

OWN MATTERS

*Newsletter of the Older Women's Network New South Wales Inc.
No. 8 June 2002*

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New and Different

All subscriptions to OWN Matters are due on 1 July!

All Membership fees for OWN Sydney are due on 1 July!

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|--------------------------|--------------|---|
| <input type="checkbox"/> | Membership | \$ 5 |
| <input type="checkbox"/> | Subscription | \$20 |
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| Total | | \$ |

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*If you have already paid
up to 30 June 2003,
please ignore this notice.*

Thank you to all our members and subscribers for your continued support.

Point of View

Politics Don't Interest Me!

How often do you hear this? I "don't want to hear about all that stuff" but imagine the following scenario, if you can.

Presume that the proposed Australian Security Intelligence Organisation (ASIO) Amendment (Terrorism) Bill now before Parliament has been passed. One day your student grand daughter has failed to return home at the expected time. It grows later and later, night follows day and frantic calls to police yield no results. After an anxious period of waiting with no news, she arrives home to say that she has been kept in custody after being arrested with other young 'terrorists' who were taking part in a 'demo'.

If passed in the next sitting of Parliament this bill *could be on the statute books*, and, unlikely as our scenario seems at this moment, the law could be invoked if ever the government felt under threat. ASIO, which until now has not had the powers of the police, (although it is a secret organisation, largely unaccountable and which has already in the past committed actions that would have been illegal for

anyone else) could, under this new law, actually become Australia's secret police.

For a very short time these Bills were in the public arena. Lucy Porter, Peg Hewett and I, on behalf of OWN, went to hear one of the submissions being heard by the Parliamentary Committee. ("All right, thank you, your thirty minutes is up! Next please!")

Thousands of e-mails were sent to the committee from across the political spectrum, from the far right, even including Bronwyn Bishop, to members of the Liberal party, small "l" liberals and people of all other shades of public opinion, objecting to this proposed legislation.

This impasse has wrecked the Attorney General's plan to push the Bills through the Senate last week. He must now wait until June 17 when the Senate resumes sitting.

We then have another month to think about and understand what the implications of this anti terrorist legislation will be if passed.

If you fondly think politics doesn't concern you, think again.

Muriel Hortin

OWN Matters

OWN Matters, the newsletter of the Older Women's Network (OWN) New South Wales Inc. is published 11 times a year. Subscription is \$20 and is payable on 1 July.

Who Are We?

OWN NSW is the peak body for fifteen OWN groups in NSW. OWN promotes the rights, dignity and wellbeing of older women through a range of activities and resources, and advocates to government and non-government agencies on issues of concern to older women.

Contributions

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

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OWN NSW Coordinators Report

OWN NSW has a new member group – OWN Southern Highlands! Welcome, we hope to meet some of you in person at the OWN NSW Conference in July.

We have a reprieve on the Insurance problem! OWN NSW has become an associate member of Meals on Wheels, so that we can join their group insurance package. Until July we pay at the same rate as we were last year for our public liability insurance. That's the good news! However it is likely that when Meals on Wheels is seeking their insurance renewal for next year they, and therefore we, will be facing the rise in premiums again. Now isn't that something to look forward to?

The recurring question of the membership of OWN NSW to OWN Australia is still under discussion. There are people working on alterations to the OWN A's constitution that will reflect the changes in the way the organisation is currently working.

When a draft is prepared, OWN members in NSW groups will be consulted and suggestions included for consideration and possible adoption at the OWN A Conference in December.

And while the subject of 'constitution' is in the air/on the page, Sam Smart is preparing some changes to the OWN NSW constitution for discussion and voting at the OWN NSW.

Conference in July. Most of the changes are clarification, not change. The major change, if adopted, would be to the 'election' requirements. We are suggesting that in order to guarantee continuity on the Management Team, four members will be held over each year, two from the regions and two from the city. This would mean that each year only nine positions would be vacant and open to new nominees. Notification of the proposed changes will go to all groups for discussion

Speaking of which, marvellous how everything is flowing together! As we write, we have only got three nominations for the next Management Team! Please persuade anyone you think would be an effective person on the team to accept nomination! The management team needs energy and commitment to maintain OWN's work and profile. We need people from project teams, to keep the lines of communication open, as well as members from regional groups and Sydney.

Please note:

The NSW State conference is *not* in June as was advertised on the Non-Delegate Registration Form sent out in May *OWN Matters*. The Conference is on Monday 15 and Tuesday 16 July. If anyone wants more registration forms or other information about the conference, please phone the office.

Pam Ledden, Betty Murphy and Sam Smart

Well Done, Penrith!

Penrith recently won a Seniors Week Premier's Award for "tireless community work".

At the Award ceremony a delicious afternoon tea (provided by Penrith OWN as a fundraiser!) was served to more than forty members of Penrith OWN and a host of local dignitaries from local community organisations, council, and state government departments.

In accepting the Award from Mayor Pat Sheehy, on behalf of Penrith OWN, Thelma Anderson said that "growing older is no reason to sit back and watch life pass you by". That 'get up and go' attitude has attracted more than sixty members to Penrith OWN since its beginnings, over eight years ago.

OWN's aim – to promote the rights, dignity and well being of older women – has inspired the group to provide a wide range of activities and services for

older women in the Penrith area, including *Our Place*, a drop-in centre which is situated in the local community health centre. *Our Place* is run by members of Penrith OWN who roster themselves between 10am and 2pm from Monday to Friday. The centre provides a quiet, safe place for older women to relax and have a cup of tea or coffee, and is open to all older women.

We really enjoyed Mayor Sheehy's comments that Penrith OWN "is an asset to the area; a dedicated and positive community group that provides support and information, not only to its members but also to International Women's Day, the NSW Cancer Council and many other organisations in the city".

We enjoy positive comments like these – they keep us keeping on!

Hedi Roggeveen

OWN Sydney Highlights

Coordinators' Report

Congratulations to OWN Sydney nominee, Betty Little, who won an award at the recent Edna Ryan Awards. Also to OWN member, Joyce Stevens, who won an award for her commitment to women's rights over so many years. OWN Sydney was very well represented at the awards – what a great night!

It is almost AGM and conference time for OWN NSW and OWN Australia. Sydney members are encouraged to get involved and ensure they are both a success. The OWN Sydney AGM will be held in August. With Margaret Kelly's valuable assistance, the Working Group is drafting guidelines/constitution for members to comment on before our AGM. Copies will be available in July.

We have made a funding application to the NSW Sport and Recreation for two new activities – Tai Chi and Gentle Exercise – but won't know if we are successful or not for a month or so.

More and more members of OWN Sydney are developing their skills and enjoying informal activities and get-togethers. Pearl's two-day class with thirteen enthusiastic life-writers was greatly appreciated and we have negotiated a free three-hour computer class on Apple Macs with Petersham TAFE Outreach.

On 15 May, over thirty members crowded into the upstairs room at Windmill Street to listen to Dr. Eileen Pittaway's moving and thought-provoking talk about her recent overseas experiences in refugee camps, and also her views on the Australian Government's policies on refugees. Participants donated \$225 towards a campaign for girls in refugee camps to make cotton sanitary pads so that their schooling is not interrupted each month when they menstruate.

Each decade we live is special (perhaps even more so as we get older), so reaching the eighth decade is definitely an occasion to celebrate. We don't know the birthdays of all our members, but we do know that Mary McCusker, Trude Kallir and Dorothy Cox all turn 80 in May. Congratulations!

Joy Ross and Louise Anike

A Pleasant Occasion

With the cooperation of the weatherman and the congeniality amongst participants, the fish luncheon on 19 April proved to be an outstanding success.

The ferry trip to Manly and the glorious scenery of Sydney Harbour were wonderful. We enjoyed the charming company of our Greek OWN friends from Bankstown at the Harbord Diggers' Club, and the anticipated fish luncheon came up to expectations in the delightful surroundings. Many thanks to OWN members who explored this idea.

Anonymous (A bit fishy?)

a cappella workshop

Due to Jackie Loeb, our choir mistress, being in Melbourne for the duration of the comedy festival, our fortnightly rehearsals were cancelled and a new roster was circulated. As Jackie has two professional commitments early in June, our sessions will now be 8 and 22 June and 6 July.

We extend our wishes for the return to good health and spirits of those who have recently been absent, and look forward to your return. Regular and new members are always very welcome.

Beryl Winter

Drumming

Do you long to beat out a rhythm on a drum? Then you really should join our drumming group. Newcomers are warmly welcomed. Liz Ireland, our teacher, is enthusiastic and, importantly, most encouraging. She provides all the drums, which are mainly African drums called Djembes. Liz also brings large drums and some percussion instruments for us to practice on. We meet every Wednesday morning from 10am to 11.30 am at the Mott Hall. The cost per session is \$5.

Molly Smith

Coffee and a Chat

Those of us who attended the May coffee and chat morning were rewarded with stimulating memories and experiences based on significant 'things' that participants brought along.

Having time to socialise without phone or work interference is most enjoyable and allows us to get to know and appreciate each other a lot more.

We are looking forward to the next meeting on 15 June, when we will visit the S.H. Ervin Gallery after our chat. Hope to see you there.

Hedi Roggeveen

A Valued Volunteer

In the early 1980s, Louise Anike set up a self-help group with a couple of friends to explore the different and unequal ways in which older women are treated in our society – the “double whammy of sexism and ageism”, as Louise so eloquently puts it. This group was the beginning of a passionate and ongoing commitment to changing social and cultural views about older women.

Louise began her ‘volunteer career’ in the early 1980s when she joined the Sydney-based collective which produced the monthly feminist magazine, *Girls’ Own*. Being involved in all aspects of production – editorial decision-making, writing, design – increased Louise’s already considerable analytic and writing skills. In the mid-80s she and Lyn Ariel self-published, *Older Women: Ready or Not*, a collection of critical essays each had written on the effects of sexism and ageism on women’s lives.

From 1983 until its demise in 1999, Louise was a volunteer (and editor for most of those years) on the *Sydney Women’s Liberation Newsletter* collective. During this time she also wrote and self-published a second book, *Common to Women*, an introduction to the social role of women in our society. With her friend Lynette Ariel, she also wrote a performance piece, *Older Women Show and Tell*, which they performed in Sydney, Adelaide and Perth.

In 1987, Louise was invited by Peggy Hewett to add her voice to the group of older women travelling to Canberra to perform satirical scripts and songs on the lawns outside Old Parliament House. That group was the nucleus of the Older Women’s Network Theatre Group, which Louise has been associated with ever since. When the Older Women’s Network became incorporated in 1991 and moved from Combined

Pensioners to Lower Fort Street, Louise became a member of the OWN Inc. Working Committee. For different periods during the next thirteen years, she also took on the coordination role in partnership with Joy Ross. She is currently a member of the OWN Sydney Working Group.

Louise’s wisdom, insight and honesty during the years she was on the Working Committee – for most of those years she was chairperson – were a powerful and stabilising influence. Her ability not to appear flustered under great pressure had a very positive effect on others, as did her ability to sum up and present diverse points of view in a kind and courteous manner.

Since the early days of the Theatre Group, Louise has had her ‘finger in the pie’ in a majority of its productions. She has buckets of talent which she has used to great effect during the past six years as the Theatre Group’s primary scriptwriter and creative director. She says that after all these years she is still thrilled by the public reception that the Theatre Group gets.

Working with a group of stropy performance artists requires a great deal of humour, calmness under pressure, compassion, intelligence and fairness – characteristics that Louise Anike has in abundance!

Through her research, books, articles and scripts, Louise has made a long-lasting contribution to discussions of ageing and ageism, not only amongst her peers, but amongst people of all ages and from many different areas of life.

With her respect for different points of view and commitment to process as much as to outcomes, Louise Anike is, to me, a great model of ‘feminism in action’.

Dorothy Cora

Never Underestimate the Power of a Woman

There were eleven people hanging onto a rope that came down from a helicopter. Ten were men and one woman. They all decided that one person should get off, because if they didn’t, the rope would break and everyone would die.

No one could decide who should go, so finally the woman gave a really touching speech saying she would give up her life to save the others, because women were used to giving up things for their husbands and children and giving in to men.

When she finished speaking, all the men started clapping...

Sourced by Shannon Simons

‘If God wanted me to touch my toes, she would have put them on my knees!’

Friends ...

Two elderly ladies had been friends for many years. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards.

One day they were playing cards when one looked at the other and said, “Now don’t get mad at me ... I know we’ve been friends for a long time ... but I just can’t think of your name! I’ve thought and thought, but I can’t remember it. Please tell me what your name is.”

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally, she said, “How soon do you need to know?”

From the Sapphire Coast U3A newsletter

Creative Writing with Pearlie McNeill

Two delightfully wacky days!

From the start, Pearlie's stimulating input of information was huge. We spoke about why we were at the Writing Workshop. What did we want to do with our skills? And what stopped us from writing?

We made our own list of affirmations about our talents. Group participation was irresistible! First page introductions to stories were read from supplied books, enabling us to compare them with future writings.

Homework and fun were hinted at throughout the two days – we experienced much of the latter. Lunch time was spent in a quiet spot by ourselves, writing a first draft of our suggested exercise.

Marcia Angelo

What a gift!

I want to tell you how privileged we are to have Pearlie give us the gift of her experience as a life-writing tutor. She is the very best tutor I have had, certainly in my old age, and possibly ever.

Let me warn you though – she's tough! Unless you are deadly serious about writing, and prepared to listen and learn, you will be wasting her time and yours. Your time may not be important, but hers certainly is.

Please don't go because you think it will be fun – it will – or maybe it won't. Good luck to those who heed my words of warning – you won't be sorry.

To write even a short family history requires hours, weeks, years of dedicated work. I know. I've been on mine for five years and I'm still on it!

Dorothy Cox

A born liar?

Dad grins at me, and winks, "You're a born liar, you are, Emily," but Mum doesn't smile. "Don't encourage her, Jo," she says.

But here in Pearlie's Workshop these very, very old ladies smiled and clapped when I wrote down my lies and read them out. Just like Dad. They said, "Good on yer, kid – a budding fiction writer". I don't know what that means, but I feel proud to be one.

Emily Maltby, Aged 7

My Bum

*I know it's important to have a behind
To sit on and squat down, it really is fine.
But as I've got older, it's spread quite alarming,
My ego is gone, and I feel far from charming.*

*When I was young I was slim and quite neat,
Though I did have trouble with my big feet.
But as I was tall they balanced my frame,
High heels and stilettos were not in my game.*

*The doc made a comment; it came from his lips,
No problem here – good child-bearing hips.
But after the fourth I was beginning to flag,
And my bits and pieces had started to sag.*

*Then my prejudiced partner added his bit to the farce,
Go on a diet, you've got a big arse.*

*A jaded, jumpy, jumbo I had become,
And all because of my broad bum.*

*Now I have become friends with my pieces and bits,
And now I don't care if it gives them the ... !*

*For we all come in different sizes and shapes,
And if others don't like it, it's just sour grapes!*

Lucy Porter

Life Writers' Day

Many thanks to Pearlie McNeill who has just conducted a free two-day Life Writing course for OWN Sydney members. In 2000 and 2001 Pearlie also ran workshops for us which were attended by around thirty older women interested in exploring the spills and thrills of their lives.

Pearlie is now offering a one-day follow-up course for anyone who has completed one of her Life Writing courses at OWN.

It will be held on Friday 21 June from 10 am to 4 pm, and the cost is \$10. Places are limited to fifteen, and first preference will be given to women who attended her recent two-day course.

If you would like to attend, please contact the office 9247 7046.

Appreciation

I cannot say enough how kind you have been to this old, near blind woman. I do appreciate it so very much. I received my newsletter today, and I was, I think the word is 'chuffed', at seeing my letter in print. I was asking about possible companions to have coffee, play cards or go to the movies with. So far I have found one lovely person who has very similar needs to me. Our birthdays are one day apart though she is three years younger than I am. I'm still looking for friends in my area who are interested in cards or scrabble, to be played in my home, also for outings to movies and coffee.

Is there anyone (preferably a Rozelle local) who would be willing to teach two people how to play Bridge? We are willing to pay for lessons. I can be contacted by email merriwa@idx.com.au or by phone on 9818 1816.

I agree with Enid Harrison's report on the Central Coast population. My main concern when I lived there was that the bus transport was terribly inadequate, and I would hate to be trapped (as I call it) in that situation.

I was also interested to read Helen McMaugh's description of the Birdcages at the Cross, although I did not live in the so-called 'Birdcages.' I did work at the *All Nations Club* office in the seventies, where she mentions having 'snacks'.

Joan Young

Thanks

I want to thank the Newsletter editors for the continuing information and encouragement the Newsletter contains. Don't know where I'd be without it!

Cecily McIlroy

Congratulations

I look forward to receiving *OWN Matters*, and pass it on for others to enjoy. I congratulate all those who consistently do all the jobs to get the newsletter together. They all do a great job! I wish I could put down incidents and make something of them like others do.

Alma King

Farewell and Thanks

Thanks to Judy Laws, our consultant for the Sutherland Older Women's Wellness Centre, for her valued contributions to the success of the Centre.

Noreen Hewett

Thank you, Thank you!

For the beautiful Get Well cards, the kind sentiments expressed, the many chatty phone calls, the visits and lovely flowers from women of the Theatre Group and the Network, during the past few weeks while my heart was 'a flutter'.

Special thanks to Dorothy Cora, Lucy Porter, Elizabeth Swain and her husband, Roger. Dorothy insisted that I see a local doctor, Lucy bundled me into her car to take me there and then Elizabeth and Roger drove me from Mott Hall direct to my doctor's door in Panania (quite a distance). From there I was transported immediately to Bankstown Hospital.

They tell me if I had tarried too long I may not be writing this today!

Whilst I lapped up all the attention, I will NOT be giving an encore!

Janet Waters

Resident 'refugees'...

Those of us who heard Eileen Pittaway speak about refugees and saw her video were deeply affected. Emotions such as horror, pity, compassion, anger and desperation churned us up, and I gave thanks for my privileged, sheltered life.

How do we combat the racism, fear, cruelty and bestiality that causes people to flee their homes?

We were told that Western countries will need to take in immigrants because of low birthrates and an ageing population, otherwise there will not be enough trained workers to keep up the professions, the trades and education in general.

Yet we have a resident 'refugee' population here in Australia. Aboriginal people were displaced from their traditional country through white settlement, many succumbing to introduced diseases and many being killed.

They lost their home territories with their food supply, their languages, their communities and strong family connections and their system of law. The remnants were herded into missions where they had to mix with strangers and were virtual prisoners. Finally, many of their children were removed, leading to dysfunctional communities we see today, with disproportionately high domestic violence and incarceration rates.

Many of us are appalled about the harsh conditions imposed on asylum seekers here, who are treated like criminals.

Let us not forget the resident Australian citizens whose plight we cannot ignore.

Pat Zinn

Tell Us About Your Medicines

The Consumers' Health Forum (CHF) has been funded by the Therapeutic Goods Administration (TGA) for a twelve-month pilot project to allow consumer input into the process of approving Australian prescription drugs.

If any of you know about new medicines, are taking part in a clinical trial or are receiving a medication which is not approved in Australia, you may like to be involved in this project.

If you answer 'yes' to one or more of the following questions, we'd love to hear from you.

1. Do you know of any new medicines that are coming into Australia? If so, what are they?
2. What are they for? For example are they to treat a specific illness, manage side effects, relieve pain, etc.?
3. Do you know of any new medicines that have recently been approved in another country? If so what are they and which countries? What are they for?
4. Have you been involved in clinical trials recently?
5. Do you know of people importing medicines from overseas or ordering on the Internet? If so, please give us further information about the types of medicines (no personal details).
6. With the above medicines in mind, do you know:
 - (a) of any side effects or severe reactions associated with taking them?
 - (b) if the timing or number of doses is difficult?
 - (c) of any risks or benefits of the new medicines compared with currently available medicines?
 - (d) if the new medicines interact with any other medicines?
 - (e) if there is any information available on these new medicines for consumers?
7. What do you think are the biggest issues for consumers in relation to drug approval?
8. Do you have any further comments you would like to make?

At the moment we are merely trying to determine whether any OWN members are interested in this project. If you are, there could be a focus group later.

Please contact Renate Watkinson or Sam Smart through the OWN office if you would like to be involved or want further information.

Renate Watkinson

I started out with nothing, and I still have most of it.

My wild oats have turned into prunes and All Bran.

Funny, I don't remember being absent minded...

If all is not lost, where is it?

To pap or not to pap?

The NSW Cervical Screening Program is a joint Commonwealth/State funded program which aims to reduce illness and death. The Women's Taskforce, managed by the Western Sydney Area Health Service, has several special projects for Aboriginal and Torres Strait Islanders, women from non-English speaking backgrounds, women with disabilities, and older women – 50 years and over.

Statistics compiled by the Pap Test Register are recorded at ten year age intervals, and now includes a category of 70+. In the target range of 60-70 years, the screening rates were low and this is the age group which has one of the *highest* rates of cancer! Given that a percentage of women in this age group were probably using HRT, the question is why were they not being screened by their GP? It's obvious that we need to ask our GPs to do a Pap test, but if you prefer, you can also go to FPA Health clinics and some community health clinics.

In the past, the common wisdom was that if you had two negative, successive results just before 70, no further screening was necessary, and since it takes eight to ten years for a cancer to develop, who wants to wait for that? The idea is to catch any abnormality early, so please continue to PAP every two years.

In order to encourage Pap testing in older women, a *Bodies Matter* program has been developed by *Learning Circles Australia* in partnership with the Taskforce. A discussion group guide will be promoted through adult and community education groups and regional health providers. These could be conducted at our Wellness Centres or within regional OWN groups.

For further information, phone toll free 131 551 or check the website of the Cervical Screening Program at www.csp.nsw.gov.au

Trude Kallir

In Lieu of a Wake!

With the weight of too many years, with its attendant ills, pressing on my shoulders, and with a 'big' birthday coming up, I decided that my birthday celebration would be in lieu of a wake.

What a wake it was! The big difference, of course, was that I was relatively upright and there to enjoy myself, instead of being six feet under. I had decided to hang the expense, so there was gourmet chow, including desserts to die for, many of them provided by guests, and plenty of good grog, much of it also provided by my guests.

What a treat! There were no kind platitudes, nary a tear or a word about now she's 'gorn', no weak smiles at all of her faux pas.

Sweet things were said, old jokes remembered and 'young' family photographs passed around. And nice little pressies (actively discouraged) were gratefully received, especially the Belgian choccies and lovely wine.

To open the more 'formal' part of the celebrations, our host, my beloved nephew Ross, played a tape recording of a congratulatory message (by way of Her Loyal Subject, Lyssa) from the Queen. She made me the Duchess of Woy Woy – fat chance!

Another pleasure was a beautiful chocolate birthday cake with my favourite quote on top: 'Do not go gentle' from Dylan Thomas' poem for his father. (*Do not go gentle into that good night/Old age should burn and rave at close of day/Rage, rage against the dying of the light.*)

My only regrets were that I was far too dizzy with delight to dance or to partake of much of the food. I would have liked to invite many others, but in a Redfern terrace, it was too crowded as it was. There was even a dreamy few months'

Let's Get Physical!

I confess to being addicted. At the age of eighty one, I am a born-again gym junkie.

For some time, I had discovered that my muscles seemed to have gradually disappeared as old age had taken over, and to my horror, my body seemed to have turned to mush. In addition, I had started to develop the signs of osteoarthritis in my joints (hips, knees, ankles, fingers), and walking was becoming a bit of an effort. I wasn't enjoying my life a bit.

My eldest daughter had been singing the praises of physical exercise for some time. I was lucky enough to be awarded a complimentary tryout for two people at a local gym for two weeks, and my youngest daughter, who had just had a baby, agreed to come along with me.

We enrolled in the Pilates course (fairly gentle stretching exercises) but pretty soon I became interested in all the other activities I could see going on around me, so at the end of the two weeks, I asked if I could try out some of the other more strenuous exercises. I was assessed by the instructor (weighed, measured, had my blood pressure taken, etc.) and an introductory regime was specially tailored for me, having regard to my then physical condition. Because of my age, I had to obtain a certificate from my doctor to say that I was fit enough to start.

I started off with fairly simple exercises involving weight lifting (arms, shoulders) and others for legs, abdomen and buttocks, then gradually progressed to heavier weights and more sustained efforts. Within three months I had lost 5 kilos (from 74 to 69) without any variation in my diet. The muscles around my joints have become stronger, arthritic symptoms have almost disappeared, and I can now proudly flex my biceps!

"Watch it kids!" as I now say to my grandchildren, but what is of great importance is that I am now sleeping better at night – no more bouts of insomnia.

I start off each session with ten minutes on the exercise bike to warm up, then go through my routine, and finish with ten minutes on the treadmill to cool down. I try to go every morning, and it takes me about an hour to go through the program, and, yes, if you're interested, my daughter has signed up too – they actually have baby minding facilities. At the end of each session, I feel as though I am walking on air, and I can thoroughly recommend it to everyone.

It just goes to show, you're never too old! Apparently the trend for older people to take up gym exercise is becoming more marked, while numbers for younger groups are declining.

Olwyn Mackenzie

old Australian/Japanese baby, whom everyone drooled over, thanks to mother Kazumi.

My faux wake was an enriching experience which I recommend to

anyone with an anniversary coming up soon. Now all I have to look forward to is an el cheapo cardboard coffin funeral.

Enid Harrison

Twenty Months in China with Brigid Sen

Brigid Sen is an OWN member, Theatre Group performer and international volunteer.

Brigid and her husband recently returned from China where she taught English to post graduate university students.

They were both in China as volunteers with Australian Volunteers International.

10 am for 10.30

(enjoy a cuppa before we start)

Monday, 21 June 2002

Come along and enjoy Brigid's wise, witty and intelligent recollections of a culture very different from our own.

87 Lower Fort Street

Coffee, Chat & Gallery Visit

10.30 Saturday 15 June 2002

Meet at 87 Lower Fort Street for coffee and a chat, before we walk up to the S.H. Ervin Gallery at 11.30 am to view the art work in Salon de Refuses.

We are hoping to have a guide to take us around.

Entry is \$4

All welcome.

PS Some of us plan to share taxis up to the Gallery.

Fish Lunch

Fisherman's Co-op

Brickwharf Road

Woy Woy

Friday June 21

Catch the 10.17 am train from Central

Meet at 2nd front carriage.

Pip Preston, OWN member, will meet the train at Woy Woy Station and escort us on foot to the restaurant, where we will lunch at the covered picnic tables. It's a five minute walk. Prices range from \$6.

You may need to wear your woollies!

This is an excellent opportunity to meet and socialise with members of Woy Woy OWN.

ABORIGINAL SUPPORT CIRCLE

10.30 am

Monday, 1 July 2002

Mott Hall, Argyle Street, Millers Point

Special Guest:

Betty Little

Betty, Yorta Yorta woman, teacher, political activist, singer/songwriter and recent award-winner of an Edna Ryan award for *Making Against the Odds*.

Betty will share her way of presenting the history of the Aboriginal experience over the last 200 years.

Please bring food to share for lunch.

Learning about family relationships

On 6 May, Margaret Simpson, teacher and pioneer in intercultural education ran a workshop on kinship on behalf of the Aboriginal Support Circle.

First we looked at a typical Australian family tree over three or four generations – brothers, sisters, cousins, aunts, uncles, nephews, nieces, grandparents were easy enough to identify, but what about all those nameless people close to us who have no label? For example, a brother-in-law's wife's sister? We put them aside for a while to examine traditional Aboriginal kinship and compare it with ours.

Margaret had made each of us a cardboard gadget that helped us to understand in principle the layers of kinship through tribe, moiety and skin group. We learned that the kinship labels that we are so used to had different meanings and implied different reciprocal responsibilities in traditional times. It helped us to understand why Aboriginal people today seem to have so many relatives and why they tolerate what we think of as 'bludging' by their own people. Albert Namantjira – declared an honorary white man and thus allowed to drink in his time – was jailed for "supplying liquor to Aborigines". It was not a matter of choice. The system demanded

sharing. What was his, was also his brothers'. He would not have had the concept of denial.

Once we understand that a whole new category of people could be classified 'brother', 'sister', 'mother', 'son', etc. under this traditional system, we returned to our own family trees and re-labelled people, with surprising results!

The kinship system was a holistic welfare system in which each member was provided for. No one was without support – no orphans, no widows, no homeless. All sins were understood, all appropriate consequences were known to everyone and who would apply them was understood. The law was clear. When the system was broken down by dislocation, dispersal, alcohol and death it was inevitable that individuals found themselves totally lost and eventually reliant on non-holistic Western systems for which they were and still are despised by large segments of Australian society.

Having spent a stimulating morning in a different culture, we sat down to share lunch. There was a degree of sadness for what has been lost by society as a whole, but this was tempered by the fellowship we experienced together with our new sisters.

A Collective View

Not in their interests!

Don't be fooled by any reporting you may read about 'record spending' on indigenous issues in the 2002/03 Federal Budget.

Phillip Ruddock claims "the record-level expenditure of \$2.5 billion will provide more employment opportunities, appropriate housing, improved health and better educational outcomes for Indigenous Australians, as well as providing additional support for the native title system".

What the Minister doesn't tell you is that this amount includes the costs of fighting native title in the courts! Unbelievable?

Pearlie McNeill

Spirella

When I was about fifteen, going on sixteen, one of the 'in' things was for women to have corsets made to measure. The corset lady came to our home to measure and fit my mother. Mum would have been about thirty nine years old. I well remember the Spirella lady – a pretty, middle-aged, rather plump, bespectacled lady. The process would last for hours, and there had to be several fittings. I've no idea what it cost – I probably didn't ask.

My mother decided that I too needed a corset, in spite of the fact that I was very small and thin – 31" bust, 30" hips, very tiny waist – I weighed less than 6 stone, I think. I didn't protest. I thought it was quite normal, absolutely essential, especially when my mother said to me fervently, "Your figure is everything..."

The Spirella lady fitted me with a corselet, stretching in one piece from bust to thigh, fastened with hooks and eyes, with full-length 'bones' back and front. I still recall the embarrassment I felt when the boys in the office touched my back, wondering if they had felt these 'bones'. And of course, there were the wretched suspenders at the bottom, back and front, to hold up your stockings.

I don't know how long it was before I stopped wearing this hated garment. I really didn't need it, but in those days you did what your mother told you...

Anyway, out of curiosity, I looked up 'Corsetry' on the Internet, and found some fascinating articles at <http://homepage.ntlworld.com/davesplace/Chistory.htm>

Renee Simons



Theatre Group Report



One of the good things about belonging to the Theatre Group is that you visit lots of far-flung outer suburbs of Sydney, places that you didn't know existed. Thank heavens for Gregory's Guide!

On 2 April, we travelled to Belrose. After a few trips with City Rail, followed by a pleasant thirty-minute bus ride from Chatswood station through the leafy suburbs of the northside, we finally reached our destination. One member was heard to say, "I don't go this far on my holidays!"

We spent a lovely afternoon with the residents of Wesley Gardens Hostel. After the show, we ended up with a rousing singsong around the piano with everyone joining in. Some of the residents couldn't remember the words, but never mind, there was plenty of toe-tapping and lah-lahs. We were definitely not deterred by the jackhammers directly behind our stage, going about the business of refurbishment.

They want us back! They were such an appreciative and delightful bunch of oldies that we would like to return.

We took a well-deserved two-week break in April. Some of us used the time to learn new skills; others just lazed about and enjoyed themselves. A dedicated few spent some time during the week with the Salvation Army friendship circle at Panania. They performed what we call a Sing/Talk show to an enthusiastic group of men and women. Lots of singing and talking about the Theatre Group past and present, and their personal experiences and aspirations for the future.

On 10 May, we travelled to St Mary's Community Centre where we performed at a forum on older women and their safety at home, called Freedom from Fear.

The first half was, appropriately, about domestic violence. Josie Jackson, one of the members of our group who talk openly about the abuse they have suffered, was later quoted at length in the local paper. We admire these women for their courage, strength and endurance. Sharing their harrowing stories can be difficult and disturbing. Their message is of hope and survival – you can't beat a woman! During the second half of the show, we were seriously slinging off at the banks, the hospitals, the government and the sad state of the unemployed Fairies over Forty.

The main street in St Mary's has lots of wonderful looking OP shops. Unfortunately, there was no time to shop or browse as we rushed to catch the train; a sad state of affairs for the long-term 'addicted' OP-shoppers.

The next show is on Saturday 25 May at the Teachers' Union conference, a big one – an estimated audience of four hundred.

Support for Refugees

Sunday June 23 is the date for another peaceful rally to end mandatory detention and the brutal treatment of asylum seekers, which is happening in this 'democratic' country of ours.

Following Muriel's moving description of the Palm Sunday Rally, I am urging members of the Older Women's Network to join in and experience the feeling of acting in unison for this important cause. It would be wonderful if we marched together and show that older women *do* care.

As a member of the Refugee Action Coalition (RAC) which is striving for an 'Aussie Fair Go' for asylum seekers, I am asking members of OWN to endorse this organisation's aims. RAC is not party political. Being a supporter of RAC means that we would have our name added to their literature and pamphlets.

I raised the matter of endorsing RAC with the OWN NSW management team and they support the idea. Please let me know if you have any objection, or would like further information about RAC.

We need help to organise the rally. The organising group holds open meetings each Wednesday evening at 6pm at the Teachers Federation Building, 23-33 Mary Street Surry Hills, so please come along if you can.

The Rally will be held at Circular Quay at 11am, followed by a march to Hyde Park. Please phone me for further information on 9698 2247.

Jean Jacobs

Betty Murphy

The Edna's

Edna Ryan, who died in 1997 at the age of 92, passionately wanted to make the world a better place for women. The Women's Electoral Lobby NSW, of which she was a member, celebrates Edna's life and work each year with awards recognising the contributions that women have made in the areas that Edna cared about. In 2002, recognition was given to the following women and groups for their work in 'making a feminist difference'.

Nominated by OWN Sydney, Betty Little, a proud Yorta Yorta woman and a political activist for more than thirty years, won the award for *Making it Against the Odds*. Betty has consistently played a vital and active role in advancing the aims of feminism and creating awareness of the entrenched discrimination suffered by Aboriginal people.

The *Mentoring* award was given to Joyce Stevens, an elder to many young feminists, for sharing her knowledge and ideas so generously. Joyce is also an OWN member.

Leichhardt Women's Community Health Centre won an award for *Community Activism*, as did Janne Ellen for her forty tireless years working in many fields, and Jan Roberts for actively working to improve the status of women and girls in the Wagga community.

The Humour awards went to Judy Horacek, cartoonist and writer and to Rachael Oakes-Ash for her challenging approach to confronting body images. The inaugural *Education* award went to Elizabeth Dawson for initiating curriculum changes for girls. The *Arts* award went to Jill Bruneau for promoting and empowering single mothers through artwork. The *Media* award went to Julia Baird, a passionate activist for the

improvement of women's place in the Anglican Church, and Kathleen Swinbourne was awarded the *Government* award for her work with the Sole Parents' Union.

To celebrate WEL's 30th anniversary two awards were made in the category of *Grand Stirrer*. The first went to Wendy McCarthy for helping to change attitudes and win progress for women in all the organisations with which she has been associated. The second was given to Dorothy Simons for reforming one institution (the Family Planning Association), establishing another (Preterm Clinic), and for consistently promoting women's interests in the media.

Cate Turner

Book Reviews

Anything but Ordinary – the Nine Lives of Cécile, by Cécile Darwood and Ron Davidson, and *S'pose I Die*, by Hector Holthouse, are two books about very different but remarkable women, both born in England during the early years of the 20th century. Cécile worked with feminist groups in her early years, then married a professor of philosophy, and hobnobbed with celebrities like Bertrand Russell and G.E. Moore. When widowed, she began travelling, bought a campervan at the age of fifty-eight and continued to tour in it solo until she was eighty-four. She was called 'Mother of All Hippies' by youth in the Middle East and 'The World's Oldest Hippie' in newspaper stories. She travelled extensively in Australia, taught occupational therapy at Royal Perth Hospital and worked at the Far West Children's Home at Manly.

Evelyn Maunsell's biography takes

us from a comfortable home in England to an enormous outback cattle station in Queensland – a real pioneer story, full of stoicism and history. Her relationship with the Aboriginal community was typical of the day when the black stockmen were indispensable to the cattlemen, and large communities lived on the station in a patriarchal fashion, but as near to their culture as possible, holding corroborees and practising their tribal ways. Some interfering official said they must live in houses, so white-style houses were built and they lived beneath them, loving the feeling of the earth. Sad to reflect that equal opportunity, the vote, and recognition of them as Australian Citizens, which of course was just and fair, led to the destruction of this way of life because the cattlemen couldn't afford to pay them white wages.

Anything but Ordinary, Paperback Fremantle Arts Centre Press.

S'pose I Die, Paperback Angus & Robertson.

Joan Johns

Ah Choo!

Most cold and flu viruses are spread by direct contact. All you need to do is to touch a virus-contaminated object or person, and then touch your eyes, nose or mouth. Cloth handkerchiefs are a catchall for your germs, as these will thrive in the moist environment, so use paper facial tissues instead and throw them away immediately after use. Ideally, wash your hands after blowing your nose.

Did you know that the words 'God Bless You!' were first used by Saint Gregory, who lived from 240-332 AD? He is said to have spoken them in response to sneezers during a plague.

From the Internet

Top Hospitals!

Almost two years ago, I had a three-day stay in Bankstown/Lidcombe Hospital and could not fault the attention I received from Administration, surgical staff and ward nurses. Even though they were extremely busy and had some hard-to-please patients, they still had time for a smile or cheery words of encouragement. Their dedication showed in their skills and attitudes towards patients. Meals were not five star, but we had a selection of choices for each course, and the food was more than edible.

A year later, my daughter spent five days in the same hospital – different ward and nurses, but her observations were identical to mine. Maybe we are very easily pleased, or our nursing profession is the tops!

On Good Friday this year, late in the afternoon, my husband had a nasty accident and was rushed to Nepean Hospital. My son went with him. Neither of them had had any experience in a hospital before, yet each of them was high in their praise of the doctor and nurses in Emergency. This was a holiday weekend and, as usual, they were short-staffed, yet wasted no time in assessing his injuries.

Due to the nature of his injuries, he had to be transferred to Royal North Shore Hospital for surgery. We were advised of this at 11pm. I rang RNSH at 12.30am to inquire if he had arrived. "Not yet," said the person at the other end. "Would you like me to ring you when he arrives?" This she did, at 2.15am, apologetic for taking so long, but there had been problems in securing an ambulance from Nepean. In a caring voice, she suggested I go to bed and phone around 8am.

During his stay, no matter how often we phoned or visited, a cheery and informative person always greeted us. My husband was more than happy with the care and attention he received (loved the nurses). A fussy eater, he was high in praise of the food he was offered. Unfortunately, the healing is not progressing as quickly as was expected.

A few days after he returned home, I was admitted to Bankstown Emergency with a heart problem (couldn't let him get all the attention!) for one night only due to a lack of beds. I have nothing but admiration for the hard-working staff – their work is unending. Patients coming and going, and all handled with skill, patience and a smile, and no hurry to leave their stations when their shifts ended. I know, 'cause I was awake the whole time. Bright lights and continuous activities, plus wires all over my body, made it very difficult to get some shut-eye.

I realise some people have a difficult time in hospital, but speak as you find, and these are the findings of my family and me.

Janet Waters

Towards a Sutherland OWN...

You are invited to a meeting at 1 pm on Friday 14 June at the Pensioners Centre, 749 Old Princes Highway, Sutherland, where we will consider forming an OWN group and representation at the NSW OWN Conference.

Please phone the convenor, Noreen Hewett on 9523 9158, or Joyce Henwood 95402474 for more details.



Travelling Women

Two years ago for International Year of the Older Person, I walked 200 miles across England, from the Irish Sea to the North Sea. Last year, for the International Year of the Volunteers, I walked 613 miles around the English SW Coast from Minehead in North Somerset to Poole in Dorset. The ascents on this walk have been measured, and represent twice the height of climbing Mount Everest.

Not bad, eh, for a septuagenarian lady walking alone? I endured gale force winds, cold, wet conditions along the way, never-ending hill climbing, long hours on my feet during thirty-seven days, but I had plenty of time for thought and contemplation. My boots wore out, but I only had one blister!

Along the way, members of Women Welcome Women World Wide (WWWWW) gave me accommodation, friendship, encouragement and hospitality in many towns.

This wonderful organisation, which aims to give women of all ages and circumstances a chance to travel overseas or in their own country, has more than 3,000 members in seventy countries.

In March 2001, Sydney members hosted overseas and Australian visitors for five days and, later, seven members visited Canberra for Floriade and sightseeing. We enjoyed the accommodation and hospitality given by our Canberra counterparts.

For further information phone 9528 4096 or check our site www.womenwelcomewomen.org.uk

Coral Walsh

Brain Attack!

Stroke, or brain attack, affects approximately 40,000 Australians every year and is our third largest killer after cancer and heart disease. Despite this, many of us know very little about prevention, what causes it and what symptoms to watch out for.

What is a stroke or brain attack? When someone suffers a stroke or brain attack, vital supplies of oxygen and blood are cut off from the brain cells that control everything we do such as talking, moving about and breathing. A brain attack occurs when an artery leading to or in the brain becomes blocked or ruptures.

What is a Transient Ischaemic Attack (TIA) and what does it mean? A transient ischaemic attack is also a brain attack. However, these episodes usually last only a few minutes. They generally disappear quickly and, unfortunately, are ignored. If symptoms resolve completely within twenty-four hours, the episode is called a TIA; if they persist for longer, it is called a stroke or brain attack. Just like full strokes, TIAs require emergency treatment.

What are the warning signs? The warning signs of both stroke and Transient Ischaemic Attack (TIA) may be any one of following:

- Sudden blurred or decreased vision in one or both eyes
- Numbness, weakness, or paralysis of the face, or in either an arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Difficulty swallowing
- Headache (usually severe and of abrupt onset) or unexplained change in the pattern of headaches.

If you experience any of these symptoms yourself or recognise them in someone else, call 000 even if the symptoms last for only a short time. Emergency medical treatment is crucial for two reasons:

1. Only a doctor can decide whether you are suffering a TIA or stroke.
2. If you have suffered a TIA, your doctor can prescribe appropriate treatment to treat the underlying causes.

Who is at risk? A number of different factors increase the risk of stroke, including:

- Untreated high blood pressure (hypertension).
- Irregular heartbeat.
- Smoking and regular drinking.
- A diet high in salt and high in fatty, sugary foods.

What are the effects? The effects of a stroke vary enormously, and depend on which part of the brain is

damaged and the extent of that damage. For some, the effects are relatively minor and short-lived; others are left with more severe, long-term disabilities.

How long will it take to recover? The brain is a remarkable organ and is capable of adapting to change. The length of time it takes to recover varies widely from person to person. However, it is estimated that only a third of people who have a stroke will make a good recovery.

For more info, check out www.strokecare.com.au/healthlink.htm

Light Relief

My finger was killing me. One day, for no reason, my right-hand middle finger just drew up its middle knuckle in high dudgeon and got bigger, and hotter, and more excruciatingly painful every day.

At the doctor's surgery, it was x-rayed, cold-compressed, encased in a finger-stall, slung in a sling. But it still complained. My life slowed down to accommodate this poor suffering digit. Its left-hand sibling learnt new skills. But getting dressed was hell... Having that finger knocked out was living death.

Next step was to Sydney Hospital. Into the underground Hand Clinic I went, there to await my turn on the crappy old chairs, one-handedly flipping the crappy old magazines, and marvelling at the contrast between the beauty of the old hospital above and the poverty of the public spaces below.

"Oh, dear," said the doctor. Week after week we tried this and that, but to no avail. "Try physio," he said.

"Oh, dear," said the physio as she measured and massaged. Then she made a little cradle to carry the finger away in... But it still complained.

"We must operate," said the doctor, and put me on a list. "How's your finger?" said my friend John, who is a member of a Japanese-inspired healing sect called Maktari. "Would you like me to help?" he said. "How?" I said. "I can give you Light", he said. "OK," I said, "I'll try anything."

So for the next two months, his place or mine, he gave me Light. I rested my hand on a pillow. For about half an hour, John held his hand about fourteen inches above mine, and gave me Light. He had a little shrine where we placed food and flowers, and gave thanks to his Healing God. Then we had lunch. Two months later, I cancelled my date with the hospital.

My finger is still a bit skew-whiff, but it works – painlessly. I often give thanks to my friend and his healing God for restoring my precious finger to me.

Dorothy Cox

Surviving After Breast Cancer

Currently, one in every twelve Australian women will be diagnosed with breast cancer.

As a result of the government's commitment to prevention and early detection, more and more women are surviving this disease.

The current survival rate for five years post-diagnosis is approximately 70%. This means that there are thousands of women who, having been diagnosed and undergone surgery, are left without further support. Women who struggle physically to do the shopping, drive, or even hug their children, without feeling pain.

Breast cancer surgery often leaves women with ongoing pain and mobility problems, as well as feelings of grief, loss and isolation.

The YWCA of Australia has developed a program called *ENCORE* that helps women to rebuild their lives after surgery, and to regain their physical strength, mobility and self-confidence in a supportive and friendly atmosphere.

The *ENCORE* program of specifically designed gentle pool and floor exercises is being widely applauded by leading cancer and other medical specialists.

All women who have experienced breast cancer surgery at any time in their lives, whether it be two months ago or ten years ago, are welcome to join an *ENCORE* class in Sydney.

ENCORE classes are run by qualified instructors in a friendly and supportive environment.

If you or someone you know would like more information about *ENCORE*, please phone Claire on 9285 6225, or Freecall 1800 305 150.

Submitted by the YWCA

Restless Legs Syndrome

Restless legs syndrome (RLS) has been called "the most common disorder you've never heard of".

It's an uncomfortable sensation in the legs, typically occurring with inactivity, especially around bedtime. It can be particularly disturbing for sufferers, resulting in poor sleep at night and constant tiredness during the day.

The cause of RLS is not clear, although in some cases a deficiency in iron, even in the absence of anaemia, has been found to be associated with the problem. A deficiency in the part of the brain involved in transmission of chemicals known as dopamine could also play a role. There is also an increase in prevalence in people with diabetes and thyroid problems, and being overweight can be a contributing cause.

There are few single effective treatments. Where iron deficiency is diagnosed, this can be corrected and in many cases the problem is relieved. Dopaminergic drugs can also be used but these have long-term side effects that reduce their overall effectiveness. Some antidepressants can help, but others have been blamed as a potential cause of the problem.

Some behavioural ways of dealing with the problem include not exercising just before bedtime and learning relaxation techniques to use before retiring at night. Increase iron-rich foods in your diet and try massage and acupuncture. Losing even a small amount of weight and being active during the day can help, as can avoiding or reducing coffee, alcohol and other stimulants.

There is a support group called *Australian Sleep Disorders Assoc.* www.healthreader.com.au.

The Australian Consumers Association

Neighbourhood Scams

A scam is a fraudulent business scheme or a swindle. A general rule is that if it sounds too good to be true it probably is!

Scams come in the form of pyramid selling, chain letters, Internet offers, sweepstake prizes, overseas lotteries, investment opportunities and home repairs and home employment.

Before you spend money check for signs of a scam. Scam operators come across as confident, successful professionals. When you purchase goods or services at your door, the law provides a ten-day 'cooling off' period. This means that you can cancel the contract during this period and get your deposit back.

You can protect yourself against scams by keeping these points in mind

- Ask for the name of the person
- Take notes of any conversation that you have
- Ask for an explanation of anything that you don't understand
- Read letters carefully and seek professional help if there is a significant amount of money involved
- If you want to check on a company contact the Australian Securities and Investments Commission ASIC
- Take your time before you make a decision.

If you would like more information on the scams please phone the Seniors Information Service on 13 12 44 for a very useful little book produced by the Department of Fair Trading called *Little Black Book of Scams*.

Seniors Information Service

NOTICES

Bequests to the Older Women's Network

If you would like to include a bequest to OWN in your will, the following options will guide you in its wording. Please specify which Older Women's Network you wish to be the recipient of your gift: the Older Women's Network NSW or the Older Women's Network Sydney.

Option No. 1

I devise the sum of \$ to the Older Women Network for the general purpose of the Older Women's Network OR for the specific purpose of such purpose being consistent with the aims and objectives of the Older Women's Network, to be administered by the Older Women's Network.

Option No 2

(for a proportional bequest)
I give to the Older Women's Network for its general purposes or the specific purpose of
...% of my estate (or ...% of the rest of my estate).

The gift you make to the Older Women's Network will be an enduring record of your generosity.

Feed the Lorrikeets!

Regular assistance needed to help feed the lorikeets in Gilbert Park, Manly. Please contact Rosalie Calay 9971 1787.

Cushions!

Thanks for the great cushions you've donated! They make meetings so much more enjoyable! We still need about six more, so if you have some hanging around ... they'll have a good home at OWN.

Strong Women and Men Beat Arthritis

Dr. Miriam Nelson will speak about the latest news on arthritis treatment

2 pm, Monday 17 June

Council on the Ageing, 4th Floor, 280 Pitt Street, Sydney.

Cost is \$15 for non-members, \$10 for Arthritis Foundation or APA NSW members.

For bookings and enquiries, please phone Sylvia Shepherd by 12 June on 9683 1622.

Talking About Cancer ...

The Life Force Foundation is a non-profit organisation providing emotional/psychosocial support for people dealing with the experience of cancer.

They run a number of different programs, retreats, workshops and TAFE courses for people with cancer and their carers.

For more information, please telephone (02) 9389 3834 or www.netspace.net.au/~lforce

Computer Support

Rosemary Smith can analyse, instal, upgrade, train, troubleshoot, tweak and more... for a very reasonable hourly rate at your place. PC compatible computers only. Contact her on 9518 8322 or www.smallbics.com.au.

More Computer Support

Specially designed computer support for older people: setting up, tuition, upgrades and repairs, email and phone support and more. PC compatible computers only. Phone Neil Watkinson 9958 0104 or neil@wwtech.com.au.

Statewide Quality Improvement Forum

An opportunity for clinicians, managers and consumers to hear about quality improvements in clinical practice.

Official launch by The Honourable Craig Knowles, Minister for Health.

8.30 to 6 pm – free

Wednesday 3 July 2002

at Australian Technology Park, Cornwallis Street, Redfern.

For more info contact Barbara Anderson on 9391 9270 or bande@doh.health.nsw.gov.au

How old would you be if
you didn't know how
old you are?

NOTICES

Commemorate 100 Years of Votes for Women

13 June 2002

EMILY's List Australia invites you to Commemorate 100 Years of Votes for non indigenous women and 40 Years of Votes for indigenous women.

Join the wild women of this century (Joan Kirner, Jenny Macklin, Jenny George, Susan Halliday, Geraldine Doogue, Anne Summers and Penny Wong) in a frank and funny look at what we have done with our vote at 6.30pm on Thursday June 13th, 2002 at the Metro Theatre, 624 George St, Sydney.

Cost is \$60/\$40 concession (plus booking fee) and includes show, light meal and drinks at bar prices.

To book phone 02 9287 2000 or check the website at www.metrotheatre.com.au

English Lessons

Rozelle Neighbourhood Centre
Wednesday 1 - 2.30 pm.

Contact Anna Masella 9660 2972

My mind still works!

Does Millers Point feel too far for you? It does for me! Is anyone else interested in having morning tea and some good conversation somewhere near Town Hall Station on a regular basis? Please contact Helen Monaghan, helenmon@tpg.com.au or phone 9764 3531.

Women in Black

Women in Black is an international network of women who share a common philosophy of opposition to militarism and violence. We hold silent vigils in Sydney to protest war and violence on the first Thursday of every month on the steps of Sydney Town Hall from 5.30pm to 6.30pm.

Eye Clinics

Sydney Eye Hospital conducts Eye Clinics and Talks on a regular basis: 10.45 for Talks and 10am to 2pm for Clinics.

June 17 - **Talk** at Kepos Activity Club 5 Kepos Street, Waterloo

June 18 - **Clinic** above address.

Phone 9690 1108 for more information.

A Fastener-Free Bra

Designed for women who find it difficult to wear a conventional bra, or are just looking for more comfort from their bra. Made from special four-way stretch cotton lycra blend for extra comfort and support, this bra is easy to get on and off (it doesn't have fasteners), is supportive and allows freedom of movement. Cost is \$50 (\$45 for OWN members).

Comfort Discovered is at 511 Pacific Highway, Mt Colah. Please ring 02 9987 4500 for a brochure.

The Senility Prayer

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



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