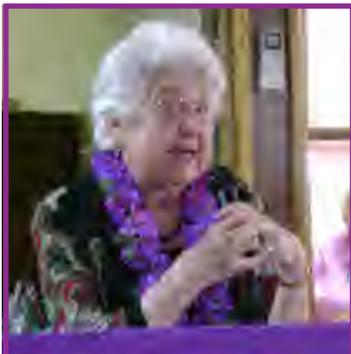




# OWN MATTERS

Newsletter of the Older Women's Network NSW

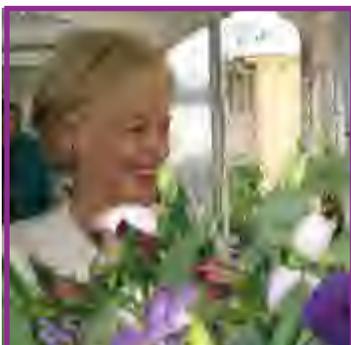
Vol.9 No.3 – April 2012



## Celebrating Noreen

*I think the universe was looking after me, by leading me to OWN where I met Noreen Hewett. She became my mentor and I grew to love and admire her for her ideals, her passion and support for social justice and feminism, and for the respect she showed to all...*

see tributes pages 4-5 including Pat Zinn's *Farewell to a Star* p5



## A Vice Regal Salute to IWD and OWN

*The Governor-General of Australia, Her Excellency Quentin Bryce and Mr Michael Bryce AM AE had issued an invitation to representatives of OWN Australia to join them at afternoon tea ...to celebrate International Women's Day 2012...*

see Bev Cameron's IWD account, amongst others pages 10-11



## Misinformation on screening for cancer

*The implied message is that women 70 years and over are not at risk of breast cancer. This is far from the truth. Older women do get breast cancer and are at risk of serious consequence if diagnosis is delayed...*

see Sonia Laverty's article, page 18



## One Step Forward, Two Steps Back

*I told the doctor to do what he had to do. From that time on I knew I had to change my whole way of thinking. I put my previous ways behind me and my main thought was that I was determined to walk again with the help of a prosthesis...*

see Merle Hight's article, page 21

Older Women's Network NSW 87 Lower Fort Street Millers Point, NSW 2000

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Produced with the assistance of the Australian Government through Ageing Disability and Home Care, Department of Family and Community Services NSW, with project funding from the NSW Department of Health, and assistance from the City of Sydney

## Who Are We?

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

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

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

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**ABN 36 992 030 904**

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**More help always welcome!**

## OWN Office



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

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

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

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

## OWN Matters Direct!

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



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

We have an email address especially for your contributions.

The email address is [newsletter@ownnsw.org.au](mailto:newsletter@ownnsw.org.au)

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



Governor General and Cate Turner

all thinking what a great shame it was that Noreen wasn't there to join us under the marquee in the sunshine, and low and behold, a framed photo of her was placed on our table and given a spot. We steadied it with a white china cup and plate, and the floral bouquet behind. Now our table was complete.

If you have photos of this event, send them in - in electronic form - to OWN NSW, we will put them all up on the website, then you can download the ones you want.

Huge thanks to Cate Turner for organising a magnificent day, magical weather, and music to boot!

*OWN NSW Management*

March was a rollercoaster for OWN NSW. On 14 March we joined a memorial service for Noreen Hewett. There would be very few women in OWN who would not know of the incredible Noreen - her energy and inspiration were the foundation of our network, and her determination to realize our aims of rights, dignity and wellbeing saw our OWN groups and OWN Wellness Centres thrive. You will find, on pages 4 to 5 we have a number of tributes to Noreen, each presenting a different aspect of her long and active life.

In March we also had the honor of being invited by the Governor General, Ms Quentin Bryce ACCVO, and Cate Turner, OWN Australia, to celebrate International Women's Day at Admiralty House. I suspect we were



Bankstown Greek OWN (plus Bev, Elissa and Ronni)

## The Three Rs: Rights, Roadblocks and Resilience



### Older Women Challenge Ageism

*The Older Women's Network NSW invites you to a challenging one-day Forum on ageism and its effects on jobs, health, housing and the well-being of older women. Key objectives are to challenge attitudes to ageing and encourage greater social recognition of the contribution, achievements and potential of older women and to identify opportunities for change and innovation.*

Come to NSW Parliament House Theatrette, Macquarie St. Sydney, 16 August, 2012, from 9.30 to 4pm and hear a wonderful line-up of speakers and panellists who will challenge, inform and inspire you.

Age Discrimination Commissioner, the Hon Susan Ryan AO, Australian Human Rights Commission will be a keynote speaker. Minister for Ageing the Hon. Andrew Constance MP will open the Forum. Guest speakers include:

Professor Barbara Pocock, Director, Centre for Work and Life, University SA, and author, Elisabeth Wynhausen.

**Don't forget to put Thursday 16 August 2012 in your diary now!**

Further program details will be available soon on the OWN website: [www.ownnsw.org.au](http://www.ownnsw.org.au)

Registration form is attached and available from website: [www.ownnsw.org.au](http://www.ownnsw.org.au)

Contact us via email at: [3rsforum@gmail.com](mailto:3rsforum@gmail.com)



# Celebrating Noreen



*Noreen Hewett 1920-2012*

## My Friend Noreen

On behalf of the hundreds of women who attend the OWN Wellness Centres every week and take part in thousands of hours of Wellness programs, I would like to offer this tribute to my friend, Noreen Hewett.

Noreen was aware from an early age that life wasn't always fair, that women in her world had little power, hence no voice, and that those from socially disadvantaged areas were the most vulnerable in our community. Her journey into grassroots activism started when she was pregnant with Rex, and she recognised the treatment women were receiving at the hospital was not good enough and needed changing.

That was the beginning of a journey that was not always easy, a journey that never ended until the end. Others may talk about her later work. I just want to say that because of Noreen's passion, OWN now runs six wellness Centres where women not only improve their levels of fitness, but also learn new skills and have their emotional needs considered to be as important to their wellbeing as the need to stay active.

When I joined OWN and first met Noreen, I joined the Noreen Hewett fan club. I've been a fan ever since and just want to say thank you Noreen for your inspiration, your dedication and your years of advocacy. As one of those women involved in OWN, I am in a much better place because of the work you have done and the guidance you have given me over so many years.

Noreen is sadly missed by so many and I count myself as very lucky to have known her. Some of you will remember I used to wear rainbow ribbons in memory of

my grandmother who told me when I was a child, that rain is a sign of God's blessings. (What you may not know is that on the day when my Grandmother's coffin was leaving Villa Maria church for the last time, a few drops of rain fell on her coffin and a rainbow appeared out of a clear sky). Coming home from Noreen's memorial in Gympie, I saw the most beautiful sun halo I have ever seen. It stayed with me all the way home. It was magnificent. Was that a blessing or was it just another memory I can store away in my heart?

It was so lovely to see so many friends that day and I am so glad to have been asked to share that time with you all.

*Love, Barbara Malcolm*



*The DAMES perform at Noreen's Memorial*

## For Noreen

In 1984, after a long history of other achievements, Noreen, with policy officer Linda Adamson and an older women's committee in the NSW Combined Pensioners Association, set up the Older Women's project. I had been invited to a residential in 1986 to explore older women's issues and came to admire this exceptional woman.

More women came together then in 1988 to develop the Older Women's Network. OWN continued to be housed and auspiced by the CPA until 1991 when it moved to Millers Point and became incorporated.

Noreen played a central role in OWN from its beginnings and we owe her a debt of gratitude for her generosity, far-sightedness and commitment that she gave to the cause of older women. As both executive officer of both CPA and the Australian Pensioners and Superannuants Federation she was in a position to promote OWN at state and federal levels, which she did skilfully for years.

She knew the policies, would debate the issues energetically and always made a positive contribution.

# Celebrating Noreen

Time and again we asked her to represent OWN to State and Federal politicians, advisers, on a working party, on boards, as a speaker or to write a paper, knowing she was the best person for the job.

In meetings and discussion groups she was inclusive, encouraging, passionate, and democratic, able to get to the nub of things, and raising our awareness of wider implications.

Noreen was an innovator and would run with an idea. Just a few of these were:

- ◆ Taking OWN reps – including Gwen George, on a CPA arranged lobby of federal politicians ...to lobby for the security and dignity of older women, and gaining the ear of women politicians. This was later followed by a superannuation and retirement forum with Quentin Bryce, then Sex Commissioner, Human Rights and Equal Opportunity Commission.

- ◆ At a NSW Seniors Week planning committee she proposed that a very green OWN theatre group perform at a Darling Harbour event – what had we let ourselves in for! But what a hoot!

- ◆ She participated in script writing and wrote political songs – eg ‘Elle McPherson.’ She and Linda, very early on, had seen the need for a national voice ... and with a grant Louise Anike was employed to promote OWN interstate and produce ‘Making Known’ the national newsletter. Later there was the planning of a national Think Tank with interstate delegates, laying the structure of OWN Australia, working with Betty Johnson and the National Council.

- ◆ She gave strong support to OWN’s Aboriginal Support Group with Lucy Porter, Ruth Layard and Pat Zinn.

- ◆ Then there was the Wellness Centres: first at Bankstown with Renate Watkinson and community worker, Di Lane; then Sutherland with Barbara Burnham and Pat Donaghy; and lastly; working with NSW Health and others on *Kicking up Autumn Leaves* which evaluated OWN’s model of wellness.

And we were loved – as we loved her - even though she’d said to Peggy Hewett and I very early on when novice coordinators, “Sometimes you just have to be thrown in the deep end”. Scary, but exhilarating times.

We are truly indebted to this courageous woman.

Vale Noreen

*Joy Ross*

## Farewell to a Star

When I joined OWN in 1995 I had only been in Australia for a few years, during which time I was part-time carer of my two small grandchildren. In between, I was determined to learn as much as I could about my new country, but still felt very ignorant and unsure when I joined the (then) Aboriginal Study Circle (now the Aboriginal Support Circle).

I think the universe was looking after me, by leading me to OWN where I met Noreen Hewett. She became my mentor and I grew to love and admire her for her ideals, her passion and support for social justice and feminism, and for the respect she showed to all, regardless of their station in life. A truly inspirational woman, she embodies for me a life devoted to the highest principles and wherever her spirit is now, I like to think that it radiates with pure love. Farewell, Noreen, I really loved you.

*Pat Zinn*

## Tributes for Noreen Hewett

In the mid-1980s Noreen Hewett was the inspiration behind the formation of the Older Women’s Network. Her energy and enthusiasm in the ensuing years guaranteed the continuation and growth in the strength and reputation of the network.

It was Noreen’s wish that any resources that would have been directed by members and friends to tributes after her death be used to instead to honour her memory by building on her vision of OWN.

These contributions will be distributed equally between OWN NSW and OWN Sutherland for programs designed to further the rights, dignity and wellbeing of older women. At the time of publication, OWN NSW has received \$1000 in contributions to Noreen’s Tribute Fund. On behalf of OWN NSW and Sutherland OWN we thank all contributors most sincerely for their donations.

We list them below. Please note that some donors wished to remain anonymous.

Elissa Buttsworth	Bruce Mc Kelvey
Mary Callaghan	Ian Neuss
Ray and Trish Cavenagh	Lucy Porter
Valda Crebbin	John and Marie Sellshon
Sharon Doolan	Brian and Chre Smith
Beth Eldridge	Pauline Stanley
Sue French	Renata Watkinson
Jenny George	Jean Wurlod
Betty Johnson	Penny Young

# OWN NSW Theatre Group

We are without doubt a hard working bunch and March has been particularly busy. But we do enjoy all of this, and the best part of being in the Theatre Group is that we all pull together.

Travel by train or driving with all our props is quite exciting as much as it is real work – so don't call us 'old dears'. Under the watchful and supportive eye of our new director Uma, we have tightened up and become a little more professional. We all know the importance of arriving well ahead of time to settle and practice one or two songs as a warm up. However, sometimes due to finding the venue or late trains we don't always get the time.

We performed the *Village People* show on Friday 9 March at the Camden Civic Centre, a very well resourced venue with a large stage and a grand piano. We worked hard to engage with the large audience – who were celebrating International Women's Day – and we mostly succeeded though the table layout made it difficult. The creative director had the tables set with a light gauzy material in purple and green and white. The centre pieces were delightfully irreverent with large brassieres decorated with beads and other decorations. The long haul home was accomplished with the help of the community bus and the kind driver who took us from the Campbelltown railway station to Camden Civic Centre and back at the end of our show. Many thanks to him for this service.

The filming of our *Don't Knock Your Granny* show was an especially important occasion and we were all feeling a bit stressed. The venue was the Sutherland Services Club. Funny how sometimes there is some sort of somatic synchronicity. Three of the group had the bloats!!! Our nervous systems cope in all sorts of ways, but after the performance was finished we all relaxed. Curious but entirely normal. The occasion was important as we heard from Associate Professor Jane Mears from the University of Western Sydney and Margaret Small from The Aged Care Rights service (TARS).

Big thanks to Bruce who is making the video of us for the Department of Health. We can't wait to see how it looks!

Ah!! Beautiful, hospitable Cooma. It was well worth the one day trip to get there and very relaxing. It also gave the group much needed social time together and we all enjoyed ourselves immensely. The ladies we met from the community service in Cooma were very supportive, and despite their busy lives, gave us help with our luggage and ferried us from the bus stop in Cooma to the Bunkhouse Motel where we were staying for the next two days.

Wednesday was our performance day, and unlike most of our venues we actually had time to practice and were again impressed with the professional help of Nathan who positioned the multidirectional microphones and moved them until he was happy that the sound was at its best. The result was that our performance was better than expected. Thanks to Uma who sent us heart warming texts on the day. We celebrated very well on Wednesday night at one of the best Lebanese restaurants (*Roses*) I have experienced, and the entire group agreed. To give you a taste, two of our group made short work of the dessert of their choice, called *Drunken Sailor*.

Cooma had a special meaning to Denise, as her father turned the first sod in the Snowy Mountain Scheme way back in the 50s. Two of us watched the film presented at the Museum recently built to honour those who worked on that mammoth undertaking.

We arrived home on time thanks to the good railway system, about 5pm, tired but very pleased with our time away, and the memories we have.

Thanks must also be given to Rowena for encouraging our group to perform in Cooma on Seniors Week, as well as Lordana, Lesley and Helen all of whom made us feel welcome. Apologies to any ladies I may have forgotten.

*Glenys Buselli*



The OWN NSW Theatre Group

# At and Beyond the Rocks



## Cooking for One

OWN Sydney has booked Cath Baker to present Cooking for One, on Friday 1 June.

This will include a brief information session, a cooking demonstration and tastings.

The cost will be \$15 per person, \$10 for pension card holders.

We are hoping that we will be able to hold this event at 75 Windmill Street. Bookings are essential, and you can do this by phone: 9247 7046 - ask to register for *OWN Sydney's Cooking For One*, or you can email: [info@ownsw.org.au](mailto:info@ownsw.org.au)

Don't forget to leave all your contact details, and bookings will only be confirmed after payment has been received. Numbers are strictly limited, so don't delay.

## Changes to Sydney Wellness

2-16 May

The City of Sydney's venue in Millers Point is soon to be renovated, including Mott Hall and will not be available to us. We have Mott Hall until 18 April. April 25 is Anzac Day - so no Wellness classes that day.

We are trying to find another venue for May 2, 9 and 16; be prepared to be notified of a definite return date. Please be advised that there will be no parking available on site from 28 March.

For contact ring Lola on 9665 8741, or Joy on 9698 5205

## Illawarra

Several years ago Illawarra OWN had a thriving writing group. However for various reasons, membership of the group shrank and it was sadly decided to discontinue. The good news is that the group has started up again, once more under the watchful eye of experienced writer Joan Hilton, and we have had our first very enthusiastic meeting.

Once again, general hilarity seems to be the order of the day. Joan gave us an exercise in which we had to incorporate the titles of many recently released films into a concise story. One member decided to alter the film title *Late Bloomers* into *Latte Bloomers* which she decided was a salacious tale about coffee-coloured underwear. Somehow, for many of us, this title did not strike quite the right erotic note but how to get the message across to our would-be author who was sitting there with quite a knowing twinkle in her eye? Perhaps she knows something we don't?

Long may the writing group continue - it provides wonderful and varied material for the Illawarra OWN newsletter and we all have a great time.

Our valiant singing group, the Silvert'OWNs continues to provide entertainment for many groups in our community. The members felt that for their own health and well-being they should restrict performances to three per month. As well, they rehearse for several hours each week. They have been fully-booked to the end of the year for quite some time now. As there are only about eleven or twelve members in the group, this requires great dedication

and Illawarra OWN is very proud of our Silvert'OWNs.

It is shared activities such as these which glue Illawarra OWN together. How can something which is so good for you be so much fun?

Peggy Rodden, Illawarra OWN

## OWN Victoria Needs Support

After our February meeting, when sadly no new offers of assistance were received, and no new members appeared, we asked ourselves, how can we continue?

We faced the likelihood of closing. After much discussion, we moved the deckchairs a little. Carmel offered to chair our meeting, in addition to continuing as Secretary and Treasurer.

Pat Williams will attempt to write the newsletters. This will give Mary and Ann some much needed rest; but it is only a stop-gap. If there is no change by the AGM in August, we shall have to close.

We shall continue searching for new members and we ask that you help by contacting friends and other groups in Victoria who may be, or may know, the members we are looking for. It's younger, older women we need. You will find a small membership form on page 8. You can cut it out and post it, or email the whole issue to a friend in Victoria!

Pat Williams  
OWN - Melbourne  
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or 9795 5905  
Email: [annrob13@live.com/](mailto:annrob13@live.com/)

# At and Beyond the Rocks

## The Older Women's Network Melbourne

A self-help group committed to promoting the rights, dignity and wellbeing of older women. Enjoying each other's company as we work together to achieve these aims.

Until they retire from paid work or lose a long-time partner, many women do not realise the problems associated with living alone – such as being entirely responsible for home maintenance and finance.

The main problem for most of us is trying to cope on a reduced income.

Women still earn much less than men. Women have skills and experience to offer each other. Together we can change things.

Come – join us now – even if you are not retired. Why not contribute your skills and enjoy the benefits now and later.

### Aims and Activities

Our main activities are related to achieving social justice and a fair go for older women. We belong to the Aged Care Standards & Accreditation Agency Liaison Group; and we have been represented at a number of state and federal government seminars, inquiries etc.

We also make written submissions to government ministers, departments and agencies in an effort to promote appropriate policy and action on older women's income, security, housing, health, home and community care, transport and other matters which come up from time to time.

We produce a newsletter every second month and this is always full of really interesting items of concern to women – particularly those of our age. We seek recognition of the contribution made to society by older women and we celebrate the positive aspects of age and experience. We assist each other to develop skills as we work together on our promotional activities.

Some of us engage in other activities such as visits to films or discussion of books.

Around the time of Seniors Week we hold a seminar with knowledgeable guest speakers on some subject of interest to senior women.

We meet at Ross House on the third Thursday of each month between 11am and 2.30 pm. Most of us bring a cut lunch; and tea and coffee are available. You and your friends are welcome to visit on these occasions.

We welcome new ideas and new members. Membership application form is below:

### Application to become Member of:

**Older Women's Network Melbourne ABN 11 208 6 79 251**

Surname..... 1<sup>st</sup> Name.....

Address.....

.....postcode.....

Telephone..... Email.....

Annual subscription (due July 1) including GST - Individuals \$20  
Donations welcome Organizations – by negotiation

Please send cheque to:

**The Secretary, Older Women's Network Melbourne**  
Ross House, 247 Flinders Lane, Melbourne 3000

ph: 0406 414 468; 03 9795 5905; email: [annrob13@live.com](mailto:annrob13@live.com)

## IWD at Wyong

Wow! I sincerely hope you had a great International Women's Day as we had in Wyong. Our IWD 7.30am breakfast, consisted of deliciously healthy food with lots of fruit, croissants and bite-sized muffins with tea or coffee. The Day was shared with the Wyong Council and Women's Health Interagency Group (WHIG). The Council Hall was filled with women of all ages including a few men scattered around the tables.

Annette Evans, Wyong Shire Community Officer, opened the proceedings and introduced our Deputy Mayor Sue Lynn (a Greens Councillor). I would like to share two items with you.

The first is about two women who have set up a duo called *Love to Sign*. They wear white gloves, and they do not sign in the traditional sense but more to add expression to what they sing. Their first song was *I am Woman*. The response from all present was rousing and extremely moving. They sang a song about the need for women to love themselves. As they explained this is most important and nothing to do with being selfish. For women, in the main, give their care and love to family and others, often without benefit for themselves. The other song was an American Indian song about why you should not cut down a sycamore tree.

The second item I would like to tell you about is three women - Jo, Tamara and Lyn who have been to India to help an organisation named ODAM. This is a non-government organisation set up 7 years ago. It's purpose is educating young girls from Tamil communities.

# At and Beyond the Rocks

Girls from poor families in India rarely get an education. Instead, their parents sell them into 'slavery' for a loan to pay off a family debt. Some of the girls are purchased back by ODAM paying off the balance of the loan. This gives the girls a chance to finally receive an education.

They showed slides of what they did each day to get to the school and back home again, dealing with the Indian system of electrical wiring, regular power blackouts, and you don't really need hot water for washing in India's heat. Their description of getting to school by means of the local bus was hysterical.

In the area Jo, Tamara and Lyn work, there are six hostels for boys and none for girls. ODAM opened small schools for girls and boys where they are taught conversational English. The three women are only able to spend a short period teaching and working with the young girls. However, they were delighted on their return, sometime later, to see the changes in the girls that their education had brought about. Many of their former pupils still remembered them. Should you want to know more about the organisation you can find it on the internet: [odamindia.org](http://odamindia.org).

Our Deputy Mayor, Sue Lyn, had a final announcement for the day. A committee on the Status of Women has been formed by the Wyong Shire Council and is made up of women from various local organisations. Great local news.

Once again I hope you had a great IWD. As I trudged from the Council Chambers with

Norma from our OWN, the rain pelting down, we gave thought to those in the flooded regions around the States, who have the awful task of the clean up to face.

Best wishes to all from Wyong OWN.

*June Goss*

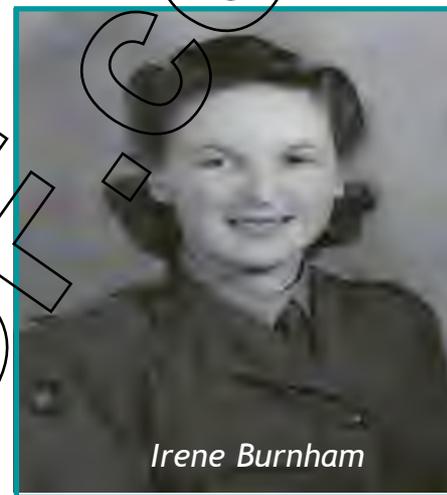


## Hastings OWN IWD 2012

We always celebrate IWD and this year we had a breakfast at Rivermark Restaurant Port Macquarie and had thirteen members attend with good food, good weather and great company.

Two of our lovely women Bridget and Irene committee members were asked if they would like to go on the cover of the NSW Seniors Week Port Macquarie activities magazine. PMHC (Council) is trying to get Intergenerational Activities happening for this *Seniors Week*. A few of us are going to a trivia night specifically for this reason. Irene and Bridget

are looking for a manager now they are celebrities - GO GIRLS! Following is a little about Irene.



*Irene Burnham*

## Irene Burnham

Irene Burnham, born in 1925, was one of nine children and felt that because she was the eighth child and her mother was forty, there was not much glee in the household. Three years later her brother Ray was born. Irene had a great home life with her parents and siblings. During WW2 Irene initially worked in the Land Army before she joined The Australian Women's Army Service.

Just to let you know what Irene does now, besides being a committee member. She line dances, plays lawn bowls and attends light exercises twice a week. I don't think some of my generation born 1942-1950 will survive or be as active as Irene. Fortunately Irene doesn't suffer from arthritis.

I read Noreen Hewett's piece in OWN Matters and what she did for OWN.

I salute you Irene and Noreen and all our wonderful women and volunteers.

*Pam Kenyon, Hastings OWN*

# International Women's Day



The Governor-General of Australia,  
Her Excellency Quentin Bryce

## A Vice Regal Salute to IWD and OWN

The historic grandeur of Admiralty House\* as it rises from sweeping lawns and borders of well-tended gardens drew about 120 members of OWN Australia, all dressed in their best, through the grounds towards a large marquee erected behind the building and looking out across the Harbour towards the Opera House and Circular Quay.

The Governor-General of Australia, Her Excellency Quentin Bryce and Mr Michael Bryce AM AE had issued an invitation to representatives of OWN Australia to join them at afternoon tea in this delightful setting to celebrate International Women's Day 2012.

We took our places at large tables spread with white linen cloths, adorned with flowers and set with all that was needed for such a special event. We were offered fruit cocktails, coffee, tea, sandwiches and biscuits, provided with a band from the Royal Australian Navy playing lively music and an official photographer pleasantly offering to catch us on camera as we enjoyed the atmosphere, greeted old friends and met new ones.

A young woman, assistant to the Governor-General, took the microphone and informed us of the afternoon's program. When she had completed her task, conversation and music resumed while rich cakes and cream were offered. During this lull, there was a murmur near the entrance. Heads turned. The Governor-General had arrived unheralded and had begun immediately mingling with guests. She was her usual smiling, elegant and poised self as she greeted old friends, laughing and chatting with them before making her way to the dais and the microphone.

Once at the microphone, the Governor-General welcomed everyone and noted that the next day was International Women's Day. Her Excellency herself is

a fine role model of how a woman with high ideals, talent and hard work can succeed in the rough and tumble of today's working world which is still far from ready to accept the principle of equal opportunity and equal reward regardless of gender. She reflected on her long association with OWN whose rationale is advocacy, information and social networking support for older women. She mentioned by name long-standing OWN colleagues and friends Cate Turner and Mary Owen as she smiled in their direction. She recalled a time when her attempt to join OWN had been refused on the grounds that she was too young and quipped, looking mischievously at us, 'Things are probably a little different now!' The audience laughed, understanding her, and relaxed ready to hear anecdotes of her time as Sex Discrimination Commissioner including amusing moments she'd spent in her office in the Law Courts singing with friends from OWN and thereby confusing her male legal colleagues. She smiled conspiratorially at the memory. Her speech closed with encouragement to keep on with our efforts on behalf of women everywhere and as the audience applauded, she took her seat and the Theatre Group stood to perform *Don't Knock Your Granny*

After their first main songs with accompanying actions, each of which pointed to the painful and difficult issues many older women must face, the group introduced a note of optimism with *Always Look on the Bright Side of Life* which quickly had the audience singing along with them and clapping. The show was brought to a close with a sharp reminder that we will all be a 'granny' sometime so it's in everyone's interests to set a better standard of care for all older women now.

The gathering settled back for further conversation and the Governor-General recommenced her conversations with the women around her. But it was now the official time to end the party and though some stayed on, many guests began taking leave of each other, thanking Her Excellency for her warm and courteous hospitality which had made such a memorable start to 2012's IWD celebrations and offering appreciation to the event organisers before walking back through the gardens, past the security gates and back into the outside world. We who were there will always treasure the memory of Quentin Bryce's sincerely offered Vice-Regal salute to IWD and OWN.

*Bev Cameron*

*\*Admiralty House is the official residence of the Governor-General of Australia. It is a large Italianate sandstone mansion completed in 1843 on Kirribilli Point overlooking the Harbour. Its current name comes from the fact that it served as the residence for the Commander-in-Chief of the Royal Navy's Australia Squadron from 1885-1913.*

# International Women's Day



## Theatre Group Shine

On 7 March the Theatre Group performed a shortened version of *Don't Knock Your Granny* at Admiralty House at an afternoon tea, put on by the Governor-General, to celebrate International Women's Day. I was not able to take part because of a death in the family but I was told that the group did an excellent job, got a rousing reception and that it was a very special day.

On Friday, 9 March, a slightly reduced contingent of us travelled by train and council bus to do our more light-hearted show at the grand Camden Civic Centre, also in honour of IWD. This was a mixed success as, not only was the auditorium huge, the audience was seated at tables eating, drinking and sometimes talking – always difficult for performers to deal with. Nevertheless there was a positive feeling in the hall and we still got appreciative applause. As we well know, every situation and every audience is different and we just have to learn to cope with 'what is'.

*Halcyon Evans*



## RailCorp celebrates IWD

What a wonderful experience I had on Thursday, 8 March. Not only did I celebrate my granddaughter's 22<sup>nd</sup> birthday, but I sang with a choir on the main concourse (Country Platforms) of Central Station.

I was in the Solidarity Choir for many years, but retired a few years ago, when my vocal chords packed it in. However, I turn up very occasionally for special occasions. Miguel Heatwole, the choir's musical director, wasn't sure if he could scare up enough members to respond to RailCorp's request for us to sing for an hour during the day. I volunteered, as that's exactly when I'm available.

It turned out to be a really worthwhile morning, with speeches from various Railcorp luminaries, such as the General Manager of Customer Service and the Director of Rail Heritage. There were RailCorp career information stalls dotted around the concourse and a number of women employees, wearing distinctive T-shirts, talking to passing customers about the significance of IWD. Obviously this is one employer who seems to be pushing the concept of diversity in the workforce very keenly.

In talking with one of the organisers I learned that RailCorp uses that concourse regularly for community events, such as for NAIDOC week, and has been holding IWD events for some years.

As it turned out, practically the whole Choir sang, including our male members. We sang songs dear to the heart of any socialist feminist group, such as *Bread and Roses*, *Four Strong Women* and *Piece by Piece*. And we sang for a whole hour! I didn't think I'd last the time, but by judicious miming for part of the songs on our second time around, I managed.

One of the reasons this event was such a joy to me was that I remembered a Sydney Morning Herald front page picture on the day the concourse re-opened, after about a year of renovations, probably some 20 years ago. There aren't many newspaper pictures I recall, but this showed two young employees, a man and a woman, dancing on a huge hay wagon that had been dragged into the middle of the concourse for the occasion. It captured the delight on the faces of the two dancers, as well as the transformation in transport over the years.

And there was I, singing on that same concourse. Good on you, RailCorp!

*Anna Logan*

# Unstoppable Women

## Eva Ensler

What have all the following names in common. *The Vagina Monologues*, *The V-Men*, *March of a Billion Women*, the *V-Day* and the *V-Girls* movements, *City of Joy*, *I am an Emotional Creature*? The common link is Eve Ensler.

What have Oprah Winfrey, Meryl Streep and Susan Sarandon got in common? They are all actors who have taken part in the delivery of *The Vagina Monologues*. Why? Because they believe in Eve Ensler.

Eve Ensler is an unstoppable woman survivor of drug and alcohol addiction, rape and ovarian cancer and now an activist of major proportions. For the past fifteen years the focus of her activity has been violence against women. What happened to turn her attention to violence against women was not only her own experience, but listening to the stories of a group of about 200 women. Her background as a playwright turned this material into the explosive play *The Vagina Monologues*.

The play went onto stages the world over. Women who saw the play then wrote and spoke to the writer about their experiences. Thus the *V-Movement* was born. The movement helped raise the money for *City of Joy* a refuge for women in a country which has a very dark history of violence against women. This is the Democratic Republic of the Congo where many women suffer unbelievable types of rape and abuse.

*City of Joy* offers such women first of all safety, support and counseling. The women then go on to rehabilitation through language and literacy skills, skills which could help them in time to become leaders of their country.

After creating the *City of Joy*, 58 year old Eve Ensler discovered there was much more to be done. Some women and many girls are ignorant of the extent of violence against women and ignorant of feminism. One answer is the *V-Girls movement*. This led to *I am an Emotional Creature* which is directed to girls everywhere and is Eve's latest play based on stories from teen girls. The *V-Men* movement is an off-shoot of the innovative *V-Movement* because violence against women cannot be defeated without including the men who want to protect the females in their families.

Eve's latest project is the *March of a Billion Women* against violence which she hopes to hold on the 15th anniversary of *V-Day*.

*Adeline Fergus*

## F Collective

- We are a multigenerational and diverse group of feminist activists who work together to bring about change in our society.
- We appreciate the past gains of feminism and believe more change is necessary.
- We think globally and act in our communities to make a society where gender fairness is valued, shared and rewarded.
- We are organising an event on 2 April 2012 at 6pm at Level 7, 187 Thomas St, Haymarket (near Central Station). This venue is accessible.
- There will be a panel discussion on the future of feminism and a workshop on what issues are important to attendees and what we want to do about them.
- I have attached a flyer for your information.
- Feel free to share it with your networks.
- We hope to see you there. If you have any questions please feel free to contact me on 0488 217 535.
- Find us at:
  - Website: <http://fcollective.wordpress.com/>
  - Facebook: <https://www.facebook.com/media/set/?set=a.321330357925736.76011.100001463221963&type=1#!/groups/203437648839/>
  - Twitter: [https://twitter.com/#!/the\\_fcollective](https://twitter.com/#!/the_fcollective)
- We hope to see you on 2 April to talk about our feminist future!

*Georgia Potter Butler*  
*Convenor- F Collective*

## On Motherhood

Behind this church there is a garden filled with flowers and shrubs. An archway covered in vines shelters it, there is a seat to rest on and an air of peace and tranquillity. There is also a plaque which tells the reader that this space has been dedicated to the memory of a young woman who died after giving birth to a much longed for child – not in 1899 but in 1999.

Her baby girl survived and has just started high school. It still takes courage to bear a child. The magnificent South African feminist, Olive Schreiner (1855-1929) who so courageously opposed the Second Anglo-Boer War, wrote:

“There is no battlefield on earth... which has not cost the women of the race more in actual bloodshed and anguish to supply. We pay the first cost on all human life”.

*Sandra McKirdy*

# Reaching Out

## Asking for Help

Asking for help from counsellors, colleagues, or friends, whether it is with a personal problem, a work task, to help care for our children or when we are sick, is something many people have trouble doing. Our society is largely based on helping yourself so it is not surprising that most people find it very hard to seek help.

M. Nora Klaver, in the book *May Day! Asking for Help in Times of Need* (Berrett-Kohler Publishers) says, "People often believe they don't have trouble asking for help, when they do. Sometimes they sit on projects for weeks because they didn't want to ask for help."

At work there are many reasons people fear requesting assistance, amongst them not wanting to appear weak, needy or incompetent. This is particularly the case when the work environment is highly competitive. The danger, however, is that not asking for help can let the situation grow from a problem into a crisis.

Another fear is that, if you ask for help, you will be surrendering all control and that the person you want assistance from will take over the entire project. Even outside the office, sometimes we fear that if we ask for help we'll get more than we want or need. There is also the fear of what someone is going to ask in return. No one likes to feel indebted, and asking someone else to come to your aid can shift a relationship's power balance.

Yet asking for help with a problem at the right time can avoid a worse problem later. Most people are always happy to help, so just ask.

When it comes to very personal problems it is best to ask a Counsellor. A Counsellor's view would be impartial, she won't be emotionally involved or judgemental, and all you tell her would be confidential.

So ... if you have a problem ... ask for help. Do it now!

*Beatriz Copello*



## Help Wanted: Editors, Writers and Desktop Publishers

OWN NSW is delighted that you like receiving and reading *OWN Matters*. We're overjoyed that you continue to contribute to this publication, and have made it grow in every sense. We now would like all of you who have caught your breath when you've noticed a typo, or those who have felt their pulse quicken as a story unfolded, to tap into that nagging 'I wish I could do more!' impulse, and follow through that inspiration with action to become part of our *OWN Matters* editorial team.

### We need you – NOW!

Don't wait until we fall in a heap and turn from a meaty monthly to a periodical pamphlet. We need you, and we need you now. Experts are welcome, along with everybody else. Being an older woman is a necessary requirement for the job. The editorial team meets every Wednesday 10am -3pm at 87 Lower Fort Street, Millers Point. Contact Beth Eldridge on:

ph: 9247 7046 or email: [info@ownnsw.org.au](mailto:info@ownnsw.org.au)

## Who Will You Relay For ?

The *Sutherland Shire Relay For Life* is being held at Sylvania Waters Athletic Track on 5 and 6 May, 2012.

Celebrate. Remember. Fight Back and raise funds for Cancer and join the *Older Women's Network* team and *Relay For Life*.

With live entertainment/music/food/kids rides.

Wanted: all those who have been effected by cancer. Join us and fight back.

Register now at [www.shirerelay.com](http://www.shirerelay.com) or telephone 4294 3786 for information and registration.

*Thank you, Jo Allon*

# Aboriginal Support Circle Issues

## Winifred (Win) Hilliard Craft Room Adviser - Ernabella Mission, N.T.

Nowra OWN has lost one of the most fascinating members we will ever have. Physically she was small but spiritually she was huge, and her love for, and belief in the Aboriginal women of Ernabella Mission, where she lived and worked for 32 years, were unbeatable.

Win arrived at Ernabella in 1954 and found very talented spinners and weavers. She soon identified the need to create a market for the Pitjantjatjara women's beautiful creations, and just got on with the job. The women were also encouraged and trained in various forms of weaving to create lacy shawls, tartan knee rugs and tapestries, then hand-knotted floor rugs incorporating their own original designs. With Win's encouragement and technical training, these creations soon found a market. Many are now treasured by individual owners and in museum collections.

Never one to stand still, Win broadened horizons again in the early 1970s to include metal work, ceramics, kangaroo-skin moccasins, and painting. *Punu* carving river red gum roots then decorating with pokerwork, provided yet another art form. From 1964 on, Ernabella work has been shown at the Royal Melbourne Show and in Alice Springs. In 1974 Win set up *Ernabella and Fregon Arts Inc* as a means of ensuring the artists' independence and their business.

Win retired to the Shoalhaven in 1986, but continued her close relationship with her people, even travelling back to Ernabella in 2008 for the art centre's 60<sup>th</sup> anniversary.

A very, very special person.

**Sandy McDonald, Nowra OWN**



Pitjantjatjara Children 1963

## Honours for Aunty Sylvia and Aunty Beryl

Aunty Sylvia Scott has been honoured a year after her death in February last year. A plaque commemorating her life was unveiled at the Wyanga Aged Care in Redfern with the citation: *Sylvia touched the lives of many people. May she always be remembered for her dignity, her compassion for her Aboriginal people and her love for her fellow Australians*

Aunty Beryl van Oploo, manager of Yaama Dhiyaan Hospitality Training College has become the Yabun Elder of the Year. She told guests of the ceremony announcing her award that her dream of "bringing education to our mob and seeing them placed in jobs where they could earn a decent living was beginning to come true".

**Pat Zinn**

## The Song of Bennelong and Pemulwuy

Djon Mundine OAM, Bandjalung Nation Aboriginal Curator of contemporary art, is a man of wit and wisdom who is "confident in his own identity". He wants every Australian to be sure of a connection with our unique history. On 15 March, I first heard about *The Song of Bennelong and Pemulwuy*, an almost magical art project which has been kicking around Djon's mind for the last 20 years. This was at an event organised the very active *Lane Cove Residents for Reconciliation*.

We all know Sydney Harbour as the beginning of white Australia and that this is just a tiny slice of the history of this land and its peoples. Do we modern Australians know our identity as being directly through the connection to our Aboriginal history?

Djon believes: *To live and enjoy your life one must be strong and confident in your own identity, beliefs and ideas, hope and dreams; to know and honour where you come from, your parents, your forbears and your country.*

# Aboriginal Support Circle Issues



*The Tarpeian Way*

Djon sees the harbour as a backdrop like the scenery of a stage, the beginning place on which modern urbanised Australia performs and lives its dramas. In his mind, there are three sites where Aboriginal outline carvings of great size and simplicity would always be seen. These would remind us of our identity through historical connection and be an important tribute to Aboriginal Australians.

The Tarpeian Way is a rock face of the Botanic Gardens edging the enormous apron space of the Sydney Opera House. The project proposal is for the outline figures of **Bennelong and Pemulwuy, a whale and a kangaroo**, five metres by twenty metres, to be carved into this wall. The outlines would be in white to stand out in the day and to be lit at night. Djon has consulted with and won the approval and support of all the major organisations involved with the site.

Two other sites for other outlines have also be in Djon's mind, Barangaroo and the wall near the south end of the Harbour Bridge, facing the harbour,

What Djon needs for his dream to be realised is the money for the project which will involve experts and skilled workers.

Mining magnates, wealthy Art Patrons, funding bodies would be most welcome to contact Djon Mundine via email at: [bandjalungboy@hotmail.com](mailto:bandjalungboy@hotmail.com)

*Joan Modder*

## Three former Aboriginal Homes added to State Heritage Register

The former Cootamundra Aboriginal Girls Training Home, Bonaderry Aboriginal Children's Home and Kinchela Boys Training Home have been heritage listed on the NSW State Heritage Register. Aboriginal children were removed from their families under the Aboriginal Protection Act (1909) and approximately 1200 girls were placed at Cootamundra from 1912 until 1968. The commemoration of its centenary is to be held on Saturday 11 August.

This is not a celebration, as the Aboriginal Welfare Board offered no protection. Mental, physical, emotional and sexual abuse was carried out in all three homes. As one survivor has said about the Heritage listing "It's not enough. We lost our families, our Aboriginality, our heritage, our language - everything. Where's compensation?" *The Bringing Them Home Report* on Australia's Stolen Generations was launched in 1997, which caused an uproar when all those cruel abuses were brought to light, but there has only been one successful case of compensation so far, when the South Australian government awarded a lump sum to Bruce Trevorrow after a court case.

*Pat Zinn*

## How NSW Treats Some Aboriginal People in Court

In late 1990 and early 1991, Colleen Walker and Clinton Speedy, both 16, and four-year-old Evelyn Greenup went missing from the Aboriginal community at Bowraville, west of Nambucca Heads. Colleen has never been found, while the remains of Clinton and Evelyn were located; each had been killed by a blow to the head. There was a suspect, a white man with a bad reputation for violence who supplied alcohol and marijuana to members of the Bowraville community and who was attracted to teenage girls, but after two investigations, two trials, a

# Aboriginal Support Circle Issues

coronial inquest, a change to the law, two appeals to attorneys-general and a petition to parliament, no one has been convicted.

One of the most common problems white jurors can have with Aboriginal witnesses is that in many Aboriginal cultures, eye contact is impolite, so if a witness looks away, it could be seen that he or she is lying. Many Aborigines have a culture of deference and agreement, so a witness could agree with whatever is proposed. Sometimes witnesses are intimidated because of mistrust due to past history. Most of their past dealings with the justice system have been as defendants and in some cases the system has taken their family away. The formality of the courtroom is often frightening and juries seldom have Aboriginal members. Often a witness may take some time to respond to a question.

In the Northern Territory Justice Dean Mildren was aware of these problems and in 1997 he introduced the Mildren directions which are now used in jurisdictions across northern Australia, including Western Australia. Now justices often tell juries about these problems and other potential causes of misunderstanding, such as different concepts of time and numbers among certain Aboriginal cultures. Even where there is an interpreter, it can still be necessary for a judge to direct barristers in how they question witnesses. If possible, it is better to allow Aboriginal witnesses to describe what happened in their own way, before being questioned by a barrister.

The conclusion is that the NSW judicial system has not served the three children and their families well. The question remains: if the Bowraville children had been white, would their killer have been brought to justice by now and their families given closure? It is to be hoped that NSW adopts the Mildren directions in future where court cases involve Indigenous people.

**Pat Zinn**

## Closing the Gap 2012

A recent *Closing the Gap* report has shown that while halving mortality rates for Indigenous children under five by 2015 and ensuring access to early childhood education for all four-year-olds by 2018 is on track, there is a massive over-representation of Indigenous people in the justice system and suicide rates in the Northern Territory have doubled. This is both a cause and effect of the poor state of health, education and employment affecting Indigenous people.

Criticisms include the fact that over 75% of indigenous people live in urban areas, particularly in the capital cities, so more needs to be done there and while there is progress in health and education, the gap in life expectancy is still high, and efforts to reduce truancy rates must go hand-in-hand with quality education. Children are still reaching year 12 with basic literacy and numeracy problems!

It seems that Aboriginal people are still not being heard and the perception is that the Government is still paternalistic and that there is a lack of will to take positive action. Funding for the program is due to close in 2013 and, clearly, it needs to be continued, after that date. As one Aboriginal elder has said, "there is a gap between what they say they're going to do and what they actually do".

In the meantime the Government is intent on ramming its *Stronger Futures* legislation through Parliament, in spite of massive protests, meaning that the intervention will carry on for a further 10 years in the Northern Territory which includes the extension of alcohol restrictions and measures allowing Centrelink to suspend the welfare payments of people whose children do not attend school regularly, while the controversial income basic card is now going to be introduced in other places in Australia, including Bankstown. By the time the April *OWN Matters* is printed, the Senate report will have come down on 13 March. The new representative body for Indigenous

# ASC Issues



Australia says that these proposals should not proceed until they can be shown to be consistent with Australia's international human rights obligations.

*Pat Zinn*

## Skills Centre Officially Opened

The NSW Central Coast first Indigenous Skills Centre at Green Central, Mount Penang Parklands, has officially opened. It has classrooms, horticultural facilities and a garden, a commercial kitchen and a bush tucker cafe. It has already supported training for the local Aboriginal community in hospitality, tourism, conservation and land management, horticulture, construction and engineering.

*Pat Zinn*



## Ceased subsidy on spectacles

In the month of February 2012, the State Government made the decision to cease funding to Visioncare NSW - a not-for-profit organisation operating since 1946.

In 1992, Visioncare NSW commenced a program which received funding from the State Government to carry out the provision of free glasses, contact lenses and low vision aids for low income earners who meet strict means tested criteria.

Visioncare NSW was advised by the Department of Family and Community Services that it could not exceed its 2011/2012 budget as there was no supplementary funding available regardless of the high demand each year. A program would continue to provide benefits from February until the new financial year in July 2012.

There are estimated to be more than 26,000 NSW residents including seniors that will be affected by the cut. As a result of the cut, those

affected are people who are legally blind will not be receiving vision aids as those people are not in a position to afford to buy their spectacles privately.

The State Government budget clearly reflects in the last budget that the Visioncare NSW funding has reduced from over \$6 million to just over \$4 million.

There will be an increased cost to the Public Health system for NSW residents with poor vision. As a result, there will be more injuries and accidents with older people.

*E Bontigao*

## Boosting Influenza Responses in Older People

The University of Sydney and the centre for STRONG Medicine at Balmain Hospital are conducting a random controlled trial investigating the effects of brief weight-lifting exercise immediately prior to receiving the influenza vaccine, as an adjuvant to improve the immune response to the vaccine.

There is evidence in young adults, that a brief bout of exercise at the time of vaccination enhances the subsequent immune response. This study will be one of the first to investigate the effect in older adults, in whom the flu vaccination is normally less effective when compared to younger people who receive it.

This study involves a very simple, quick intervention which might help provide better protection against influenza illness. Medical supervision will be provided by Associate professor Nalin Singh, MBBS, FRACP, Senior Staff Specialist, RPA and Balmain Hospital's Director of The Centre for STRONG Medicine.

Patients will receive the 2012 seasonal influenza vaccine and all assessments free of charge. We are looking for patients who are 65 years or older, free of unstable disease and who haven't received the 2012 influenza vaccine.

For further information please contact Liz Mathieson on 9395 2366 or Dr Kate Edwards on 9036 9396



## Misinformation on screening for cancer among older women

Breast Screening NSW distribute thousands of leaflets every year advising women 50 - 69 that mammograms every two years are an essential measure for early detection of breast cancer.

The implied message is that women 70 years and over are not at risk of breast cancer. This is far from the truth. Older women do get breast cancer and are at risk of serious consequence if diagnosis is delayed. Recent government statistics demonstrate that around one in nine women is diagnosed with breast cancer before the age of 85 years (Your Life Choices, March 2012).

Mammograms are still available free of charge after the age of 70, but you will not receive a reminder notice. Make enquiries at your nearest Public Hospital or visit the Breast Screening van in your area. But we should also be checking our breasts once a month. If you know how your breasts usually feel, you will quickly notice any changes.

From my enquiries it seems that many of us have never been advised on how to examine our own breasts. Ask your GP or the Practice nurse on how to do this. Or visit a Women's Health Centre.

Similarly and unfortunately, many GPs advise those of us approaching 70 years that we no longer need pap smears. This is another 'fact' that is not grounded in reality but is a 'policy' position. Older women still get cervical cancer. The incidence of cervical cancer is not as high in the general population of women as breast cancer, but is still preventable if diagnosed early. A pap smear every two years is recommended, or earlier if any 'unusual' symptoms occur.

OWN NSW intends objecting to this policy in its submission on the Renewal of the National Cervical Screening program in the coming weeks.

As we hear more and more stories about older women not being diagnosed early enough to survive either of these cancers, we must ask ourselves where this policy comes from. For many policy makers, including those in the medical profession, 'old age' is a disease from which we do not recover. This is a very ageist attitude and for our health sake must be challenged.

*Sonia Laverty*

## Patient Opinion

Patient Opinion is an independent, not-for-profit charity. We provide an online patient engagement platform (free to the public) that aims to stimulate patients' feedback, good or bad, in a bid to improve Australian health services.

By sharing health care experiences, you encourage (and hopefully empower) other older women to share their health care experience and be 'heard'.

We also offer phone assistance if anyone feels uncomfortable or uncertain about using our website.

Our website is: [www.patientopinion.org.au](http://www.patientopinion.org.au) if you would like to see for yourself.

Unlike some web-based sites in Australia which ask patients to make a comment about their health experience, our Patient Opinion site will provide an opportunity for health organisations to respond effectively to feedback and to demonstrate how they are using the experience of patients and carers to improve the service for everyone.

The initiative, brought to Australia after considerable success in the UK, will ensure patients' feedback is passed back to the service providers to allow them to respond to and re-design services accordingly. The feedback is anonymous, can address any service across the entire healthcare system, and does not require face-to-face, focus group or survey participation.

Our CEO, Assoc. Professor Michael Greco, was also recently interviewed by Norman Swan on the ABC (Monday 5th March 2012).

If you would like to listen please click on the link below:

[www.abc.net.au/radionational/programs/healthreport/patient-opinion-website/3869102](http://www.abc.net.au/radionational/programs/healthreport/patient-opinion-website/3869102)

contact: 07-3354 4525

email: [sarah.stevens@patientopinion.org.au](mailto:sarah.stevens@patientopinion.org.au)

*Sarah Stevens*

# The State of Housing

## Losing Your Place on the Housing List

From 1 May 2012, people on the waiting list who fail to keep the register up-to-date with their contact details will lose their place in the queue. There is an 'amnesty' until April 30, enabling people on the waiting list to update their contact details and not lose their place - by phoning **1300 468 746**; or entering details online:

[www.housingpathways.nsw.gov.au/Keep%2BYour%2BApplication%2BActive/Overview.htm](http://www.housingpathways.nsw.gov.au/Keep%2BYour%2BApplication%2BActive/Overview.htm)

We are concerned that this change of policy does not take account of the circumstances of some of the most vulnerable groups of social housing applicants. Many applicants are experiencing issues which overwhelm their ability to keep their contact details on the Housing Registry current - such as homelessness, ageing in isolation, living with disability, mental health, substance or gambling issues, lack of formal supports, cultural barriers, and fears of violence. Young people are also at risk, as well as people facing unforeseen family or health emergencies. The likely outcome of this change in policy is the exclusion of some of the very people social housing has been designed to assist. We have written to the Minister for Family and Community Services, the Hon. Pru Goward, MP, stating our concerns and seeking a meeting to discuss them.

If you share our concerns, we encourage you to write to the Minister.

You might like to take the opportunity to describe the kinds of circumstances facing applicants who are most at risk of losing their place on the waiting list when the new rule comes into operation, or describe your own experience. The Minister's email address is:

[office@goward.minister.nsw.gov.au](mailto:office@goward.minister.nsw.gov.au).

## Shelter Gains Ground

Last week Shelter NSW expressed serious concern regarding a change in policy affecting the NSW Housing Register. From 1 May people on the social housing waiting list who fail to keep the register up-to-date with their contact details and who do not respond to a request for contact from Housing NSW or a participating community housing provider by the specified date will have their application closed. If they later wish to apply for social housing, they will have to complete a new application form, which will no longer be backdated to take into account the waiting time from the original application.

Housing NSW sends all social housing applicants a postcard (requesting a response within 14 days) and then

a letter (requesting a response within 28 days), with a total response period of six weeks. For those with mobile phones, an initial (additional) request for contact is sent by text, calling for a response within seven days (with a total response period of seven weeks).

We have now been advised by Housing NSW that there will be five exemptions, under which applicants who have not responded to a request for contact by the allotted date will retain their place in the queue if they later indicate that they wish to apply for social housing:

- 1) they were in hospital, respite care, a disability support facility or rehabilitation facility, or another institution;
- 2) they were homeless and were unable to access their mail within the 28-day period referred to in the letter;
- 3) they were escaping domestic or family violence, or experiencing a family breakup and were unable to access their mail during the 28-day period;
- 4) the applicant was away for 28 days or more due to family bereavement or family care;
- 5) they were in custody at the time that contact from Housing NSW was attempted.

Housing NSW will be writing to community organisations to inform them of the exemptions and to commence consultations about how applicants will have to demonstrate that they meet the exemptions. In the meantime, we are seeking to meet with the Minister for Family and Community Services, the Hon. Pru Goward, MP, to discuss our concerns.

To assist us in our advocacy we would like to compile a range of case studies to indicate the kinds of situations that can contribute towards applicants not responding to correspondence relating to their social housing application. If you could please forward any de-identified case studies to us as soon as possible, that would be very useful.

*Authorised and printed by Mary Perkins*

Shelter NSW – the Voice of Affordable Housing  
Suite 2, Level 4, 377–383 Sussex Street,  
Sydney NSW 2000  
Phone: 9267 5733  
Fax: 9267 5001  
Website: [www.shelternsw.org.au](http://www.shelternsw.org.au)

# Living in Sydney

## Homes found for a quarter of City's Homeless

A Federal Government target to find homes for a quarter of the City of Sydney's homeless people has been met a year ahead of schedule, thanks to the work of *Way2Home*, an outreach program funded by the City and the NSW Government.

*Way2Home*, run by the mental health NGO Neami, has now placed 109 people in permanent housing, with not one of those people returning to homelessness. That has helped bring down the number of people sleeping rough on Sydney's streets from over 418 to 310 in the past 18 months, according to our most recent Street Count last week.

Woolloomooloo, historically amongst the highest populations of rough sleepers in NSW, has had particularly big improvements, with about 35 per cent less people sleeping rough, down from 95 in the winter 2010 street count. But the situation won't continue to improve without more affordable housing, more outreach workers and more dedicated resources for supporting people once they are housed.

The City of Sydney commits more resources to addressing homelessness than any other council in Australia, including a NSW information and referral service that provides information, advice, accommodation and practical support to thousands of people every year.

### Information:

- ◆ Neami : [www.neami.org.au/](http://www.neami.org.au/)
- ◆ Way2Home Assertive Outreach Service:  
[www.cityofsydney.nsw.gov.au/community/homelessnessservices/Way2HomeOutreachService.asp](http://www.cityofsydney.nsw.gov.au/community/homelessnessservices/Way2HomeOutreachService.asp)
- ◆ City of Sydney Homelessness Unit:  
[www.cityofsydney.nsw.gov.au/community/homelessnessservices/Default.asp](http://www.cityofsydney.nsw.gov.au/community/homelessnessservices/Default.asp)
- ◆ The Road Home – the Australian Government White Paper on Homelessness:  
[www.fahcsia.gov.au/sa/housing/proserv/homelessness/whitepaper/Documents/default.htm](http://www.fahcsia.gov.au/sa/housing/proserv/homelessness/whitepaper/Documents/default.htm)
- ◆ Common Ground Sydney:  
[www.missionaustralia.com.au/daily-news/3696-common-ground-sydney-supportive-housing-initiative-opens-doors](http://www.missionaustralia.com.au/daily-news/3696-common-ground-sydney-supportive-housing-initiative-opens-doors)

*From Clover Moore's eNews*

*Saturday 3 March 2012*

## Research and Advocacy Project

There are many occasions when OWN NSW has the opportunity to participate in consultations initiated by State and/or Federal governments, and join in or initiate campaigns on issues of concern to older women. It is important that we are well positioned to respond and participate on these occasions as we remain the only organisation with objectives specifically focused on the interests of the older woman.

OWN NSW Management Team has endorsed a proposal to convene a Research and Advocacy committee that will assist with this work and interested members are invited to join this committee.

One way of organising this would be for members who have a passion about a particular issue/s to nominate this as an area of interest that you are prepared to do some work on.

If you are interested in participating, or to find out more about what is envisaged please contact Beth Eldridge at OWN NSW ph: 9247 7046 or you can email:

[info@ownnsw.org.au](mailto:info@ownnsw.org.au)

## A Patchwork of Memories of Balmain

An exhibition of retrospective art work by our OWN Jan Wood, titled: *A Patchwork of Memories of Balmain in the 50s, 60s, 70s and 80s* will be open for viewing at Leichhardt Library between 2 and 30 April 2012.

Address: **Leichhardt Library**  
Piazza Level  
Italian Forum  
23 Norton Street  
Leichhardt 2040

Telephone (02) 9367 9266

Email: [library@lmc.nsw.gov.au](mailto:library@lmc.nsw.gov.au)

Opening Hours:

Mon to Fri 9.30am - 8pm

Sat 9.30am - 4pm

Sun 10am - 4pm



The exhibition is a fascinating journey through time, showing the vibrant and eclectic streetscapes of Balmain, as well as providing an intimate insight into the growth and development of a family, a community and an artist in the heart of inner city suburbia, as the Baby Boom unfolded. The Library is encouraging visitors to register to tell their oral histories of living in the area during this period.

# Disability Rights

## One Step Forward, Two Steps Back (or two hops back in my case)

You can't always choose what happens to you but you can make a choice as to how you deal with it.

You can have all the determination in the world but there will come a time when you have to consider your ageing body.

It was five days prior to New Year's Day 2012 and my right foot felt frozen and it was causing me to hobble around. I was feeling on top of the world however and was planning to move into a ground-floor, newly renovated unit in the block where I had resided for the past 8½ years.

In the evening of 2 January I fell asleep in my chair. I awoke the following morning and was unable to get out of my chair. I was taken to the Royal Prince Alfred Hospital by ambulance. My leg still looked normal when I left home but by the time I reached the hospital my lower leg had turned a deep reddish colour. Later that day I was interviewed by a vascular surgeon who said that I had to have an amputation as my condition was life-threatening. I remember very little of that day.

That was the first time an amputation had been raised with me. I was told there were two possible outcomes, depending on what the surgeon found. They were either amputation below the knee or above the knee.

I told the doctor to do what he had to do. From that time on I knew I had to change my whole way of thinking. I put my previous ways behind me and my main thought was that I was determined to walk again with the help of a prosthesis. During my stay in RPA I was encouraged to work towards that goal. After four weeks I was transferred to Balmain Hospital Rehabilitation Unit whilst waiting for a vacancy in St George Hospital Rehabilitation Unit where I am currently hospitalised.

I have met with supportive people from the amputee association and hope to play some part in that organisation to advance the cause of young and old people who become amputees. Especially now as I have suddenly become homeless, having found out that my unit in the retirement village where I have been living in for the past 8½ years is not wheelchair-friendly.

Becoming an amputee has highlighted many matters for me.

I have become aware of defects (especially for mobility impaired people) in the standard of current retirement housing.

Government-set building regulations seem to allow a large number of retirement villages to exist that are not

wheelchair-friendly, thereby forcing residents into hostels or nursing homes due to inadequate living options. This just doesn't affect older people, as younger people who need special care are often forced to live in nursing homes.

I plan to approach my local MP and other community/disability organisations to highlight these issues as well as bringing awareness of how the impact of suddenly finding yourself in a wheelchair can affect your life.

*Merle Hight*

## Enough is Enough

There has been a lot of talk about the National Disability Insurance Scheme (NDIS) over the last month.

It's great to see the NDIS getting the attention it deserves. That's due to all your hard work.

But talk is not enough. We also need real commitment and real action and we are going to have to fight to get them.

That's why on 30 April we are hosting the biggest rally of people with disabilities this country has ever seen. We need you to be there.

Come to the rally in Sydney at AllPhones Arena at Sydney Olympic Park on April 30 at noon and show your support.

We want to get 10,000 people to come to rally events in six capital cities around the country. You can help by becoming a Rally Builder today - we will send you a pack to help you spread the word.

Every Australian counts; you, your family, your friends, your neighbours and work colleagues need to come along and make the NDIS real.

Talk does not buy equipment, fund therapy or find safe and appropriate housing. So we are taking to the streets because we want action. **Come to this exciting national event so we can send the strongest message yet to Canberra that we will not stop until the NDIS becomes a reality.**

**We are so close - but we can't give up now. We must keep pushing and together we will make it real**

The Every Australian Counts campaign team  
[www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au)

# Talkin' Politics

## The Big Two and a Half

This week the mineral tax will be passed, or at least what is left of it, after the lobbying and advertising campaign paid for by the Big Two and a Half. Instead of a 40 percent tax on the profits of mining companies, only the biggest companies are taxed at 30 percent and they can claim back the royalties they pay to some states. The Big End of Town stopped the Australian people getting their fair share of the mining boom. The Big Two and a Half will become wealthier, and much less tax money will be available to fund infrastructure in Australia. The lords are making sure the serfs get less from what the lords regard as theirs. And I was silly enough to believe that Australia belonged to all Australians, most of whom are serfs, and not just to a few lords!

One (of the Big Two and a Half) is even buying into the media, into newspapers. This can't be for the profits, because newspapers aren't particularly profitable. Could this be with the idea of swaying public opinion with regards mining/carbon tax? Planning to convince us serfs that what the lords are doing is OK?

I enjoyed the article about the Big Two and a Half written by Wayne Swan, our Treasurer, (one of the Little Two and a Half) in the Monthly. He decried the fact that the Big Two and a Half had prevented Australian serfs getting their due from the intended mining tax. He didn't emphasise the failure of the government to stand up to the mining industry.

I was intrigued by Malcolm Turnbull, (another one of the Little Two and a Half), who claimed on Radio National that Wayne Swan was feeling guilty for not fighting hard enough against the Big Two and a Half. He ignored the fact that it was his party's policy to stop the mining tax. Could it be that Malcolm Turnbull knew that the large majority of Australian serfs, no matter

what their political party, strongly supported a mining tax on the profits of the mining lords?

I was not at all surprised that Tony Abbott, (the half from the Little Two and a Half) says that, if elected, he will repeal the mining tax. He ignores the serfs in favour of the lords.

But what really bugs me, as a serf, is the fact that our elected representatives, whether in power or not, are the Little Two and a Half. Possibly they could not (Wayne Swan), would not (Malcolm Turnbull, or will not (Tony Abbott), control the mining industry. The Big Two and a Half have the power because of their wealth, made from minerals dug out of Australia. Our country and its mineral wealth is being wasted to make rich a few lords, most of whom are not Australian, most of whom are overseas shareholders. And the Big Two and a Half in Australia get richer and richer.

I can't see us voting out capitalism. But surely we serfs who vote could vote into government representatives who would control the worst excesses of the lords!

Surely our representatives could tax these mining companies effectively!

*Lorraine Inglis*

### Northside Politics in the Pub

The Northside Politics in the Pub has been **cancelled for the month of April**

The next meeting and presentations will be **Saturday 5 May**

**Topic: The Politics of Free Speech: Media Empires/Media Ethics**

Time: TBA

Northside Politics in the Pub meets on the first Saturday of each month. Thus far the group has met at The Union Hotel, Pacific Highway, North Sydney.

We are a group of like-minded progressive thinkers started the group to provide a public forum where views, information and expression, beyond the mainstream can be discussed and shared.

If you are interested, and want to know more, contact OWN member, Aloma Fennell, and have your name put on the mailing list. We are also keen to have topic suggestions.

**Aloma Fennell** ph:9922 3809  
[alomafennell@gmail.com](mailto:alomafennell@gmail.com)

Do you long to be in charge of the world, but can't be bothered with all that tedious democracy nonsense?



Then why not join

**THE CORPORATE ELITE?**

- Yes, I want to be in charge, and dictate policy to elected representatives.
- Yes, I want to live like a medieval tyrant on the backs of other people's labour, but still be thought of as a decent sort of chap, and maybe even get a knighthood.

POLYP.ORG.UK

# OWN Writers

## My Story: Hastings Area NSW

I came crying into this world in 1939 at the Wauchope Memorial Hospital and was also the Great-Great-Granddaughter of Kindee, NSW's first pioneer Newman Hollis, a first child for Rose and Harold Hollis. During my first two years mum, dad and I lived with granny and grandfather, Herb and Lil Hollis, on their farm. Most locals would know the half way shop, as it was called, on the Seaview Ranges and a short distance to the east of the shop is a public rest area and believe it or not there was originally a timber mill and a house on the site and we lived there as Dad had a job at the timber mill for approximately two years. My playground was the mill and jumping into all that sawdust was the greatest fun. Can you imagine that happening these days, I think not! While living there I went for a walk with the cat, luckily along the road and not into the bush, how far I walked I don't know but there was panic from everyone and I bet that was when mum and dad found their first grey hairs. From the mill we moved back to grandfather's farm and then we moved to our little house which had been built over the next ridge. Electricity had not reached Kindee in those days and cooking in the horrendous heat that the wood stove generated sure made things tough. Washing everything by hand meant washing was an all-day affair - on top of this was the milking etc. Never heard the word 'stressed' back then.

Grandfather had a tennis court and cricket pitch resulting in teams of players coming with their families. These sports were played for the sheer enjoyment and friendly rivalry. Lunch was picnicking under the gum trees and of course I had lots of playmates. Dances were a joy and children participated between dances for the pure pleasure of sliding along those slippery floors. The suppers 'my-oh-my!' cream puffs, cream horns, peaches and cream - so delicious! The farm had dairy cows, turkeys, geese, guinea fowls, chooks and Muscovy, Khaki Campbell and Indian Runner ducks, what a playground! Horses were there as well but no Arabs. Newman Hollis had the first Arab horses in NSW.

In approximately 1947, mum, dad, Ronnie (my little brother) and I moved from my grandparents' house, further up in the valley to our own 300 acres. We lived in a tiny house for a few short years and my sister Judy came along in 1948. This house was fenced off with the orchard, chook run and the dunny. I still shudder when I think what could have happened the day mum, dad and Judy were away. There were barriers at both at the front and back doors for Judy's safety. I was sitting down when little Ronnie came in with a double barrel shotgun and stood beside me. I thought I would show him how the safety catch worked - Boom! Smoke and ringing in my ears! Ronnie disappeared out over the back door barrier and I took off over the front. We met at the end of the house - both

whiter than Casper the ghost. We decided to tell mum and dad that the big dent in the floor was caused by the back of the axe we had to use while trying to kill a giant lizard - naturally that went down like a lead balloon.

Dad built a larger home nearby and new trails when I was 13. He converted our first home into a car shed and we continued to use the outside dunny.

I met my husband in 1957 when the power came through. He was an electrician from Port Macquarie. It's hard to believe, but to visit Port Macquarie I rode my bike all the way to what was then a small seaside town, WHEW! That was a rough, hot ride and the road was torrid then. Clearly he was worth it - we married in 1959 and now, 53 years later, we have three almost middle-age children and six grandchildren. Together we have survived the usual traumas, accidents, operations - they simply have been the links in the chain of my life.

Really it is not what happens to you in life, but how you handle it.

*Joan Cowan, Hastings OWN*



*Kindee Bridge*

## Rain Ditty

*It is raining in our city  
And its really getting bad  
We could not use the hoses once  
My garden was so sad  
Now my garden's getting waterlogged  
Which really is a pity  
And the lawn has grown up so high  
So my dog can't do his....  
Have I told you it is raining  
On the roof is pitter patter  
So I'm off to my old writing club  
And taking a cheese platter.*

**Coral Littlewood**

# OWN Writers

## My Failures

I don't do boredom very well. In fact, I'm a failure at it. If I have nothing to do I read and I belong to a couple of libraries. I adore international crime novelists and can wander around Istanbul, Shanghai, Moscow or other foreign climes, as I read my whodunits.

I don't even do TV watching very well and have no idea of TV programmes. This is why I have recently taken to ABC Viewer. I can catch up with some show on my computer.

I'm a failure too at excessive housework. I could never understand the claim that 'her floors are so clean you could eat off them'. I'd be a failure at eating off floors. I don't move stuff on surfaces frequently because then you could see spaces in the dust. This way I can dust less regularly. I'm not a good duster.

I'm also a failure at weeding. At the moment, the grass in my yard is thigh-high. I'll have it cut when it stops raining. In my new planned house there will not be as much opportunity for weeds to sprout. I hope to avoid most weeding.

I am not a failure at eating, but I do try to avoid too much cooking. If I cook enough for six people, I can freeze five for later microwaving. If I make a pesto or a frittata, it might feed me three times. I'd say I'm a cooking avoider, rather than a cooking failure.

I am a failure at worry. I could never see any future in it. The future will come but worrying won't change it. Being organised I am good at but this means I can fail at worrying.

I am a failure at excessive patience. I have no patience with electronic gadgets which don't do what they are supposed to do. I have no patience when I see five buses with the same number line up at the end of a run, then see three 445 buses leave Balmain together, or three 438 buses coming from Abbotsford all in a line. I have little patience trying to communicate with supposed services by phone, but I think they plan it that way so that I might give up my attempts to get assistance.

I am also a failure at tolerance in some situations. I don't tolerate banks being 'thingy' about me providing photo ID to take money out of my own account, or people wanting to look in my bag in shops, or unwanted advertising in my letterbox, or on my computer. I am definitely a failure at tolerating being treated as 'a little old lady'.

I am a failure at being calm. I get excited, annoyed, angry about many issues and you who read *OWN Matters* have heard about some of them from me in the past. Those

who know me hear about these issues. In fact, I enjoy being a failure at calmness.

In fact, when I think about it, I enjoy my failures, just as much as my successes and my pleasures.

Lorraine Inglis

## USE YOUR RIGHTS - REPAIR, REPLACE, REFUND

Under Australia's new consumer laws, if you buy a product and it is faulty you have the right to take it back to where you bought it and ask the business to repair or replace it. In some cases where there is a major problem, you have the right to a refund.

These rights are called consumer guarantees and they apply to all goods and services bought or leased new, secondhand, in stores and online. In broad terms, consumer guarantees require that all goods sold in Australia must be of acceptable quality, be fit for any purpose that you made known to the seller and that they match the description given.

Services must be delivered with due care and skill and completed within a reasonable time if no set timeframe is agreed. If the goods or services don't meet the consumer guarantees, you have a legal right to a remedy. This may involve a repair, replacement or in some cases a refund. If you have a problem with a product or service you should first contact the business you bought it from. If they refuse to help, contact your local consumer protection agency or the Australian Competition and Consumer Commission (ACCC).

The ACCC has produced brochures and posters about consumer rights in fourteen languages other than English. The ACCC will also consider requests to provide face-to-face presentations about consumer rights at group meetings or events.

For further information visit [www.accc.gov.au/consumerrights](http://www.accc.gov.au/consumerrights)

To access an online Problem Solver to help you work out when you can seek a repair, replacement or refund, visit [www.accc.gov.au/ConsumerGuaranteesProblemSolver](http://www.accc.gov.au/ConsumerGuaranteesProblemSolver)

The ACCC has launched an ACCC Consumer Rights Facebook Page. This can be viewed at [www.facebook.com/ACCCConsumerRights](http://www.facebook.com/ACCCConsumerRights).



# OWN Writers



## A Greek Easter

Easter is almost here again and my thoughts turn back on my young years and the way we celebrated the holiest time of the Christian calendar, for Greeks at least.

With the beginning of Lent, the church services and people's attendance are more frequent. On day one of the Lenten season, the forty days of strict fasting starts. Animal products such as meat, milk, eggs, butter, cream, cheese, yoghurt etc are forbidden. Fasting means challenging yourself for various reasons; duty and obedience to your faith, endurance, persistence, patience and healthy cleansing.

I remember well, not just my mum, but all the ladies in the neighbourhood were busy in the weeks before Easter. First the spring cleaning, the cookies and biscuit baking, the endless shopping and feast planning.

Back in the old country we don't have only Christmas carols but Easter carols as well. The carols tell the sad story of Jesus suffering and then of his resurrection.

The children were often reminded to be good if they wanted to receive Easter gifts, especially from Godparents. Traditionally the week before Easter their Godparents would bring you a pair of new, shining shoes, clothes, sweets (not chocolate bunnies) and the big white Easter candle that was nicely decorated with pink or blue ribbons, flowers or tiny toys. This candle we would take to church to light up at the midnight service on Easter Saturday to celebrate the resurrection of the Lord Jesus.

Our mum always made sure we were ready with gifts for our Godparents, which consisted of the best Easter sweetbread she had baked, plaited like a wreath and decorated with coloured eggs. There was also a bottle of port, a basket of hard boiled coloured eggs, Easter cookies and other sweets.

The Holy Week, the week of Passion, we start with Good Monday and Good Tuesday. On Good Thursday Jesus is on the wooden cross and on Good Friday after bringing Jesus down off the Cross at 9 pm we have a pretend funeral for Christ.

In my local church in Bankstown, every year the crowd that follow the procession numbers more than three thousand people.

At Saturday midnight service and after the priest announces the Resurrection of Jesus, we greet each other by saying "Jesus has arisen from the dead". The other person answers: "Truly has risen". We repeat this greeting for 40 days until the Ascension to Heaven.

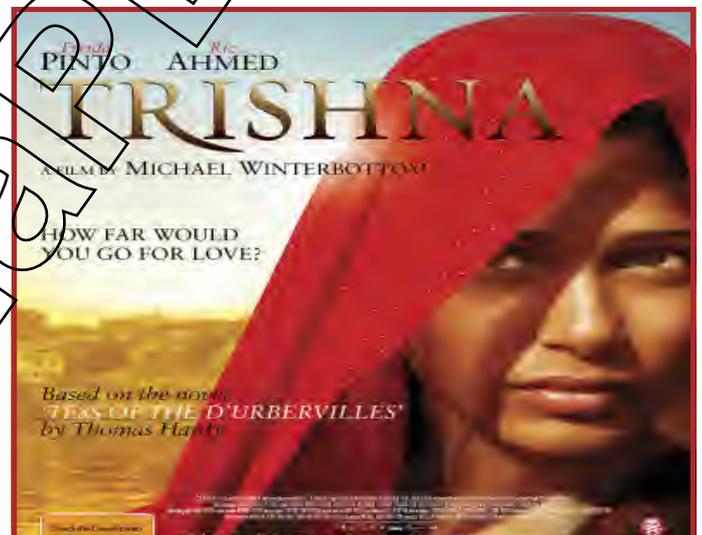
After the church service we go home to sit to late supper, a special supper after the long fasting period.

We start with the cracking of the red eggs and the greetings. Easter represents new life, new beginnings.

Easter in the Northern Hemisphere as we know comes in the Spring, when all around you is new, fresh and beautiful. Nature wakes from the winter cold and life everywhere is born, as we Christians have been saved and reborn thanks to Our Lord.

Easter, like Christmas is a celebration, where we like to share the good news so we visit each other, exchange gifts and feast together. Lamb on the spit, music, dancing and fireworks, they are all part of the Greek Happy Easter celebrations for everyone.

*Connie Koudilios and Bankstown Greek OWN*



## Trishna - Volunteer Rewards!

25 in-season double passes for our brilliant OWN Volunteers throughout April. *Just see Beth.*

Directed by Michael Winterbottom (*A Mighty Heart*)

Starring Freida Pinto (*Slumdog Millionaire*) And Riz Ahmed (*Four Lions*)

Screenplay by Michael Winterbottom

A contemporary adaptation of the classic novel *Tess of the d'Urbervilles* by Thomas Hardy.

Based on Thomas Hardy's classic novel *Tess of the D'Urbervilles*, TRISHNA tells the story of one woman whose life is destroyed by a combination of love and circumstances. In the midst of the breathtaking backdrop of Rajasthan, Trishna (Freida Pinto) meets a wealthy young British businessman, Jay Singh (Riz Ahmed) who has come to India to work in his father's hotel business.

Trishna's tragedy is that she is torn between the traditions of her family life and the dreams and ambitions that her education has given her.

National release date 10 May 2012

# Notices

## Want to improve your Social Networking Skills?

The University of Sydney (Discipline of Health Informatics) is currently carrying out a project that examines the potential use of social networking technologies by older adults to decrease social isolation. The project is funded under the NSW government Office of Ageing, Applied Research Grant program and will be carried out in collaboration with such NSW community groups as the Australian Seniors Computer Clubs Association and Carers NSW.

We are currently seeking 150 people interested to participate in a six-month study. Participants will receive free training in Skype, FaceBook and Twitter over two, three-hour sessions to be held in several NSW locations. If you are aged 55 or over and have a home computer or other access to the Internet, and are interested in participating or would like more information, please contact us as soon as possible on (02) 9036 7476, 9036 7475 or email [lisa.dalsanto@sydney.edu.au](mailto:lisa.dalsanto@sydney.edu.au).

**DR LISA DAL SANTO** Research Officer, Discipline of Health Informatics, Faculty of Health Sciences Room M308, M Block Cumberland Campus

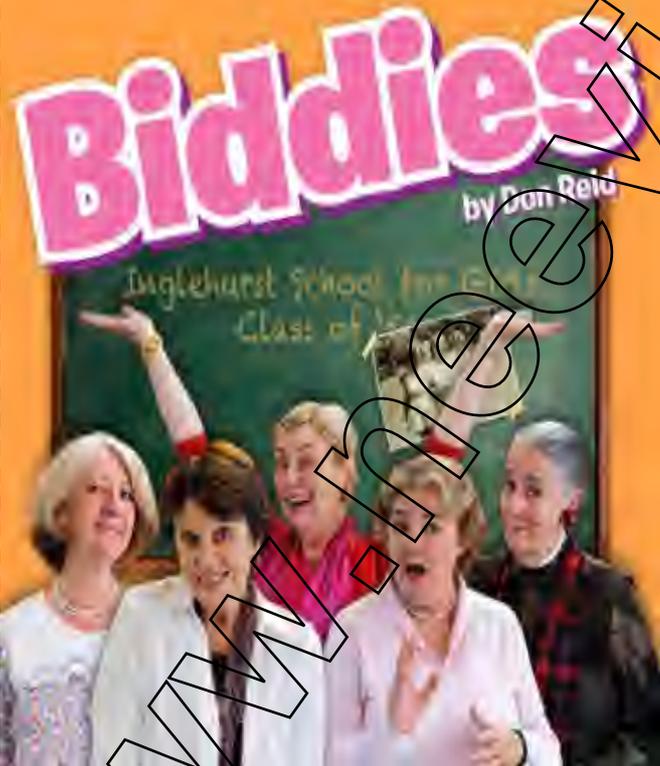
The University of Sydney

Lidcombe NSW2141

T 9036 7476 M 0438 547 237

E [lisa.dalsanto@sydney.edu.au](mailto:lisa.dalsanto@sydney.edu.au)

W [sydney.edu.au](http://sydney.edu.au)



## **Biddies national tour 2012**

All seasons 1-3 night performances unless otherwise indicated.

### **April**

Glen St Theatre 3wks (Belrose)

### **May**

Riverside 1 week (Parramatta)

## FREE HELP TO SAVE POWER

The Office of Environment and Heritage, NSW Department of Premier and Cabinet, are conducting a Home Savings Program for eligible households. The program can help save up to 20% off the power and/or water bill which will help you and the environment. Eligible households must be in NSW, hold one of the following: a Centrelink Pensioner Concession Card, a Department of Veterans Affairs Pensioner Concession Card, a Department of Veterans Affairs Gold Repatriation Health Card, a Department of Veterans' Affairs White Repatriation Health Card, a Centrelink Low Income Health Care Card or be a recognised energy utility hardship customer.

Contact details are: Office of Environment and Heritage, 59-61 Goulburn St, Sydney. Telephone: **1300 662 416** to book (or 9995 5000 - switchboard);

Email:

[powersavings@environment.nsw.gov.au](mailto:powersavings@environment.nsw.gov.au) or the website:

[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au).

The free power savings kit is worth around \$200.00 and includes a variety of pieces of equipment plus an assessment in your home by an energy expert. They even have a nifty little gadget they can plug in and place it against your fridge or other piece of equipment and it tells you the dollar rate to run the equipment.

# OWN Sydney Notices

## WOW! Subscribe NOW!

Subscription to *OWN Matters* is \$22 per year, due every **JULY 1!**

Want to join **OWN Sydney** at the same time? We can fix this up in the same way, if you tick this box and include just another \$5

Would you like to donate? \$.....

### Payment method

I enclose a chq/money order for \$22 - covers to Jun30, 2012 made payable to OWNNSW **OR** Please debit the following credit card for \$22 (plus any donation)

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Signature

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State & Post Code

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Signature

Address

\_\_\_\_\_

State & PC

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With my best wishes!

## Members and friends are welcome to attend all activities

### Wellness on Wednesdays - Important Changes

9.30am-1.30 pm every Wednesday  
Held in Mott Hall, Argyle St. until 18 April, then the hall is being refurbished. Check with Lola re alternate venue: 9665 8741.  
See entry page 7.

**9.30 - 10.30** Gentle Exercise, \$5 per session.

**10.45 - 11.45** Tai Chi, \$5 per session.

### Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest.  
Contact Annette Butterfield: 9665 5369 email: [abutterfield852@hotmail.com](mailto:abutterfield852@hotmail.com)

### Film Discussion group

You are invited to join us on **Tuesday 10 April** to see *Marigold Hotel*. Recommended for viewing is *Margin Call*. Please ring Yetty on **9665 2050** to check details of films.

### Bondi Junction Coffee and Gossip Group

**27 April** 11am The Coffee Shop, Eastern Suburbs Leagues Club.  
Last Friday of every month. Contact Yetty on **9665 2050** to check details.

### Book Club

**16 April** 12.30-2.30 pm at 87 Lower Fort Street.  
This month's books is: *The Lieutenant* by Kate Grenville.  
Come at 12 and bring a sandwich for lunch at midday.  
Any questions, phone Anne Marie on **9622 0717**. Note: Book to be discussed at the **16 April** meeting is *Nine Parts of Desire* by Geraldine Brooks.

### Aboriginal Support Circle

First meeting on Monday **2 April** 10.30 am, at **Museum** in College St Sydney for tour of *Canning Stock Route Exhibition*. Meet in Museum foyer. No meeting in May. Confirm all details with Pat Zinn: 9389 1090 or email [patzinn@hotmail.com](mailto:patzinn@hotmail.com)

### Saturday Social Group at Birkenhead Point

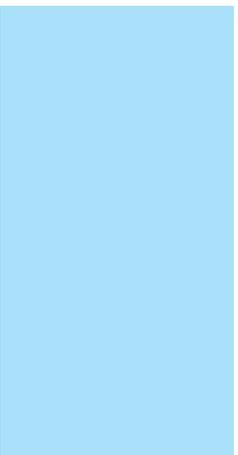
We meet from 10.30 a.m. to 12.00 noon at Birkenhead Café, 1<sup>st</sup> floor Birkenhead Shopping Complex.  
Contact: Meg Venning 9887 2386  
The next dates are Saturday **21 April** and **5 May**.

IF UNDELIVERED PLEASE RETURN TO:  
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87 Lower Fort Street  
Mihers Point NSW 2000

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