



OWN MATTERS

Newsletter of the Older Women's Network NSW

Vol.8 No.9 – October 2011



Bags of Change still needed for Anti-Poverty Week!

For **Anti-Poverty Week** we are launching a fund-raising initiative called **Bags of Change**, to raise money for **Rosalie House**, which is a refuge for older women...

see *Bags of Change* pages 3 & 4



Time to Bite Back!

Plastic clamshell packaging. Design should help solve problems. This packaging attempts to solve the problem of theft, but creates new problems that are far worse, principally irritating your own customers...

see *Terrorist Packaging* page 7

Make sure your school is registered.
Come on Australia!
Collect more vouchers,
get more gear.

[→ Find out more](#)

Are we Selling our Children short?

In recent times there has been a passionate public discussion about the secular nature of our public schools, in particular whether religion should be allowed in schools. But nobody seems to care that ... market capitalism has free reign to influence our children's minds and behaviour.

see *What are we buying into?* page 6



They say love is blind. . .

Mother had said she was too buxom to be a nice girl and with those brown eyes she would lure in innocent young men, she just knew. . . Mother had also said that the type of girls who live by themselves were always up to no good...

see *The Girl in Number Three* page 19

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Who Are We?

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

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

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

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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

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

Special General Meeting

A Special General Meeting will be held at
10.30 am, Friday
14 October,
at Customs House Library
in the Meeting Room, on Level 2.
31 Alfred Street Circular Quay.
See the map this page for details. →

We are asking all OWN groups to send a delegate to vote on the following motion:

“That the constitution of the Older Womens’ Network NSW Inc. as tabled on 14 October 2011, be adopted.”

Notices and documents have been sent to all OWN NSW Member Groups. RSVP: 9247 7046 or: info@ownsw.org.au by 7 October.



ANTI-POVERTY WEEK

16-22 October 2011

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.

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

Contact us at 1300 797 290 or: apw@antipovertyweek.org.au



October OWN Quarterly

The last OWN NSW quarterly of 2011 will be held on October 14 in the Meeting Room, Level 2, Customs House Library, following the **Special General Meeting**. See map above.

Zed Tintor, Manager of the B. Miles Women’s Foundation, will be speaking about the need for affordable housing for older women.

The theme for this OWN NSW Quarterly is: **Bags of Change**, and this is a fund-raiser for **Rosalie House**, as part of **Anti-Poverty Week, 2011**.

We are also holding a contest for the **Bag with Personality**. So the bag you carry on that day could be: old, new, ugly, pretty, quirky, weird, or wonderful, just a bag with personality. **Please be there by 10.30 for SGM.**

I hope we will see lots of you on October 14.

Lorraine Inglis



Bags of Change



The Older Women's Network encourages all groups to get involved with our Bags of Change activity as part of our Prevention of Violence Against Older Women initiatives. **Bags of Change**, is a campaign to raise funds to support the work of Rosalie House, which is one of the very few refuges that caters for older women.

Rosalie House opened its doors in August 2010, and was established to provide supported medium-term accommodation for women over 45, who are homeless, and have little, or no support. The house has six bedrooms with en suites. There is a large living area and communal kitchen, with a separate bathroom and laundry, and an office for management and administration. Like all refuges, the address is not advertised.

Six women are living in Rosalie House, and can stay for two years. Having a safe place

gives the women the time to concentrate on gaining skills, and work towards being able to move into the community, and live independent lives.

The idea of **Bags of Change** is to encourage your group to gather some old handbags, into which members collect up mountains of small change, notes are OK too, and I'm sure if you had any members that felt inspired to write a cheque, it would be most welcome. The central idea of course is that even our small change – if we all put it together – has the power to bring about big change. So every little bit helps. We have registered this as our Anti-Poverty Week activity. The Commonwealth Bank has many branches with automatic self-serve coin-counting machines, and they have agreed to assist us in our project – **Bags of Change!**

It would be great if each OWN group could promote **Bags of Change** throughout October. 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". Groups can bank them locally, using the deposit slip information provided here, or they can bring their contribution to the Special General Meeting, and after the Quarterly Meeting presentation and luncheon, we will form an unarmed honour guard to escort our combined efforts to the bank for processing!

Lorraine Inglis

Our effort has also been assisted through a community grant from the City of Sydney, allowing us to use Customs House for our event.

CITY OF SYDNEY



Bags of Change Banking Deposit Form

Cheque Deposits

date: _____

Drawer	Bank	Branch	Amount
Total amount chq:			\$

Cash Deposit:

Commonwealth Bank of Australia		Total coins:	\$
BSB: 062 000 Acc No: 1159 7806		Total notes:	\$
All deposits to be identified as:		Sub total:	\$
"Rosalie House- Bags of Change"		Add cheque total:	\$
		Total deposit:	\$

OWN Travel

Reflecting on Chicago

In May this year my daughter attended a four day conference in Chicago. I suggested she stay a few days longer and she suggested I go too, so I thought, why not? I treated myself to Premium Economy with Air New Zealand, from Auckland to Los Angeles. What a reality check in the back seat in Economy with United Airlines from Los Angeles to Chicago! If you were Business Class or Gold status with their loyalty program they actually roll out about two metres of 'red carpet' for you to board, then roll it up quickly and put it away so the Economy passengers don't soil it with their common feet. So tacky!

We stayed at a Hilton Hotel in Chicago and our room was on the Executive level on 24th floor. It was

She has actually lived in Australia for many years, but was born and educated in Chicago. Our gain, their loss. I asked before I went if there was something I should make sure I see and she told me Marshall Field, which was a wonderful high class shopping complex. I checked on the Internet only to find that it had been bought out by Macys, one of the biggest shops in the USA. Much of the original decor still exists and it is an experience to see and to read the history of the building and how it operated.

Chicago is an interesting city and I could have stayed longer there if time had permitted. I wasn't sure I'd like it but it is a great place and, as with all big cities, just had so much to offer. There was a wonderful



opposite Grant Park and the beautiful Buckingham Fountain. We were very lucky to be able to use the Executive Lounge and all the facilities, as it wasn't included in our Hotel rates. The staffs there were just lovely and the room had two very comfy, queen size beds and two full bathrooms. I could become accustomed to that style of living; beds made, rooms cleaned, breakfast choices, drinks and snacks all day with canapés early evening - nice.

Marilyn, one of our members who has joined OWN's Management Team is a Chicagoan, so I was happy to take the laptop in with the Chicago photos to show her.

structure built in Millennium Park called Cloud Gate but nicknamed the 'Bean'. I have included a photo. It is not very big as you may be able to see in the photo but the city scape is reflected on it and when you look, you appear to be standing in the middle of the buildings. Just so different to anything I have seen before.

I have seen a lot of USA over the years, but there is still an amazing amount I would like to do and see. I have been to many places in Australia too, but I'm leaving some of that now till I am 'older' and when travel insurance becomes too expensive.

Linda Sonson - Hills OWN

Letters to the Editor



Honouring Jan

Excerpt from a letter to OWN from Kevin Hopkins, widower of OWN member Jan Hopkins who died on 16 June 2010.

I did want to congratulate OWN. My wife, like yourselves, could have joined many other organisations but Jan knew that through OWN she could do so much besides engaging the company of equally minded women. (On her death) I received many cards from her OWN friends and I quote from a few.

"I first met Jan 20 years ago through OWN where I admired her for her forthrightness for fairness to be exercised in less richly endowed groups throughout our land..."

"To us she was: gentle, (of) razor sharp intelligence, wickedly funny, empathetic, non-discriminatory and loved by us all."

I couldn't just write and say "Jan died on 16 June 2010". I'm proud that Jan was in OWN. Through talking to Jan I learned a lot about OWN. I have great respect for your organisation.

Kevin Hopkins

Recycling and all that.

I was amused at Barbara Malcolm's contribution: *Being Green* in the September *OWN Matters*.

I grew up in wartime England. Recycling was our life, saving electricity second nature, using up every bit of shampoo and toothpaste was economically and morally mandatory. Hmm, come to think of it we (my sisters and I) rarely used toothpaste, it just wasn't around, and shampooed infrequently. I could write pages of shame about that but won't here.

I remain mindful of not abusing resources to this day. Having just showered I am very gratified to have used up every last drop of the litre of Sorbolene I use to moisturise my drying skin. I could have tossed it out a month ago but I have been faithfully turning the container upside down and tapping out its contents.

What's that I hear? Get a life?

These little challenges ARE my life among many other things.

I love your articles, thank you.

Pauline Reynolds

What are we buying into?

Our local public school has become an advertising site. Outside hang two very large banners, one advertising Coles, the other advertising Woolworths. I imagine La Perouse Public School (September *OWN Matters*) has the same banners, because, without them, the school will not be able to benefit from the latest voucher schemes by the two large corporations.

I do hope La Perouse Public School gets all the sports equipment, books and classroom equipment it needs, but oh, the price involved! This is not an exercise in generosity by Coles and Woolworths that, out of the goodness of their corporate hearts, care for the children of our nation! We all know that it is a sophisticated advertising campaign, and a competition for market dominance by

two huge corporations, each determined to gain even greater market share. Between them, Coles and Woolworths already control 70% of the market for supermarket goods. These supermarket chains are also into fuel, hardware, clothing, alcohol, hotels, poker machines, insurance, financial services and many other businesses.

Coles is part of Wesfarmers, that owns Bi-Lo, Liquorland, Vintage Cellars, BWS, Bunnings, Officeworks, Harris Technology, Target, Kmart, Coles Express fuel outlets, hotels and their poker machines, and various other companies dealing in chemicals, gold, vinyl, gas, fertilisers, insurance, and financial services. When we shop at Coles we are really shopping at Wesfarmers, with all the power that corporation has in our nation.

Woolworths, the largest supermarket chain in Australia, owns Safeways, Dan Murphy's, Dick Smith Electronics, Tandy, Woolworths Caltex and hotels with their poker machines. Woolworths is the nation's largest owner of poker machines. Like Wesfarmers, it has great power to lobby governments on a great range of issues.

In recent times there has been a passionate public discussion about the secular nature of our public schools, in particular whether religion should be allowed in schools. But nobody seems to care that the real national religion of Australia, market capitalism, has free reign to influence our children's minds and behaviour. Why should schools advertise the religion of greed, unlimited acquisition and corporate power? When the children in your school learn to kick a soccer ball purchased with supermarket vouchers, what else will they have learned?

Janet Grevillea

Point of View



anger and frustration resulting from the inability to open hard-to-remove packaging, particularly some heat sealed plastic blister packs and clamshells. Consumers suffer thousands of injuries per year, such as cut fingers and sprained wrists, from tools used to open packages.”

Of course neither plastic packaging nor injuries caused in trying to open the packaging nor wrap rage are new phenomena.

Studies in Britain have shown that injuries caused by packaging cost the National Health Service about **\$25 million a year**. These are not industrial accidents. They occur in homes every day, predominantly, but not exclusively, among the elderly. Nick Richardson, “The mounting toll of wrap wrath,” Herald Sun (Melbourne, Australia), February 27, 2004

When Quora, an online site, posed the question, “What is the worst piece of design ever done?”, the most popular answer was Anita Schillhorn’s response:

“Plastic clamshell packaging. Design should help solve problems. This packaging attempts to solve the problem of theft, but creates new problems that are far worse, principally irritating your own customers. It’s been the cause of thousands of emergency room visits, and there’s even a Wikipedia-approved term to describe the frustration you feel when confronted with an unrelenting piece of plastic between you and your product.”

Clamshell Packaging is made from polyvinyl chloride, known as PVC, and poses environmental problems from manufacture to disposal. Cancer-causing dioxins and other pollutants are emitted from factories wherever PVC is being manufactured, causing chronic health problems. PVC cannot be easily recycled so it’s usually landfilled, doesn’t break down easily, but leaches dangerous chemicals.

The petro-chemical companies who make PVC make money. The plastic and packaging industry makes money.

The retailers like the packaging, and believe it is good for business. Consumers and environmentalists are exerting pressure to bring about change.

Lorraine Inglis

Terrorist Packaging

It is dangerous, and it is everywhere. It is lurking wherever we look, wherever we shop. It will get us, even if we are careful. When it doesn’t get us, it makes our life much more difficult.

We have all been annoyed, frustrated and even injured in our attempts to open that plastic packaging that comes with so many of the goods we buy. We have all experienced **WRAP RAGE!**

Wrap Rage (from Word Spy)

noun. Extreme anger caused by product packaging that is difficult to open or manipulate.

According to the packaging industry, **Product Packaging:**

- Is a marketing tool and will capture the consumers attention
- Can protect the product from shipping and storage damage
- Gives the customer a sense of safety
- Conveys information to the customer
- Prevents theft

If you go to one of the websites for the plastic makers you will read:

“Our clients regularly prove that creative clear packaging solutions are an investment not just in immediate sales, but in better branding and product development for long-term profitability.”

But in Wikipedia we read:

“**Wrap rage**, also called **package rage**, is the common name for heightened levels of



Aboriginal Support Circle Issues

Project to Revive Lost Languages

The State Library of NSW has launched a new project aimed at reviving lost Indigenous languages. This three-year program is a research and rescue mission to find and preserve surviving early colonial records of languages spoken by Aboriginal people in and around the early settlement. Some of these fragments were noted down by British Naval officers, including William Dawes.

Sydney University linguist, Michael Walsh, will spend three months helping to unearth surviving word lists in old library records. Indigenous librarians, Ronald Briggs and Melissa Jackson, will follow up this research by visiting Aboriginal communities in NSW to gain permission to use what is found and to record other information. It is understood that there were over 150 languages spoken in Australia before white settlement/invasion. Mick Gooda, Human Rights Commissioner, is the project's patron.

Pat Zinn

The Australian Constitution Needs to be Changed

Indigenous peoples are still subject to racial discrimination in the present Australian Constitution, which was drafted more than a century ago. It was written in the 1890s against a backdrop of racism that led to the White Australia Policy and referred to Indigenous peoples only in negative terms. Section 127 even made it unlawful to include 'aboriginal natives' when counting the number of people of the Commonwealth. Section 127 was removed by the 1967 referendum and even though 'aboriginal natives' are now counted in the census, the Constitution still runs counter to the idea of Indigenous Australians being equal members of the community. Section 25 still remains, which acknowledges that the States can disqualify people from voting due to their race, and section 51(26) says that the Federal Parliament can make 'special laws' for the people of any race. Edmund Barton,

Australia's first Prime Minister, stated that "this power was necessary to regulate the affairs of the people of coloured or inferior races who are in the Commonwealth."

Prime Minister Julia Gillard has pledged a referendum on whether to recognise Indigenous peoples in the Australian Constitution, to be held before or at the next Federal election. The government will receive advice by the end of this year from an expert panel chaired by Professor Pat Dodson, former Chairman of the Council for Aboriginal Reconciliation, and the former Reconciliation Australia co-chair, Mark Leibler. When the history and current text of the Constitution is taken into account, section 25 and section 51(26) should be deleted and positive mention of Indigenous peoples and their culture should be part of a new preamble. New sections should be inserted that grant the Federal Parliament power to make laws with respect to Aboriginal and Torres Strait Islander peoples and prohibit the enactment of racially discriminatory laws by any Australian Parliament (while also providing that this does not prevent the making of laws that redress historic disadvantage). Also, there must be permission to make legally binding agreements between Indigenous peoples and Australian governments. Since 1999, Victoria and Queensland have recognised Indigenous Australians in their constitutions by a simple act of Parliament and New South Wales followed suit last year. It is a disgrace that it has taken so long to write a preamble and amend the Constitution in this way.

Pat Zinn

Senior NSW Ministers and Aboriginal Leaders Form New Taskforce

A new ministerial taskforce in NSW has been announced by Victor Dominello, Minister for Aboriginal Affairs, Citizenship and Communities, bringing together senior NSW Government Ministers and key non-



Aboriginal Support Circle Issues

Government Aboriginal leaders. It has been developed in response to the Auditor General's report into the former government's failed 'Two Ways Together' policy and will focus on Aboriginal educational and economic opportunities.

The Taskforce comprises six government ministers plus Victor Dominello (chair) as well as a representative from the NSW Aboriginal Land Council, the NSW Aboriginal Legal Service, NSW Aboriginal Education Consultative Group Inc., NSW Aboriginal Child, Family and Community Care Secretariat, Link-Up NSW and two independent Aboriginal advisors. The Taskforce will develop a draft policy strategy by mid-2012.

Finally, there is new leadership, new membership and new aspiration forming a true partnership where Aboriginal people are part of the decision making process. There will be substantial consultations including public meetings in Aboriginal communities and an online submission process.

Pat Zinn

Support La Perouse Public School

By directing your Coles and Woolworths vouchers to La Perouse School, you will be helping them maximise their efforts.

Woolworths: From 18 July to 18 September 2011, will give you one Woolworths Earn & Learn point for every \$10 you spend in store

Coles: From 29 July to 18 October for every \$10 you spend in a Coles, Coles online, BI-LO or Pick 'n Pay supermarket you will earn one Sports for Schools voucher that your school can redeem for sports gear.

All vouchers can be sent to **Lucy Porter at 7 Wills Avenue, Chifley 2036.**

If you shop online, you need to let your shop know you want to allocate them to La Perouse.

Pat Zinn

Kool Kids Club Keeps Going - With Difficulty

Dear OWN members, once again the Aboriginal Support Circle is asking you to take part in our raffle to raise cash for the Kool Kids Club with its early intervention and prevention programs. The objectives of the programs are to build resilience and skills to enable children to communicate and learn in better ways, to improve basic health and nutrition and build better family and social supports. The programs are staffed by both experienced and qualified youth workers and aim to challenge and promote children's strengths while building self-esteem, confidence and creating positive social interaction.

Over 85% of children that attend the Kool Kids identify as Aboriginal, over 25% are raised by a grandparent and most of the children reside in public housing. The programs have delivered 230 free after school and holiday activities a year in the past, including swimming, surfing, dance, music, short film, Indigenous cooking with the Purple Goanna Cafe, healthy living, case management and family support. Unfortunately, in spite of having meetings with NSW Government ministers, no funding has been promised this year and the Kool Kids are struggling to survive through corporate sponsorship. This means that there is a long waiting list for children and some of the projects have had to be cancelled.

Once again we have a magnificent Barbara Malcolm quilt as first prize, with a selection of books and other gifts, and tickets are once again 1 for \$1 and 3 for \$2. We shall be selling them from October to mid-December and the prizes will be drawn at OWN's end-of-year party.

Pat Zinn



Exploring Food



Eating History

I have lent 25 items of kitchenalia to the Bowen Library, Maroubra, for a Eat History week exhibition but they will be there until February. The opening was on Saturday and I have done an interview for TVS for Yanni's World.

It's a small but interesting exhibition featuring large photos of my house and the Early Kooka vintage 1920's which I still use every day.

How have cooking and eating changed over the years?

The *Eat History* exhibition showcases trends in cuisine and food preparation over decades in Australia. The exhibition features beautiful silver, plates and embroidered tea cloths, it also showcases cooking utensils and appliances from the distant and not so distant past.

The Bowen Library is right on Anzac Parade, with easy parking and plenty of buses. The *Eat History* Exhibition is on display from September 2011 until February 2012.

The Bowen Library 669-673 Anzac Parade, Maroubra.
Phone **9314 4888**

Mon-Fri 10am-9pm
Saturday 9.30am-4pm
Sunday 12pm-4pm

Annette Butterfield, Lost Ladies

Taste Food Tours

Fairfield Tours are a joint initiative of the Benevolent Society and Fairfield Migrant Resource Centre

Here are new food tours in Fairfield, Belmore and Lakemba, and our fabulous new Bankstown tours too, including a gluten free food tour!

October Tours

Friday 7 October: Sahara Nights Progressive Dinner, Greenacre

Saturday 8 October: Beirut to Bangladesh, Lakemba

Saturday 15 October: European Explorer, Belmore

Friday 21 October: Around the World on a Plate Progressive Dinner, Bankstown

Saturday 29 October: Cuba to Caracas, Fairfield

November Tours

Saturday 5 November: Café Crawl, Bankstown

Friday 11 November: Sahara Nights Progressive Dinner, Greenacre

Saturday 12th November: Gluten Free Food Adventure, Bankstown

Saturday 19th November: Tastes of Asia, Bankstown

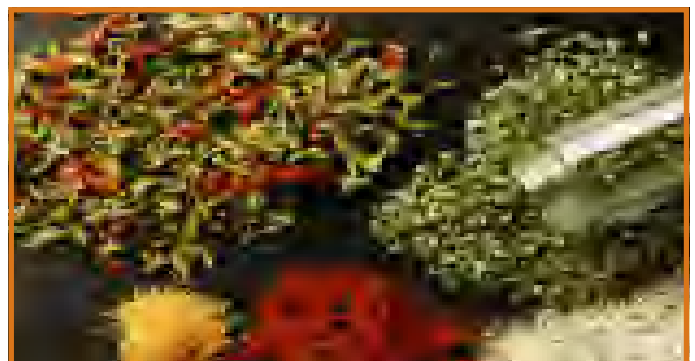
Walking Tours are \$80 (inclusive of GST) and Progressive Dinners are \$100 (inclusive of GST). Every walking tour includes a sit down lunch, a minimum of six stops and a sample bag bursting with goodies you will collect along the way!

View a full list of tours available and book online or please contact Shaista at shaistak@bensoc.org.au or call **9707 0801** for a fax or email copy of the booking form.

We hope to see you on a Taste Food Tour soon. Taste Food Tours are a social enterprise initiative of The Benevolent Society. The tours provide training and employment opportunities for local residents and increase sales and customers for small businesses. All profits fund community activities and initiatives.

Shaista Khan

Marketing & Community Development



Losing Identity

What's Your Name?

How important are names? When I think of John Proctor in *The Crucible* – a play by Arthur Miller, I realise that names are very important. John was prepared to die to protect his name and reputation. So why this focus on names?

I am a long distance 'carer' of my mother. She has Alzheimer's and is in a nursing home in Tauranga, New Zealand. Tauranga is a very pretty place but not easy to get to. Believe me I have tried a number of different ways over the years. Now, I just fly from Auckland. It's the easiest.

A couple of years ago, some strangers 'befriended' my mother. This couple (in their 60s) started visiting my mother. At first, I thought this was great because I am here and they were there. Some visitors for her. Great. The emails flowed for a while and a dear friend of mine, when alerted to the situation, communicated her unease about the situation. The couple decided that they would not call my mother by her given name, Josephine or Joyce as she is known, but 'Lovie'. When I gently pointed out that we have to be careful about trivialising one's name, especially Alzheimer's patients, I received a tirade. Eventually, I phoned the Tauranga police for advice on the situation of the unknown visitors. The young constable advised very strongly that the visits should be stopped immediately without question. The couple were entirely unknown and their motives could be questionable. I informed the couple that no further visiting would be required and blocked their emails. Fortunately, the visits have ceased, I hope. But it started me thinking about names and their importance. Why did I object to Mum being called Lovie?

I have name trouble all the time from officials. Letters beginning "Dear Shirley" set my teeth on edge. You see, my parents in their wisdom, named me with my second name first and my known name second. Confused? They named me Shirley Ann-Marie. I have never been called Shirley in my life and have an aversion to it. Why? My father had a first wife and they had two children, a boy and a girl. Her name? Yes, you have guessed it. And, of course, he deserted Mum and me when I was little and I never heard from him. I can remember him when he promised to return. I was about four and he lied.

Now, I try very hard to remember your name and respect it. I try not to substitute it with something else. Your name is very precious. So, what is your name, please?

Anne-Marie Kestle

Credit Card Skimming Scam

My Visa debit card was blocked by my credit union recently, which caused me a great deal of stress and embarrassment, because they sent me a letter telling me about a new card being issued but not the reason why, so I kept on using the old one. Eventually, I rang the credit union only to be told it had been blocked because an ATM that I had used had been 'skimmed'.

My copy of the September 2011 Newsletter from the Lane Cove West Residents' Association Inc. has some very useful advice on this problem, so I thought it might help other OWN members if I passed it on to them. The Newsletter says the following:

Credit Card Skimming

We should become familiar with the appearance of ATMS we use.

- Check that all the parts fit well.
- Is the paint colour matching?
- Does the light look right?
- If you think parts are not right give a pull, if it comes off in your hand it is a scanning device.
- If the part does come off, take it straight into the bank.
- If the ATM is in a shopping centre **DO NOT** walk away with the part as the criminal may be watching.
- If you have doubts about the machine do not use it but report it to the bank and police.

The scanning devices are changed often and are only in place for a short period and then moved to another machine.

When you place your card into the slot their scanner will collect the information from your magnetic strip but this cannot be used on its own. They will also need your pin so, before you enter your pin, stand close to the machine:

- hold something over the top of the area where you punch in your pin;
- keep your hand down on one side of the pin area;
- use your other hand to cover your pin transaction;
- be aware that nobody knows your pin except you, not even the bank;
- if a person telephones you saying they are from the bank and gives you your ATM card number, whatever they might say do not give your pin.

continues next page

Our Stories

Another problem (mainly in clubs and shopping centres) is that paper or a similar item is pushed into the slot where your money comes out. If your money does not come out of the slot feel for an obstruction. Do not walk away from the machine to report that your money was not forthcoming because the person will probably be watching for you to do just that and will come as soon as you move away, remove the paper and take your money.

I hope this information prevents other OWN members from suffering the same embarrassing annoyance that happened to me recently.

Maureen King

Getting Older? Share Your Stories

Age Discrimination Commissioner, Susan Ryan, is interested in hearing positive stories about ageing and sharing them with Australia through the Commission website.

"I think that, by sharing positive stories about older people and finding ways to remind the public how much older people continue to contribute to our community, we can start to address attitudes that result in age discrimination", said Commissioner Ryan.

Ms Ryan said she invited people to send in the name, photo and a 300 word story about a person over 50 and their achievements, whether that is another person or themselves.

"A great many older people are active in the community, including as volunteers, or provide very valuable support to family and friends," Commissioner Ryan said.

"These contributions are too often overlooked, despite the fact that they are not only socially important to our community, but very often provide enormous economic benefits, such as unpaid caring work."

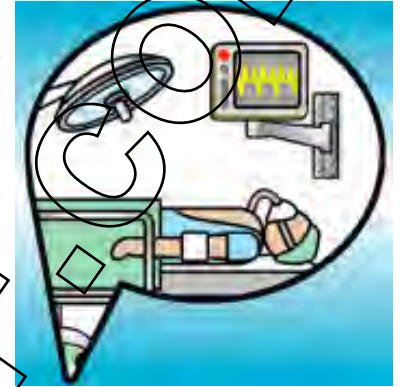
As the International Day of Older Persons approaches on October 1, Commissioner Ryan says she hopes to receive lots of inspirational stories that can be used to inspire others.

To find out how to send your stories and photos, go to: www.humanrights.gov.au/age/send-us-your-story.html

Up to the minute information on human rights is now available on twitter at www.twitter.com/AusHumanRights.

Intensive Caring

I recently had surgery at our much maligned local public hospital. I was eager to get the operation over and done with but was terrified something would go wrong. From booking in and going through the pre-admission process to being admitted I was treated with respect and made to feel comfortable and confident. I was told to expect to be in for about ten days, the first three to four in ICU and High Dependency, but things went so well I went straight from Recovery to a ward. Things continued to go very well and I was discharged on the sixth day feeling quite well and able to take care of myself.



For most of the time I shared a four-bed ward with the same three women, one a very shy, quiet, young woman and another very friendly woman of my age group. The third was a patient from hell. The nurses have ten patients per shift and as it is a surgical unit they have their work cut out for them without one person monopolising their time. She constantly pressed her buzzer, or yelled when she had lost it, mainly for petty reasons and this continued day and night so no one got much sleep. The nurses handled her brilliantly until she started making outlandish demands such as showering her in the middle of the night. She broke the remote for her bed in the night and demanded it be fixed immediately. The nurses were constantly having to get her in and out of bed when she was quite able to do it herself but the final straw was when she expected them to wipe her behind. She was thirty years old and obviously no one had ever said "no" to her and when they did she was on the phone crying to Mum who also complained to no avail.

I must say my treatment was excellent, the wards were cleaned twice a day, spills were immediately cleaned up and hand hygiene is extremely good (Betty J.). They are also making a real effort to keep men and women separate, and on the odd occasion they had to mix, they then addressed it as soon as possible. The reason I felt I needed to write this is to show that, although they are short of funds and staff, some hospitals are really making an effort to do the right thing. The added pressure of one or two difficult patients could result in mistakes being made.

Mary Bentley

Our Stories

Mind Your Step – Don't Fall

I didn't and I did, ending up in Wollongong Hospital with a broken left wrist. I didn't feel much pain but I did feel stupid, vulnerable and quite old, especially when the physiotherapist asked me if I used a stick or a walking frame. After I slowly waltzed him down the corridor he was satisfied I could manage on my own two pins, for the time being at least.

Long hours in the Day Surgery waiting room irked a lot of people who upped and left. Some on crutches and wearing hospital gowns open to the elements. I, on the other hand, perhaps with the patience of age, stayed and listened to lots of fascinating tales from people in the same or similar predicaments. A young lady who happened to live quite close to me presented with her left arm in a sling too, so I said, "Snap", and she replied, "Literally," so we were off to a good start.

Many people had travelled up from the south coast after having triage treatment at their local hospital, but for operations they needed to attend Wollongong Hospital.

A rather tall, quiet gentleman from the south coast, clad in black with a long grey ponytail, droopy moustache and looking very much like a bikie was with us. Not a bikie but a retired long distance owner truck driver who, when he opened up, kept us in stitches (oops!) with tales of his journeys across Australia. Some were a bit risqué but the one that tickled me most happened closer to home. One afternoon whilst relaxing on the couch he placed his accursed hearing aids on the coffee table to gain peace and quiet while he enjoyed an afternoon nap.

Sometime later his wife suggested they go to the club. Assuming she was keen to have yet another shot at that ever elusive jackpot, he reached to retrieve his hearing aids but they were not there. He wasn't really worried because, like so many people, he could hear perfectly well without them. So he said.

On leaving the house they noticed their pet dog seemed to have found some new toys to chew on. You guessed it. His dreaded hearing aids. Being a somewhat laid back character he proceeded on his way, knowing he had the perfect excuse for not wearing them. Something tells me the dog may have been given an extra juicy bone that night.

The young at heart couple from Milton related a story a visitor from England told them about an incident that happened to one of her neighbours.

A family left their car on the driveway overnight and in the morning it was gone. I don't know what happened

in between, but later that day the car was back on the driveway without a scratch or a dent.

However, inside there was a nicely handwritten note saying the car-nappers were very sorry but it had been a dire emergency, a matter of life and death, and for their kindness would they please accept these two tickets to a very popular show with their compliments. The naïve car owners took advantage of the gesture and went to the theatre on the proscribed evening and enjoyed the show very much. Okay! You are way ahead of me you smart little networkers. Upon arriving home they found their house had been burgled. True or not, it sends a clear warning to look a gift horse in the mouth very carefully.

Margaret Chadwick



Celebrating Carers

Kogarah and Hurstville Council will host an interactive forum for carers to celebrate Carers Week 2011.

The program will bring together a panel of services including Carers NSW, St George Migrant Resource Centre, Ben Soc, Civic Residential Services, Pole Depot Community Centre and Carers. The morning will include entertainment, light refreshments and lucky door prizes.

Date: Monday 17 October

Time: 10.00am – 12.30 pm

Location: Jubilee Community Centre

Level 2, Jubilee Oval, Carlton

Bookings Essential

RSVP by 12 October

9330 9551



New 1800 number to access Information about Aged Care

On 1 July 2011 a single, national information line was introduced to make it easier for older Australians, their families, and carers to access information about aged care.

The **1800 200 422** number, along with improvements being made to the national age care website, www.agedcareaustralia.gov.au, were the first steps in the implementation of a new 'front end' for aged care.

Over time it is expected that aged care numbers will be consolidated to provide a clear starting point for those seeking assistance. In seeking to simplify the system, on 1 September 2011, the Aged Care Information Line was incorporated into a new number.

However, in order to meet the need for approval providers to access timely information about fees and charges, the Department has established the **1800 900 554** number for use by approved providers. Older Australians, their families and carers will also be directed to **1800 900 554** where they have specific questions on fees and charges that affect them.

For general enquiries, or to order forms or publication, approved providers should continue to call **1800 200 422**. All other contact numbers remain unchanged at this time.

Department of Health & Ageing

Mental Health Month

Mental Health Month 2011 (1-31 October) funded by NSW Health will see the launch of this year's theme 'Wellbeing: Invest in Your Life'. This theme is about encouraging participants to take a holistic view of health and wellbeing. A person's overall wellbeing can encompass not just their mental health, but also their physical health, social health and spiritual health.

The Mental Health Association NSW has collaborated in producing fact sheets and a range of mental health publications and resources catering for individuals, families, children, young people, adults and older people.

Topics covered include but are not limited to:

- Healthy Kids: A Parent's Guide
- A Practical Guide Series 'A good night's sleep; Problem Solving & Setting Goals'
- Health and Wellbeing of Older People in our community.

Mental Health Association Contact details:

Phone: **9339 6000**/ email: mha@mentalhealth.asn.au/
Internet: www.mentalhealth.asn.au

Want to Learn how to Deal with your Anxiety?

A new self-help group will be commencing in Eastern Suburbs on Tuesday 4 October, 2011 6:30-8:00pm.

Please contact Linda on 9339 6093 or selfhelp@mentalhealth.asn.au for more information. All enquiries are welcome and treated confidentially.

A Program of the Mental Health Assoc of NSW, funded by NSW Health
www.mentalhealth.asn.au

Taming the Monkey Mind

Why am I here?

I reflect on this question more frequently than I like to admit, but I'm not pondering a deep philosophical conundrum. I'm just trying to recall my original purpose in being in a particular place. Maybe I'm in front of the fridge, or in the laundry, or at my desk, certain I came for something, but what was it? I don't think early dementia is playing ninepins with my grey cells; I think it's a side-effect of being out of the workaday rat race and enjoying retirement's gift of time for relaxing with an attitude of 'manyana'. My formerly wired-up and sharply focussed mind is now free to go where it will and that is exactly what it has been doing with sometimes puzzling results.

The outcome has been a spate of inner questions: not only 'Why am I here?' but also 'Where did I leave it?' The moment I put things down somewhere, to be collected and put away later, my mind has already taken off to fresh fields and pastures new and the particular item forgotten. The fact that my Devoted Spouse has also been seen anxiously sifting through piles of papers or rummaging in his wardrobe looking for misplaced items at least allows me to know I am not alone with my dilemma, but does not let the matter be forgotten. The last straw comes when I lose my mobile phone and absent-mindedly toss my ATM card in the wastepaper basket, never to be seen again. Remedial measures have become essential.

I join a Buddhist mindfulness (awareness) and meditation group. I learn about our human monkey-mind which, like the agile animal in the forest, leaps from mind-branch to mind-branch, chattering all the way, oblivious to just-past involvements or what the next moment might bring. As a result of this mental meandering and because mind and body are one, we can find our minds in tension, stress, and even anxiety along with unwanted physical symptoms. The way to tame the monkey mind and thus begin a new inner experience of stillness, clear focus and wisdom is first through regular daily periods of meditation. From that experience of letting random thoughts melt away and being aware only of one's breathing, in due course one finds in ordinary active life a growing capacity to focus in a coherent and purposeful way and stay with the moment.

There is much more to the philosophy behind meditation and mindfulness, not relevant here but useful to know about. For me, however, unexpected benefits come not only from the practice of meditation and mindfulness, but also from their correlates of seeing



the centrality of prioritising what really matters, letting go of both material and psychological baggage, turning away from too much of the incessant and strident pressure of the outside world to be constantly engaged with it, and instead going '...placidly amid the noise and haste.....remembering what peace there may be in silence....' *

As a result, I haven't lost anything for some time and nowadays I usually know what I'm here for.

** from DESIDERATA by Max Erhman
Bev Cameron*



AGM NOTICE

Wednesday, October 5,
at 12.30 in Mott Hall,
Millers Point.

We will hear the reports from the various groups in OWN Sydney, and elect a new committee.

This is an opportunity for OWN Sydney members to gather, catch up with old friends, and talk.

RSVP OWN on:
9247 7046.

At and Beyond the Rocks

Brisbane Waters OWN

Hi from our recently formed Brisbane Waters OWN. We are based at the southern end of the Central Coast in New South Wales and have had an exciting few months. We have 17 members and between 12 and 20 lovely ladies attend each monthly meeting. As a new group we have decided to try to support social engagement for women from culturally and linguistically diverse backgrounds with the hope they will attend our meetings and are working with a local multicultural agency. We have also decided we would like to support a local Central Coast project, International Community Advocates, who assist local women's and children's services. They especially assist women who have left their homes due to domestic violence by providing new items of clothing, linen, cleaning and other products. Our wonderful ladies collected a mountain of new items to be handed to this project at a recent meeting. After the meeting, we received the following Facebook message:

"Fiona had a wonderful morning sharing with the ladies from the Older Women's Network about the Strong Women - Safe Children project. They also donated an unbelievable CAR FULL of NEW



goodies to the project. Items included much needed laundry baskets, pillows, towels, toiletries, clothing and so many more items! THANK YOU LADIES !!!"

It made us feel very humble that our effort was so greatly appreciated and we will continue to support this very worthwhile project.

I have attached a couple of photos of our group with Fiona from ICA.

Carole Davidson



Combining Talents

The Sutherland DAMES were delighted to share the stage with The Theatre Group on Tuesday 6 September at the Cronulla RSL Seaglass Restaurant for the Conference on *Staying Safe & Connected* with Associate Professor, Jane Mears University of Western Sydney (UWS), speaking on the subject of respecting relationships and the effect on our society and the difference respect can make to us all. Also speaking was Pat Joyce, Education Officer with The Aged Care Rights Service, reminding us that we all have a right to a fair and peaceful existence.

The performance started with the DAMES (all 17 of us) singing our rousing opening number, 'There's Nothing Like A Dame'. We were allocated ten minutes to open the proceedings, then The Theatre Group took over with their performance of *Don't Knock Your Granny Show* a 30 minute serious performance on Elder Abuse. Again the Dames followed with another rousing rendition of 'Older Women Are Great' complete with top hats and canes and some fancy footwork.

To finish the morning's entertainment, both The Theatre Group and the DAMES joined forces and sang together 'We Are Volunteers' and received tumultuous applause. A lunch of sandwiches and luscious cakes followed making a very enjoyable day for at least 100 women.

A good time was had by all.

Jo Allon

At and Beyond the Rocks

OWN NSW Basic Computer Training for OWN Group Coordinators

Some groups have found it difficult or daunting to organize local training within the timeframe of the FaHCSIA grant period. However all project funding had to be finalized by the end of September 2011. So OWN NSW has organized for **4 final training sessions** to take place with **Forrest Computer Training** at 7/83 York Street, Sydney NSW 2000 (see [map](#) this page >)

We will be offering 2 workshops, each repeated once:

Internet Explorer Basics

Dates: 8 November OR 17 November.

From 9 am to 12.00 midday.

By the end of the course you should be able to:

- ◆ Get started with Internet Explorer
- ◆ Use Explorer basics and search the Internet
- ◆ Use Favourites and work with Web
- ◆ Learn Outlook Express basics
- ◆ Send, receive and reply to e-mail messages
- ◆ Use the Address book

Microsoft Word Basics

Dates: 22 November OR 24 November.

From 9 am to 12.00 midday.

By the end of the course you should be able to:

- ◆ Create, edit and save documents
- ◆ Change the appearance and layout of a document using basic formatting techniques
- ◆ Preview and print documents
- ◆ Use Spell Checker, Thesaurus, Find/Replace and AutoCorrect

Each class will be limited to 12 participants, so up to 24 women should be able to gain skills in both applications. Each participant will have their own computer. We have requested an older female trainer. You will need to arrive by 8.45.

These are three hour, single day workshops, designed for older beginners.

You will be given resources to take home, and morning tea to keep up your strength.

Places are limited, and will be offered to women who hold positions of responsibility within any of the OWN groups. Groups who have not used their training funding are encouraged to apply first. Please don't delay, call:

9247 7046, and book your place/s. This

really is your last chance to make use of this great FaHCSIA grant opportunity.

Beth Eldridge



Computer Training

Hills OWN have finally taken up the offer of computer lessons courtesy of the FaHCSIA grant. Two members, Wendy Gold and I, have started an accredited course - Maintaining Business Technology - which covers all and more than we need to know. We have covered several areas so far, and hope that when we sit at home, alone at our computers, with no one to help us, we will retain what we have learned. We are fortunate to be having individual lessons and not under pressure to attain levels too quickly. I find it hard to get interested in formal learning as I find concentrating a bit harder than it used to be. I know I have lost much of my confidence in many areas, so really feel that getting in and learning how to do more with the computer, and not having to get help from my husband all the time, will be beneficial. It is all too easy to sit back and let someone else do what appears to be hard, but when you take the time to learn and do things yourself, there is a certain amount of satisfaction, and it's very rewarding. A real confidence booster, I feel.

So thanks to Beth and Kris for their encouragement and convincing us to make use of the grant.

Linda Sonson - Hills OWN

Theatre Group



The Theatre Group is working hard and not without a little trepidation on our performance at the National Conference in Perth in October where we will be performing both our shows, *The Village People* and *Don't Knock Your Granny*.

We are also very pleased to have a new member, Itojo, who saw us in our performance of *The Village People* at Alexandria. She was so enthused by our pleasure and fun in performing, that she has joined our group and is rapidly memorising our songs for *Don't Knock Your Granny*.

We had the pleasure of meeting the Dames from Sutherland and they wowed us with their words to the music of *There is Nothing like a Dame*, from *South Pacific*. It is so important for us to meet other groups and I think we should get together more frequently; something like inter-group meetings just to cement our common goals and to share time together.

On the 6 September we performed our *Don't Knock Your Granny* at the Sutherland OWN conference. We also had the pleasure of listening to the Dynamic Artistic Musos (DAMES) at Cronulla RSL, which is beautifully situated right on the beach. Some of us were eyeing off the colourful slacks that they wear with their T-shirts. We couldn't help but look at the view and the activities below us. While our *Don't Knock Your Granny* is a show that brings people to a quiet place, the messages are important as the speaker from Wollongong University, Associate Professor Jane Mears, reiterated. She loved the show, as it highlighted some of her research about elder women's lives and the different sorts of abuse they can experience. There was also a second speaker, Pat Joyce, from The Aged Rights Service (TARS), who handed out bags of information for the audience.

There was a lovely 'buzz' the whole day at Cronulla and at the end of the conference the DAMES and the Theatre Group sang the 'Volunteers' song to rousing applause.

Glenys Buselli



To the writers of *OWN Matters*

Writing Older Women

You might have heard of the **WOW** Factor, something renovators put into a house, something that makes it easy to sell. The last issue of *OWN Matters* had that **WOW** Factor. Our magazine certainly has become brighter with its photos, graphics and colour. But what makes a magazine worth reading is the writing in its pages. Stories, opinions, poetry, ideas, letters. They make the magazine.

The September *OWN Matters* had such a great variety of writing from members of many groups. It really showed where you writers are coming from. I lift my hat to you. You did us proud. **WOW!**

But don't rest on your laurels! Keep it coming. And if you didn't write last month, do it this month, or next.

Write with passion, anger, enthusiasm, feeling.

300 to 500 words.

On whatever is important to you.

If last time you wrote about your life, this time tell us about where you live. If you tried to rev the readers up, this time tell us your story. If you wrote a report, this time try a letter about an issue that affects women. If you gave us a look at the past, this time have a go at the council or services or politicians. If you wrote about your concerns about ageing, this time tell us what is good or funny or just damned annoying. If we haven't heard from your group for a while, write about your group activities. All of these things were in the September issue. If you wrote about one of them last time, you could write about another next time.

I challenge all readers to write. Let's read more from you.

Lorraine Inglis

Bombs

I was watching a programme on the television about bombs being dropped on civilians in other countries, I thought, 'I know about Bombs'.

I remember going to school the day after an air raid, walking over debris and dead cats and dogs, seeing bodies being dragged out of houses that were just piles of bricks.

I remember the milkman leaving bottles of milk where the houses used to be.

I remember the noise of doodle bugs and wondering, when the noise stopped, where it would land.

I remember waking up with the window frame lying over me on my bed.

I remember the High Street being full of burning goods that had been flung from shops after incendiary bombs had been dropped along the High Street.

Yes, I know about bombs. Some memories never fade.

Josie Jackson



The Girl in Number Three

As sunbeams bounced off the leaves of the cedar tree, Fredrick lay dreaming of the day he would pluck up the courage to speak to the beautiful girl in Number Three.

Mother had said she was too buxom to be a nice girl and with those brown eyes she would lure in innocent young men, she just knew. Mother just knew a lot of things and Fredrick had learned not to question these facts of Mother's.

Mother had also said that the type of girls who live by themselves were always up to no good. Mother would never live by herself and Fredrick wondered if his father, who had left when Fredrick was a baby, had gone off with a lass like the girl in Number Three. Fredrick would like to go off with this girl, that's for sure.

The thought of those enormous brown eyes and lustrous lips filled Frederick's mind and the voice of his Mother was becoming quieter and quieter. "Today, I'll do it today... yes I will, I'll go up now and ask her out to Maccas for a burger."

Fredrick jumped to his feet and hurried to the back stairs of the block of flats looking around all the time so as not to be seen by his mother. He scurried through the door and up the stairs two at a time. He did not want this burst of courage to run out as it had so many times before. When he reached the door of number 3 he stopped suddenly, hand raised to knock. A heavenly perfume was coming from the flat. The smell seemed intoxicating and inviting to Frederick so he knocked on the door of Number Three in his most manly way.

The door swung open and a man in blue tights and a pink blouse stood before Fredrick.

"Can I help you my love?" The man spoke in a thick accent, French maybe, Fredrick thought.

"Can't spare too much time lovely. I have to do my show at 7pm. Would you like to come in while I get dressed?"

"Show?" Fredrick stammered. "Show...what show do you do?"

"Ah, I thought you knew. I'm the female impersonator down at the pub Wednesdays and Fridays. Haven't you been down and seen my show? It's getting rave reviews even if I say so myself." The man swirled around the room nearly knocking over a lamp. Frederick caught it just in time.

Frederick's mouth was open and he could not find any words to say, until finally he stammered, "Y...yes I'll come down tonight... Can I come to your dressing room and help?"

"Of course, my lovely. I have been waiting for you to come and meet me."

Smiling to himself Frederick thought this is one fact that Mother does not know about and we won't be telling her will we? She would be too shocked.

Coral Littlewood

In Our OWN Write

How Times have Changed

I read with interest the two stories submitted by Hastings members, Jenny and Pam, on how cruel times were then in the 50's and 60's and how these predicaments have been changing slowly since then, for the better!

This is not so much my story but my daughter's. At 16 she became pregnant to a boy aged 15. It was the 70's but the thought of kicking her out into a caravan or putting up the child for adoption never entered our heads. After all, this was our grandchild, so our grandson was born and the newspaper used our name to welcome the baby boy. I notice now there's just as many babies born out of wedlock as there are married couples.

After our daughter came home with the baby a so called, 'do gooder' from Social Services came to our house and suggested the child be put up for adoption. We were so outraged that she could say we should give our grandchild up, she was soon shown the door and so the little fellow became part of our extended family. I went out to work whilst my daughter looked after the bub. She was a good breast feeder and also learned to cook. It was her job to have tea ready for us all, including her younger sister and brother, whilst doing various TAFE courses. She is very artistic so she became a florist.

Now we all had turns baby sitting so the teenage mum could still go out and have a good social life. She was very popular and when she was 22 she met a wonderful man and has been happily married nearly 30 years. But like Jenny, (*June OWN Matters*), she could never have more children so how lucky she kept the one she had.

As someone once said to me, it's not how one starts off but how one ends up. She has certainly shown the world her true talents in the business, now she is a millionaire.

Barbara Ison - Hastings OWN member



What Works?

I wouldn't give up my automatic washing machine, my fridge, my microwave, my electric jug or even my computer. These major items have become essential. They work! What I'm asking is, "What works for you to make your life better?" It might be something you own, or it might be something you do.

For me, the top eight probably are:

- Walking, to get places, and keep fit;
- Interests and events I share with friends;
- Cooking for four, but freezing three serves;
- Googling: for bus timetables, information, news, whatever ;
- Not using shampoo when I wash my hair;
- A Pyrex tray, with lid, in which to microwave frozen food;
- Writing a diary;
- Concession bus/train tickets.

But when I asked a group of women, they added things that work for them and also work for me:

- Affordable exercise classes;
- Libraries;
- Shopping at Paddy's Markets;
- Hire-a-Hubby;
- Memory sticks;
- Ugg boots;
- Working in the garden;
- Those little silk shopping bags from various charities.

Do any of these work for you? Do you have others?

Lorraine Inglis



Change the World

Animal Welfare

In their journal, *World of Animals*, the International Fund for Animal Welfare (IFAW) featured an elephant special. Their Wildlife Rescue Centre in Kaziranga, India, gives rescued and orphaned animals a chance to live in the wild. I was appalled to read that villagers captured a four-month-old baby elephant and severely cut off her trunk when her herd wandered into their crop field. Luckily, she was rescued by the Forest Department. Known as Soni, she was close to death when saved by veterinarians at IFAW's Wildlife Rescue Centre.

In India's Manas National Park, rescued elephants are watched over by caretakers until they forsake human company and are accepted by a herd. Among the creatures IFAW rescues, rehabilitates and releases back into the wild, throughout the world, are bears, rhinos, leopards, falcons, and koalas.

They are trying to stop the international trade in ivory by launching a campaign urging the EU to oppose any further ivory trade and to support those countries working to eliminate elephant poaching.

IFAW also rescues and treats domestic and farm animals seized and/or rescued from cruelty or neglect and following disasters such as the Brisbane floods.

For further information their local number is:

1800 00 or email: info-au@ifaw.org

June West



Lee Rhiannon's Inaugural Speech in the Senate

One hundred and fifty happy souls, including me, rose to our feet and applauded enthusiastically at the conclusion of NSW's first Greens Senator Lee Rhiannon's inaugural speech in the Senate on 24 August.

We were told later we made political history as such a large contingent had never given a standing ovation in the Senate.

The Greens made a coach available, at minimal cost, to take people from Sydney to Canberra on the day, and return them. On that coach were people from all over Sydney, as well as a group who'd risen very early to get from Newcastle to Central Station. Since I have family in Canberra, I went down the previous day by train and stayed for a couple of days.

Those of us who got ourselves to Parliament House independently joined the coach group in the main foyer of the House (this time I remembered to leave my fruit knife and nail scissors at home, out of reach of the security machinery that greeted us wherever we turned) and were taken to the Representatives' chamber to hear Question Time. Security is now so tight there that we all had to remove shoes and belts for further inspection before proceeding. We were there for that newsworthy moment when Prime Minister Gillard walked out at the head of her troops, closing down Question Time after Tony Abbott tried to suspend Standing Orders (thus suspending Question Time). Our group even attracted a "Cut that out," from an attendant for reacting vociferously to an Opposition calumny. I think we were all happy, after that excitement, to retire to a Senate Committee Room for afternoon refreshments, and to receive a stirring welcome from Lee.

Then came the main event – the presentation by Lee of her first speech. She paid tribute to the campaigns for social justice from Irish rebels sent here as convicts (writer's note – and Canadian rebels, actually!), to her late parents, Freda and Bill Brown, who were stalwarts in world and union struggles for peace, and to her teachers at Sydney Girls' High. Lee referred to her campaigns in the NSW Parliament and prior to that with the Rainforest Information Centre and Aidwatch. She acknowledged Jack Munday's presence, in the President's Gallery with the rest of us and explained that The Greens had taken their name from the green bans of the 70s.

Lee referred to the worth of her time in the Socialist Party because of its strong campaigns on behalf of the disadvantaged and to the recent return to McCarthy-style politics to try to discredit her.

Following more refreshments in a joyful atmosphere of expectation for the future, we went our separate ways, mostly satisfied in the knowledge that the Australian Parliament is in some good hands.

Anna Logan

Notices



IMPORTANT AGM Notice

The date for the OWN Sydney AGM is now **Wednesday 5 October**. It will be held at Mott Hall, Millers Point; 12.30 meeting, you'll be glad to know we're still doing lunch!

If you are coming, RSVP OWN on :
9247 7046 or at info@ownnsw.org.au

One of our jobs at the Sydney OWN 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.



Kings Cross Community and Information Centre

October Outing – Ettalong/Woy Woy

Wednesday, 12 October. 9.30am for 10am.

Spring up to the Hawkesbury area and enjoy a lovely scenic drive.

Bus departs 10am. Cost \$7.

All trips due back by 5pm.

Card Making Workshop

4 October at 11am.

Bring along recycled materials (old cards, photos, magazine pictures, bits of ribbon etc.) to produce unique handmade cards for all those special occasions. The tutor will show you how to craft a 'purse' from the proverbial 'sow's ear'.

ALL Bookings on **9357 2164**

THE 19th ANNUAL 'ERNIE' AWARDS FOR SEXIST BEHAVIOUR

celebrating
40 YEARS SINCE THE LEVINE RULING



DRESS: FROM LITTLE PATI TO LADY GAGA
COME AS YOUR FAVOURITE FEMALE SINGER

To nominate in one of the following categories:

**Industrial, Judicial, Political, Media, Clerical,
Sport or Culinary/Celebrity**

Contact: Maria Pasten/Marita Zacharakis

Ph: 9718 1234

For a nomination form

To attend the Presentation Night

7 for 7.30 Monday 17th October

Parliament House, Macquarie St, Sydney

Price - \$110/Concession \$80 (Pensioners)

RSVP Maria Pasten/Marita Zacharakis

Ph: 9718 1234 by **10th October 2011**

Politics in the Pub

Gaelic Club

Level 1, 64 Devonshire Street

Surry Hills

Every Friday night, 6.00-7.45pm

Topics in October and November include:

Food security – The Looming Crisis

Tibet: The Ongoing Human Rights Abuses, Threats to its People & Culture – Emerging Global Outrage

For more information:

www.politicsinthepub.org.au

Facebook: Politics in the Pub (Sydney)



OWN Sydney Notices

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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, \$5 per session.

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

Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest.

Contact Annette Butterfield: 9665 5369 email:

abutterfield_852@hotmail.com

Film Discussion group

You are invited to join us on **Tuesday 11 October**

to see *The Eye of The Storm*. Recommended for

viewing is *The Whistleblower and Face to Face*

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

Bondi Junction Coffee and Gossip Group

28 October 11am The Coffee Shop,

Eastern Suburbs Leagues Club.

Last Friday of every month. Contact Yetty on **9665 2050** to check details.

Book Club

17 October 12.30-2.30 pm at 87 Lower Fort Street.

This month's books are: *Harp in the South* and *Playing Beatie Bow* by Ruth Park.

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 **21 November** meeting is

The Broken Shore by Peter Temple.

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.

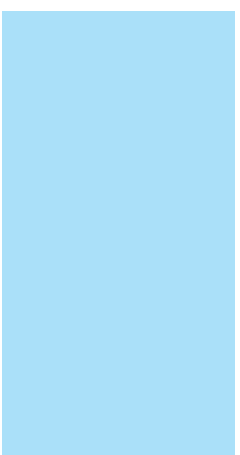
The dates are Saturdays **8 and 22 October**.

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

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