

OWN Matters

September 2018



A Voice for Moving Forward

On the 23rd May 2017, over 250 delegates representing a cross-section of Aboriginal and Torres Strait Islander people from around Australia met at Uluru - the spiritual Heart of Australia. They were part of the First Nations National Constitutional Convention and they came together to discuss the challenges and problems facing their people, such as poverty, poor housing, lack of education, community closures, high rates of suicide, high rates of youth detention and adult incarceration and the "torment of our powerlessness".

Over three days they discussed the need for constitutional reform that would make a real difference to their communities, to empower First Nation people to take their rightful place in their own countries. On the 26th May 2017, they issued the groundbreaking "*Uluru Statement from the Heart*" which stresses their sovereignty over the Australian continent, a sovereignty which has "never been ceded or extinguished, and co-exists with the sovereignty of the Crown."

The Uluru Statement calls for the establishment of a Makarrata Commission, to establish a process of agreement making between Federal and State governments and First Nations people. Makarrata is a Yolngu word meaning "coming together after struggle or conflict, facing the wrongs, and then moving on and living in peace." Unfortunately, former Prime Minister Malcolm Turnbull rejected the Statement, saying that the Federal Government would never accept it because it would mean a third house of Parliament.

However, a working group is building on the momentum of the Uluru Statement, taking it to the people throughout Australia, inviting all of us to walk with them. Several members of the Aboriginal Support Circle attended a rally on the 26th May this year in King's Cross and Centennial Park, (Malcolm Turnbull's constituency) and signed pledges to support the Statement. For the first time in a long time, I feel that finally, truth about our history will prevail and that we are witnessing a process that is going to bring about the constitutional reforms that are needed based on justice and self-determination.

Pat Zinn

The Road to Edinburgh and Back: a personal reflection

Three days of rehearsal in Edinburgh, followed by three shows left us feeling elated, exhausted and so proud that we'd been able to present a show that had audiences asking for more at the end of each performance. '*Don't Knock Your Granny*' was extended and nuanced to perfection and showed that the subject of elder abuse is relevant to audiences from all parts of the globe. It wasn't all gloom and doom and young and old were very keen to clap and sing along with us in our more upbeat songs and a rap. Oh yea - I love doing that rap!

It was such a wonderful experience to meet so many people who got what we were doing. As we say in our introduction, 'we're a bunch of ordinary women with an extraordinary message'. And that's it really, with a bit of singing, dancing and acting thrown in. Getting that to a polished level is a whole other story.

Cheers
Rita



(Editor's Note: an expanded reflection on our Theatre Group's fabulous adventure to the Edinburgh Comedy Festival will appear in the December OWN Matters)

Honouring Beverley Woodfield

Long serving member of OWN NSW Wyong

Bev was born in New Zealand in 1935, and moved to Sydney with her parents 6 months later. Her upbringing was “not religious”: the family emphasis was on education, equality and social justice. The May Day march in Sydney was a highlight of their calendar. Bev grew up with the knowledge that she “was as good as anyone”. Both parents were always employed, and Bev says, “life was comfortable”. She fondly remembers many writers and artists of the period coming to the family home.

At high school, Bev excelled in Art. Following this, four years training as an Art Teacher led to placements at Sydney high schools - she escaped placement anywhere in the State, by marrying on her last day of College.

Always an eager joiner, Bev was active in the Australian/USSR Friendship Society, and the Union of Australian Women (including a stint as President of the Manly/Warringah branch), to name just two.

Bev became pregnant in 1958, which released her from her teaching bond. Life, however, doesn't always work out as planned. Problems within the marriage soon surfaced, and money worries dominated. Bev had four children, with many periods of part-time and relief teaching in between. Finally, in 1974, Bev left her husband and moved out with the four children.

In 1987, Bev married again and moved to Budgewoi. Her home today bears testament to her wide-ranging artistic talents, using many different media. In 1996 she joined the Wyong branch of OWN, and has been a regular participant ever since. Today she describes herself as more devoted to equality than to feminism. Her upbringing led to a strong belief that men and women need to work together to achieve equality.

Other interests have included 11 years volunteering at Old Sydney Town, and 7 years singing with the Trade Union Choir in Newcastle. Bev has attended many IWD Marches, and has made and distributed green, white and violet corsages to the OWN Wyong members at their March meetings. She also regularly reminds us of the history of International Women's Day, noting that we must never forget those who worked so hard for equality. Bev describes IWD as being a “milestone”, “symbolic” and “unifying”.

Many OWN members will remember June Goss, a long-term member of OWN Wyong, and a prodigious letter writer and contributor to OWN Matters over many years. Sadly, June now suffers from dementia. Bev has known June for many decades, and now visits her often in her nursing home. We are grateful to Bev for keeping us in touch.

Fortunately, Bev Woodfield intends to remain a member of OWN Wyong for as long as she can. We benefit from her cheerful and enthusiastic participation.

Pat Carlton, Secretary, OWN Wyong, July 2018



(Editor's Note: OWN NSW Board would like to offer Lifetime Membership to women with 20 years or more continuous membership of OWN NSW.)



A new retirement village calculator

Developed by business analysts, this calculator is designed to protect seniors from making devastating financial mistakes. Complicated financial contracts are usually no match for Actuarial Studies lecturer Dr Timothy Kyng, whose expertise lies in valuing complex financial contracts. However, even he was flummoxed when his mum called on him a few years back for some help in comparing various retirement villages.

“As a researcher who specialises in complex financial products, I didn't expect that the contracts on offer would tax my ability to analyse, but they did. I found great variation in the entry fees, ongoing fees and so-called ‘deferred management fees’ across the retirement village industry,” he says.

For my information on this terrific new tool, see the link:

<https://lighthouse.mq.edu.au/article/retirement-village-contracts-are-cunningly-disguised-insurance-deals>

www.rvcalculator.org

Fran Molloy

AGEING WITH PURPOSE: A free forum

Wednesday, 31 October 2018

10am - 1pm at The Juniors, 558A Anzac Parade Kingsford

[Aged Care Psychiatry Service, Eastern Suburbs Mental Health Service](#)

GUEST SPEAKER: ITA BUTTROSE AO OBE

Opening Address – Michael Still Chairman, SESLHD Board

Guest Speaker – Ita Buttrose AO OBE, Journalist, Businesswoman, Television personality & Author

Ageing with Purpose – a panel discussion led by Ita Buttrose AO OBE

On the panel, exemplars of positive ageing:

Diana “Bubbles” Fisher OAM TV Personality, Australia Day Ambassador 2010

Robina Beard OAM Dancer, Actor, ‘Madge the Manicurist’

Being Me: Understanding and managing my mood in late life –

A/Professor Chanaka Wijeratne Senior Psychiatrist, Academic Department for Old Age Psychiatry & Assoc Professor (Adjunct), University of Notre Dame Australia

Being Heard: Communication and assertiveness in late life –

Dr Karen Croot Psychologist and Research Officer, CHeBA

Being Seen: Visibility in later life –

Professor Henry Brodaty AO Director, DCRC, Co-Director, CHeBA Head of the Memory Disorders Clinic, POWH



ONE COUNTRY, TWO WORLDS

Being a warm weather creature, I hibernate throughout winter, but by late July, I seek the sun to recharge my batteries. Having family in Perth, this usually entails a weekend there, then on to Broome.

In August last year, my daughter and I were in the departure lounge of Broome Airport (my personal favourite) but were delayed being called to board. A white van came onto the tarmac, drove to the plane then out of sight. Within ten minutes, the van drew away and we were called on board. In the business of stowing bags, we did not take note of the passengers in the three rear seats. It was an uneventful flight and landed in Perth on time. Having a two hour wait for the Sydney connection, we waited until almost last to retrieve our bags and disembark. Only then did we see the rear seat passengers, two Corrective Services officers and an Aboriginal boy. The boy had been handcuffed to the armrests and was being held while the handcuffs were transferred to one officer. The boy was 14 to 16, poorly dressed, wide-eyed with the activity.

In the Arrivals lounge, we saw them again, a small blanket covering the handcuffs. It's a natural reaction for most people to wonder 'what has he done'? But I could only think, 'what have we done'? There is a courthouse in Broome and a prison, so what circumstances could have brought this boy thousands of miles from a small tropical town to a cold, busy city? It's easy to rush to judgement, but I could only feel that no matter the immediate events, we as a society had failed him.

Arriving home, I found myself looking for news items to try to find information that may have related to him, while fearing to find an even worse conclusion to his 'journey'. Nothing came to light, but I think of him still. My grandson celebrated his 18th birthday a few weeks ago. His parents aren't wealthy, but he has a stable, loving environment, receives a good education – and he is white. His future seems assured: tertiary studies, employment, the opportunity to travel – and fitting in. How different to incarceration in those formative years. How different a life for two boys, not only on opposite sides of the country, but also on opposite sides of its society.

When I seek the warmth of Broome again, I will be looking forward to the colours and the lazy pace, I will also be looking at the rear three seats.



Pauline King, Convenor, OWN Wyong

Annual Report - Aboriginal Support Circle

We have had a busy year attending lectures, book launches, films, art exhibitions and rallies relating to Aboriginal affairs. Gai Smith does a wonderful job of sending out information via email so that we are kept informed of events and Pat Zinn contacts members not on line by telephone. We usually meet for tea or lunch after attending an event where we share information as well. A few of our members also belong to the Women's Reconciliation Network and attend their meetings at the Redfern Community Centre.

Among the outstanding art exhibitions we attended were 40 bark paintings from the Yolngu people of the Northern Territory at the Maritime Museum, which were used in a successful legal case to win Indigenous sea rights including almost the entire Northern Territory coastline.

In November 2017, we visited Boomalli Aboriginal Artists Cooperative featuring work by the ten artists who founded the gallery 10 years ago and in July we attended an exhibition of work by women artists on the theme of "Because of Her, We Can" and met their outstanding young curator, Kyra Kum-Sing.

At the Blacktown Art Centre, we viewed an outstanding presentation of ceramic work by the Barambah women of Cherbourg in Queenstown, relating to childhood memories of Cherbourg Mission, depicting a landscape with a road, a river and all the buildings on site. Some of us also attended various activities presented by the Australian Museum earlier this year, including canoe building, dance, and meditation.

The most important rally that we attended was on Sorry Day, the first in Kings Cross and the second in Centennial Park, to support the "Uluru Statement from the Heart". This was the result of over 250 delegates from all over Australia calling for the establishment of a First Nations Voice enshrined in the Constitution and the establishment of a Makarrara Commission to supervise a process of agreement making between governments and First Nations people to include truth telling about their history. Our former Prime Minister, Malcolm Turnbull, brutally dismissed the Statement.

Every year we attend the Yabun concert at Victoria Park on Survival Day, 26th January and the wreath-laying ceremony for the "Coloured Diggers" on Anzac Day at Redfern Park.

Regular generous donations by our ASC and OWN members enable us to send regular contributions to ANTaR and Baabayn Aboriginal Corporation, as well as responding to other requests for funding. We were able to sponsor an Aboriginal woman delegate to a prestigious 2-day conference at the University of New South Wales during Naidoc Week.

Our heartiest congratulations go to Gai Smith for her well-deserved Pauline McCleod award for her outstanding contribution to "making a difference" to Aboriginal and Torres Strait people over many years. We hope to continue our efforts over the coming year, even though we no longer have our youthful energy. Our spirit is strong!

Pat Zinn

Hello from the Board of NSW OWN

Beverly Baker, Pauline Manley, Lorraine Slade, Larissa Bergmann, Janice Jensen, Robin Dougherty (Chair), Pat Bazely

We would like to acknowledge the Gadigal people of the Eora nation on whose land we work and play. We pay our respects to their elders, past, present and emerging.

A warm hello to all our dear sisters of OWN. As a relatively new board, we appreciate your patience and hope you can understand that our work has been cut out for us with the many changes in staffing.



We would like to thank Miranda Ng for her 6 months of hard work and commitment. She was a wise and qualified woman, who helped develop our working strategies, our compliance requirements and policy clarity. We were sorry to receive her resignation, but she left to spend more time with her family. Our relatively new and lovely Administrative Support Officer, Christine Hall, (pictured here) has been holding down the fort, i.e. doing two jobs, with aplomb and a graceful calm. We thank you, Christine and welcome you to OWN NSW, where you have swiftly become invaluable.

We would also like to welcome our very new Office Manager Yumi Lee, who began work at OWN on September 12th. Yumi has a very impressive resume, with years of experience working in community organisations for social justice. We are so happy to welcome her and an extended profile of our two new employees will appear in the next OWN Matters

Board Vacancies. Our board has 3 vacancies and we ask which women amongst you could stand up for older women by helping to keep OWN NSW operating. Each board member sits for a 2-year period and is required to attend a monthly meeting. We each take on a sub-committee role appropriate to our skills, vote on the important issues and provide fresh ideas that can help define our vision and direction. Our AGM is on October 25th and we would like to welcome our new board members on that day. Please contact the office if you would like to nominate.

It has been proposed that the OWN NSW Board will now have half senate elections every two years to avoid what happened in 2017 when the entire board was new and inexperienced. This proposal will be ratified, or not, at the AGM.

Quarterly meetings are being held regularly again and that is a great relief to the board who were concerned that members did not have a forum to be heard. The next one is at OWN HQ on November 8th.

OWN HQ is considering a revised dog policy where only registered assistance dogs will be allowed in the building. The proposal is for other dogs to be kept in the garden but under control around garden beds and people. We are most eager to hear your feedback on this proposed change of policy.

Generally, as a board our productivity increases as we settle in to our roles. Our funding acquittals and reports are up to date, including our recent submission of the 2018-19 workplan and strategy to FACS. Thank you to the women of the workplan subcommittee for their diligent work.

Sub-committees are currently planning for our AGM and for the National OWN conference next year. So lots of work to do. We are also looking to review and revise our mission statement to get a clearer picture of what OWN NSW is, what it hopes to achieve and how we can continue to advocate for and support older women.

We would also like to update our email database so we can communicate better with all our groups. If the coordinator could share their member database for inclusion for our new newsletter or OWN Matters that would be very much appreciated. Individual members can update your preferred email address by sending a confirmation email to info@ownnsw.org.au.

We hope all our affiliate groups are doing well. If you need support, please contact the office. One of our goals is to build bridges between the board and the groups. We want to hear from you.

Warm Regards

OWN NSW Board

OWN Sydney.

OWN Sydney continues to meet four times a year and we endeavour to provide members with opportunities of awareness-raising through a variety of speakers, social events and networking opportunities in line with our aims and capabilities. We are restricted to having our meeting days on a Thursday, as it is very difficult to get the space.

Among our speakers this year, we invited the Dementia Australia organization to talk about Healthy Ageing, Healthy Brain. Our speaker helped us understand what dementia is and the common types of dementia. She also took us through the memory changes one may experience. Dementia Australia has prepared some very valuable information sheets which include tips for keeping your memory sharp. The day included some fun activities such as Brain Teasers.

Another interesting day we had was the Aboriginal Fundraiser. We were very fortunate to have the Ngroo group come and share their experiences with us. The Stolen Story from Aunty Rita and Jan Williams explained how Ngroo works with local Aboriginal children.

Our upcoming speaker day on September 13th promises to be interesting with our guest speaker who will be acquainting us with Colonial Women.

After each function, we share a catered lunch, affording us plenty of time to socialize. We have a function in December where we bring food to share. At that function, we invite groups from the Wellness groups to entertain us, thus extending our networking. It is hoped to have the Feisty Women entertain us this year as well as the Wellness Choir.

This year we offered members the social opportunity of a guided tour of the Botanical Gardens which proved to be a great experience. We were fortunate with a fine day, not too hot or cold, and we had a knowledgeable guide. A great day was had by all.

We hosted the first Quarterly meeting in May which was a thought provoking day. A couple of us attended the second Quarterly meeting recently.

We are very mindful of our responsibilities under our Guidelines and welcome members' suggestions as to activities they would like.

Anne-Marie Kestle, Co-ordinator OWN Sydney.

My Health Records: Let's think about Opting Out-verses Staying In.

Every Australian will soon be placed on a My Health Record which is a national database that will hold all your medical history.

Many of us have already registered with My Health Record, enabling important health information, including allergies, medical conditions, treatments, medicines, and test reports to be securely shared between clinicians and their patients. It also enables people to take more control of their own health and wellbeing, manage their children's health, and upload key documents, like advanced care directives.

You will be offered the choice to not have your record kept in this database and will have a short period from 16 July to 15 November 2018 to 'opt out'. If you do not apply to opt out, you will be 'staying in'. However, you can limit what details may be kept and can cancel your My Health Record at any time after the end of the opt out period.

A national communications strategy will be implemented to inform all Australians of the benefits of digital health, and to explain the 'opt out' process. Individuals who do not want a record will be able to opt out by visiting the [My Health Record website](#) or by calling 1800 723 471 for phone-based assistance.

'Staying in' means older patients with chronic and complex conditions will see a reduction in the duplication of tests when referred by a GP to see a specialist. Community pharmacy dispensing and medicine-related services are fully integrated into the My Health Record.

While protection of patient information is critical and the My Health Record system has strong safeguards in place to protect the health data, there are some concerns about data safety and practices.

(Editor's note: This article presents a pro 'opt-in' position and it would be very helpful for OWN NSW if someone who has chosen to 'opt-out' could write an article about their reasons for doing so in the December OWN Matters)



EXHIBITION CAPTURES THE SPIRIT OF OLDER PEOPLE



A learner driver, gymnast and ukulele player are among the extraordinary older people who will feature in the 2018 -19 Art of Ageing exhibition.

The Art of Ageing exhibition, the second in the series, will feature 30 photographs and stories that celebrate the lives of older people living in regional NSW.

The exhibition is an initiative under the NSW Ageing Strategy 2016 – 2020 which challenges out dated perceptions of ageing. It reminds us that older people are not the same and our experiences of ageing are unique.

It comprises the work of five photographers from Wagga Wagga, Taree, Molong, Mudgee, and Goulburn.

The 2018 Art of Ageing exhibition artworks, stories and photographer biographies can be viewed online at <https://www.facs.nsw.gov.au/about/inclusion/ageing/art-exhibition>

The exhibition is now touring across NSW. We hope you can make a date to see it. Details are available on the web site or on request from the OWN Office.

Molly and Me

Molly was a rescue dog who came into the lives of Ken and I when he had just retired, many moons ago. She was to be our third shared pet and we saw her on a website looking hairy and gorgeous. She appeared rather quiet but I imagine shared housing with a bunch of other dogs isn't exactly restful. Something of a personality change took place at the vet where she was pronounced to be a Jack Russell wire haired cross. Her feistiness was becoming apparent.

The cross was red cattle dog so who knows what happened at the moment of conception!

Molly moved in, took us over and gave us incredible joy. She was funny, smart and totally the top dog. Her critics would say irascible and stubborn.

Two years back Ken died, which left a huge hole for both of us, but the routine of looking after her was a saving grace. The house wasn't empty and I always anticipated our joyful reunions. Then just before Xmas after a short but severe illness, my 15-year-old friend left too. I don't have to tell anyone how painful that was. From three breathing creatures in the house it was down to one.

Such a lot has happened in the past two years for which I am ever grateful, for the support of many OWN members who knew instinctively what to say, especially those women I'd worked with on committees and in the Theatre Group. Meeting every week for five hours, devising shows and performing was the best medicine.

As a footnote, Ken and Molly's ashes were mixed and scattered, together with a dear friend's partner, who had played in bands with Ken and developed the same illness. They died within a month of each other. The circle now seems complete.

Rita Tratt
OWN Theatre Group

(Editor's Note: OWN NSW would like to extend our empathy, love and admiration to Rita, a valued and talented member of OWN.)



ASIC's MoneySmart is encouraging women to have regular money conversations

Women face specific challenges when it comes to managing their money. Many women take time out of the paid workforce to care for others, which reduces their retirement savings. With a longer life expectancy than men, this often puts women in a particularly vulnerable position when it comes to their finances.

To address these financial challenges, ASIC's Laura Higgins sat down with five influential and inspirational Australian women to chat about their money experiences and to encourage all women to have their own money conversations with friends and family. The women featured in the videos are:

- Faustina Agolley: TV host, actor and DJ
- Jane Caro: Social commentator and author
- Shivani Gopal: Founder, The Remarkable Woman
- Sarah Moran: Co-founder and CEO of Girl Geek Academy
- Kate Ritchie: Actress and radio host.

Starting a conversation about money with your friends and family doesn't have to be awkward or painful. ASIC is encouraging women to talk to their partners, friends, children and other family members about good and bad money habits, financial decisions they've made in their lives, and how to plan for the future.

The campaign videos are available on ASIC's MoneySmart YouTube channel (MoneySmartAU):

- [Vignette videos](#) – 5 videos in which each personality shares her money story
- You can also follow ASIC's MoneySmart team on [Facebook](#) and [Twitter](#).
- Facebook: <https://www.facebook.com/MoneySmartAu>
- Twitter: <https://twitter.com/moneysmartteam>

We encourage you to share your own money stories on social media using the hashtag #womentalkmoney.

Feel free to use these across any of your social media platforms

ASIC's MoneySmart is encouraging women to have regular money conversations #womentalkmoney <https://www.moneysmart.gov.au/life-events-and-you/women/women-talk-money-campaign>

Starting a conversation among your friends and family about money does not have to be awkward or painful.



SUSAN THOMPSON: CAMPAIGNER FOR HOMELESS PEOPLE'S EYE HEALTH

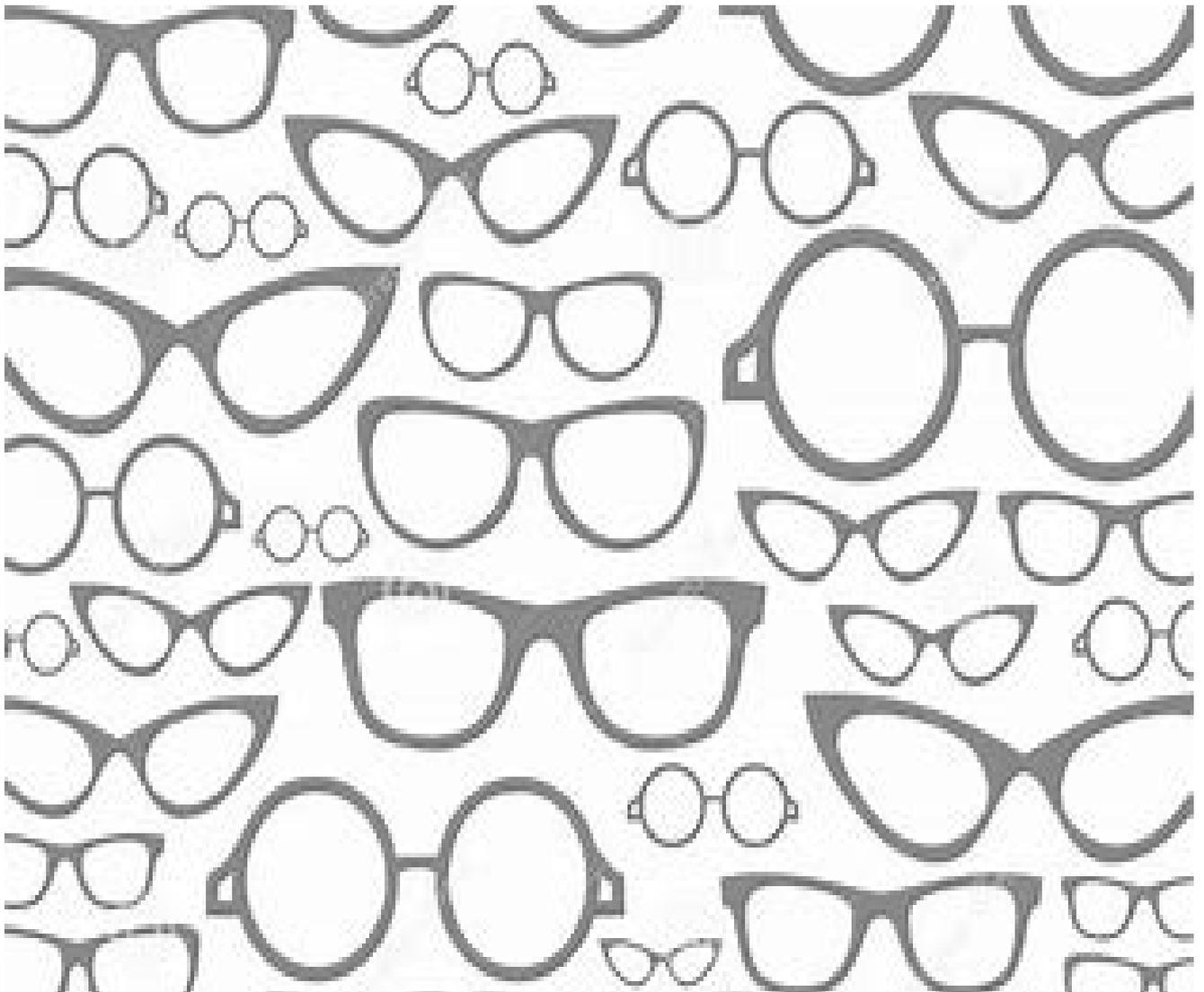
Susan Thompson is an optometrist practising in Gladesville. She was a guest speaker at our AGM last year where she talked about her volunteering work. For a number of years, she has regularly visited the homeless with two Salvation Army members to check the eyes of the many homeless people who live in the Woolloomooloo area. She was very aware that many of them were unable to read as their sight was deteriorating. To help them she would supply them with suitable spectacles that she provided, many being donated by her clients.

Her Salvation Army friends have retired, so she now goes on her own. She is not funded in any way and has not applied for a grant, so she is very appreciative of any spectacles she can get.

So, if you have any spectacles at home and no longer use them, you can leave them at the office at Newtown or contact me and I will arrange to pick them up. I am hoping each group will take this on as a project.

Thanks

Annette Bray – arbray.email@gmail.com or 0400 630 089



Book Review: “Educated” by Tara Westover

I finished this book, in floods of tears, at 12.30 am today. I am so moved by the memoir that I’ve thought of little else as I go about my daily chores.

Tara was born to a fundamentalist, survivalist Mormon family in Idaho. She loved her parents and her 6 siblings dearly, as well as her church. None of them were sent to school, nor did their home-schooling seem to stretch beyond learning to read – and that was just so they could read the bible and Mormon publications. “That other twaddle is just brain-washing” said her mother.

But Tara began to discover she had a deep yearning for learning. Her father ran a scrap yard, where he expected all his children who lived at home, to work. He had absolutely no regard for their safety, or his own. He just wanted the cutting and welding done as quickly as possible. This disregard for his family’s welfare extended to the cars and the driving. Horrific tales of accidents on the road and at work, as a result of her father’s attitude, were answered by proclaiming that their destinies were in the Lord’s hands.

Tara’s mother was a quite remarkable woman in that, over the years, she built up an enormous business mixing and selling her own herbal remedies, and acting as the local midwife. However, the reason this was her chosen career was that her husband strongly believed that a woman’s place was in the kitchen (or birthing a baby), and that he totally disapproved of the whole medical establishment, regarding them as an interference perpetrated by socialist governments into the life of the family.

But Tara’s mother recognised that this daughter needed something more than home life, and gradually exposed her to extra-curricular activities, like singing and dancing with local groups. This opened a new world to Tara and she ended up applying to go to Brigham Young University. Her brother had ‘escaped’ and encouraged her to study the ACT, the test she needed to pass to get into University.

The book continues as a moving and insightful account of her exposure to the thoughts and ideas of others – both those she met and through the books she read day and night, after discovering what a library was. She continued to work for her father and to obey the strict rules of the house. It was a long time before she’d even wash her hands after going to the bathroom, because her father said, “you don’t pee on your hands so that’s not necessary”. She bought nothing, until a professor insisted she apply for a grant to get a root canal she badly needed. When a cheque for \$4,000 arrived, she telephoned to say that she needed only \$1400, so would they kindly take back this cheque and send a revised one! She was told to tear it up or deposit it.

Undermining her gradual access to the outside world however, was the sadistic violence of one of her brothers, who nearly killed her on several occasions. She blamed herself for his outbursts, believing his appraisal of her as a whore. But Tara does so brilliantly at BYU that she finally succumbs to the University’s persuasion and applies to attend Cambridge University in England.

The climax of the book is when she finally gathers the resources to approach her mother and father about the behaviour of the violent brother towards both herself and – she discovers – her sister. However, she is betrayed at every turn, even by the sister who proposed the idea. Tara is determined to remain as a loving and committed member of her family, and even of the Mormon religion. It is only when she realises that, to save her sanity, she must break away from them, that she moves out of home permanently.

Eventually she's offered a place at Harvard, where she attains her PhD. Gradually she even re-establishes a relationship with her extended family as well as some of her siblings – but never (in this book) with her parents.

This is a hard read, but extremely rewarding. I cannot recommend it highly enough.

Anna Logan



OWN SYDNEY – BOOK CLUB.

What is that noise from the lounge corner? It is the book club! Intent upon the task at hand, the small group of book lovers pour over the latest specimen, ready to dissect.

We meet at Newtown – 8-10 Victoria St at 12.15 pm on the 3rd Monday of every month. Members suggest book titles, something about its subject matter and then we decide on the choices. The facilitator types the chosen list and distributes it. The last two years we have chosen books for an entire year. We do try and list books that would be available in our local libraries. We read widely and enjoy the challenge of reading authors we may not normally consider. We read fiction and non-fiction – depending on members' suggestions. It is stimulating listening to others and consider their point of view which often adds to our own appreciation.

Membership of the group arises through interest. There is a core of about 12 of us. We don't have any fees for membership as there isn't a need for it. If you wish to join us, contact Anne-Marie (9622 0717) and she will supply you with the list for the coming year.

We look forward to continuing for many years as the list of books continues to grow.

Anne-Marie Kestle, facilitator

POP.

My grandfather joined the Hunter Hill Bakery when he was 14 years old, close to the turn of the 20th century, as a dray assistant. His first job was assisting the driver to harness the horses and take the dray from Hunters Hill, down Victoria Road and through White Bay to pick up the flour from Leichhardt. Upon returning the flour would be transferred to the bakery, the horses unharnessed, brushed down and fed by my grandfather and then taken back to the paddock. On days the flour was not picked up he would start his day helping to get the ovens going, feeding and watering the horses and preparing the cart for the bread deliveries. He would then help the driver deliver the bread around the streets of Hunters Hill, parts of Gladesville and down to the Valencia Street Wharf in Woolwich Point.

In his life with that family company, he went from dray assistant to motor van delivery driver and he was known and respected by nearly every family in the Hunters Hill, Gladesville and Woolwich Point areas. His day started at 4am every weekday morning. He would ride his bike to and from work and arrive home at 5pm.

When he was 59 years old, the bakery was purchased by one of the big bread companies who then closed the little Hunters Hill Bakery down. He went to work then at the Garden Island dockyard and died shortly after.

I will always remember my grandfather; the smell of fresh bread brings his spirit to me. The memory of the comfort I felt, fingering the hem of his coat that hung behind the kitchen door, when childhood tears were falling, still fills me with love for a man who left my world so long ago.



L. Simulador

Experiences of Dementia: Stories from those who care

Symposium and Book Launch

Do you have dementia?

Are you, or have you been, a carer for someone with dementia?

Do you work in home care, caring for people with dementia?

If so, come along and tell your story.

When

Wednesday 26 September 2018

Time: **Symposium**

10 am – 4 pm

Book Launch

4 pm – 5 pm

You are invited

This Symposium is about the day to day experience of 'living with dementia'. You may have dementia, you may care for someone with dementia. Caring in the context of dementia is unlike any other experience. Although the majority of people with dementia live at home, home care – and the insights and skills acquired by carers – is undervalued. This is an opportunity for you to share your stories and listen to the stories of others. We want to hear about your personal knowledge and experiences.

Where

The Refectory, Quadrangle
University of Sydney

Why? We want to explore ways to better understand how to care for, inform and support those who 'live with dementia'. You can help us learn how to help you.

Registration

By 19 September
tinyurl.com/ycdgychc

What do you need to do?

To share your story as part of the program, submit a short summary about your experiences, by Friday, 31st August 2018.

If you just want to listen and learn, then simply register.

Further details will be sent on registration.

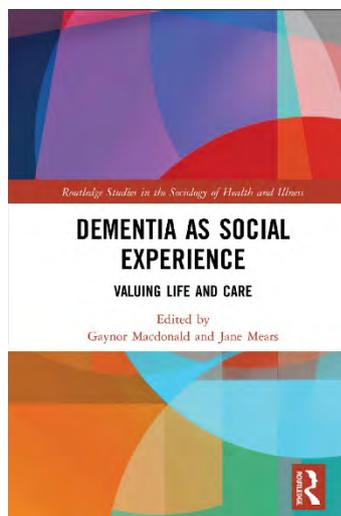
For more information and to contribute to the program, contact

Gaynor Macdonald

Jane Mears

gaynor.macdonald@sydney.edu.au

j.mears@westernsydney.edu.au



BOOK LAUNCH

Dementia as Social Experience: Valuing Life and Care

edited by Gaynor Macdonald and Jane Mears

will be launched by **Professor Emeritus Raewyn Connell**. Join us in celebrating new ways of thinking about dementia in a caring society.

Reframing Dementia as Social and Cultural Experience is an initiative of the Dept of Anthropology, University of Sydney, and the School of Social Sciences and Psychology, Western Sydney University

<http://sydney.edu.au/arts/research/reframing-dementia/>

26th Annual Jean Arnot Memorial Luncheon.

Earlier this year, Cate Turner, a long-standing member of OWN Sydney, asked me to accompany her to the Luncheon as her “sponsor”. The Lunches honour all women in their nineties who have worked for the betterment of women and their communities. Jean Arnot was an activist who, as a librarian, undertook a campaign for equal pay for equal work in the early 1930s. She took an active role in many women’s organisations including Business and Professional Women’s Association and National Council of Women. After Jean’s death, it was decided to continue the lunches as a way of honouring our older women.

I was fascinated to read each woman’s biography and marveled at their commitment and achievements. Cate’s biography reinforced how special she is and how lucky OWN is to have her and our other long-standing members, their expertise and advice they freely make available.

The guest speaker at the lunch was Liesl Tesch MP (State parliament). She was fascinating and inspiring. Certificates were presented to the women who were honoured. Cate Turner cut the Celebratory Cake and it was thrilling to see her name on the program with the words Cate Turner OAM, nominee OWN. OWN’s name was in the public sphere which is so important.

Thank you, Cate, and our older, generous members. We thank and honour you all for your courage to form OWN, your experiences which you gladly share, your wisdom and guidance.

Anne-Marie Kestle: Co-ordinator OWN Sydney



ILLAWARRA OWN REPORT, August 2018

From a handful of women 20 years ago, our group now numbers over 130. We began as an informative social group and 9 years ago with the encouragement of OWN NSW, the Illawarra Wellness centre commenced operating in Coniston. Between our two integrated entities we have provided social, mental and physical opportunities for women to form friendships, to be informed of serious and not so serious concerns and to greatly improve lifestyle by appropriate exercises and artistic pursuits.

Our choir, the *Silvertowns*, continue to provide communities and aged care facilities with song and good cheer. The singers range in age from the 50s to the 90s and they have paid over 30 visits in the past year.

Our invited speakers come from a wide background of interests including Area Health, Safety for Older Road Users, Health Promotion specialists as well as staff and parent representatives from a local school for Autistic Children.

We have enjoyed a Games Day organised by a member who runs similar days at her home on a regular basis. We have regular luncheon days which are well patronised. The local Fraternity Club is our venue for the Coffee Club which has been going for some years. Several other groups, such as our Current Affairs group have been formed but retaining interest is not always feasible.

Our members enjoy organised bus trips to a wide variety of venues, with no driving or parking problems. A light luncheon is on the menu which also makes for a very delicious days outing.

We are indeed fortunate to have women who are prepared to give time and energy in organising functions, entertainment, trips and morning teas! And almost all of it is done with a great sense of fun.

The Wellness Centre in Coniston, whilst physically removed from the main meeting venue in Corrimal, is a remarkable success story. Each week, with a holistic approach to improving lifestyle, it conducts a wide range of classes to suit a wide range of needs. The classes provide appropriate physical exercises and, for the more artistic, dance, drumming and ukulele classes are available.

From a small group of women who saw the need for an extended range of opportunities for women to expand their interests, the Wellness Centre now has in excess of 100 members. We are very proud of these achievements.

Jeune Taylor, coordinator

Free Health Education Sessions for Older People

The Health Promotion Service for Older People is a free service which coordinates volunteers in Metropolitan Sydney, Central Coast, Hunter, Blue Mountains, Richmond, Camden, and Illawarra and Shoalhaven areas who are trained to conduct informative sessions in English and community languages on health issues for independent living seniors' groups.

Topics cover:

- Diabetes Awareness
- Falls Injury Prevention
- Healthy Brain Ageing (Your Brain Matters)
- Medicine Management
- Oral Health Care
- Osteoporosis Awareness

Call: 1800 451 488 to organise a free health session for your OWN group

Health Promotion Service for Older People, CPSA (Combined Pensioners and Superannuants Association)

Email: health@cpsa.org.au

Web: www.cpsa.org.au

(Editor's Note: This is a great opportunity for any group who invites guest speakers.)

PS. Farewell for this edition. Thank you all for so many great contributions.

OWN NSW Annual State Conference and Annual General Meeting

Our annual State Conference and AGM will be held this year at Castlereagh Boutique Hotel Sydney on the **25th October** with a **Social Day** planned to historic La Perouse Museum followed by lunch at Yarra Bay Sailing Club for Friday 26th October. (See below). It is an important time to gather and share our stories, reconnect with each other and plan for the future.

All OWN members are very welcome and encouraged to come. The costs are outlined in the registration form. Each group is able to send two delegates to the AGM whose costs will be covered by OWN NSW.

This year we are very lucky to have secured two excellent speakers in **Shirley Randell** and **Rhoda Roberts**. Please find some information about each of our guest speakers on the following pages.

We look forward to meeting you all at the conference. Please fill out the Registration form on the pages following and **return to OWN NSW before October 1st**.

OWN NSW Social Day: Friday 26th October – Join us for a fun day out in historic La Perouse. We shall visit the La Perouse Museum – housed in a heritage building the La Perouse Museum documents the expedition of French explorer the Comte de Lapérouse. Lapérouse arrived in Botany Bay a week after the First Fleet. His expedition was last seen in what is now national parkland before mysteriously vanishing. The fascinating exhibits in La Perouse Museum also tell stories of the local area, including Aboriginal stories. Afterwards join us for lunch at Yarra Bay Sailing Club.



Guest Speaker OWN NSW Annual Conference and AGM

Rhoda Roberts AO



Rhoda Roberts is a member of the Bundjalung nation, Widjabul clan of Northern NSW and South East QLD and is an experienced, motivated and versatile arts executive whom is currently Head of First Nations Programming at The Sydney Opera House.

Some of her many achievements include her directing Songlines, in 2016, which was the first Indigenous Lighting the Sails as part of VIVID Live and VIVID Sydney. During NAIDOC week in 2017, Badu Gili, a daily Indigenous Lighting of the Sails at Sydney Opera House was finally realised by Rhoda.

Rhoda was also the founder and Festival Director of the Dreaming Festival (1995-2009) and the Creative Director for the Awakening Segment Sydney Olympic Games 2000 Opening Ceremony and for Sydney New Year's Eve 2009-2011 and is currently Festival Director of the Boomerang Festival.

Rhoda has written, directed and produced several documentaries, and was the first Aboriginal to host a national prime time current affairs program. She was a co-founding member of Australia's first national Aboriginal theatre company, the Aboriginal National Theatre Trust (ANTT).

In 2016, she was awarded the title of Officer (AO) in The General Division Of The Order Of Australia, for her distinguished service to the performing arts through a range of leadership and advocacy roles in the development, promotion and presentation of contemporary Indigenous culture.

She will entertain and inform us on issues ranging from older women she has admired along her journey, to cultural aspects of being a first nation older women to possibly stories from Dance Rites that pertains to the handing down of cultural practices from older women. She is an engaging speaker and a wonderfully warm human.

Guest Speaker OWN NSW Annual Conference and AGM

Shirley Randell AO, PhD, Hon.DLitt, FACE, FIML, FAICD, AIE, MEd, BEd, DipDiv, DipREd

National Ambassador, National Older Women's Network Australia Inc.



World renowned for her work with women in Rwanda after the genocide, Professor Shirley Randell has had a fascinating and eminent career as an educator and expert in public sector and institutional reform in developing countries across the globe.

Dr Randell was recognised in the 2012 Inaugural Australian 100 Women of Influence Awards – global category, and 100 World of Difference Awardees – community category for 2013 by The International Alliance of Women. She is an Officer of the Order of Australia and Distinguished Alumni of the Universities of Canberra and New England, Armidale,

Australia.

Dr Randell recently completed an assignment as the Preservice Education Specialist with the Teaching Quality Improvement Project for the Ministry of Education in Bangladesh.

She is committed to universal education, continuing to mentor and empower women and has been active in Rotary International, Zonta International, Virginia Gildersleeve International Foundation, indigo foundation and Graduate Women International (GWI) and their worldwide initiatives.

Dr Randell played key roles in discussions for the development of Rwanda's first Economic Development and Poverty Reduction Strategy and national girls' education and gender policies as well as gender mainstreaming in Bangladesh.

A world vice-president of GWI (formerly the International Federation of University Women) from 2007-2010, she is a founder and Board member of the biggest association for women graduates in Africa – the Rwanda Association of University Women, and was Founder Director of the Centre for Gender Studies at the University of Rwanda's College of Arts and Social Sciences.

OLDER WOMEN'S NETWORK NSW INC.

ANNUAL CONFERENCE AND ANNUAL GENERAL MEETING
THURSDAY 25TH - FRIDAY 26TH October 2018
Castlereagh Boutique Hotel Sydney <https://www.thecastlereagh.com.au>



REGISTRATION FORM

Name _____ Group _____

Address _____ P/code _____

Phone No. _____ Email _____

Are you a delegate for your network (please tick) No _____ Yes _____

Conference Fee: \$50.00 \$.....

Includes Lunch, morning and afternoon tea on
Thursday 25th October

Thursday 25th October Conference Dinner \$60.00 \$.....

Friday 26th October Visit to La Perouse Museum

Lunch at Yarra Bay Sailing Club \$25.00 \$.....

Total Payable \$ _____

Pay by: Cash, Cheque (**made out to OWN NSW**), Mastercard or Visa

Card No _ _ _ / _ _ _ / _ _ _ / _ _ _ Expiry Date _ / _

Name on card.....

Signature

Forward registration to OWN NSW Annual Conference and AGM

info@ownnsw.org.au or post to OWN NSW, 8-10 Victoria St, NEWTOWN 2042 by 1st October

Please include any dietary requirements

Accommodation should be booked by you directly with the hotel.