

OWN MATTERS



Sexism in the media. Name Change or Not. In Praise of a Soapie.
Mice, Meeses, Myse or Mousen. The Case of the tatty folder.
Ageing Well. Do Not Spoil Baby. Good Books. Dirty Potatoes.
Access All Ages. Older Women Matter. Driving Tips



Silver Belles ring in AGM

Join us for the OWN
Sydney AGM and enjoy
discussions, lunch and
lively entertainment



Julia not given fair coverage

During her time as Prime
Minister, Julia Gillard faced
a barrage of sexist questions
and stories from the media



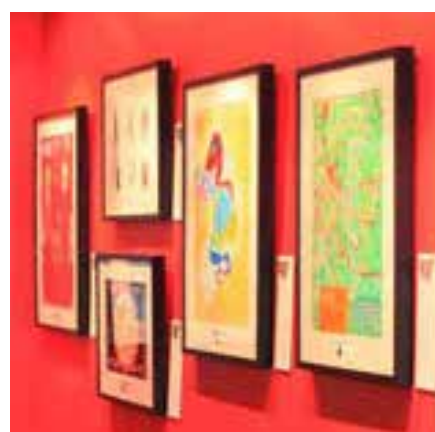
Students paint their views

Art competition
encourages NSW school
students to 'say something'
about reconciliation



Mice, meeses or myse?

When language and
technology collide, we are
left with plural problems
without a solution



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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 newsletter 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.

Have your say

Members of OWN groups in NSW are encouraged to contribute to OWN Matters with items of interest to older women and Letters to the Editor.

Send by email or mail marked Attention – Editorial Team.

The email address is newsletter@ownnsw.org.au.

Please include contact details. Contributions must be received by the third Tuesday of each month.

The Team

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More help always welcome!

OWN Office

From 10am-3pm the phone is answered by one of our friendly volunteers. Out of office hours, leave a message, with your contact number.

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Imagine if middle-aged men had drawn attention to Julia Gillard's ideas and policies rather than her body and sex life? Would she still be PM?

I know OWN is not party-political, but that doesn't mean we can't express strong opinions about the sexism that Julia Gillard was subjected to by a majority of mainstream media commentators, shock jocks and assorted others while she was Prime Minister. I am outraged by it. Can you imagine John Howard being asked on public radio if Jeanette was a lesbian?

Is the contempt directed towards Ms Gillard fair? Noreen Hewett, the principle mover and shaker behind the Older Women's Network, knew about the attitudes that kept women from public life. Her vision for older women was that we become involved and accepted in public life because we have the temperament, the intelligence, and the insight to make a difference.

Julia Gillard is 52, and if we accept the 'official' definition of older being 45 and over, she is an older woman. It's an understatement to say she was involved in public life! But was her presence in public life accepted? I don't think so. Did she make a positive difference? Undoubtedly. But you wouldn't



Julia Gillard was subjected to sexism in her role as PM

know it from the huge number of sexist comments she attracted on a daily basis. Since the image of the empty fruit bowl on her kitchen table she has been criticized for her voice, being childless, her lifestyle, body and, more recently, her sex life.

Imagine if we had a media that drew attention to Julia Gillard's ideas and policies rather than her body and sex life?

In mid-June I watched Emma Alberici interview Tony Windsor on *Lateline*. He talked about how successful the Gillard government had been in terms of decision-making processes and getting things done. In his opinion, her parliament had not failed. It has been the most

industrious seen for many years, sitting for approximately 1000 hours, compared with 771 hours under the Howard Government.

He went on to outline an impressive number of bills (560) that the parliament had passed since the Gillard government took the reins in 2010. They include a carbon pricing scheme, a National Broadband Network, the National Disability Insurance Scheme, the Gonski Australian Education Bill, paid parental leave, tobacco plain packaging reforms, Fair Work and My Super changes, pay equity for social and community service workers. He went on to say that people might not benefit from these policies for 2, 5, 10, 20, 50 years – but that they will definitely benefit. So why does the mainstream media ignore these facts? Are they not 'sexy' enough?

Julia Gillard certainly made a difference. My fear is that the negative focus on her 'failings' as a woman means that no woman will put her hand up to lead a major political party in this country – at least not for a very long time. And that would be so sad...

Dorothy Cora



Letters

A very courteous Middle-Eastern man

Thursday was my first serious outing in a month, shopping in the local supermarket with my carer. At the end of two hours I apparently dropped my purse. And I'd just been to the bank!

Hours later I remembered not seeing my purse when I unpacked. I'd been feeling a bit whacked from the outing. With some panic, I called the supermarket. Someone was sent along to the vegie shop to check but it revealed nothing. Then a call to my bank (the call centre was in Tasmania!) who assured me they'd put a stop on the account.

Next morning I phoned the supermarket again, but nothing had been handed in.

But just after 12, a call came from my local bank. "A man from the supermarket is here – he has brought your purse in." I asked could I speak to him. Between his halting English and my grateful thanks, this lovely man said he'd found the purse and handed it in to Coles' security. He must have been reliable because

they agreed he could take it to the bank and leave it there for me.

I asked about his working hours, so on Sunday Dorothy and I met this tall pleasant man of middle-eastern appearance. We smiled, shook hands and then without hesitation he kissed my cheek.

What a courteous and honest man he was!

Joy Ross



A Funny Thing Happened to me...

We really enjoy publishing your writing. Many women write regularly, and some people send quite long articles. They cover personal and political issues.

You might have noticed that page 17 of the June issue had a number of small funny stories.

I'm sure that everyone has many funny things that have happened to them. We want stories about them, and they don't need to be recent or very long. Drag out from your memory some funny event, put it into words and send it in.

Don't stop at one either; keep

writing about recent or past funny events, If we get enough small stories, we'll be able to make it a regular feature, "A funny thing happened to me..."

A less funny event, but one we couldn't avoid. We've had to put up the price of our magazine to \$30 per year to cover rising costs.

The Editorial Team



Dry July

For all those who contributed on that day to my Dry July campaign...

For your thirty-one shillings (or \$3.10 – for each 31 days during July) and to the many who added a bit more than that, thank you so much. You were my first contributors and your efforts that day came to \$130 dollars.

This great start has led me to set a target of \$500 which I now feel is achievable. Watch this space for the next couple of months and I'll keep you informed as to how the funds I hope to raise toward the creation of a wellness in Campbelltown Hospital are growing.

Barb Malcolm





Student's winning art work at the Australian Museum

Protests not the only way...

In reply to June Goss (Where are the Women?) June OWN Matters, protests are not always the right path to take.

As the wife of a Vietnam veteran who was in the services for thirty years, I would like to give you his version of what protests do to the serving soldier. He was hurt and angry, rather than feeling supported. Service men and women have a signed agreement/commitment to serve their country. Believe me, they do not want war any more than the average person, but feel it is their duty to comply with the orders of their country.

A much better way to acknowledge your feelings is to send a card or letter to the war zone saying how much you appreciate their loyalty and hope they stay safe to come home to their loved ones. Support them by looking after their families until, or if they don't, come home.

Protests can often send the wrong message, and many of these men and women come home feeling they have done the wrong thing

by trying to do right. Do not make our service people feel they have to apologise for following the orders of their country.

Many have taken their own lives (especially Vietnam vets) because they feel ashamed and unable to cope with the stigma of being loyal, of doing what their country expected of them. Many more will retreat into their own little world where nothing reaches in to hurt or shame them.

Please do not protest. Support with care, not negativity. Men and women from World Wars I and II had great support from this country. Why should these brave young people in Afghanistan be treated differently?

Roma Bates (Illawarra OWN)



Students 'Say something!' on Reconciliation

Once again the NSW Reconciliation Council held the Schools Reconciliation Challenge, in which students all over the State were invited to submit art works based on the mantra 'Say Something!'

The winning artworks were hung at the Australian Museum, where the public was invited along with many excited children artists (flown to Sydney if they were from out of town) to witness the awarding of prizes. First prize for Years 5 and 6 went to St. Bede's Primary School, Braidwood, for Years 7 and 8 it went to Fairvale

High School, Fairfield West, and for Years 9 and 10 to Barrenjoey High School. The paintings are on display at the Museum until July 26.

One painting that particularly caught my eye was *Oblivious* by Meredith Cheng from North Sydney Girls High School. It portrays, front and centre, an Aboriginal woman with a zipped-up mouth. The comment by the student was, "For many years we have disregarded the thoughts and opinions of Aboriginal and Torres Strait Islander people and deprived them of equality". Well said!

Carla McGrath, co-chair of the NSW Reconciliation Council, had the enviable job of presenting the prizes to the winners. There was lots of excited applause as school after school was acknowledged. The evening was pleasantly rounded off listening to the acoustic duo Ngaratya comprised of sisters Alicia (singing) and Emily (guitar) Johnson, who write their own music. This event has become better known every year. It's a pleasure to have followed its fortunes.

Anna Logan



At and Beyond the Rocks

2013 is a good year

Last month I touched briefly and in a light hearted way, on the 7th National Australian Women's Health Conference and would like to give a more serious report on this later when all the reviews are in.

Meanwhile I can report that the Conference was a huge success; my only disappointment was that OWN was not represented and I must take some responsibility for this. We had early notice for calls for abstracts and not fully understanding what they were, I failed to look into it further. I hope I can redress this when the calls arrive for AWHNC in 2016.

As one of OWN NSW focuses is the Health and Wellbeing of older women, we should have been there waving our flag in 2013 and we must be doing that at the next Conference.

The year 2013 is being positive for me. The research into falls prevention through our wellness centres has been moving along nicely and we are hoping for recognition of the work and dedication of OWN NSW, and the volunteers and trainers

who work so hard to ensure the Centre's ongoing commitment to the health and wellbeing of our members is maintained.

Added to this is the way OWN groups have embraced the new initiative of taking Quarterly Meetings to the regions. The June meeting in Penrith was everything an OWN meeting should be: vibrant, energising and full of enthusiasm.

The talk by Sonia Laverty on Medicare Locals and the need for us all to be vigilant in keeping up our mammograms and pap smears after the reminders cease to be sent out made for lively discussion. Dianne Brooks spoke on the need to be proactive in health and safety fields and about OWN's policy on these issues. She also mentioned the importance of recognising our rights while at the same time accepting responsibility to ourselves, our communities and our networks.

An atmosphere of renewal and energy was created that I hope we can all maintain and carry through to our next big get together which I suspect will be the OWN NSW AGM and Conference. Make sure

to be there so you don't miss out on being part of a positive movement that is focused on upholding the rights, dignity and wellbeing of older women.

Our heartiest congratulations go to Penrith for the presentation.

Barbara Malcolm



Volunteering Australia Wins!

Volunteering Australia's winning bid to stage the 2014 International Association for Volunteer Effort (IAVE) World Conference in Australia is an incredible achievement given our country's perceived isolation from the world stage.

The 2014 IAVE Conference will be held in the Conference & Exhibition Centre on the Gold Coast from 17 – 20 September.

The program will encompass all aspects of universal citizen participation. A 2000-strong contingent of international delegates will be welcomed from Asia, Africa, Europe, South

OWN Sydney AGM

Mott Hall, July 18,
10am for 10.30 to 2.00

Our AGM is the time for our members to get together, not just in the official meeting format, but to talk and catch up. We have more than 220 members in Sydney OWN who support our ideals and vision, and it would be great to have more of them at the AGM. If you are coming, please RSVP by July 10 at 9347 7046.

We realize that we have to get the message out there about OWN and its advocacy for older women. We need to use the media more effectively but the current OWN Sydney committee is too small to do this as well as we would like. We need more committee members to give more input and ideas.

We meet six times a year on the first Wednesday of alternate months, but this will be changing to the second Thursday. Please consider being on our committee. If you can't make it to the AGM, but want to be on the committee, email louinglis@gmail.com by July 17. Last year, at our AGM, we voted to increase our annual



membership fee to \$10, so that change affects us from July, 2013. Our subscription to OWN Matters has increased to \$30 per year, to cover rising costs.

Another part of the AGM is a debate about OWN Australia - how to instruct our representatives to vote about OWN Australia at the conference. There are a couple of resolutions to discuss.

Our AGM is not all serious. We'll also have lunch and entertainment - The Silver Belles, pictured above, a dance group from the south coast. Make sure you take time to watch them. It would be awful to have more performers than audience members.

Lorraine Inglis



America, USA, Canada and the Pacific Islands.

Many volunteers are completely unaware of the impact of volunteering across the world. In some parts of the world, volunteers provide the only community services available. Volunteering has emerged as a strong movement focused on the growth of local communities, the welfare of the nation and the importance of sharing expertise and knowledge to ensure social cohesion and harmony.

According to the 2009 survey by the Australian Bureau of Statistics 5.2 million (one in three) Australians aged 18 and over participated in volunteer work in the 12-month period prior to the survey.

Australian volunteers provide community services of all kinds, promote sporting activities, feature in cultural bodies from management to interaction with ordinary people, assist young people, migrants and people with disabilities, and frequently spearhead environmental, human rights and justice issues.

It is an exciting, positive educational experience

to attend an IAVE World Conference. To hear leaders of non-profit organisations speaking passionately, sharing in problem solving, attending workshops, eating together, celebrating together, lifts the spirits, energy and commitment

of every delegate. Anyone from the volunteer sector can attend the IAVE Conference, as a representative of their organisation or a community. Think about it.

Joan Modder





Aboriginal Support Circle Issues

Aboriginal art on roof now seen from Eiffel Tower

Warmun woman, Lena Nyadbi, had already changed the streetscape of Paris with her embossed-style footprints over the three-storied wall of the Musee du quai Branly in the middle of Paris. With the support of private patrons and the Australian Government, Lena was commissioned to create a new work stretching across almost 7000 square metres to cover the roof of the museum so that the 8 million people who visit the Eiffel Tower each year will see this huge and beautiful painting, *Barramundi Scales*.

Barramundi Scales will become one of the most famous paintings in the world.

Finally, our First People, with their resurgence of spirit, have won huge international respect. It is hoped Australians realise how much we still have to learn from Aboriginal and Torres Strait Island people.

Pat Zinn



ASC Birthday Celebration

Aboriginal Support Circle invites OWN members to their 20th Birthday Celebration lunch on Thursday 8th August, at Mott Hall. RSVP by 15th July 2013 to: Pat Zinn on 9389 1090 or email: patzinn@hotmail.com

Cate Turner



Journey to Recognition

A group of Indigenous people and their supporters started a relay across Australia in Melbourne as a “Journey of Recognition” to build momentum towards the coming Referendum to recognise Aboriginal and Torres Strait Islanders in the Australian Constitution.

The leader, Essendon AFL player Michael Long instigated “The Long Walk” nine years ago from Melbourne to Canberra in an effort to highlight Indigenous disadvantage. This journey, however, will wind through every state and territory before ending at the forthcoming Garma festival in Arnhem Land. Because

of the time frame, some of it will be carried out by car and bicycle as well as walking.

High-profile Indigenous and national leaders gathered at Federation Square, Melbourne, to send the walkers on their way.

Pat Zinn



Landmark conference of Indigenous People and Environmental Protection

Indigenous people from more than 50 countries attended a conference in Darwin in April, where they shared stories, knowledge, cultural experiences and ideas to better manage ecosystems, protect the environment and support sustainable livelihoods.

This conference was made possible by the Pew Charitable Trust, a United States-founded global philanthropic giant. (The Pew fortune came about through oil). This Trust is focussing its environmental work on the world’s remaining intact ecosystems over vast landscapes



that can still be found in Canada and Australia.

Here, the federal government has established what are known as Indigenous Protected Areas (IPA's), which are agreements between the government and traditional owners under which the locals are supported to care for land that is otherwise neglected. It allows people who know best to "work on country".

These IPA's not only safeguard the natural environment, but deliver economic and social benefits for local Indigenous people through the creation of long-term jobs, training, and educational opportunities.

The Warddeken IPA in Arnhem Land, contains species found nowhere else on our planet. But wildfires would grow to the size of Sydney if not for pioneering fire management at Warddeken, which earns \$1.2m a year for the local people through the abatement of 100,000 tons of greenhouse gasses. Pew also supports four IPA's in the Kimberley, and forests in south-west Western Australia.

The latest IPA is in the Gove Peninsula in north-east Arnhem Land at Dhimurru. Here the Yolngu people work together with government agencies and commercial and recreational

fishers to look after the marine environment. There are just under 60 IPA's in Australia.

Pat Zinn



Vale Yunupingu, a great voice for Reconciliation

Respecting the tradition of his people, Yunupingu's first name is not being printed, but we mourn the recent death of this outstanding educator and musician, who died at the early age of 56 from kidney disease.

Yunupingu was born in Yirrkala in Arnhem land and was the first of his people to become a teacher, after attaining a university degree. He co-founded the band Yothu Yindi (meaning child and mother) which introduced traditional instruments alongside western instruments and sounds and his hit song "Treaty," which he co-wrote with Paul Kelly and members of his band in 1991, became an international success. He became Australian of the year in 1992, the same year "Treaty" won 5 Aria awards. It won a further 3 awards in 1993 and was performed at the closing ceremony of the Olympic Games in 2000.

In 2012, Yunupingu was inducted into the Aria Hall of Fame. "Treaty" became an anthem for the Reconciliation

movement and his dream was "to live in a world where two countries nourish and support one another." Let us hope that this dream becomes reality.

Pat Zinn



Worth celebrating

I would like to congratulate the Aboriginal Support Circle on celebrating twenty years of being part of OWN. This has been one of the quiet achievements of members past and present who have supported the rights dignity and wellbeing of the original owners and custodians of this land and one of the most disadvantaged groups of Australian citizens.

Special thanks go to their wonderful ambassador, Pat Zinn, who keeps us up to date with her monthly reports in OWN Matters.

When I first joined OWN one of the women who impressed me most was Lucy Porter. Another was Betty Little. These women were part of the Aboriginal Support Circle. They were so dedicated to the cause of justice for all, yet so friendly, kind and approachable. To them and the many other members of OWN who have taught me so much, I dips me lid.

Barbara Malcolm



*A thorny question, and what is the answer?
A rose by any other name? Surely we don't
let those who haven't yet accepted they are
older define our organisation?*

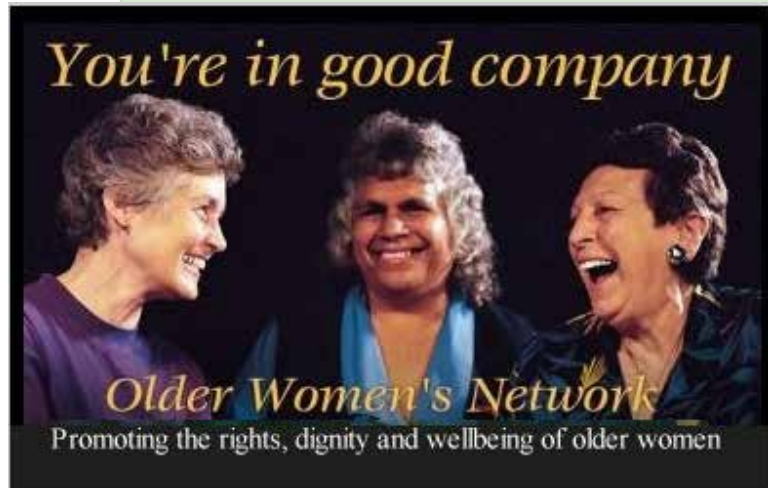
A Name Change NOW or Not!

Every now and then a suggestion is made to change the OWN name. This usually comes up because 'being older' is not popular. We reject it because it is used in the media, in the workplace and fairly generally as a 'put down'. And, because we are strong women with positive images of ourselves and our friends, we react against negative images, we reject the decline narrative.

As older women we experience the double whammy of ageism and sexism. OWN came into existence to fight this sort of discrimination and 'to promote the rights, dignity and wellbeing of older women'. This is proving to be a long haul but small gains are made every so often. And OWN needs strong women to 'maintain the rage'!

Politicians and government officials use age for policy purposes. We are all slotted into boxes and once we reach 65, for example, it is assumed that we are on the slippy slope of decrepitude. But, if we keep active and stay busy there are a lot of good times ahead. Professor Julie Byles, who heads up the Longitudinal research project on Australian older women, has found that even older women who live with chronic disease manage very well and consider themselves to be healthy and are active.

It is a case of not letting others define us, but what do we do about promoting and attracting other women to join OWN. I think that part of the answer is the promotion of OWN so the other



women will learn about us, become interested in what we do and want to join.

Sonia Laverty



Change the OWN name - No Way!

The whole reason for the for the title OWN is to give life back to women who have worked, cooked, cleaned, mothered, grandmothered for years, and have then been at a loss. OWN brings back the hidden need to find the person you now want to be. Your OWN person, with your OWN need for fulfilment, and the time and ability to do so. If you are not happy or proud to be to be Older then the time is not right for you.

There are so many avenues for the younger women of this country and they will eventually lead them to a place known as 'The Older Generation'. We have to make sure that there is such a place, because older women play a big part in society. If Marie Bashir and Quenton Bryce can be part of this

wonderful OWN group, why should the name be changed? Life is great, when you OWN it.

Roma Bates



OWNLY

To continue the debate on whether OWN should change its name, I strongly agree with previous writers who feel that we should keep our distinctive name, because otherwise we become just another women's group.

Why are people so scared to accept that we all age. It's part of life, damn it! So even though our bodies and faces sag and give us problems, and our minds work more slowly, there is still so much that we can enjoy and contribute. Life is a learning process so let's keep active and engaged. We are living in a time when youth is considered desirable, but I wouldn't go back to that state for quids. Just wait, it's predicted that the ageing population in Australia will increase 3 or 4-fold in about 20 years. Hah! Who'll have the last laugh then?

Pat Zinn



Please don't change our name!

We are a network of older women fighting for rights, dignity and wellbeing and we join when we own up to being an older woman. The reason we exist as a group is to

help women feel comfortable about being older. I am inspired by being a member of OWN because just by receiving this newsletter every month I am assured that I am communing with active, intelligent, joyful women.

If we did decide to change our name I certainly would not be a member anymore because changing would mean watering down our aims.

Thank you OWN.

Patricia Buick



What's in a name?

With apologies to Shakespeare ...As 'a Rose by any other name' does not necessarily apply in every instance. What does it say about us if we respond to 'adverse reactions' to the words 'older women' by seeking to withdraw them from our title? Are the foremost aims and objectives of our network to be expunged from our name on the basis that society is perceived to hold negative views of women and ageing? Are we to accede to such perverse concepts that fly in the face of our country's legislation aimed at overcoming discrimination on the grounds of age and of gender?

Are we not specifically committed to celebrating and promoting a positive image of who and what we are? Shall we seek to accede to the denigration of owning such terminology as 'older women' as being 'off putting', 'unflattering', 'distasteful', or even 'offensive'?

If we are to hide ownership of such terminology on the grounds that this reference to who we are may impede our growth, then surely we would be reaffirming the negative views our constitution specifically seeks to address? Let us instead reaffirm our primary objective of promoting the rights, dignity and wellbeing of older women that is the very basis of our network.

Barbara Burnham



*The world would be drear indeed
if nothing happened to bring us
pleasure, thankfulness and kindness*

In Praise of a Soapie

My television stands in the midst of my tiny room like a totemic god from some ancient past. Let's, however go back to the beginning. I am sixty-nine, have been married and divorced, have three beautiful half Chinese children, five exotic grandchildren and four university degrees. I was a senior secondary teacher and yet I am hooked on the TV soap *The Bold and the Beautiful*.

It happened after a serious operation some fifteen years ago, when I was idly flicking switches and came across some pretty compelling viewing. My friends mock me mercilessly for my devotion to the divas on the sacred screen. My eldest grandson when he was only five (now 22) used to call it "the afraid and the ugly" or the "ugly and the revolting". Friends at my aged care facility call it anything from the "Naked and the Dead" to the "Revolting and the Grotesque", however I still do not waver in my devotion.

Filmed entirely on location, the action moves from Los Angeles, New York, Aspen, Portofino, Paris, London and the Pacific Islands, and so on.

Just as spectacular are the settings. The houses are in millionaires' row, Hollywood, Los Angeles. The dwellings are bedecked with beautiful flower arrangements and custom-made furniture. The sets are solid and real, the drapes have nary a crease and there is a fire crackling and hissing in the grates in every room, summer and winter. There is no violence in the show.

The names of the characters are equally exotic: Ridge, Thorne, Taylor, Brooke, Hope, Liam, Steffy, Eric, Oliver, Amber. The story involves the fabulously wealthy Forrester clan led by their patriarch Eric, a benign gentleman and his recently deceased partner Stephanie. He has already found a replacement after a great many long, meaningful stares between him and his bride-to-be.

The Logan clan are their enemies even though they inter-marry and their matriarch Brooke Logan (still pushing out babies in her sixties?) has married every known Forrester male. Her daughter's husband Deacon is not even spared. Even in up and coming "ups" (current jargon in Soapie magazines) she goes after her sister Katie's husband, Bill, known as the stallion.

Why do people like me become so addicted to soapies? We aspire to this ideal life; no financial worries, beautiful clothes to wear, perfect bodies, sculptured male physiques (see Ridge and Thorne). Also there is the mystique of identifying with rich and powerful character, pure escapism. Half an hour of bliss devoid of reality and then I'm away from the totem television and back to reading 'good' books.

Jenny Chan



Mice, Meeses, Myse or Mousen?

Isaw the MICE sign in Officeworks, and was surprised. The online Oxford Dictionaries entry for mouse states the plural for the small rodent is mice, while the plural



Let's just call them electronic rodents

for the small computer connected device is either mice or mouses. So, what do the online debates tell us?

"I'm a tech writer who works with computer and software companies. These companies use the phrase "mouse devices" to avoid the sticky plural argument.

"It used to be common among hackers to pluralize (sic) things using the normally non-productive suffix -en (as in oxen). Thus, the correct plural for (computer) mouse is undoubtedly... mousen!

"Meese or Meeses if you wanna be real cute about it. No, Mousies. Computer Mousies. Pronounced mou-seez. I'm not quite sure about the meese. Mousies sounds cute though. Two computer myse. (I could be persuaded to take myse, after all how many thousands of new words have been invented for the technological revolution.)

"I am a student in the IT department for my university and I had to put several mouses, mice, meeses, myse, mousen away today. I think mouses sounded right.

What do I think? With apologies to Dr Seuss.

*You'd add spice to your life with a couple of spouses.
But where would you live? In hice or in houses?
What if find I have both in my house,
A computer and a fast furry mouse?
Two different kinds of mouse in our houses
Are they called mice or two different mouses?*

Lorraine Inglis



The case of the tatty, yellow folder

Oh dear, her hand has just opened the cupboard door and grasped me. I wonder where I will go today. Off we set on our journey to the city. This happens once a month. She laid me on the seat beside her and then ignored me, concentrating on her e-reader. Then she got out at Central Station and left me on the seat!

"Where is my yellow folder? I had it on the train." Disbelief welled up as it dawned on me that I had my tatty, yellow folder on the first train and I didn't have it now. The folder contained little of value but a list of Book Club members' names, telephone numbers and email addresses. The folder was very important to me – it involved trust.

I spied a station staff member and asked how I could retrieve it. I was directed to the Info Centre. There I was listened to sympathetically as I told my story to the man behind the desk. He put out an email to all stations, reassuring me that all would be done to retrieve the missing item. I trudged to my Book Club, aware I must confess.

Later that day, I received a phone call from Kings Cross station, telling me that my folder was at Town Hall station. I was given a phone number to call and I spoke to Paul. However the folder he had was not mine. Despondent, I waited, wishing for a call.

Miraculously, the phone did ring and it was a Book Club member who had been contacted by North Sydney station. My yellow folder was there. Relieved, I called and spoke to Matthew. After establishing it was my folder, we negotiated how I could reunite with it. Matthew said he was travelling to Seven Hills and he would leave my folder at the ticket office. The next morning we were reunited.

None of this would have happened without the high calibre and thoughtful front line railway staff. Thank you.

Anne-Marie Kestle



At this time in our lives we might look back in sorrow or amusement or wonder but we have to look forward to ageing well

Ageing Well

If you ask someone to describe what an older person looks like they will probably describe a person with thin legs and a bent back who is unable to lift and carry things. This perception is one of the reasons that people don't like being called 'older'.

Professor Maria Fiatarone-Singh is a geriatrician who has spent 25 years researching exercise, body composition and ageing. I attended her lecture on Ageing Well at Sydney University this week.

Her research has shown that weight lifting exercises are feasible and beneficial for both fit and frail individuals – no matter what their age – and that weight lifting is of greater benefit than other forms of exercise. The research even indicates that weight lifting has greater benefits than 'brain exercise' in terms of slowing down cognitive impairment.

Professor Fiatarone-Singh admitted that weight lifting is different for older women. It takes more effort for us to build muscle and we lose it faster. Stopping the exercise for even a short time means that you go backwards.

Strong Seniors Program- I wrote about this program a couple of years ago. It operates at Leichhardt Park Aquatic Centre seven days a week and is focused on developing strength and fitness in older people. The majority of participants are women, and we have shown remarkable progress in the time we've been going.

We are all much stronger, but the program has also

helped those with health problems, such as high blood pressure, lung disease, knee replacement, and osteoporosis.

The program is unique in its focus and in the frequency of classes. At least ten Strong Seniors are members of OWN, although not all live in the Leichhardt area; some are from Hunters Hill, Burwood, Ashfield, Marrickville and the city.

Getting other councils to offer similar classes is challenging, so basically it's down to you. You have to find a group/ class/program, and start resistance exercises – knowing that they really work. You must start from where you are, do weight lifting at least three times a week and not give up because it's hard or boring. If you do it with other people you are far more likely to "keep on keeping on". Which you must do for the rest of your life!

Lorraine Inglis



You Must Not Spoil the Baby

It was the days of rigid schedules. Four-hourly feeds, a bath at 9.30 am, sun kicks at 10.00, a walk in the afternoon followed by boiled water, which was supposed to bring up the burps. Babies had to be tightly wrapped in a mini blanket, arms imprisoned, before being put down to sleep.

Spoiling baby was our worst fear, drummed into us by the clinic sisters. Martinets in starched uniforms who had never had children themselves, but had us young mothers firmly in their power. "Has baby

gained weight this week?” was the stern question as Sister lifted Sue onto the scales. Holding my breath, I waited for the verdict. Guilty or not guilty! Sue was a plump little baby so really didn’t need to gain much weight but she generally obliged.

Ten pm feeds were a nightmare. Sue would not wake up! We tickled her feet, shouted, clapped our hands, and patted her cheeks. If she gave a yawn, I would pop my breast in her mouth. A few tentative sucks and we would be covered in my over-abundance of milk, and Sue would be asleep. I read “Do not take baby’s booties off before November”. Wagga Wagga had a sizzling heat wave in October! What idiots we were – mothers of the baby boomers! But we survived.

Joan Johns
From the archives November 1999



Highly recommended books you won't be able to put down

Riding the Black Cockatoo by John Danalis - Allen & Unwin – Foreword by Boori Monty Pryor. A compelling true story of Reconciliation, of one man’s courage to do what he believed to be right, by returning the Aboriginal skeletal remains that had been on his family’s mantelpiece since his childhood, to their rightful place in Wamba Wamba, (Wemba Wemba) country, Victoria.

Southerly – Volume 71 – Number 2 – 2011 - A Handful of Sand: words to the frontline. The Journal of the English Assoc, Sydney University – Brandl & Schlesinger. This issue of Southerly brings to the reader a rich tapestry of Australia’s



Dirty Potatoes

Translating from one language to another can cause humorous moments, especially if it’s a literal translation. I usually buy my fruit and vegetable at Paddy’s Market. The sign on the unwashed potatoes took my fancy.

Lorraine Inglis



First People’s writing, ranging in age from teenagers to respected Elders from various language groups and communities, throughout Australia. Poetry, fiction, essays, memoir. A valuable resource, and the perfect introduction for those wishing to learn more about their Country and ‘the voices’ within.

Childless – Reflections on Life’s Longing for itself by Gillian Guthrie - Short Stop Press, 2012. A tender exploration of a taboo topic, both personal and political. This book is about longing and loss, grief and resilience and much more. At the time of writing the author is old enough to be a grandmother but she’s rocked by the realisation that without children of her own, there’ll be no grandchildren either. She sets out to explore the lives and loves of other childless women – aged between forty and ninety. This is a beautifully written compassionate book, about the quarter to one-third of Australian women who are, and will most likely remain, childless.

Lorraine McGee-Sippel



Older women need acknowledgement of their skills, rights, needs, and responsibilities whether in work or law or even driving a car

Access All Ages - Older workers and Commonwealth Laws

The recently released Australian Law Reform Commission's report, *Access All Ages - Older Workers and Commonwealth Laws*, identifies legal barriers to older persons participating in the workforce and makes recommendations across superannuation, social security, employment, insurance and compensation law.

"For more than five million Baby Boomers in Australia, there's a realistic chance of 20-30 years of life after work, but we also know that around 60 per cent want to keep working beyond 65 for a range of reasons, with most preferring a phased withdrawal from the workforce," Minister for Ageing, Mark Butler, said.

"Older workers often don't want to continue the work arrangements they had when they were younger and are seeking more flexibility in their work to take advantage of healthy semi-retirement years."

One of the important reforms

needed is giving older Australians more flexibility by extending the statutory right to request flexible work arrangements to over 55s. The Australian Law Reform Commission considers that a major coordinating initiative is needed in the form of a National Mature-Age Workforce Participation Plan, which is its first and keystone recommendation.

The other recommendations in the report are strategies in the implementation of the National Plan, designed to provide:

- A coordinated policy response to enable mature-age workforce participation
- Consistency across Commonwealth laws and between Commonwealth and state and territory laws to support mature-age workforce participation
- A reduction in age discrimination
- A greater awareness of mature-age workers' rights and entitlements
- Support for maintaining attachment to the workforce for mature-age persons
- Work environments, practices and processes appropriate for mature-age workers.



Older Women Matter

The Australian Human Rights Commission and Diversity Council Australia conducted a research project called *Older Women Matter: Harnessing the Talents of Australia's Older Female Workforce*.

The research investigated how older women (defined as women over 45) are faring in Australian workplaces. The results show that while we are a growing sector, our participation is behind that of men of comparable age and also lags well behind most western countries.

The report indicates that the skills and knowledge of older women are under used and under appreciated. Further, it points out that if employers were to attract, retain, transition and show flexibility in employing older women, business would reap the benefits.

This is the message of Nareen Young of the Diversity Council Australia. She makes a business case for employing older women, saying older women in the workplace present "improved

retention, performance, innovation and market share as well as lowered legal and reputational risks”.

However, older women may want to work for other, more personal reasons. These might include:

- Financial rewards of paid work (How many older women struggle to live on government benefits or have been disadvantaged by the superannuation system with meagre payouts for many of us?)
- Sense of positive self esteem that work gives (Who says all older women want to retire?)
- Opportunities to learn new skills and knowledge (We are all entitled to lifelong learning, including employability skills.)
- Training and mentoring younger workers (Many of us older women are willing and good at passing on our workplace skills and experience.)
- Other personal reasons (They may want wider social contact, the physical activity of the workplace, health benefits etc.)

While research projects can tell us what is happening with older women in workplaces, any amount of research will not lead to getting more older women (who wish to be) in to



The NRMA offer a helpful assessment service for older drivers

work. Campaigns to promote the employment of older women, government funded incentives to employers, careful monitoring to ensure older women are not being discriminated against, positive discrimination programs, re-training in workplace skills may all need to be used, to allow older women to do the paid work they want to do.

Fran Weston



Driving tips for Seniors

Strathfield Council recently held a very informative session for the over 55s, the speaker being an NRMA man who met the criteria for his audience – how comforting!

April 2011 showed that the greatest number of fatalities was in the 50-59 years age group and in those over 70. Whether we admit it or not, we possibly have an increasing inability to see, hear and control the car.

The law states that from the age of 75 we must undergo an annual medical assessment and send the

completed form supplied by the Roads and Maritime Services (RMS) back to them. At age 85, and every 2 years after, we must undergo a driving assessment.

As well as this free assessment offered by the RMS (in which you're allowed three chances) you can also pay for a similar service from the NRMA. For \$80 - \$100, they pick you up at home (with the RMS you must go to the Motor Registry) and have you drive around in your own area. They'll continue working with you until you get it right.

Some tips we received were:

- Dragon's teeth on the road warn of an upcoming 40 kph zone.
- Always adjust the mirrors when you enter a car
- Turn your head to check blind spots
- You may enter a roundabout when it's safe to do so
- A pedestrian who's crossing at ANY intersection has right-of-way (since 2012)
- Hold the wheel at 9 and 3 because of air bags in cars.

Thank you NRMA – I learned a lot.

Anna Logan



Notices

OWN Book Club

July 15: Joyce Carol Oates.

Your choice of book by this author. Be prepared to share your reading with others.

August 19: *The Eye of the Storm* by Patrick White.

If you have any trouble getting the scheduled books, please let me know. Happy reading!

Anne-Marie Kestle: 040 8740435



Politics in the Pub

Gaelic Club, Devonshire St, Surry Hills, 6pm-7.45pm.

July 6: *Defense Department – Uncontrollable & unaccountable monster.*

■ Dennis Doherty, Secretary. Anti Bases Campaign

■ Wayne Reynolds, Associate Professor History, Newcastle University.

July 13: *University staff cuts – Corporate culture takes over.*

■ Jake Lynch, Director Centre Peace and Conflict Studies, Sydney University

■ Freya Bunday & Emma Dall, Sydney University students.

July 20: *Public Education – Gonski, Gillard, Gone!*

■ Jane Caro, author, speaker, academic

■ Angelo Gavrielatos, Federal President. Australian Education Union.

July 27: *'KONI 2012' – Fact and fiction in Post-colonial Central Africa.*

■ Dr Wendy Lambourne, Senior Lecturer, Peace & Conflict Studies

■ James Dhizazala, Ugandan Doctoral Centre Peace & Conflict Student;

■ Geoffrey Onen, Ugandan Activist.



Save Our Sons (SOS)

Were you part of the Save Our Sons Movement? Did you protest at the gates of the Marrickville army depot at Addison Rd

between 1965 and 1972? Sue Castrique worked with the OWN Theatre group in 1992 and is now researching the history of the protests and demonstrations.

If you have stories to tell or photographs, please get in touch. Email: streak@iinet.net.au Phone: 0447 826 656, or by mail: 32 Renwick Street, Marrickville, NSW, 2204.



Mystery Reading Group

Sydney Mechanics' School of Arts, 10.30am to 12.30pm.

July 27: Debut crime novel

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

October 19: Crime in a confined

space - a lift, a cell – you choose!
Group Coordinator: Carole O'Brien - 9665 6639



OWN NSW

Quarterly Meeting

August 30, 10am for 10.30am start, finish 1.30pm. Lunch

provided. Brisbane Waters OWN Group is hosting this

event. OWN Theatre Group will be performing. More details in August's OWN Matters.

*Sonia Laverty, Chairperson
OWN NSW*



OWN Sydney AGM 2013

Thursday, July 18, 10am-2pm. Mott Hall, Millers' Point.

Election of new committee members. Discussion about OWN Australia. Performance by Silver Belles. Lunch.

RSVP by July 10 on 9247 7046.



Voluntary Euthanasia Party

Our Party Secretary has submitted our application for official party status at the Australian Electoral Commission. As a party, we will field candidates in the Election.

Ranjan Ray



MEMBERS & FRIENDS
WELCOME TO ATTEND
ALL OUR ACTIVITIES

Wellness on Wednesdays

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

Lost Ladies

10am every Wed (during
school terms), exploring
various locations or topics
of interest. Contact Annette
Butterfield 9665 5369.
Email: abutterfield_852@
hotmail.com

Film Discussion Group

You are invited on **Tues**
July 9 to see *In the House*.
Contact Yetty on 9665 2050
for more information.

**Bondi Junction Coffee
and Gossip Group**

11am - last Friday in each
month. Lunch, Eastern
Suburbs Leagues Club
(enter from 93-98 Spring
St. You must sign in.)
Contact Yetty 9665 2050 to
check all details.

Book Club

MON, JULY 15 - 12.30pm
at 87 Lower Fort St. Your
choice of book by Joyce
Coarol Oates. Come at 12
with sandwich for lunch.

**Aboriginal Support
Circle**

The next meeting for 2013
is August 8. 20th Birthday
Celebration RSVP by July
15. Confirm with Pat
Zinn 9389 1090 or email
patzinn@hotmail.com

**Saturday Social Group
at Birkenhead Point**
Birkenhead Café, 1st floor
Birkenhead Shopping
Complex. Contact Bev
Cameron on 9957 5367 or
Meg Venning on 9887 2386.

Sydney Talks

**July 2: Controlling Chaos: Literary
Crime an the Role of the Police
Detective.**

Join author Lorenzo Silva and
Michael Duffy. Free. 5.30-7pm
New Law Building, University of
Sydney, Eastern Avenue

July 18: The misogyny Factor.

Authors Anne Summers and
Catherine Fox examine how
media coverage pushed the issue
of misogyny to the forefront of
public debate in this Walkleys
Media Talk. 6.30-8pm, Metcalfe
Auditorium, State Library, free.



Wash, rinse, Spin

*Wash, rinse, SPIN – Hung out to
dry; Election 2013.*

Northside Forum: July 6, 12-
2pm. Free event.

Union Hotel – 271 Pacific
Highway, North Sydney (Bus
from NS Station).

■ Prof Frank Stilwell (PhD) - Prof
Emeritus in Political Economy
Uni of Sydney.

■ Eva Cox AO - Sociologist,
feminist, activist.

■ Christopher Stone - Research
Direct of the Public Research
Program at the Centre for Policy
Development.

Enquiries please call Aloma on
9922 3809.



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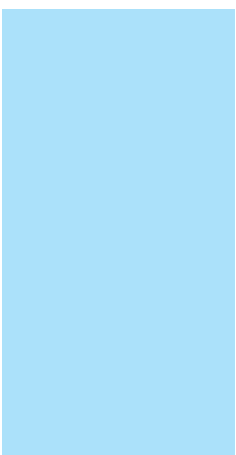
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