



OWN MATTERS

Newsletter of the Older Women's Network NSW

Vol.8 No.6 – July 2011



It's Conference Time!

You can meet old friends, eat, drink and be merry, and feel virtuous at the same time. Of course you can be virtuous, and volunteer for our OWN NSW Management Team, for 2012...

see *Come One, Come All* page 3



OWN Congratulates Trude Kallir

Trude Kallir, an OWN member for many years, has been awarded an OAM in the 2011 Queen's Birthday Honours, for her service to the environment, to women and to the community.

see *Congratulations Trude!* pages 3 and 8



Nora Huppert shares her story

It was my third year of independent living in post war London and I was enjoying every moment...My father was the only close family member who had survived the horror of war...we were both victims of 'survivor guilt'...

see *Life in Post War London* page 14



Dorothy Pizey introduces RESTORE

Free exercise programs are being offered to older adults as part of a unique research study aimed at improving mobility and reducing the risk of further falls in people who have suffered a broken leg, hip or pelvis from a fall.

see *Stepping On after fracture* page 16

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

Phone: 02 9247 7046 Fax: 02 9247 4202 email: info@ownnsw.org.au web: www.ownnsw.org.au

Produced with the assistance of the Office of Ageing, Disability and Home Care, Department of Human 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.

OWN Matters is copyright. Material can be reproduced, but only with acknowledgement of its source.

ABN 36 992 030 904

Editorial Team

Beth Eldridge, June West, Lorraine Inglis, Helen Young, Louise Bentley, Sandra Windsor, Lynne Mingo and Jacqueline Duffield.

Admin Support

Margaret Holland and Margaret Kearney

Layout and Design

Beth Eldridge, Lynne Mingo.

Membership & Subscriptions

Chris Taylor, Merrill Woods

Mailout Team

Pat Rayne, Noel Carpenter, Veronica Willis, Corinne Campbell.

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

CONTENTS

New cover with snippets	1
Contacts and Contents	2
Come One, Come All	3
Congratulations Trude!	3
OWN Conference Quilt	3
Winner Northside Quilt	3
Aged Care Campaign	4
Every Australian Counts	4
Password Stress	5
Sydney OWN AGM Notice	5
A Bit of Ballast	6
Not What They Used To Be ...	6-7
Curious Services	7
Aboriginal Support Circle	8-9
Help for Indigenous Business	8
Queen's Birthday Honours	8
Sydney Women's Fund	9
20 Years of Little Change	9
At and Beyond the Rocks	10-11
Blacktown OWN	10
Hidden Treasures	10
Jeanie Leane - Purple Threads	10
Noreen on Pat Donaghy	11
Anti-Poverty Week	11
Hello Newsletter Workers	12
A Note from Peg Hewett	12
More on Norfolk Island	12
Berlin Philharmonic	12
OWN NSW Theatre Group	13
Community Awareness	13
Life in Post War London	14
Brigid's Travels: Part III	15
Recovery and Stepping On	16
DES Info Available	16
Disability Transport Review	17
Light Rail for Pensioners	17
Kings Cross Community Centre .	18
Jessie Street Lunch Hour talks	18
OWN Sydney Notices	19

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.*

Come One, Come All, to Our OWN NSW Conference

You've been waiting all year for your chance to come, and now the time is nigh.

The 2011 Annual State Conference, and our AGM, will be held at The Rocks, at Mott Hall on Thursday, 28 July. This is a beautiful part of Sydney with buses 431, 433 and 339 stopping directly in front of Mott Hall. From most of Sydney you can also come by train to the Quay, and then catch one of these buses up the hill up you can't face the walk. This is such an easy place to visit.

We will feed you well, entertain you and challenge you. The Conference will open with a bang – literally – when *Jam Tartz* and *Rock On* perform together. We have the Minister for Ageing, Andrew Constance as our Keynote Speaker bringing us up-to-speed on the state's plan for ageing now and beyond. *The Heartbeats* will be showing their new routine, the *OWN NSW Theatre Group* performing their *Village People* show.

We have three workshops. *Pearlie McNeil* will be doing a writing workshop; *Sonia Laverty* is running a workshop called: *Ageism; What are You Doing About It?* and I have a *walkshop* instead, to take women on a *Historic Rocks Walk*. You can meet old friends, eat, drink and be merry, and feel virtuous at the same time. Of course you can be virtuous, and volunteer for our OWN NSW Management Team, for 2012. And of course we will be drawing the magnificent Conference Quilt raffle, see panel opposite.

I am looking forward to seeing those friendly, familiar faces,

Lorraine Inglis

Congratulations Trude!

Trude Kallir, an OWN member for many years, has been awarded an OAM in the 2011 Queen's Birthday Honours, for her service to the environment, to women and to the community.

Trude was one of a group of 13 women, self-named the Battlers for Kelly's Bush, who in 1971 successfully fought in 1971 to save 5 hectares of untouched bushland on the Parramatta River from development. Trude was a member of the OWN Health Group as well as being a consumer representative for OWN. Trude also belongs to WILPF, the Women's International League for Peace and Freedom.

Trude, through her dedication and commitment to social justice, is a more than deserving recipient of this award.

Kris Ferguson



Conference Quilt 28 July 2011

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



Northside Raffle Winner

The OWN Northside Mother's Day Quilt Raffle was drawn on Wednesday 4 May, and the winner was Joy Ross of Sydney OWN. Congratulations Joy!

Have you Heard?

Aged Care Campaign

The Productivity Commission has made some recommendations which, if followed, could have a disastrous effect on people accessing residential and home-based aged care. The Commission is proposing to change the definition of ability to pay.

The key change the Commission is proposing is to use the age pension income and asset tests, but to include the family home for both residential **and** home-based care. This will mean that people without significant savings or retirement income will be forced to either sell or re-mortgage their home to pay for care. They will not only have to do so to get into residential aged care, but also to get a community aged care package and even home care.

For further information visit the Combined Pensioner and Superannuants Association of NSW Inc. (CPSA) website: www.cpsa.org.au



bonds and reverse mortgages
are not the answer

Every Australian Counts Campaign

Next month, the Productivity Commission will hand over its final report to the Government.

The National Disability Insurance Scheme (NDIS) goal is to make sure the Federal Government accepts the recommendations of the Productivity Commission and commits to introducing The National Disability Insurance Scheme.

We have a challenging political environment to make this happen.

That's why we need you to go along to your federal member and recruit them to be a supporter of the Every Australian Counts campaign.

You can use our easy Find Your MP tool http://everyaustraliancounts.com.au/mp_action/ on the website. There are briefing notes to guide you on your visit, but your story is what's important. Your local MP needs to hear first-hand about the challenges faced by people with a disability and their families every day. They can read all about the facts and figures, but meeting you and hearing your story is what will make a difference in gaining their support. Change involves people voicing their views and making it clear to politicians what they want. Direct meetings with people from their electorates make a difference to politicians. They need to hear your story.

1.) Contact your MP

Ring your MP's electorate office and explain that you'd like to meet with your local Member to talk about why a National Disability Insurance Scheme is so important to you.

2.) What to say?

Read the guide to visiting your MP.

3.) Find out more

Find out more about the Productivity Commissioners recommendations for a National Disability Insurance Scheme.

4.) Let us know

Let us know how the meeting went.

If you've already met your MP, let us know how it went.

http://everyaustraliancounts.com.au/let_us_know/ <http://www.everyaustraliancounts.com.au>

© 2011 NDIS Revolutionising disability services. All rights reserved.

Names and Numbers

I'm Suffering Password Stress

I'm suffering from password stress, which started when I got a new computer. Of course I needed a new password for the computer, I couldn't remember the password for the router, and I needed a password for the wireless setting. Then I looked at the list of p-words, for various connections and accounts...fourteen! A good password has to be easy to remember, but hard to guess. Of course I have written my passwords down. At least my fridge, washing machine and microwave don't have passwords even though they have little computers.

But also at TAFE I use three passwords one for the computer, one for my memory stick and one to use the internet. At the library I use a computer with ID and password. Each computer in the OWN office has ID and password. A password is a string of letters or symbols that is used to prove identity or to gain access to a resource. As an ordinary computer user, I need passwords to access the computer operating system, the internet, my email, the network, my mobile phone, and webpages. But you also need passwords for various accounts, eg Amazon, or Apple, or E-Bay and, of course, banks.

The number of passwords people need often causes them to have very weak passwords, to use the same one for lots of purposes or to write them down. The more security needed, the stronger the password should be. A stronger password would be longer and have a mix of characters, though some systems only accept eight figures and some will only allow numbers and letters. Here are some guidelines:

Avoid names, pets, rego numbers, dates, repetition, dictionary words and such.

- Use a mixture of numbers and symbols if allowed.
- Use a mixture of capitals and lower case letters if allowed.
- Have 12 to 14 characters if allowed.
- Avoid using the same password for multiple sites or purposes.
- If you write down passwords keep the list in a safe place.

An executive in a big IT business said he had 68 passwords, so he had only two choices, write them down or use the same ones. I'm working on this password thing. I will find out how to change every one because that should be possible. I think I need passwords of different levels of security. If I am to do internet banking it will be in

one account with no connections, a small balance and a very strong password. Anything to do with the tax office and such need very strong passwords. My computer, email and router also need strong passwords, because they give access to all about me.

The other passwords that allow you to book a class, buy a book, or e-book, or such, I intend to check out. They are mostly protecting commercial entities. They want my business on-line, they want security by me remembering a password, but do they offer me security?

Lorraine Inglis



AGM Notice

OWN Sydney Committee has been doing some navel gazing lately. We realise that OWN Sydney is rather different from most other OWN groups because of the way OWN developed in NSW. Before groups sprang up in various locations in NSW, Sydney OWN was OWN.

Many members will know of this historical development, but some may not, and may not even know that they are members of OWN Sydney. This is all about to change as the Committee plans to write to all 300 members listed as OWN Sydney members in the near future.

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

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

*Sonia Laverty
for the Coordination Team*

OWN Out There



A Bit of Ballast

During the big wet here in Sydney, I take my hat off (only if it is not raining) to those who still walk around the bay situated in the Inner West. The upper part of Australia has their big wet in January and February. In the south we have it in June.

Today, the first day sunshine was forecast, I went out with a raincoat just in case. I wondered at the outset whether I was overdressed with three layers of inner clothing, but by the time I arrived home two hours later, I knew I was wise to wear my raincoat with a firm hood.

I don't know about you but I get really sluggish mentally if I don't have some sort of physical exercise and my preference is to simply walk. Occasionally my body says, "Run! Run! I want to be free!" Not at a great sprint of course. My thoughts often stray when I see those beautiful bodies with lithe limbs in skin-tight, black lycra with snake like curves woven into the synthetic contours. Was I ever built like that?

The new Iron Cove Bridge was planned with the best intentions of politicians to increase the fluidity of our traffic. They must be pleased to know that now the walkers, joggers, the doggers, parents with prams, and cyclists now have a lovely wide space in which to weave.

Compared to the narrow Iron Cove Bridge walkway when my experiences were of the hazardous variety. Courtesy was an essential adaptive strategy, otherwise you could be side swiped very easily by cyclists, or groups of runners.

One day it was really blowing. It must have been a 30 kilometre wind coming from the south. Once I turned onto the bridge I realised that it was an even greater power than I was prepared for. If I hadn't had that bit of ballast I think my feet would have been lifted off the ground with the help of my raincoat spinnaker! The wind was inflating

my raincoat and making it harder for me to walk forward (weaving perhaps like an inebriated person), and I wondered what it might feel like becoming airborne. Mary Poppins wouldn't be singing: "Supacalifragalisticexpialidocious." She would be saying, "Ahhhh-help!" as she took off into the flight path of the low flying Qantas jets.

The whole bay was a scudding field of water with crests of white. At one stage in the middle of the bridge I grasped the handrail to make sure I moved forward rather than towards Birkenhead shops. As I was crossing the new pedestrian walkway, I noticed the dog in front of me with his master, and I am sure his body language was saying, "Do we really have to be out on a day like this?"

So - do I brave the elements again? Yes, because I need to exercise, and when I get home I appreciate the warmth, hot food, soothing music and the relaxation that comes afterwards. To be out in nature is balm for the mind.

Glenys Buseli



Not What They Used To Be

When I was a kid they were called gumboots, though in other places they might have been known as galoshes or wellies. The originals, designed by the Duke of Wellington (after whom they were named) were made in leather. Later gumboots were always big and black, made of polyvinyl chloride (PVC) and very practical for keeping your feet dry but clumsy to walk in and sloppy on your feet.

It has rained a lot over the last month and I walk to gym. I took a spare pair of shoes and socks a few times, but each day just ended up with two wet pairs of shoes to dry and two pair of socks to wash. I gave up and wore my old boots and just took my gym shoes. That day my gym trainer came in a pair of wellies in black with white spots, and I passed a fellow walker in the park who discussed how good her well-fitting rubber boots were.

OWN Out There



I'd been surprised by some vivid wellies I had seen being worn around town, and when I looked around during the sales, wellies were there in lots of colors and patterns. So I looked online and was fascinated.

You can buy them in every colour of the rainbow in spots, stripes and checks, in houndstooth and paisley, printed with flowers or butterflies or leopardskin and in psychedelic colours. You can get them long, medium or even as elastic sliders. You can get them pulled in to fit to your leg by straps and buckles, or by elastic tops. You can get them to fit your feet, so they are not as clumsy to walk in.

The world market online, is changing forever. What will be offered for us to buy, even if we don't buy online? After all, those wild wellies were available at DJs and Myers, too!

Demand changes supply, or supply changes demand? It's incredible what is available in most goods you want to buy. My fridge stopped working, and the range available was huge. I chose the one with biggest freezer at the bottom that I could afford. I guess I factored in what most of us would: design, size, and price.

The choice available makes choosing difficult. I guess this is what some people like about Aldi. There you can buy one size jar of honey and one brand of beans or rice or tuna. It must be less stressful, and after all, you only buy one can of beans or one packet of rice.

But will it affect those who can't even afford the packet of rice or can of beans? Why do economic rationalists claim that the unfettered world market will improve the lot of the impoverished and marginalized? A factory making wild wellies could open in Nepal, paying minimal wages to its workers, and selling online. I guarantee the factory owner might make money, the environment would be affected, but the workers would not be able to afford to buy the wellies. They would still struggle to buy the beans and rice.

Lorraine Inglis

Curious Services

I was recently amazed to read about the lengths to which hotels around the world are now going in order to boost their bookings. Global booking site Hotels.com describes some of these extraordinary jobs which are apparently growing in popularity.

They include:

Human Bed Warmer – A London hotel offers the exclusive service of a human bed warmer. If requested, a member of staff changes into a head-to-toe suit and hops into a guest's bed five minutes prior to the nominated bedtime, to make it warm and cosy.

Another London hotel offers an apparently popular bedtime storyteller service for guests. Regardless of their age, guests can request a storyteller to come to their room and read a book of their choice.

Coin Polisher - Since 1935, San Francisco's Hotel Westin St Francis has employed someone to polish all coins, so that lady guest's white gloves remain unsoiled.

Monkey Men – Amanbagh Resort in India employs men to patrol the grounds, armed with slingshots to keep monkeys from stealing guests' food.

June West



Aboriginal Support Circle Issues

Help for Indigenous Business and Indigenous Employment

Finance Minister Penny Wong has announced that small and medium Indigenous enterprises will be exempt from the Commonwealth's mandatory procurement procedures to help Indigenous employment. Commonwealth Government agencies will be able to contract small and medium Indigenous businesses without conducting a full tender process while still delivering value for money, leading to reduced administrative costs.

For small and medium Indigenous businesses the high administration costs and convoluted tendering process often disadvantages them from winning the tenders. Now they will be able to tender for big contracts, particularly in areas such as the Pilbara in Western Australia and Queensland. There will now be more opportunities for Indigenous businesses and more employment in regional areas, which will provide ongoing economic development pathways for their communities.

Indigenous employment advocacy group Generation One has found that the majority of Indigenous Australians have named inadequate training and qualifications as a barrier to gaining employment, also not having a good understanding of the rules of the workplace. There is a pressing need for job readiness training, but the biggest disadvantages lie in the lack of basic skills in literacy and numeracy. The Federal, State and Territory governments are aware that keeping Indigenous children in school is of primary importance and various programs are being carried out throughout Australia. One initiative lies in a new \$50 million Trainee Program starting next year aimed at giving more students the chance to get traineeships while still at school. The program will provide assistance for trainees, support for employers, workplace mentoring, work experience placements and support and preparation for work activities. It will also support organisations to help students find

a job or move into further study.

The program will focus on school-based traineeships and activities for year 11 and 12 students and some year 10 students, and will operate in schools with large indigenous populations or those located in low socio-economic areas with viable labour markets. Trainees will gain a nationally accredited qualification - usually a Certificate Two in Business Services - as well as a minimum of 100 days paid work experience.



Pat Zinn

Queen's Birthday Honours

Heartiest congratulations to our own Trude (Gertrude) Kallir for achieving a medal (OAM) in the General Division for service to the environment, particularly through the Ryde Hunters Hill Flora and Fauna Preservation Society, to women, and to the community. Trude has also been a guiding light and enthusiastic supporter for human rights not only in our Aboriginal Support Circle, but as a member of WILPF (Women's International League for Peace and Freedom). She excelled in so many spheres; it was a privilege to be there when she was presented with an Edna award. They don't make them like that any more.

Heartiest congratulations also to Professor Lisa Jackson-Pulver, who is well-known to us in Reconciliation, for achieving an Officer (AO) in the General Division for service to medical education, particularly through the Muru Marri Indigenous Health Unit at the University of NSW and as a supporter of educational opportunities for Aboriginal and Torres Strait Islander people.

Pat Zinn

Aboriginal Support Circle Issues

The Sydney Women's Fund supports Aboriginal Women to Combat Violence

The Aboriginal Women against Violence project in South West Sydney has received funding of \$10,000 from the Sydney Women's Fund, to ensure that more Aboriginal women can attend their training program which is helping to reduce the instance of violence against women and children. The Joan Harrison Support Services for Women, which runs the project, was selected for this philanthropic grant because it offers an education program specifically designed by Aboriginal women for Aboriginal women, to train and mentor them to become future trainers and advocates in their own communities. Aboriginal women are four times more likely to be the victims of domestic violence than non-Aboriginal women. Earlier programs have been successful and have led to women who have completed the program forming networks, thereby passing on knowledge which has benefitted more women around them at different ages and stages. This funding will go towards running the program for more women so they can become empowered to go back to their communities and help other women.

The Sydney Women's Fund is the only philanthropic fund supporting women and girls in Greater Sydney. Aboriginal Women Against Violence is one of seven inaugural projects that form part of the Sydney Women's Fund's first year of grant-making, to help women and girls achieve their potential and live safely without fear or discrimination or disadvantage.

I am really excited about this project and am going to make enquiries at: www.sydneycommunityfoundation.org.au

Their contact No. is 92511228 and email address is:

krisyti.mansfield@sydneycommunityfoundation.org.au

Pat Zinn

20 Years of Little Change

The final report of the Royal Commission into Aboriginal Deaths in Custody is 20 years old. (The 20th anniversary of its tabling fell on April 15th this year.) A key finding of the Royal Commission was that although indigenous people were dying at the same rate as non-indigenous people in custody, the over-representation of indigenous people in the criminal justice sector led to a higher percentage of deaths. Recommendations were extensive, covering police practices, prison procedures and the judicial process as well as acknowledging the impact of poverty as a factor in criminality and on the legacy of the policy of removing indigenous children from their families.

Since the Royal Commission, the percentage of indigenous people in the criminal justice system continues to grow. It is now 26%, and the numbers for indigenous women and juveniles is even higher at 29%. The real frustration for many indigenous people and advocates in the area of criminal justice reform is the continual number of deaths in custody in circumstances that lead to suspicion (eg the death on Palm Island in 2004 of Mulrunji Doomadgee). Serious consideration needs to be given to an independent statutory body responsible for investigating allegations of assault or death against any person - regardless of colour - in custody, with more transparency and less appearance of bias.

A large number of indigenous people are in jail because of poverty and the inability to pay fines, because they are in remand, or because they cannot pay bail or are ineligible for bail. Justice re-investment, whereby the causes of jailing are tackled by means of improving living conditions and social issues in communities as well as education, is now being carried out in places such as the USA with promising results, and it is hoped that our Federal, State and Territory governments will follow suit.

Pat Zinn

At and Beyond the Rocks

Blacktown OWN

Being new to the 'job' of Secretary I am reaching out to touch base with other OWN groups via the newsletter.

Blacktown OWN has been very busy over the last couple of months, firstly hosting the Quarterly Meeting held on May 4th at Rooty Hill. This was a great meeting, followed by a demonstration from our African Drummers then a delicious lunch followed by a general get-together and exchange of ideas.

We have also celebrated a 'Feel Good Day' - we enjoyed a workshop with a Psychologist on self-esteem and self-worth, a two-course lunch followed by a make-up demonstration and advice on how to enhance our best features, again enabling a feeling of self-worth. Line Dancing with a solo by our teacher was also part of our day. This event was attended by about sixty members and guests from Parramatta, Penrith Districts and the carers and guest from a Nursing Home.

Our Mother's Day Luncheon was well attended and, along with prizes being won, we had a lot of fun and a huge meal. From there we have enjoyed the Biggest Morning Tea and we raised a tidy sum for the Cancer Council.

Future plans, along with all our normal activities, include a Christmas in July.

We welcome members from any areas and please feel free to bring guests.

Christine Sales



Hidden Treasures

honouring rural women volunteers

The Hidden Treasures Honour Roll acknowledges the important volunteer roles women play within NSW rural communities. It provides a platform to pay tribute to rural women volunteers who donate their time and energy to help others. The Centre for Volunteering would appreciate your assistance in letting as many people as possible know about this important initiative.

Nominations for the 2011 Honour Roll close 25 August 2011.

The 2011 Honour Roll will be launched at the 2011 Women's Gathering at Gloucester from 14-16 October. All rural women nominated will be included in the 2011 Honour Roll.

Nominations will only be accepted for NSW rural women. 'Rural' is defined as anyone living outside the large metropolitan centres of Sydney, Newcastle and Wollongong.

If you have any other questions regarding the nomination processes, please call the NSW Centre for Volunteering on 02 9261 3600.

Jeanine Leane speaks on *Purple Threads*

In 2010, **Jeanine Leane** received the Arts Queensland David Unaipon Award for Unpublished Indigenous Writer, for her manuscript, *Purple Threads*. The judges praised her work as engaging and believable, a much needed contribution to Australian Literature.

Don't miss this opportunity to hear Jeanine speak about her writing and the significance of the stories in her work. Jeanine is a Wiradjuri woman from South West NSW. She is also the winner of the 2010 Scanlon Prize for a collection of Indigenous Poetry, *Dark Secrets: After Dreaming (A.D. 1887-1961)*, and a Research Fellow at the Australian Institute of Aboriginal and Torres Strait Islander Studies.

A NAIDOC Week event.

Bookings essential

When: On Thursday 07 July from 18.00 to 19.00

Where: Customs House Library, 31 Alfred Street Circular Quay 2000

Cost: Free

Website: <http://www.cityofsydney.nsw.gov.au/library>

More Info:

City of Sydney Library



NEWS FROM THE GROUPS * NEWS FROM THE GROUPS

At and Beyond the Rocks

Noreen Hewett spoke at Pat Donaghy's 80th Birthday - 19 June 2011

A precious truth I learned early in my association with Pat Donaghy was that, even when you are looking down on Pat, you are also looking up to her. On one such occasion she'd fallen in the car park outside the OWN Wellness Centre in Sutherland and broken a bone in her shoulder. When we rushed to her aid as she lay on the wet grass in pain, supporting her damaged shoulder, she calmly approved calling an ambulance and organised who would accompany her to hospital.

Pat had already become a co-ordinator of the Sutherland Older Women's Network Wellness soon after its establishment. After moving to the Shire, Barbara Burnham and I received a grant from Sutherland Council to hold a live-in workshop of older women aiming to establish an Older Women's Wellness Centre in the Shire. We needed someone who had both teaching skills and experience in working with older people. So, who better than Pat who had joined the Older Women's Network even before her retirement from the Council for the Ageing so was ideal for the position, having skills both as a former school teacher and in working with older people, particularly older women.

The residential training courses conducted by Pat at Bundeena were hugely successful - a combination of learning and fun! Pat also drove members to the venues. In recent years there were workshops run by OWN branches in the Sutherland shire with the support of academics who had volunteered to research health programs. That research provided the material for a publication titled *Autumn Leaves*. It was very productive and now it is good to see so many more OWN wellness activities in other NSW areas and interstate. That preparatory research was thoroughly enjoyable and I developed enormous admiration for Pat's driving skills. I also remember trips to conferences in Canberra when Pat's driving skills shone again. On one occasion she successfully avoided some very dangerous tailgating from a big wagon whose driver thought he'd have a bit of 'fun' at our expense. He didn't succeed - due to Pat's calm and expertise.

This is a little sketch of just some of Pat's skills and volunteering. Actually, since I have had to retire from OWN activities, I've seen Pat

take on more and more tasks both centrally at OWN headquarters and locally. I truly love and admire her for her loyalty, sacrifices and skills. I hope that as we love her, we also care for her health and, by encouraging more grassroots involvement, shield her from possible harm occurring through her own sheer generosity. I've seen many people receive awards at national level, perhaps it's about time for us to take such a step for the work Pat has done for the community of Older Women's Network and beyond it!

Meanwhile, today is the day to celebrate the birthday of an 80 year old champion of all that is good for society, women's rights, including those of older women, the health of all communities and the involvement of all of us in a democracy which ensures our future and that of our nation. We are glad to share with Pat's family in celebrating the life of one who is loved and honoured by us all and recognising Jerry's excellent choice of life partner. Whether family or friends we truly love OUR PAT!

Happy birthday beloved Pat Donaghy!

Noreen Hewett



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

Join in Anti-Poverty Week 2011
16 - 22 October

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

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

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

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

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

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

Letters to the Editor



Hello Newsletter Workers

I want to let you know that I read *OWN Matters* from cover to cover when it comes, being house bound for over four years.

I was last in Sydney in August 2006. I had a hip operation in December 2009 and am now waiting for a spinal operation.

I have wonderful friends and neighbours, a lovely sunny unit, books, CD's, Videos and DVDs, so I'm very content.

Kind regards to all

Jean Smallwood

A Note from Peg Hewett

Although I haven't been involving myself with OWN Sydney I want you all to know that I'm still there in spirit. I have been getting around with the assistance of Community Transport and I have been able to use the buses to go to the OWN Friday (Bondi) get together. Thankfully I'm feeling more confident to walk short distances.

Each Wednesday I have a care worker visit. Often the weather determines my confidence as I can't manage an umbrella, bag and a walking stick together – perhaps when the weather clears up I'll feel more adventurous.

I want you all to know that I'm still alive and keen to contribute to OWN.

Yours frustratingly

Peggy

More on Norfolk Island

Congratulations to June West for her interesting article on Norfolk Island.

We visited there in the 1960's and met a woman who was a descendant, I think she said of Fletcher Christian. She pointed out to us that she had the high mop of frizzy hair of the islanders and the freckled fair skin of the matineers.

We stayed at her accommodation and she was very friendly. She was married to a sea captain who took us on tour of Norfolk.

We observed the long driveway of the abode of Colleen McCulloch

Enid Harrison



THE BERLIN PHILHARMONIC ORCHESTRA:

Imagine, Being There. Now you can, as four masterful concert works from the 2011 season of the world's pre-eminent orchestra are captured live in high definition with digital sound and screened in the comfort of premium cinemas. Featuring special guests including Sir Simon Rattle, Claudio Abbado, Yutaka Sado, Anne Sofie von Otter and the music of Mahler, Shostakovich and Rachmaninov.

We have five in-season double passes for lucky OWN volunteers in July! These special event double passes are valued at \$50 each and are valid for a single session of the winner's choice. See Beth in person during your shift to see if you are in luck!

Concert Series #1: EUROPA KONCERT 2011 FROM MADRID

Screening in cinemas July 30th, 31st and August 3rd

Concert Series #2: ABBADO CONDUCTS THE BERLIN PHILHARMONIKER: MAHLER

Screening in cinemas August 20th, 21st and 24th

Concert Series #3: WALDBUHNE 2011

Screening in cinemas September 10th, 11th and 14th

Concert Series #4: BERLIN PHILHARMONIKER & YATUKA SADO

Screening in cinemas September 24th, 25th and 28th

For full details please visit: www.iconmovies.com.au

OWN NSW Theatre Group



*In the village of The Rocks where we meet
In the village, where we meet and we greet
All the people who will share all the fun
In the village we're delighted you've come*

And we truly are in this village every Tuesday, which is a real delight as we work on our shows and get to know our neighbours.

Recently we were asked to perform at *Australia's Biggest Morning Tea*, which was organised by the coordinator of the Harry Jensen Centre, which adjoins our rehearsal space and wow was it fun! We sang two songs from our *Village People Show* and knocked 'em dead with our song *Don't Knock Your Granny*, which always goes down well. The morning tea raised over \$1400 for the Cancer Council and we were really glad to be part of it, both by contributing to their raffle and performing for them. The audience contained many representatives of the City of Sydney, including Vicky Skarlatos, who is the coordinator for Over 55 programs.

Our *Village Shows* continue with performances coming up in Kings Cross, Alexandria, Ultimo and Waterloo, which will be reported on in later editions. Just imagine we're going to do two Christmas in July gigs in one week, so all our Christmases really are coming at once. And we get to travel, what more could we gals want?

I just got back from Hobart and Jo Allon was kind enough to email me to remind me about a couple of things I probably should have put on the Agenda.

We're right to perform *In the Village*, which is our current show and we're performing at Kings Cross this week and Northcott Centre, Surry Hills, next week. We're also scheduled for Alexandria,

Waterloo and Pyrmont, which will then only leave us one venue to complete our grant.

The whole of the Theatre Group is booked to go to Perth and we've booked our flights to arrive on 9 October. Return flights are being organised as some members are staying longer. Accommodation has also been arranged with Perth and it looks like we will have two to a room, which is good for those who were worried about upper bunks. Yours truly has agreed to an upper berth if needs be - I'll just pretend I'm on the Indian Pacific.

We will be able to contribute about \$3000 towards the costs with a generous grant of \$1000 from OWN Australia (many thanks Cate Turner) and money raised from raffles, donations and gigs.

We're going into rehearsals of *Granny* in earnest for Perth and we've been invited to perform on the first day of the Conference to fit in with the workshop themes. We will be doing a *Village* concert at a venue away from the Conference on the 12th of October.

Rita Tratt

Community Awareness

Confidence Tricksters are clever actors hiding behind the 'friendly person' image. Their aim is to swindle you out of your money or property. Watch out for things like-

- You have won a contest
- Home Improvement offers
- Cash only
- Last Chance or Today Only
- Too good to be true
- Something for nothing
- Get rich quick
- Work-at-Home

Some may even attempt to bully you. If they do, contact the police. So -

- Don't open the door to any one you don't know and trust
- If there is any doubt in your mind, don't let them in!

There are still plenty of scammers around. Take Care

Holroyd Neighbourhood Watch

Our OWN Memories

Life in Post War London

It was my third year of independent living in post war London and I was enjoying every moment. Many of my friends, refugees from Europe, were living in the students' hostel and completing their education. I had completed a tech. course and was working in the design and cutting room in the 'rag trade' for 48 hours a week. The reward was to see some of my designs displayed in magazines and large shop windows in Oxford Street.

My social life was stimulating and busy, as I explored London life. Streets swarmed with service men and women. Galleries were cleaned up and open and theatres, concerts and Hollywood movies could be enjoyed. We smoked cigarettes, drank coffee, knew all the best, least expensive, Jewish, Hungarian or Italian restaurants. I was also experimenting with casual relationships. The big issue for girls was avoiding pregnancy. A local GP would readily supply and fit a 'Dutch Cap' to be inserted in the vagina (believed to be fool-proof in preventing conception). He would also relieve the patient of her virginity – all for almost zero charge.

My closest friends were other refugees and we met often. Some had 'discovered' a relative or 'family connection' and left for USA or Israel. Some married a GI and went as war brides to America.

My father was the only close family member who had survived the horror of war, and eventually found lodgings in a boarding house. We were under pressure from well-meaning friends who insisted I had a duty to 'take care of papa', while he was advised that his daughter 'needed parental guidance'. So we ended up renting together the upper floor of a converted three bedroom house. Each of us had a bedsit. The third bedroom gained a small gas stove and became the kitchen. My cultural education expanded and it was our main intellectual meeting ground that we enjoyed so much.

On another level, we were both victims of 'survivor guilt'. We remained silent about our past. I would mention my mother or brother and he would change the subject or vice versa. His keen interest in my boyfriends was another source of my irritation, until I fell for the man I eventually married and ceased 'playing the field'. He was an ex-serviceman from Vienna, 14 years my senior and above all, he got on well with Papa. By 1953 my husband's career path and our future looked bright. Our daughter was born. Oh what joy!

I had barely stopped breast feeding when I was diagnosed with active TB and was admitted to an isolation hospital. My ex-guardian family came to my rescue, taking



my lovely baby into their care. With the painful separation my world fell apart. The young, optimistic medical officer assured me: 'You know we can cure you. We now have Streptomycin and PAS. You will receive the treatment every day and you will get well and lead a normal life'.

I never saw my baby take her first step, crawl or say her first words. Her father spent a few hours with her at weekends. He was her rock, as he was mine. Six months later, I was fit enough to leave the rigid Florence Nightingale routine, with total bed rest, daily injections, and evening visitors for one hour, never more than two at a time. No longer infectious, I was allowed a weekend with my husband and was able to see my daughter before being admitted to a sanatorium in the country. Midhurst Sanatorium compared to Brompton Hospital, was a five star hotel set in the countryside. There I rapidly recovered my will to live (as opposed to survive). On discharge, I received strict instructions. 'You no longer have **active** TB but it is never **cured**, it is **arrested**. Do not get over-tired, or skip regular meals or try to compete in any sport or indulge in many late nights. You need regular daily rest at least for the next six months and if you want to have another baby do it soon.'

Although homeless, we resumed married life in Tunbridge Wells with one of my husband's work colleagues. I regained my more cheerful self and got to know my daughter again. She really only warmed to me after her sister was born in 1956. When we had migrated to Tasmania, Papa joined us for the last years of his life. He was the happiest, proudest grandfather imaginable. Memories of the painful past evaporated into the warm sunshine and the joy of two happy young school girls welcoming their grandfather every afternoon. Papa sat at his typewriter recording his early life and reading the chapters to me, thus leaving a precious legacy of this autobiography for me and his grandchildren.

Nora Huppert

Our OWN Travels

Brigid's Travels: Part III

(continued from OM Vol.8 No5 - June 2011, p19)

In Thailand we wanted to take a look at The Golden Triangle and maybe cross over the border somewhere. We hired a car plus driver for the day and travelled north to a very beautiful temple set high on a hill above the Mekong River. The Triangle itself lies on the far side, across the wide brown waters of the Mekong with toy boats chugging their way upstream, a sandy river bank and mountains in the hazy distance, looking peaceful and innocuous. A temple with a shining golden dome in the foreground – and a casino, red brick and conspicuous! Perhaps the heroin trade does still operate?



After that we continued to the Tha Khamek border-crossing to the markets we'd been told 'not to miss'. You have to walk across the bridge into Myanmar, no cars allowed, streams of people going each way and a holiday atmosphere all round. We stepped out briskly on to the bridge, only to have agitated officials shouting and waving at us from the left hand side as we walked straight past the check point on the right. How was I to know we were supposed to knock on their firmly closed door? But when



we had duly entered their office, the border guards turned out to be very jolly; they thought it was a huge joke that I had tried to enter Myanmar illegally. We were photographed, thumb-printed, filled in forms, signed documents, paid an exorbitant sum by Thai standards, were provided with special two page passes for the duration (with our passports retained!) – and we walked into Burma.

An absolute scrum met us – people, hawkers, hasslers trying to sell cigarettes, pens, watches, Viagra, you name it! There was some mirth and sniggering as they offered the Viagra to Gour, occasioned by his Senior status, no doubt. He told them he didn't need it, which made them laugh outright in appreciation. The market turned out to be covered, hundreds of small alleyways lined with tiny shops on either side – crammed with all manner of goods, people buying, bartering, trying to pass in both directions, motorbikes pushing through the thick of it – and nothing worth buying, or so it appeared. It was a far cry from the peaceful and much more sedate markets in Thailand and I couldn't wait to get out of there. We found a proper shop along the street and bought some incense, the only thing actually made in Burma. You've guessed it – everything else comes in from Thailand!



So, back across the bridge, with young boys jumping off it into the sandy banks and undergrowth a long way below, and then the whole procedure in reverse. It was as well that we had set off in good time and not followed Gour's inclination to 'explore'.

Blow me down if they didn't insist on retaining our special passes! Our passports were returned to us, but with no stamp, no official acknowledgement of our feet having stood on Burmese soil. Gour was affronted. To add insult to injury, he had really been expecting to cross into Laos, not Myanmar at all!

Brigid Sen



Recovery Exercises and Stepping On after fracture (RESTORE trial)

Free exercise programs are being offered to older adults as part of a unique research study aimed at improving mobility and reducing the risk of further falls in people who have suffered a broken leg, hip or pelvis from a fall.

Following a fall, people often lose their confidence and are fearful of falling again. This can result in people becoming less independent. Each year in Australia over 20,000 older people suffer a hip fracture.

The study, which is being run by the George Institute for Global Health and the University of Sydney, will evaluate home exercise programs individually tailored by a physiotherapist. Participants may also be invited to attend a 'Stepping On' program (a small group discussion and exercise program which is being offered by the New South Wales Department of Health).

Associate Professor Cathie Sherrington, the study's Chief Investigator, said "We know that regular exercise reduces the risk of falling in the general population of older adults by around 30%. However, we want to find out if an individually tailored exercise program can improve mobility and prevent future falls in people who have had a fall and suffered a fracture to their leg, hip or pelvis. The trial will help to shape government guidelines on how best to help older people who have suffered a fall-related fracture."

To be eligible for this study you need to be 60 years or older and have suffered a lower limb or pelvic fracture due to a fall in the past two years. Participants also need to reside in Sydney or the Central Coast and Hunter regions of New South Wales.

To learn more about this study or to join this program, call Teresa on 9657 0378 or email: torr@georgeinstitute.org.au

Dorothy Pizey
OWN Northside



DES Information Available

The recent campaign for DES (diethylstilboestrol) Awareness Week, 1-7 June, raised awareness of the anti-miscarriage drug, DES, given to women during pregnancy from 1938 to 1971 (and sometimes beyond). Women given DES and their children of that pregnancy are at higher risk of certain types of cancer and reproductive problems. There are about 740,000 DES exposed Australians, yet many are unaware of the fact and the potential adverse health effects. It is important that people with known or suspected exposure to DES are aware of the vital special care they need. Support group contact: DES Action Australia-NSW 02 98754820. Website: www.desnsw.blogspot.com

DES Action Australia-NSW is acknowledged on the Cancer Council NSW DES and Cancer Fact Sheet <http://www.cancercouncil.com.au/editorial.asp?pageid=248>

For more information or interviews, contact:

Carol Devine

E: c_devine@bigpond.net.au

"Really?"

Yes...
desPLEX[®]
to prevent ABORTION, MISCARRIAGE and
PREMATURE LABOR

recommended for routine prophylaxis
in ALL pregnancies . . .

96 per cent live delivery with desPLEX
in one series of 1200 patients* -
— bigger and stronger babies, too! †

No gastric or other side effects with desPLEX
— in either high or low dosage †, ‡, §

This ad appeared in a major medical journal in 1957. It is now known that DES exposure is related to health problems in the children of the women who took it, and in the women themselves. If you were exposed to DES you may need special health care.

Transport Issues

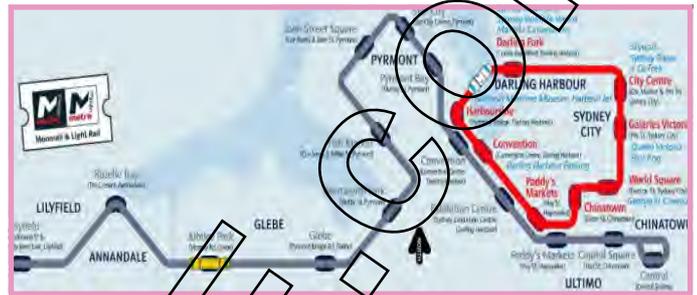
Government Welcomes Disability Transport Review Findings

The Australian Government welcomed the findings of the first five years statutory review of the *Disability Standard for Accessible Public Transport 2002 (Transport Standards)*. The Government commissioned an independent consultant, the Allan Consulting Group, to conduct the review. The review found that the introduction of the Transport Standards has significantly changed the way government and public transport operators and providers deliver access to public transport for people with disabilities. The report examined an important area in the Government's commitment to removing the barriers to equal participation and improving the lives of people living with disability.

The report includes 15 recommendations to improve accessibility of public transport. These recommendations address a range of issues in areas such as mobility aids, school buses, taxis, air travel, transport in rural and regional areas and improving data on accessible public transport.

"The transport Standards specify levels of service, measures and actions that public transport operators and providers must undertake to meet their obligations under the *Disabilities Disability Discrimination Act 1992*," Mr Albanese said. The endorsement by Commonwealth, State and Territory governments of the *National Disability Strategy* will help ensure that mainstream services, including transport, address the needs of people with disability. The Government will progress the outcomes of the review working with the States and Territories through the *Australian Transport Council*, the peak ministerial council for transport issues in Australia.

The review report and Government response are available <http://www.infrastructure.gov.au/transport/disabilities/review/>



Light Rail for Pensioners

The NSW Government will incorporate light rail into the MyZone ticketing system. From 27 June, pensioners and families will benefit as light rail (NOT monorail) will, for the first time, be included in pensioner excursion tickets and Family Funday Sunday Tickets. Commuters who use MyMulti tickets as part of the MyZone system to travel on trains, buses and ferries will also be able to travel on the light rail network.

Tickets that will now be recognised on light rail:

- MyMulti weekly (adult and concession)
- MyMulti 28-day, 90-day and 365-day
- MyMulti Day Pass (adult and concession)
- Pensioner Excursion Tickets
- Family Funday Sunday tickets

"This is great news for commuters, tourists, pensioners and families. Including light rail in MyZone means a more integrated ticketing system and less hassle for commuters who want access to all modes of public transport in Sydney on one ticket," said NSW Minister for Transport, Gladys Berejiklian. "Light rail will also be included in the future electronic ticketing system because light rail will only succeed in Sydney if it is part of the broader public transport network."



Notices



Kings Cross Community Centre

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

Mon 2pm Creative Movement \$3
Tue 10.30am Stepping On 7 classes \$15
Tue 9.30am Tai-Chi Advanced \$3
Thu 9am Tai Chi Intermediate \$3
Thu 10am Tai Chi Absolute beginners \$3
Thu 11.15am Gentle Yoga - \$3
Fri 10.30am Gentle Movement Feldenkrais

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

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

Kings Cross Community Centre July Outing Wednesday 6 July Mittagong

Enjoy a charming run south, scenic drive, quaint antique stores to peruse and lots of eateries.

The Bus departs 10 am, cost \$5 leaving from the Centre (50-58 Macleay Kings Cross).

All trips due back by 5pm.

Don't forget the weekly stall at the Centre on Thursday 10am - 3pm.

There is something for everyone!

Jessie Street National Women's Library Lunch Hour Talks

Held in the Southern Function Room, 4th Floor, Town Hall House,

456 Kent Street, Sydney **from 12 till 1.30pm.**

\$22 non-members, \$16 JSNWL members.

Pay at the door. Sandwich lunch provided

Please book by **noon the Tuesday preceding the talk.**
Everyone welcome!

21 July: Norma Tracey – *Killing the Dream*

Trans-generational Trauma

Using two concepts, embedded in the roots of Aboriginal culture 'the dreaming' and 'Dadirri', Norma brings graphic tales from her work with Aboriginal women, some in adolescence, and others in pregnancy and mother-hood with their infants. She attempts to make sense of the traumatised existence many Aboriginal men and women live with today, where trauma kills meaning and nullifies dreaming.

Norma Tracey is a member of the Australian Association of Social Work (MAASW). Apart from her private practice of 25 years she has worked especially with Aboriginal mothers and infants in the last ten years. She is the author of two books and some 20 internationally published papers. She is co-founder of Gunawirra Limited, a group of 24 professionals who care for Aboriginal mothers and infants from pregnancy through to five years of age. They work in 30 centres throughout NSW.

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

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

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

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)

Visa

Mastercard

Bankcard

Total amount:

Card no.

____/____/____/____

Exp. date __/__/__

Name on card (please print)

Signature

Address

State & Post Code

I need the large print version (on A3)

I'd love it on email

Email only - don't post
Email address:

Looking for a gift idea?

Please send the above subscription to:

Name:

Signature

Address

State & PC

With my best wishes!

Members and friends are welcome to attend all activities

Wellness on Wednesdays

9.30am-1.30 pm every Wednesday
Held in Mott Hall, Argyle St., Millers Point.
9.30 - 10.30 Gentle Exercise.
10.45 - 11.45 Tai Chi.

Drumming

12.15 - 1.30pm Wednesdays, Mott Hall, Argyle St. Millers Point.
\$8 per session. Drums and gourds are provided. If you would like to drum please contact Lorraine: 9569 0051

Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest.
Contact Annette Butterfield: 9665 5369 email: abutterfield_852@hotmail.com

Film Discussion group

You are invited to join us on **Tuesday 12 July**, to see *Tree of Life*. Recommended for viewing is *Little White Lie*. Please ring Yetty on **9665 2050** to check details.

Bondi Junction Coffee and Gossip Group

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

Book Club

18 July 12.30-2.30 pm at 87 Lower Fort Street. This month's book is: *Beloved* by **Toni Morrison**. 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 **15 August** meeting is *My Place* by **Sally Morgan**.

Aboriginal Support Circle

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

Saturday Social Group at Birkenhead Point

We meet from 10.30 a.m. to 12.00 noon at Birkenhead Café, 1st floor Birkenhead Shopping Complex. Contacts: Nora Huppert 9181 3918 and Bev Cameron 9957 5367. The dates are Saturdays **2, 16 and 30 July**. and **13 and 27 August**.

