. This concerned a woman student whose pregnancy failed to be diagnosed until it was too late for an abortion. The doctors she sued won on the spurious grounds that an abortion would have been illegal, but the NSW Court of Appeal overturned that decision.

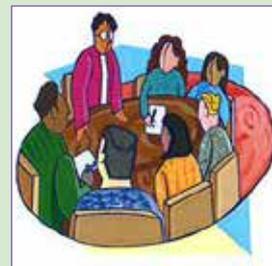
Anna Logan



Welcoming culturally and linguistically diverse new members

On Wednesday, June 12, I attended the Multiculturalism and the Future of CALD Community Organisations Conference. The program had speeches from representatives of CALD Communities, experts who have studied or worked in the multicultural area and politicians.

I went to the workshop on Multiculturalism and the CALD ageing population. Yolanda Encina from Aged and Disability, Fairfield City Council, gave



a summary about the survey results on ageing, from the last census and the research results on the local ageing population. However existing information is inadequate about the reality for CALD Seniors and the issues specifically affecting us.

Ultimately what I learned was that two types of ageing CALD population are emerging especially among women.

Those who are most comfortable in their own languages and cultures.

The ones who migrated as adults in the early or mid-1900s or those who came under the family reunion scheme or members of the more recent immigrant groups.

Some CALD women are "baby boomers", women who are bi or multilingual Aussies and who have worked outside the home as well as raising children and grandchildren. They are comfortable in their own cultural/language groups, and in the general community.

These are the women who may be more interested in OWN in the coming years. Only a few of the women at the Conference were aware of OWN and wanted to know more. They were excited by the work of the Theatre Group. So many women asked for my card that I ran out!

Hopefully OWN will welcome my CALD sisters who may choose to join OWN especially after seeing Theatre Group performances. OWN would gain tremendously with the addition of these diverse women.

Uma Kali Shakti



*Is it ethical for the media to viciously malign and insult the elected leader of any country?
Is it ethical for any government to move Indigenous people from their traditional land?*

Is it ethical?

At the Sydney Writers' Festival I attended a session called *The Public Philosopher: Social Justice in the Age of Markets* with Michael Sandel.

His basic premise was that it is unethical if market forces adversely affect social justice.

Sandel questioned the ethics of the Inuit people of North Canada selling to hunters some of their quota of walrus, allocated to them by the government. The hunters would pay the Inuit to kill a walrus and the Inuit would keep the carcass for food and other resources. Michael Sandel asked the question. Was this ethical?

To answer the question, one would have to ask: what does social justice mean when it comes to the Inuit people of Nunavut?

Nunavut is sparsely settled and isolated with extreme weather conditions, few roads, and very little infrastructure. By the 1960s all Canadian Inuit had been moved to permanent settlements in small isolated communities. The Inuit had previously been self-sufficient, living in a very harsh environment but within two generations this changed completely.

The Land Claims Agreement gave the Inuit control of Nunavut, a huge province in Northern Canada. In their permanent settlements the cost of food



from co-op stores is twice as much as in Toronto. For the Inuit, hunting is still a very important part of their culture and they continue to rely on caught/ hunted food as a source of nutrition and clothing. Fuel, essential to providing warmth and for the skidoos and boats used in hunting, is very expensive.

Hunters' organizations and regional wildlife boards decide how much beluga, walrus and narwhal Inuit communities can harvest. The Inuit can then assign some of their quota of to sporting hunts if they choose.

Inuit remain heavily dependent on government dollars; they must leave Nunavut for education, training and employment and many who stay behind are unemployed. Almost half of Nunavut residents are under the age of 20, with rates of suicide and substance abuse high.

The selling of some of their quota by the Inuit is a matter of social justice in meeting their basic needs: working with their community, preserving culture, providing food and employment, and earning money. Surely then the selling of some of their quota is ethical. And anyway, how ethical is it for

anyone to pass judgement unless they walk in Inuit shoes (or snowshoes)?

Lorraine Inglis



Who's Afraid ?

Sincere thanks to those women of the Victorian Women's Trust who wrote "Credit where credit is due", and to the women who donated money for it to be placed in full page advertisements in the mainstream media on Friday, 5 July. Your statement eloquently expressed what many of us are feeling and thinking about the deposition of our first female Prime Minister, Julia Gillard.

I have worked to educate young women and men at secondary and tertiary levels for three decades, and worked as the first and sole Industry Advisor for the Affirmative Action Agency in the Federal Department of Industrial Relations.

I am also one of many Australian women who has experienced personally and professionally, and by observation of other women in leadership roles, just how treacherous and volatile such positions can be. The level of scrutiny to which prominent women are subjected in this country is vastly greater than their male counterparts have to handle.

In this country, as elsewhere, many men have major problems with capable, competent, intelligent, strong and, dangerously "non-compliant" women. They seek to destabilise and undermine at every opportunity. Strategies range from diminishing and

destroying women's credibility to using the crudest forms of abuse, rape and even murder. And when we become aware of destructive situations they are excused as not serious, but caused by the woman's action, appearance or opinion.

What I think must also be said is that during Julia's time as PM, some of the most personal and vicious comments about Julia, and Tim, were said by other women. I have heard unpardonable comments in unexpected places such as private lunches and dinners, various shops where politics were being discussed with varying levels of vehemence, at meetings of groups to which I have affiliations and, of course, relentlessly, in the media.

A few days before that fateful Wednesday night in June, I was sitting in a specialist's waiting room with the radio tuned to one of Sydney's shock jocks spewing out his disgusting views of our Prime Minister. After a barrage of invective to which everyone in the waiting room was subjected, I commented to the two receptionists that I thought it inappropriate for patients to be forced to listen to this disgusting, discriminatory man. One man in the surgery smiled and nodded at me, whereas the two women receptionists glared at me and did not reply or make any attempt to change the station.

Misogyny is undoubtedly alive and well, and the sources of it are both complex and varied. But at the core of it is fear. When we can unpack that baggage from the national psyche we will go some way to bringing about the changes many of us dream of, and have worked for in this lucky country where many people remain deeply prejudiced.

Lyn MacIver



Many people need help and care. The Disability Care Australia insurance scheme will help provide greater care for the disabled. But what about the homeless? And seniors struggling with the digital age?

*Disability Care Australia:
A snapshot*

Disability Care Australia is the national disability insurance scheme, which aims to provide individualized support for eligible people with permanent and significant disability, their families and their carers. It does have exclusions, and a major exclusion zone is for people aged 65 and over.

I didn't totally understand why this was the case, although I suspected it was an economic one. Over 400,000 people have been targeted as being recipients. With partial understanding of how the scheme might work I went to a Forum where Tanya Plibersek, the Federal Minister for Health was present, with Daniel, a young person who will benefit, and representatives from Disability Care Australia and Every Voice Counts.

Many of you will remember how hard advocates worked to achieve this scheme before the Labor Government enshrined it in law. There are still many



questions. For instance, there is no list of diseases and disorders that qualify a person to receive the assistance. More, it is an individual or representative of the individual who supplies the information on how the person's life is unable to function fully, or partially, because of permanent and significant disability.

So, back to the age question! We were informed that the Productivity Council strongly recommended that services and benefits weren't duplicated for people 65 and over. A lot of work had been progressing in that area to increase support to those people who needed it, through age care packages and other schemes. I can't argue this point, but only present what I was told. I imagine there will be a lot of advocacy going on from groups that have been excluded and feel that justice may not have been served.

Daniel, who eloquently told us his life story, is 20 years old, in

full-time work, and mostly lives his life in a wheelchair, which as he explained is an extension of himself, not a luxury item. To make his life more enjoyable he can now elect to have money to pay for taxis and someone of his own age to take him to gigs and outings so that he can have a "normal" life with people of his own age. As his goals change so will the provision of services and supports and they will be lifelong, enabling him to adapt to new circumstances through his lifetime.

So many questions, at the end of the session, from worried parents, carers, disability providers and the general public but so much good will towards a scheme that will make life immeasurably better for so many, who have struggled for so long to have their voices heard. For more information please go to www.disabilitycareaustralia.gov.au or call 1800 800 110.

Rita Tratt





More Tech Savvy Seniors' training available at libraries

Minister for Ageing Andrew Constance announced that the popular Tech Savvy Seniors program will extend training opportunities in the local library network, with a focus on rural and regional areas.

“Earlier this year Telstra and the NSW Government launched the Tech Savvy Seniors program to support and boost the computer knowledge and online skills of seniors,” Mr Constance said.

“It was incredibly successful

and we are pleased to fulfill the mutual commitment both Telstra and the Government have to seniors living in regional and more remote areas of NSW by making training available to them.”

Tech Savvy Seniors is a partnership between the NSW Government and Telstra that provides low cost or free training to older people across NSW.

Telstra’s Chief Customer Officer, Gordon Ballantyne, said the community hub feel of local libraries provides an ideal environment where seniors can overcome their fears, explore and connect with technology at their own pace.

The Bag Lady

**She is alone
in this busy place
why does she cry?**

**Crowds are passing
keeping up their pace
she is alone**

**Her clothes bedraggled
her shoes are drab
why does she cry?**

**Her bulging bag
a comfort seems
she is alone**

**Her hair unkempt
her nails askew
why does she cry?**

**Her eyes are blank
her thoughts are few
she is alone
why does she cry?**

© Coral Littlewood

(Written at 10.30pm in the villanelle style - Oh dear!!)

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“Computers, smartphones and tablets open up a whole new world to online shopping, paying bills, banking, holiday planning and staying connected to the local community.”

To find out more about the Tech Savvy Seniors program and to view the NSW Ageing Strategy visit www.ageing.nsw.gov.au/publications and www.telstra.com/seniors.

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Notices

ASC Birthday Celebration

Aboriginal Support Circle invites OWN members to its 20th Birthday Celebration lunch on Thursday 8th August, at Mott Hall. RSVP by 15th July to: Pat Zinn on 9389 1090 - pattzinn1@hotmail.com - or Cate Turner on 9428 2905 - ctur@ozemail.com.au



Birkenhead Social Group

We will meet August 10 and then August 24, September 7 and September 21. The Cafe Birkenhead has moved to a new venue, but is on the same floor of the shopping mall as the previous location. Queries can be made Bev Cameron on 9957-5367.



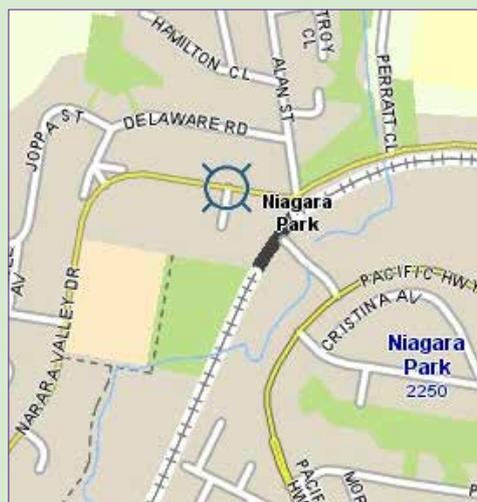
Drumming Program

We follow after Tai Chi as part of the Wellness on Wednesday Program, though not every week. We meet for lunch and a chat from 12 noon. Session time is 12.30-1.30pm. Abraham Mott Hall, Argyle Street, Millers Point. Contact Suzanne on 0425 346 927. Next sessions: August 14, September 11.



OWN NSW Quarterly Meeting

August 30, 10am for 10.30 am start, finish 1.30pm. Hosted by Brisbane Waters OWN. Lunch will be provided. The Venue: Central Coast Youth Club, 16 Washington Avenue, Niagara Park, NSW (Please note the Youth Club is located behind the Niagara Park Shopping Centre).



The Agenda will include discussions on future directions for OWN NSW and OWN Australia, and a performance by

the OWN Theatre Group. Please RSVP by 20th August to OWN NSW Office on 02 9247 7046.

Mental Health Community Consultations

Mental illness and addictions will affect half of us during our lifetimes. The Commission will be using a process of 'co-design' to create a reciprocal partnership between professional capability and the needs individuals with a lived experience of mental illness. The Commissioner invites you to contribute to developing the draft Strategic Plan. Register at www.nswmentalhealthcommission.com.au. Or call the Commission on 02 9859 5200, or 1300 884 563, or write to: John Feneley, Commissioner, Locked Bag 5013, Gladesville, NSW 1675



Sydney Talks

August 1: *Wikileaks - Right or Wrong?* Peter Bowden and Sam Alexander lead a debate. 7:15pm-9pm. Cost: \$5. Upstairs, Berkelouw Books - Leichhardt, 70 Norton St, Leichhardt. Enquiries: Philoagora - www.philoagora.com - 97976459
August 13: *The Australian Leadership Paradox.* Geoff Aigner and Liz Skelton discuss their research into the paradoxes holding back effective leadership. 6:30pm-8pm. Free - registration requested. Law School Foyer, Eastern Avenue, University of Sydney. Enquiries: whatson.sydney.edu.au/events/publ. 93512943



Politics in the Pub

Gaelic Club, Devonshire St, Surry Hills. 6.00-7.45pm

August 2: Indonesia - What are the Progressive forces and what is their Influence?

- Dr Peter King, Research Associate, Sydney University
- Dr Vanessa Hearman, Lecturer Sydney University

August 9: Is Political Islam Reactionary or Revolutionary?

- Prof Lailufar Yasmin, University of Dakha
- Dr Ashley Lavelle, Macquarie University

August 16: The Ghandi Legacy; Non-violence in public policy and private life.

- Prof Stuart Rees, Chair, Sydney Peace Foundation
- Tom Weber, author, former head Peace Studies, La Trobe University

August 23: Alcohol Related Violence- moral panic or serious policy challenge

- Dr Alec Wodak, Drug and Alcohol Unit, St Vincents
- Honourable John Della Bosca.



Crime Reading Group

10.30am to 12.30pm

24 August: Colourful crime – Choose a novel with colour in the title.

19 October: Crime in a confined space - a lift, a cell, the smallest room in the house – your choice! Group Coordinator Carole O'Brien - 9665 6639.



MEMBERS & FRIENDS WELCOME TO ATTEND ALL OUR ACTIVITIES

Wellness on Wednesdays

9.30am–12.30pm every Wed. Abraham Mott Hall, Argyle Street, Millers Point. Contact Lola 9665 8741 or Joy 9698 5205

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 **Tues August 13** to see *Before Midnight*. 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

Venue: 87 Lower Fort St. MON, AUG 19 - 12.30pm. *The Eye of the Storm* by Patrick White. MON, SEPT 16 - 12.30pm. *Gilgamesh* by Joan London. Details: Ann-Marie Kestle 040 8740 435.

Aboriginal Support Circle

The next meeting is August 8 for our 20th Birthday celebration. Confirm details with Pat Zinn 9389 1090 or email pattzinn1@hotmail.com

Saturday Social Group at Birkenhead Point

Birkenhead Café, 1st floor Birkenhead Shopping Complex. Contact Bev Cameron on 9957 5367 or Meg Venning on 9887 2386.

SUBSCRIBE NOW to OWN MATTERS

Subscription to **OWN MATTERS** is just \$30 per year, due every July 1.

- Want to Join OWN Sydney at the same time? Tick this box and include another \$10 member's fee.
- Like to donate to OWN NSW?

\$.....

PAYMENT METHOD

- I enclose a chq/money order for \$30 (covers to June 30, 2013) plus \$10 for membership made payable to: OWN NSW **OR**
- Please debit my credit card for \$30 or \$40

Total Amount:

Card Type: _____

No: ____ / ____ / ____ / ____

Expiry Date: __/____

Name on card (Pls Print): _____

Signature: _____

Address: _____

State _____ Postcode _____

- I need the large print version (A3)
- I'd love it on email too
- Email Only - DON'T post email address:

LOOKING FOR A GIFT IDEA?

Please send the above subscription to: Name: _____

Signature: _____

Address: _____

State and Postcode: _____

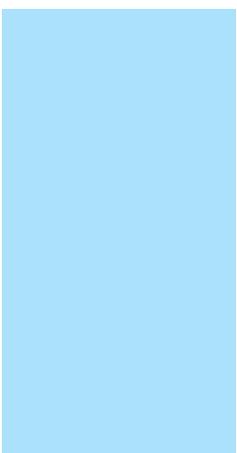
IF UNDELIVERED PLEASE RETURN TO:

Older Women's Network NSW Inc.

87 Lower Fort Street

Millers Point NSW 2000

OWN Matters



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