



# OWN MATTERS

Newsletter of the Older Women's Network NSW

Vol.9 No.8 – September 2012



## Full House at the 3Rs

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see *Full House at the OWN Ageism Forum* by Judy Laws page 3



## Vale Joan Bielski

*As always, Joan was in top form. At some point someone mentioned her age and said she was 86. Joan's voice rang out across the theatrette with crackle of humour "88!" . . .*

*As she walked on, she called back over her shoulder that she would phone me to talk more about the systemic discrimination issue. That was Joan, on just one day of her full life of activism.*

see *Vale Joan Bielski AO* tribute by Helen LÓrange page 8



## Barbara Malcolm Searches for Answers

*Dhalulu was pleading that if policies were going to succeed, the Aboriginal people need to be involved in creating them. . . My concern is that though the Minister's reply sounds encouraging to community leaders, why are elders such as Dhalulu and others like her still protesting that they are not being listened to?*

see *The Power of the Pen* page 10



## Lorraine Inglis Makes Plans

*Like many architects he'd designed for form, not function...A few weeks later he came back with his second plan, and this led to further questions. I had asked for wheelchair access. Who knows? All my mahjong players are older women and one is already using a walking stick. I asked, "Don't you think all houses should now be designed with wheelchair access?" "No", he answered.*

see *The Batcaves* page 13

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## Who Are We?

The Older Women's Network (OWN) NSW is the peak body for 19 groups and 6 Wellness Centres in NSW. OWN promotes the rights, dignity and wellbeing of older women through a range of activities and resources, and advocates on issues of interest and concern to older women.

*OWN Matters* is the news-letter of the Older Women's Network NSW. It is published 11 times a year. The annual subscription for individuals is \$25 and \$44 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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# OWN NSW Events

## Full House at the OWN Ageism Forum



### The 3 R's Forum

Resilience and hope for a fairer society seemed to gain in strength among the presenters and 170 participants, who gathered at NSW Parliament House, for the first Older Women's Network Forum on Ageism, *Rights Roadblocks and Resilience*, on 16 August 2012.

Roadblocks in social and economic policy arenas were highlighted such as the need for a more coordinated response to the abuse of older women; the shortage of supported accommodation for older women; stereotyping of older people in the media; the limitations of neo classical economics in not valuing caring and social reproduction performed by women and the failure of health services to offer screening programs to older women.

Dr Sonia Laverty, Chairperson of OWN NSW, together with a small committee, organised this initial Forum on Ageism, which arose from older women's experiences of being ignored and made invisible.

An Elder Abuse Hot Line was announced by the Hon. Andrew Constance, Minister for Ageing. The Minister acknowledged that 50,000 older people, particularly older women in NSW, are subjected to elder abuse. Ludo McFerran, Investigator, Australian Family & Domestic Violence Clearing House commented that abuse and homelessness issues, highlighted by the Minister, signified that these issues were becoming a part of the mainstream agenda.

The need for a Convention on the Rights of Older People was highlighted by The Hon. Susan Ryan AO, Australia's first Age Discrimination Commissioner. The Commissioner noted that women today are living an additional life time to their Grandmothers, 65 years plus an additional 16 years of participation in core activities. A guide to financial literacy and research into ageism in the media, also on the Commissioner's 'to do list'.

Local and interstate OWN women joined representatives from health and ageing, universities, local government and community organisations and agreed to endorse the draft *Strategies for Change* such as:

- ◆ Invited inclusion in health screening such as breast and cervical cancer for women over 69.
- ◆ Closure of the gap between male and female rates of pay.

- ◆ The removal of age discrimination against older workers in terms of employment worker's compensation and superannuation.
- ◆ Affordable and secure housing, including crisis accommodation
- ◆ Awareness raising campaigns for both professionals and the community on the subject of violence against older women

Congratulations to the organising committee for bringing together a wonderful panel of speakers on a range of issues affecting older women's quality of life.

*Judy Laws*

## What? Another conference?

Australia first, they say. Well, so it was. Many women enjoyed the OWN Australia Conference, and the OWN NSW Forum in August.

On September 27, OWN NSW Conference will be held at Mott Hall, and we're looking forward to getting together with all our members who have booked for this. The AGM is important but there's lots of other good stuff on our programme. Meg Small will be speaking about Advance Care Planning, not something we like to discuss much, but something about which we really should make decisions.

We'll give you a good lunch and a chance to mingle and chat with people.

One thing you must do when you arrive is put your name down for one of the workshops.

In Sonia's Change the World workshop, there will be the opportunity to further discuss *Strategies For Change*, which was adopted both at the OWN Australia Conference, and at the 3Rs Forum. Be prepared to have your say.

Elissa and Margaret will lead a *Rocks' Walk* and while it won't be exactly the same as last year, it will include some of the important sites. If you plan to go on the walk, don't wear your high heel stompers. A pair of walking shoes is what you need.

Lorraine will have a *Jewellery Making* workshop. If you want to try this, bring in some old beads (or some you found in Vinnies) that you think you could use, in a container with a screw on lid. If you think you might like to try it later on, look in a dollar discount shop for a pair of mini narrow point pliers, but we will have some to share.

We hope this will be a great day for all of us.

*OWN NSW Management Team*



# At and Beyond the Rocks

## Conferences Boring? I Don't Think So.

Others will have submitted to this publication their reports on the OWN Australia Conference and AGM and the Three R's Forum held on 15/16 August and will have highlighted the messages that we received from both, so I would like to let you know what the highlights for me were.

To start with I had a great time. Staying overnight in the city of Sydney is a luxury and not something I would do without a very good reason. To me the opportunity to spend time with the women I have met over the years through OWN is a very good reason. There are too many to mention but the visitors from the groups who come from near and far, who I only see on rare occasions, are very special friends. So the chance to spend some meaningful time with them is too good to miss. Some have asked where I get my energy and enthusiasm from. Let me tell you I come away from events like these filled with fresh ideas; renewed faith that we, as older women can make a difference, can have our voices heard and can play a part in building a future for our own children and grandchildren - the next generation of older women. It is not possible to come away without hope for the future.

So to make sure I never miss the chance to renew my hope and faith, to have a great time enjoying a night away from home and catching up with dear friends, I have a little pocket I put a few dollars a week into all year around - so that when it's party time, I can party.

Whichever way you look at it the conference is serious. We address serious issues, we seek solutions, we protest, we assess, we discuss and debate and when it's time to relax, relax we do. At the annual dinner this year, held at the Y Hotel in Sydney, the food was delicious, the company delightful, the mood (enhanced by the glass of wine over dinner) was debonair and the band was something else. Talk about our music! When they struck up, the dance floor was immediately packed and remained so till they stopped playing hours later. I'm not sure the Y was ready for us, I guess they were expecting a bunch of little old ladies. Well, we were a bunch of little old ladies - but we had style. We were frocked up, had our dancing shoes on and showed some startled youngsters (and other guests) who happened to pass the dining room and stood at the entrance to watch, saw just how multi-skilled

we were as we danced and sang at the same time. Anti war songs (e.g. Where have all the flowers gone, with arms waving) and such, were given the respect they deserved.

Coordinators for the groups work hard. Not all have pockets that they can put a little money in each week to save up to go to events like our OWN NSW or Australian Conferences, but all deserve to go. I know it has been discussed in the groups before but I would like you to revisit it. I think all groups have the capacity to raise some funds and believe our conferences are something they should aim for their hard working coordinators and/or some of their members, to attend. You will find they return reinvigorated, energized and with a greater understanding about what being a member of OWN can mean to them. Our slogan is "You're In Good Company With OWN." The Conference is the place to learn how true that is.

*Barbara Malcolm*



## A Great Day Out

I'd like to propose a huge vote of thanks to Cate Turner for being instrumental not only in making sure that OWN A had an AGM meeting this year but for promoting it, finding the venue (and what an excellent choice that was), musicians, Speaker, filling folders, transporting boxes of stuff to Wentworth Street, and generally being indispensable. I am sure she had helpers in the wings but I don't know who they were so am concentrating on Cate. I do know that our pens and notebooks were thanks to Ilona's persuasive tongue combined with a real listening human being working in the Westpac branch which contributed them.

It was lovely to meet friends from last year's terrific programme and full AGM/conference in Perth and to see many faces that we otherwise don't see for months at a time. I thought we had the perfect Speaker in Professor Olsberg, such a warm personality with great insights into the human condition as a fellow Older Woman.

# At and Beyond the Rocks

Being the shy retiring violet that I am, modesty forbids me to make any comment on our First Night performance of *Staying Alive*, but I can say how great the WA contingent were with songs from their forthcoming Diamond Jubilee show - we learnt a thing or two from the way they went about it. It was a great performance, the best kind, which draws the audience in with laughter and enthusiasm. I loved it!

So thank you to all those who work so hard on our behalf, the OWN A team, who are looking forward to handing the reins over to others when we meet again next year in Brisbane. Thank you too to those who made themselves responsible for planning the day and to everyone for making it the success it undoubtedly was.

*Brigid Sen,  
mere Participant*

## OWN's Theatre Group Sways Into Our Hearts

Our OWN Theatre Group danced and sang into our hearts and our memories at OWN Australia's conference and AGM in August. Embracing the issues of today, energetically promoted, they romped and swayed.

Rita explained, "We started off with *Staying Alive*, and I think the best way to tell the story is to say that we had songs about older women being free (*Don't Fence me In*). This was followed by a song celebrating volunteers, where each member identified their volunteering experiences and reminded the audience, that we at OWN are all volunteers. We also sang songs about the hospital system, and transport identifying the problems in skits that were funny whilst conveying that there are many challenges to be faced whilst utilising these services. The puppets were used to good effect in a skit about an older woman, going out to the theatre at night, on her own, against the wishes of her son, who though it totally unsafe and not a good idea for a 'woman of her age' to be out and about after dark. The second skit with puppets looked at relationships amongst older people, and for heaven sakes, even marriage, to the horror of a younger family member."

Rita concludes, "so, many issues were tackled with enthusiasm and fun and messages that we are truly never too old to enjoy life, and voice our opposition to those things that need fixing."

Cleverly the songs were interspersed with brief monologues, and every item was dynamically choreographed, the pacing was spot on, quickly flowing from one item to the next, transporting the audience from one scenario to the next, including a seductive *Manana* and the grand finale of bubbly *Celebration*.

Their seamless esprit de corps is their outstanding asset. I felt I had been sipping champagne, it was all so bubbly, one with a beautiful bouquet. So a big and beautiful bouquet to our OWN Theatre Group!

*Elissa Buttsworth  
OWN NSW Office Manager*

## Octogenarian Extravaganza

Party Reminder!

For OWN members 80 years or more, or simply thinking about making it.

*Bookings have closed - this is just a gentle reminder.*

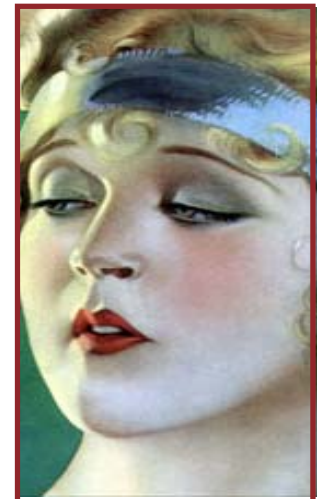
OWN Sydney is hosting the event of the year, decade/century.

**When?** 12.00 on Thursday, September 6

**Where?** Mott Hall, Millers Point

**Dress?** Your glad rags, or come as you are. (It's rather chilly for naturist, but we do have lots of new heaters in the hall)

*OWN Sydney Committee*



# At and Beyond the Rocks

## Reaching Out

I represented OWN Theatre Group when I attended the following four events this year:

- Greater Sydney Multicultural Interagency Advocacy Day;
- Sydney Sings;
- Growing the Family Tree - Connecting Generations in Multicultural Families
- Community Care Bilingual Workers' Forum

I gained useful information such as the range of organisations, both main-stream and multicultural, that cater to Culturally Linguistically Diverse (CALD) communities and the increasing diversity of the aging population. It's been particularly helpful to connect with people specifically working in the Multicultural Communities. I was totally engaged in the poignancy of the stories we shared especially in the Family Tree Forum. All the speakers were dynamic, articulate and totally engaging. In the discussion about cross-generational issues, I was struck by how much we all share in common, in spite of the apparent cultural differences among us.

As I've networked and spoken about OWN and the Theatre Group I've discovered that most of the participants at all these events have been largely unaware of OWN. Furthermore they have all been very interested in the work that OWN does, especially that of the Theatre Group. The reoccurring question is about the nature and make-up of OWN and whether we reach out to CALD peoples? Because I am clearly from a culturally rich and varied background, I am able to respond positively as a role model and enthusiastically encourage others by letting them know that indeed OWN has something to offer older women from a wide range of backgrounds.

Many of the workers were interested and excited about how OWN Theatre productions could be utilised in helping raise awareness about the issues of aging within in their own cultural communities.

I suspect that the Theatre Group will soon be reaching out to and responding to an even greater diversity of audience!

*Uma Kali Shakti*

## About Town - News from Annette

The National Trust has a book sale on 8th September at the S.H. Ervin Gallery - it's a good opportunity to get rid of a few books.

*Travelicious:* Do a tour every Tuesday of five artisan producers in Sydney, leaves Central at noon, back at 3pm. They do bread, hand churned butter, ice-cream and puddings.

If you missed *Australian Story* last night, pick it up on the computer on ABC IView, very revealing as Nicola Roxon's father died of cigarette related cancer, explains a lot!

To be absolutely even handed, Tony Abbott's interview with Leigh Sales on 7.30 Report 22/8/2012 makes interesting viewing, also available on IView.

Kind Regards,

*Annette Butterfield, Lost Ladies*

## Bags of Change

We have decided to continue with our Anti-Poverty Week fund-raising initiative – **Bags of Change**, to raise money for **Rosalie House**, which is a refuge for older women. The basic idea is to get your group to gather some old handbags, into which members collect up mountains of small change, notes are OK too! The aim is to make the deposits directly into the Commonwealth Bank account of **Rosalie House** over the course of Anti-Poverty Week, identifying them as “**Bags of Change**”. We will have registered this as our Anti-Poverty Week activity. The bank has many branches with automatic self-serve coin-counting machines, and they have agreed to assist us in our project – **Bags Of Change!** Just the thing for all that small change, and a bunch of old bags!

In August 2009 **Rosalie House** opened its doors to provide supported medium-term accommodation for women over 45 who are homeless and have left because of domestic violence. It is owned by the Sydney Archdiocese of the St Vincent de Paul Society.

Women living in **Rosalie House** can stay for two years. It is hoped that having a safe place will allow the women to become more independent, concentrate on gaining skills, and work towards being able to move into the community.

**ANTI-POVERTY**  
**14 - 20 October 2012** **WEEK**



# OWN NSW Theatre Group



*The OWN NSW Theatre Group*

During the winter months, rehearsing can be a cold experience in big Mott Hall. Don't get me wrong – we are delighted to have the space, but brrrr, it can be cold first thing on a winters morning. Naturally we were very pleased to see the heaters and want to send a BIG THANK YOU to the council for providing them, as they are very much appreciated.

July 26 the Theatre group performed for 'Christmas in July' lunch at Alexandria in the Cliff Noble centre. The audience were appreciative and the group were then treated to a lunch. Some of our group were unable to come due to other commitments and illness. When this happens the other group members all pull together and work around these unplanned happenings. We are a resourceful group!

Presently, we are working hard to polish up our new show which is due to be presented quite soon. Therefore extra rehearsal times have increased. On Fridays we gather at Windmill Street to focus on the individual parts in the new show. Our lovely Uma is an experienced director and has the vision to make our new show one that will be remembered with a smile. Our poems and skits now have added value. We are working on the important non-verbal components of our work– with choreography adding another dimension to our performance.

On July 31 we had the pleasure of seeing the training version of *Don't Knock Your Granny*, which was launched at the Sutherland Hospital

Education Centre. Michelle Jubelin, Manager of CYW&F Health was the Master of Ceremonies at the event. Gail Daylight, the manager of Aboriginal Health acknowledged the indigenous owners of the land on which the hospital stands.

Shirley Hancock, Director of the War Widows Guild spoke, after which Rita, (our hard working coordinator), spoke on behalf of the Theatre Group. Her analogy of the gestation period, not to mention the birth of this training package was appreciated with laughter. It has taken quite a few years. Acknowledgement must also be given to Bruce who filmed us in March at the Sutherland Services Club. Within our Theatre Group are some very seasoned actors.

Terry Clout (Chief Executive of Sutherland Eastern Sydney Local Health District) spoke with as much verve as Rita, adding his own brand of humour to the occasion. At the end of the speeches, we were asked to stand up front and receive applause. We are not shy individuals, but were responsive to the thanks from the audience, and especially our friends and past performers, Jo, Wendy, and Joanne Cahill and others.

The extra rehearsals on Friday afternoons have increased our confidence and from all reports payed off at our first showing of *Stayin' Alive* for the OWN Australia Annual Conference at the YWCA.

Yes, it's a challenging schedule, but it's fantastic motivation.

*Glenys Buselli*



## Macular Degeneration

OWN Sydney has booked Rachana Chea, Education Officer from the Macular Degeneration Foundation to speak on this topic. Come along, 11am to Windmill Street on Friday, **September 14**, to hear about the leading cause of blindness in Australia. RSVP **9247 7046** by **7 September** to let us know you will be coming.

# Remembering Friends

## Vale Joan Bielski AO

**Joan Bielski** feminist activist, social reformer, member of Women's Electoral Lobby, founding member of Women into Politics, NSW Women in Education, the Community Justice Coalition, OWN, educator, colleague and dear friend passed away at 12.45 pm Friday 17th August after a massive stroke on Thursday afternoon. Joan had spent the day at the OWN Rights Roadblocks and Resilience Forum at the NSW Parliament House. Theatre. Helen L'Orange, Chair of the WEL National Executive was with Joan and writes affectionately of being with Joan that Thursday.

On Thursday Anne Barber, Lorraine Slade, Joan Bielski and I went to the OWN Forum at the Parliament House theatre. It was terrific, excellent speakers including Susan Ryan, Barbara Pocock, Ludo McFerran, Sue Cripps and Denele Crozier. Right up Joan's alley!

Susan Ryan talked about many of us now living so long that we have an extra lifetime. Joan did not waste a minute of her extra lifetime. She poured her energy into identifying inequalities and injustice. Sue Cripps talked about affordable housing and one solution being older people sharing their home with someone. Joan did this for years. Barbara Pocock talked about the need for women to avoid being misled by economists. Joan was never misled. Her economics training stood her in good stead.

As always, Joan was in top form. At some point someone mentioned her age and said she was 86. Joan's voice rang out across the theatre with crackle of humour "88!" During the morning tea break Joan talked about planning her 90<sup>th</sup> birthday party and for the WEL 40<sup>th</sup> anniversary dinner in mid-October, Joan was organising two tables and told us she wanted her tables in the middle because some of her guests were hard of hearing.

Many OWN women talked with Joan during the day. She insisted on queuing for her cup of tea at lunch time even though I offered to get it for her.

Joan and I both left the Forum at about 2pm. As we walked along Macquarie Street, she reminded me of the need to follow up on her email of the previous day about proper recognition of WEL's role in preserving the Women's prison site in Tasmania. I promised I would and I will Joan.

As we neared the Sydney Hospital, Joan told me that Liz Broderick was interested in pursuing the major systemic discrimination issue Joan had raised with her. We parted in front of the wild boar statue with Joan heading off to her car down at St Mary's Cathedral; her normal spot outside the State Library, had been taken. "Probably taken by one of the forum attendees!" Joan quipped.

As she walked on, she called back over her shoulder that she would phone me to talk more about the systemic discrimination issue. That was Joan, on just one day of her full life of activism. And that was it.

I miss you already Joan – Vale Joan Bielski

*Helen L'Orange*

## Joan Bielski AO

A Memorial Celebration to honour the life and work of Joan Bielski AO will be held in the Strangers' Dining Room at the NSW Parliament House from 11 am to 2pm on Wednesday 28th November.

You can book to attend by emailing [jbielski.memorial@gmail.com](mailto:jbielski.memorial@gmail.com)

## Celebrating Frances Heathfield

(died 19.8.2012)

The Celebration is on Saturday, 8 September from 12 noon and onwards.

Meet at the Royal Oak Hotel (upstairs), 36 College St. Balmain (near Saturday Markets).

*Please Wear Green*

## Joan Johns

On Tuesday, Glenys, daughter of Joan Johns, rang to say that after a brief period of illness her mum died, on August 25<sup>th</sup>.

Joan had reached her 89<sup>th</sup> year, and until very recently had been an active contributor to *OWN Matters*, and a long-time activist and member of Sydney OWN.

Joan was always taking off with her husband, Doug on adventures in their campervan - and they were in their late 80's, so we couldn't help but be impressed. Joan's obituary in the herald had the following dedication, which we felt deserved reprinting here:

*Her feisty spirit will live on in our hearts.*

*May you love your new celestial journey as much as you loved life on earth.*

## Vale Happy Traveller

I had been thinking, now I have set off on my van journey round Australia, that I would write to Joan Johns, via *OWN Matters*, to tell her how much her stories kept me inspired as I waited to have enough dollars for a reliable campervan.



# Glimpses of Sydney

## Vale Happy Traveller (cont)

Now, on a rare stay in a caravan park, in tenant creek where there is internet reception, and the mobile phone works, I read the email that tells me of her passing. She inspired me to buy the Donald Thomson book on Arnhem Land, and I always enjoyed her letters. Vale Happy Traveller!

*Jude Roseth. (Bellingen former OWN Group).*

## Digging up the Past

Although I spend most Wednesdays in OWN's office in The Rocks (working on *OWN Matters*) and appreciate the historic importance of the area, I only recently discovered The Big Dig Archeological Education Centre, located at 110 Cumberland Street, The Rocks. It is located both within, underneath and adjacent to the Sydney Harbour YHA, which is built over part of the extensive archeological site between Cumberland and Gloucester Streets.

I met there with fellow members of the Marrickville Heritage Society for a lecture and tour conducted by The Big Dig's Education Officer, Alison Frappell. We were welcomed with a hot beverage then ushered into the theatre to view slides of many historic paintings and, later, photographs of the early days there.

In 1994 a major excavation of the site began with 20 archeologists, assisted by about 400 volunteers. To date the foundations of 30 houses and shops (dating from 1795) have been unearthed, together with more than a million artifacts including fragments of glass and china brought out from England by the early settlers.

The Rocks was a working class area and many men worked on the wharves. The tiny terrace houses in which families lived were joined and had no back yards, so the children played in the streets. Wells were dug for their water and it was often the task of children to fill the pails. Sadly, one five-year-old girl slipped, fell into the well and drowned.

The Big Dig is a popular educational excursion for schools, at all levels, as children have the opportunity to become junior archeologists. They frequently dig up interesting fragments of long-buried items. We saw photographs of enthusiastic 5-year-olds displaying their finds, many of which are displayed in glass cases around the site.

I found it fascinating.

*June West*

## Sydney Book Club

We are a group of women who meet monthly (3rd Monday of the month) at 87 Lower Mount Street, 12.30 pm to discuss a nominated book. We select our discussion book through consensus using personal recommendations, library recommendations and small book reviews. We choose the book that whets our interest. Sometimes, we misfire and have to change our choice but that rarely happens. We do all read the same book as that works well for us and our discussion. We try to ensure that the book can be obtained from our libraries. We join in lively debate and we talk about issues arising from our readings. Each woman's point of view is respected and listened to, which is important in this type of group. If you would like to join us, bring your lunch and join in our discussion.

Books in the future:

September 17: *Midnight in Sicily* – Peter Robb.

October 15: *The Aunt's Story* – Patrick White.

November 19: *Elegance of the Hedgehog* – Muriel Barbery.

December 10: *All that I Am* - Anna Funder.

Jan 15 2013: *Water for Elephants* – Sara Gruen

February 19. *The Handmaid's Tale* – Margaret Atwood.

Anne-Marie Kestle: Facilitator: **9622 0717**

## Care Aware Campaign

- 2.6 million Australians provide unpaid care and support to family members and friends.
- Care Aware aims to recognise, support and appreciate those who provide full or part time unpaid personal care, support and assistance to people of all ages with disabilities, medical conditions, mental illness, frailty due to age and people who have alcohol and drugs issues.
- As well as promoting the range of benefits, services and supports available, the campaign wants to encourage hidden carers, such as people who see themselves first as parents, partners, a child or young person, to recognise themselves as having a caring role.
- Through the Care Aware website, also being launched on 1 August 2012, Australians can access important information about caring and share their stories in an online forum.
- Over \$1.6 million dollars has been provided by the Australian Government to fund the campaign, which is an initiative under the National Carer Strategy.
- For more information visit [www.careaware.com.au](http://www.careaware.com.au)

# Aboriginal Support Circle Issues

## The Power of the Pen

Recently I asked several of my friends to write to the Hon. Jenny Macklin MP, the Minister for Indigenous Affairs. I asked them to support Dhalulu Ganambarr and Will Stubbs who had expressed the hurt and despair of their people concerning the *Stronger Future* laws currently before Parliament.

Dhalulu Ganambarr is an author, academic researcher and advocate of bilingual education and research; she is the Senior Primary teacher at Yirrkala Community Education Centre and associated Laynhapuy Homelands School (where she has taught for almost thirty years) and a member of the Northern Territory's first Indigenous Affairs Advisory Council.

Dhalulu was pleading that if policies were going to succeed, the Aboriginal people need to be involved in creating them. She was asking that their elected leaders be listened to, their languages and culture be incorporated into the teaching of their children, they be supported to live and thrive on their homelands and that they be accorded the human rights to determine their futures.

The letter of reply we received from the minister's office was long and set out in detail the Australian Government commitment to the *Stronger Futures* for the Northern Territory. The words "in partnership," "working with the Aboriginal people" and "in consultation with" were spread throughout the four pages and the sums of money pledged seemed to be what was needed to begin to address the problems in these communities.

My concern is that though the Minister's reply sounds encouraging to community leaders, why are elders such as Dhalulu and others like her still protesting that they are not being listened to?

Our Prime Minister has made the commitment that this Government is serious about addressing the inequality of the first people of Australia and they are to be applauded for this. All Australians deserve a fair go. I ask you all to remain vigilant as to

what is happening in the Northern Territory. Many past attempts that have failed to address the enormous problems in that area have done so through mismanagement and poor leadership. It's time we got it right.

*Barbara Malcolm*



## Controlled Fires Vital to the Bush

An American scientist, Professor Bliege-Bird of Stanford University, has said that people in remote desert communities performed a valuable service to the environment through setting controlled fires, which preserved plants and animals and also helped to prevent large hot bush fires. She has been working alongside the Martu people of the Great Sandy and Little Sandy Deserts in Western Australia since 2000. People used to move about their traditional country, constantly burning as they went. Native plants need fire to germinate and once new grass shoots and other plant shoots started to grow, this became a refuge where kangaroos and other animals ate the grass. Then hunting and gathering could take place, so this became a cycle, year in and year out.

This is one good reason to continue funding remote communities, even if they are not economically viable.

Now it is illegal to light controlled fires.

*Pat Zinn*



# Aboriginal Support Circle Issues

## Referendum on Our Constitution

On July 26 the Women's Reconciliation Network organised a public Forum for constitutional change, which asked the following questions. Are you aware of the forthcoming referendum? Is it something to do with changing the constitution or to reflect the place of Indigenous people in our history and today's society? Did you know that there is no mention of Aboriginal or Torres Strait Islander peoples in the Constitution?

The Australian Constitution came into effect in 1901, against a backdrop of racism that led to the White Australia policy after the Australian colonies came together to form the Commonwealth of Australia. Because there is no mention of Aboriginal and Torres Strait Islander peoples, the constitution needs to be changed and this can only be done through a referendum. Australia lags behind other countries such as the USA, Canada and New Zealand in recognising their First People in their Constitutions, and enshrining protection against racial discrimination. Constitution Recognition of Indigenous people is the only way to erase once and for all the myth of Terra Nullius and is also a way of acknowledging and protecting their continuing cultures, languages and heritage.

Aboriginal and Torres Strait peoples have been calling for Constitutional change for decades and in 2010 the Australian Government committed to holding a referendum on or before the next election in 2013 to enable this to happen. It established an Expert Panel of Members of Parliament across the political spectrum, Aboriginal and Torres Strait Island elders, community leaders and respected legal experts to lead consultations on Constitutional change. In January 2012 the Panel presented its report to the Government, recognising the prior occupation and continuing cultures, languages and heritage of Aboriginal and Torres Strait Islander peoples, acknowledging the continuing relationship of Indigenous people to their lands and

waters, removing the ability of States and Territories to bar certain races from voting (section 25) , removing the capacity of governments to make laws to the detriment of Indigenous people and people of any race (section 51, 26) and inserting protection against discrimination on the basis of race, colour or ethnicity

A successful referendum means a "Yes" vote by the majority of States and by a majority of Australian voters across all States and Territories. Since federation, only eight out of forty-four referenda have been approved. The Expert Panel have recommended that the referendum be delayed until after 2013 because of the "toxicity" that will surround the next election. The Government has promised to provide a \$10 million education campaign but is not considering renegotiating the timing, so this is a problem that will have to be overcome. The timing and wording of the referendum is crucial and defeat cannot be contemplated. There is an urgent need for Parliament to support a stand-alone referendum on the question regardless of any extra costs, and having an event or personality leading the way would be a great advantage.

Dr. Maria Tomasic, President of the Royal Australian and New Zealand College of Psychiatrists has explained that Constitutional recognition will have a real and lasting impact on Aboriginal and Torres Strait Island health and well-being and will help to "close the gap." Lack of recognition has a major impact on a sense of identity and value within communities, leading to socioeconomic disadvantage, higher rates of physical and mental illness and incarceration. Recognition and respect form the basis of partnerships that are our best hope of overcoming historic disadvantage. For a successful Referendum, Australian people need to be convinced that "it's the way we want our nation to be seen " good and proper. All, treated well and with respect".

*Pat Zinn*



# ASC Issues

## National Aboriginal and Islander Children's Day

National Aboriginal and Islander Children's Day (NAICD) was established 25 years ago on 4 August and while it is a day of celebration at present, when children were removed from their families in the past, they did not know when they were born, so the authorities simply made children's birthdays on the 4th August each year.

Unfortunately this year 12,358 Aboriginal and Torres Strait Islander children are in out-of-home care in Australia and there is still serious and widespread discrimination in accessing health, education and housing services. There is still a lack of cultural understanding by Governments across Australia and a lack of culturally specific support. Ideally, Aboriginal and Torres Strait Islander communities need to be supported, encouraged and given resources to manage their own affairs, so that children can come from a strong base, with their own culture, their own parents and their own community, leading to growth from strength rather than disadvantage. This should result in a decrease in the number of young people in detention. Progress will only be made once there are genuine partnerships between Governments and Aboriginal communities.

In NSW, it was announced in a NAICD celebration in Parramatta Park on 4 August that more than 3,500 Aboriginal carers of children will have access to new resources and training, developed in collaboration with Aboriginal communities, carers and agencies. Resources and training are to be provided in line with keeping Aboriginal families together whenever possible to maintain the identity of Aboriginal children and young people in out-of-home care. Also, Community Services, in partnership with St. John Ambulance and other organisations has developed culturally appropriate first-aid training for carers across NSW, provided free of charge.

*Pat Zinn*

## Letters to the Editor



### Dear OWN Members

I was a member of OWN until about 10 years ago while I was making the transition to the country.

I have been to my first OWN Meeting in Nowra, and will join that group. I would love to get your Newsletter – it is so interesting. I was so pleased to see Pat Zinn is still doing her wonderful work with the *Aboriginal Support Circle*, please congratulate her for me, on her *Pauline McLeod Award*, so well deserved.

*Warm Regards, Carole Davis*

### Nice to Celebrate

Many thanks to all for morning tea and the delightfully evil chocolate cake. I was taken aback once again at how well you look after me and how you make me feel special.

After much focus on eating, I would like to share some wisdom borne of age and experience: "Don't eat anything your grandmother wouldn't recognise as food". Everything has sugar, added even tiny tins of tuna with onion and tomato have 3 mg of sugar. I recommended 100% maple syrup which has a little over half the fructose of honey, stevia sweetener, broccoli sprouts, turmeric (last 2 anti-cancer), spelt flour (less acidic than white flour), ghee (clarified and purified butter) and, if you can find it, kale (Tuscan black cabbage, cavalla nero, full of minerals and used by the Romans). Woollies have a Mocha chocolate drink sweetened with stevia (natural herb from South America) which is yum and not evil at all! Fruit juice and soft drinks are loaded with sugar. My sources: + *Sweet Poison Why Sugar Makes Us Fat* by David Gillespie and *The Amazing Acid and Alkaline Cookbook* by Bonnie Ross (having more alkaline in the body helps with all the arthritic stuff).

Kind regards to all.

*Annette Butterfield, Lost Ladies*

# Home and Hearth

## The Batcaves

How is my house going I'm asked?

I had insisted that my 'brief' be attached to the contract with my architect because I had very specific ideas about my house. The architect brought his first plan to the meeting and it was very revealing because it was nothing like what I wanted. He hadn't even read the brief. Like many architects he'd designed for form, not function. The only requirement he'd included were two bedrooms upstairs. It must have been obvious what I thought about his design. He emailed me to ask whether I wanted him to go on and I emailed back to say, "Only if you read my brief".

A few weeks later he came back with his second plan, and this led to further questions. I had asked for wheelchair access. Who knows? All my mahjong players are older women and one is already using a walking stick. I asked, "Don't you think all houses should now be designed with wheelchair access?" "No", he answered.

"What about stroller access? In this area the most likely buyers are older people (mostly women) downsizing and young families." Male architect! I wanted a house with no hallways, no wasted space. I had asked for a side courtyard. These and many other requests were not in the plan. You might wonder why I persisted. I was determined he should learn more about dealing with older female clients.

He came back again and the plan was closer, but we still had to sort out other details. I had asked for a roof on which I could put solar panels. His roof wasn't at the right angle, his answer was to put them on frames, and he asked what my last power bill was. I'm building a new house. Why not put it in the design? His next effort came by email. I told him the roof wouldn't take enough panels to suit a family.

He had learnt more about dealing with a "crazy old bat". I haven't heard his current description but it's probably less flattering. His design is now almost there, and next week we have a re Development Applications meeting with the assessing officer from council. I've already been sent a list of things council is not happy about, They don't think I should have offstreet parking but I already have it! The two that really intrigued me were that I was closer than 500 metres to a railway corridor (the light rail) and that the development would cause the demolition of a small freestanding cottage. The whole street is closer than 500 metres to the light rail, and the description of my ex-workshop dwelling is certainly using poetic license.

So now I have to behave myself, and negotiate calmly with the council assessing officer. My daughter has insisted that I should take some photos to refute some of the objections. (Does that suggest a genetic component to character?) It's been interesting so far, but maybe the best is yet to come.

*Lorraine Inglis*

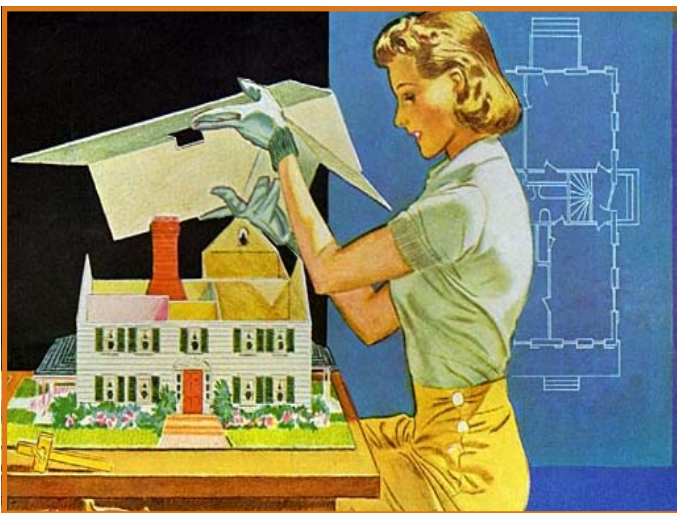
## Moving On

Whether we like it or not, life forces us to change and move on. The change may be due to events beyond us, or within us or a combination of both. The change may be objective and observable, but it will always be subjective and personal, as once again, we have to become someone 'new' to meet the new circumstances of our lives.

Recently my middle-aged firstborn, now single again, asked me to mind my two grand-daughters, 13 and 10, while he chaired two evening meetings at the girls' school. I don't see my grand-daughters nearly as often these days as they are older and more responsible for themselves. Therefore, I looked forward to this occasion with some anticipation.

In childminding stints of early years, I had had to become the surrogate parent, commanding, cajoling, persuading, entertaining and adjudicating as required. I was about to discover a very different role. Once their father had departed, neither girl needed more than one reminder to get on with her homework and other routines. Only intermittent – and suddenly very precious – moments of conversation with them arose.

Meal time approached. In the kitchen as I prepared the evening meal, neither came to chatter on, ask to help me or demand attention. Checking on them, I found both engrossed in their homework. Their father returned to eat with us and, for a brief time, we enjoyed family conversation





# Home and Hearth

and stories of the past. As my son stood to return for his second meeting, and realising I would have another couple of quiet hours at my disposal, I said to him, "If you have some rubber gloves, I will clean up the kitchen while you are out."

"I don't have any," he said, puzzled. "We use the dishwasher." At that, my younger grand-daughter disappeared suddenly, returning a few moments later and holding one rubber glove triumphantly in the air. "Oh, what a pity!" I exclaimed. "If only you had two!" At that, all three went scurrying around the house on a glove treasure hunt and, much to her delight, the younger one returned first holding another rubber glove in her hand. We all laughed hilariously at this episode of family fun and my son set off much energised for his second meeting. The girls returned to their evening programs and I, donning the gloves, prepared for a marathon clean-up in a kitchen that had received only the most cursory attention for some time. (Kitchen cleaning is not high on the list of priorities for busy single parents!)

An hour or more passed. I had shepherded the younger girl to bed. The kitchen looked decidedly improved. I flopped in front of the TV with my older grand-daughter to wait for my son's return.

As soon as he entered the house, my grand-daughter rushed to him. "Come to the kitchen, Dad! See what Annie (my family's name for me) has done!" I followed them, interested to hear his response. Smiling mischievously at me, he said to his daughter, "So you see? Grandmothers do have their uses!"

To my surprise, I was able to accept this new role definition almost with relief. My former fiercely feminist self might once have been unsettled or disappointed by it, as there was a time when I'd hoped to have had more significance to my children and grandchildren than that of being a traditional woman forever in the kitchen or looking after others. But I realised at that moment that maybe just being a comfortable, undemanding person to have around was a pretty good way to be at this time of my life; probably much less of a strain on myself and others than being like "She who must be Obeyed."\* My new family-given role definition lets me feel able to rest in my changing idea of my older-woman identity, letting go of past self-images and assured that it's OK with those who matter to me. I am grateful for that.

*Bev Cameron*

\* Taken from ABC TV's *Rumpole of the Bailey's* definition of his wife.

## Grandparents Day

Grandparents Day will be celebrated in NSW on Sunday 28 October 2012. Initiated by the NSW Government last year, Grandparents Day formally recognises the unique contributions grandparents make to their families and their communities.

Why you should get involved:

Grandparents Day is the perfect time for people to get together to acknowledge grandparents. Community-based clubs are particularly well placed to plan and host Grandparents Day events that reflect the needs and interests of grandparents and their families.

Helping you support Grandparents Day:

We'd love to have you involved in Grandparents Day 2012. For this reason we've produced a **Community Groups' Grandparents Day briefing kit** which provides more detail about the aims of the day.

The briefing kit includes information on event ideas as well as the 'My Grandparents Taught Me . . .' competition.

It also describes the wide range of free, downloadable resources we have put together to help people plan and promote community-based Grandparents Day events.

The Community Groups' Grandparents Day briefing kit is available on the Grandparents Day website: [www.grandparentsday.org.au](http://www.grandparentsday.org.au). We hope you will join us in celebrating the valuable contribution that grandparents make to their families and communities.





# Home and Hearth

## Overcoming the Challenges of Cooking for One

If you have to cook regularly just for yourself, then you would know that it's a daily task that can seem quite daunting. Finding the enthusiasm to actually cook, feeling guilty about throwing away mouldy vegetables and using recipes which make too much food are just some of the regular challenges of the solo cook. On the up-side, for every challenge, there is a solution.

Firstly, let's try and understand the over-arching lack of motivation. What is it that puts us off cooking just for ourselves? For most people it's a combination of the amount of time it takes to prepare a meal and clean-up afterwards. People think "Why bother just for me?" The best way to overcome the motivation hurdle is by making dishes that are quick and easy and that only use one pot, so that you are in and out of the kitchen in less than thirty minutes (washing up done!). Remember to constantly remind yourself that you are worth cooking for. If you are used to eating ready-made meals then start off slowly, aim to cook just one or two meals for yourself each week, and, if you find that you enjoy it, then increase your cooking gradually over time.

Next up is waste. Many people who live by themselves end up throwing out most of their perishable ingredients because they don't use them before they go off. Changing how regularly you shop can be hard so, instead, think about what you are purchasing. Buy a good mix of fresh, frozen and canned ingredients, and be realistic about how much fresh food you buy. Try not to buy any large vegetables (whole cauliflowers or bunches of celery are regular culprits) unless you can think of two or even three recipes that require them. Still got left over veggies? Make them all into a soup at the end of the week and freeze it in individual portions for quick and easy defrosting.

Finally, portion control. We are so used to making family-sized quantities of things (especially rice and pasta) that we tend to robotically prepare the same amounts just for one. No more! One tip is to learn how much of an uncooked ingredient produces the right amount cooked for one serving. For example for pasta, you only need to cook about 2/3 cup of pasta shapes in a small saucepan containing 500mls water for a single serve. By using smaller amounts, you also reduce the overall cooking time. Another tip for portion control is to invest in some good quality

freezer bags then divide meat or fish up into single portions as soon as you get home from the supermarket (for example 2 sausages or 1 steak). They will defrost more quickly when you need them, too!



At the end of the day, the main thing for the solo cook is to do whatever you can to actually get yourself into the kitchen and cooking! Remember, you only have to please yourself, so make dishes that you love and which get you inspired, and you'll find that half the battle is already won.

*Catherine Baker*

*About the author: Catherine Baker is a cooking instructor who runs regular workshops in Sydney on Cooking for One, French Cooking and Cooking Fundamentals. She is currently writing her first cookbook on Cooking for One which she hopes to have published later this year.*

## Home Power Savings Program

The NSW Government's Power Savings Program is managed by the Office of Environment and heritage. The program is available free to households who hold Centrelink Pensioner Concessions card or Low Income Health care or Department of Veterans Affairs or Repatriation Health Care.

Households that the program will receive a free

- Home power assessment by an energy expert to identify ways to save power in the home.
- A Power saving Kit supplied and installed, to help kick start savings. The Kit includes a Power saver board, 4 Energy saving light bulbs, door snakes, door and winder seal, shower timer, tap aerator, low flow showerhead and a personal Power Savings Action Plan detailing tips to help reduce power usage further.

For more information ph 1300 662 416.

<http://www.savepower.nsw.gov.au>

# Wastelands

## Rubbish for Money

Most councils have a regular kerbside pickup of household rubbish but they often don't take mattresses, TVs and computers, whitegoods or building materials because they:

- take up too much space in landfill
- leach toxic materials into the soil
- could be recycled or re-used
- could make money (not coins or banknotes)

Money is made from these, but by businesses, not councils.

## Mattresses

There are many reasons why people want to get rid of double bed mattresses

(Bad backs? bad memories? divorce? king size beds? incontinence? bedbugs?)

Some councils charge from \$20 to \$30 if you take a mattress to the transfer station. They pay part of that fee to businesses to take it away. The mattresses, including some from hotels/motels/charities, are sorted into re-useable or recyclable. The re-useable mattresses are steam cleaned, refurbished, then sold to hotels and motels or passed back to charities, for a fee.

The rest are *asset stripped* by hand. The spring sets are sold to metal recyclers, the foam, latex and some wadding is used to make carpet underlay, and wood and coconut fibre is mulched. The residual waste for landfill is predominantly fabric coverings, wadding which is too far gone (and bedbugs?)

## E-Waste

“Australians generate over 140,000 tonnes of electronic waste (e-waste for short) each year and most of it ends up in landfill. As well as putting more pressure on limited landfill capacity, e-waste can be hazardous as it contains toxic materials.” (City of Sydney)

This is increasing as people go up-market, getting rid of inefficient computers, or are forced to go to digital TV. Some councils offer regular drop-off days. The E-waste is recycled by businesses (some will even retrieve the hard drive for you, for a fee). Up to 3kg of lead and varying amounts of mercury, cadmium, barium, phosphor and aluminium is removed from each cathode ray tube. This prevents the leaching of toxic materials into the soil and ground water.

“Glass is recycled into new products like windows or new TV screens. Plastics are recycled into new products like garden furniture or new electronic plastic casings. Cables, metals and circuit boards are recycled once hazardous materials are removed.” (City of Sydney).

## Whitegoods

Most councils have a pickup service for whitegoods even if only annually.

There has been increased pressure to have a more environmentally friendly fridge. (How many stars on your fridge door?). It is almost impossible to replace the computer that controls the programme in a washing machine. Some ovens, heaters, hot water systems are now unacceptable or even dangerous. These are taken by metal recyclers, crushed and turned into metal (maybe your next coke or beer can).

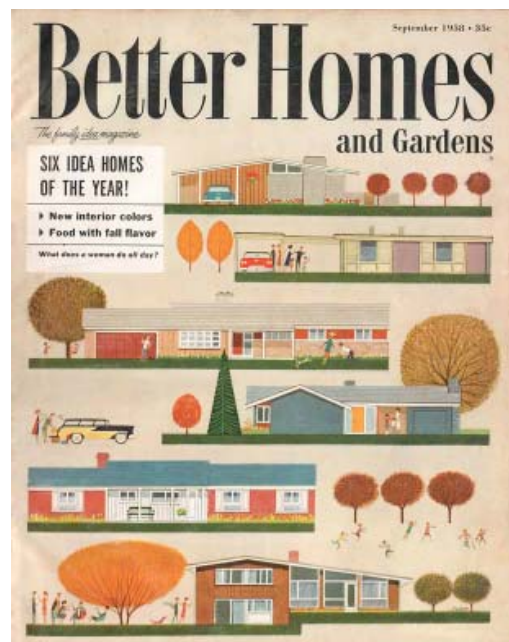
## Building materials

Some companies will pick up free of charge, your used recycled and reclaimed timber or wood. At recycled timber yards you can buy all sorts of timber, and prices range according to size, type and grade of timber. You will need to pay for a skip to get rid of unwanted bricks, rocks and concrete, which go to second hand building suppliers. There you can buy cleaned bricks, whether sandstock or commons, sandstone or tiles. The rest is crushed to different grades for use in drainage, infill, base, and even to sand and gravel.

## Avoidance

“By avoiding waste we save resources and decrease the amount of waste for disposal. This means products designed so they are non-toxic, have usable components and can be recycled. Leichhardt Council supports Extended Producer Responsibility (EPR) which places the responsibility on the producer of the product to design for sustainability and/or provide a take-back scheme for their products.” (Leichhardt Council)

Lorraine Inglis





## MEDICARE SERVICE CHANGES

On 1 July 2012 two changes to Medicare services will come into effect. The first change will be the rollout of electronic payment options at all Department of Human Services Service Centres providing Medicare services. These centres will no longer pay Medicare benefits by cash and, instead, will offer fast and secure electronic payment options. The rollout was announced on 29 April 2012. It should be completed within 12 weeks from 1 July 2012.

Customers will be able to choose from a range of payment options to have their Medicare benefit paid securely into their bank account at no cost to them. If a person does not want their benefit paid into their bank staff can offer alternatives, such as a cheque.

The second change is that, from 1 July 2012, the Department will cease evening trading for service centres delivering Medicare services. Service centres that currently open on Saturday mornings will continue to open as usual. For those, who want to claim outside business hours, benefits can be claimed 24 hours a day, seven days a week over the internet; or by teleclaiming on 13 20 11 at local call rates from a landline.

If you would like more information on either of these changes, please contact [community.sydney@humanservices.gov.au](mailto:community.sydney@humanservices.gov.au) to request a briefing.

Trevor Romer: Region Manager Sydney Service Zone, Department of Human Services.

### Teeth to Toes and Regions in Between - Neglected Areas of Aged Care

FRIDAY, 14 September:

9.30am to 3.30pm (Registration from 9am)

Sydney Mechanics's School of Arts:

280 Pitt St, Sydney

A seminar to highlight and discuss several areas of aged care that deserve greater attention within the community and professional forums. Suitable for people working in residential or community aged care and others interested in ageing.

Topics to be covered: Oral Health, Low Vision, Hearing Impairment, Negotiating Sexual Identity, The Aging Foot.

## The Chris O'Brien Transport Link

When reading the article about the Chris O'Brien Lifehouse at R.P.A. in August OWN Matters, I was reminded of an experience I had recently when visiting the Royal Prince Alfred Hospital for a checkup.

As I came off the train at Central to walk down to the bus stop I noticed a large sign advertising free transport to R.P.A. I was intrigued, so asked the man who was brandishing the sign, what it was all about.

He said he was a volunteer with the Chris O'Brien Lifehouse. He was the driver of a "people mover" which transports patients to and from the station to the hospital. He explained that quite a few patients with appointments at the hospital were forced to travel long distances by train. They found it difficult to then face the bus trip to the hospital and the sometimes long walk at the end of the trip. He said they had many passengers from the Wollongong area when I told him that was where I came from.

He asked me if I required transport but I hastily explained that I was not a cancer patient and had no real difficulty in using the bus. "If you're going to the hospital for any sort of treatment, we'll happily take you," he replied, so I took him up on his generous offer.

There followed a fascinating trip through parts of Redfern I had never seen before, and we finally swept right up to my destination in great style. What unexpected luxury! I can imagine what a boon this service must be for patients struggling with ill health, some of whom were in the car with me. What wonderful people are the volunteer drivers and what a truly great man was Professor Chris O'Brien.

I really hope the service is still running.

*Peggy Rodden, Illawarra OWN*

## Nationally Coordinated Dental Care

ACOSS applauds the announcement of the Federal Government's National Dental Care Program. The Scheme will focus on children and on those adults most disadvantaged in access to appropriate dental care.

"But no amount of federal funding can address Australia's oral health gaps without state and territory governments maintaining, and in some cases improving their investment in oral health care. We call on all government to work together to ensure Australia at last can build a national oral health system," said Dr Boyd-Caine.

*ACOSS*



# The Journey

*From Anxiety and Self-doubt to Confidence and Self-assurance*

A six session course providing techniques for seniors to cope with everyday frustrations and anxieties.

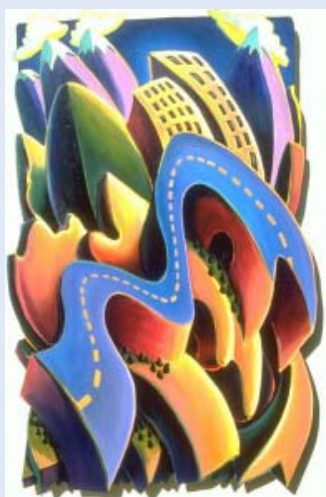
	Date	Session	Leader
1	Wed 10 Oct		<b>Managing Stress</b> Aloma Fennell (BA, MA)
2	Wed 17 Oct		<b>Dietary Guidelines Foods to Lower Anxiety &amp; Improve Sleep</b> Katherine Rothwell (BA, Dip Nutrition)
3	Wed 24 Oct		<b>Relaxation &amp; Confidence Building Techniques</b> Aloma Fennell (BA, MA)
4	Wed 7 Nov		<b>Understanding Food Labels &amp; Nutrition Panels</b> Katherine Rothwell (BA, Dip Nutrition)
5	Wed 14 Nov		<b>Coping with Loss &amp; Grief &amp; Isolation</b> Maria Page (Reg, Psychologist)
6	Wed 21 Nov		<b>Communication &amp; Assertiveness Skills</b> Aloma Fennell (BA, MA)

Where: The Extension, Dougherty Centre, 7 Victor Street, Chatswood.

Time 11:15am–12:30pm (for all sessions)

RSVP Friday October 5, 2012

Contact Annette 9415 2474 or  
Dorothy 9419 6417



Donation \$5.00 per session or \$25.00 for six sessions

A Project of The Older Women's Network Northside and The Seniors Agenda Inc.

Funded by the Willoughby City Council



## OWN NSW 2012 AGM

Thursday, 27 September

This will be held at Mott Hall on Thursday, 27 September.

To hear our keynote speaker and to attend a number of interesting workshops, you will need to **register**.

Contact the office for a form on:

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

Keynote Speaker: **Meg Small** who is speaking about **Advance Care Planning**

### Workshops:

**Change the World Workshop:** **Sonia Laverty**

**Rocks Walk:** **Elissa Buttsworth** and **Margaret Kearney**

**Jewellery Making:** **Lorraine Inglis**

Of course it wouldn't be a conference without one of **Barbara Malcolm's** magnificent **Conference Quilts** to raffle, so call the office and order your books. Just imagine winning this beautiful treasure! (*pictured below*) for tickets:

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



# OWN Sydney Notices

## WOW! Subscribe NOW!

Subscription to *OWN Matters* is \$25 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

Like to donate to OWN NSW? \$.....

## Payment method

I enclose a chq/money order for \$25 - covers to Jun30, 2013 made payable to OWNNSW **OR** Please debit the following credit card for \$25 (plus any donation)

**Total amount:**

Credit Card

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  
Mott Hall, Argyle St Millers Point.

Contact Lola : 9665 8741 or Joy 9698 5205

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. Please note this group is now full and cannot accept new enrolments at this stage.

Contact Annette Butterfield: 9665 5369 email:

abutterfield\_852@hotmail.com

### Film Discussion group

You are invited to join us on **Tuesday 11 September** to see *Hope Springs*. Recommended for viewing is *Monsieur Lazhar*.

Please ring Yetty on **9665 2050** to check details of films.

### Bondi Junction Coffee and Gossip Group

**28 September** 11am The Coffee Shop, Eastern Suburbs Leagues Club (enter from 9 Bronte Rd). Last Friday of every month. Contact Yetty on **9665 2050** to check details.

### Book Club

**17 September** 12.30-2.30 pm at 87 Lower Fort Street.

This month's books is: *Midnight in Sicily* by Peter Robb.

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 **October** meeting is

*The Aunt's Story* by P White.

### Aboriginal Support Circle

Next meeting Monday **8 October** for a **Bush Tucker Tour** in the Botanical Gardens, Sydney. Confirm all details with Pat Zinn: 9389 1090 or email patzinn@hotmail.com

### Saturday Social Group at Birkenhead Point

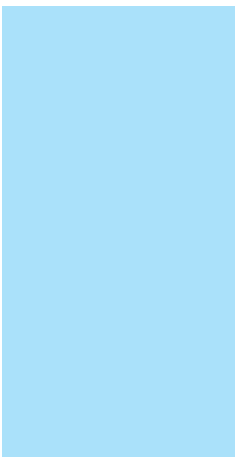
We meet from 10.30 a.m. to 12.00 noon at Birkenhead Café, 1<sup>st</sup> floor Birkenhead Shopping Complex.

Contact: Bev Cameron on 9957 5367 or Meg Venning 9887 2386

Meeting on **1, 15 and 29 September**.

**IF UNDELIVERED PLEASE RETURN TO:  
Older Women's Network NSW Inc.  
87 Lower Fort Street  
Millers Point NSW 2000**

***OWN Matters***



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