



OWN MATTERS

Newsletter of the Older Women's Network New South Wales Inc.

No 17 April 2003

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From an original Australian ...

Aboriginal Elder, Joyce Woodberry, opened the Premier's launch of International Women's Day at Customs House with a Welcome to Aboriginal Land and a short speech on Aboriginal women's issues.

Women have much to celebrate on International Women's Day. Since the first Women's Day rally in 1908 in the USA, women have been making all kinds of demands – for equality, the right to vote and economic rights. Through their struggles many changes have occurred for white Australian women throughout the 20th century.

The women that benefited least from these struggles were Aboriginal women. Aboriginal women were completely out of the frame. In 1967 Aboriginal people were recognised as citizens in our own country and given the right to vote. But we were still having our children stolen and put into homes to be trained as domestics and farm workers for the white population.

While white women fought for their economic and human rights we fought for our survival against two centuries of attempted genocide, racism, neglect and discrimination. White domination almost destroyed my people. Our land was taken from us, our culture and language denied us. We were classified as less than human.

During the last 30 years many Aboriginal women have fought hard for our rights and for justice. Things like our legal rights (we now have Aboriginal Legal Services); a decent education (most universities have advisory services for Aboriginal students) and access to Aboriginal health and welfare services.

It has been a long, hard struggle, which is still continuing. Aboriginal babies are still dying in greater numbers than white babies. Our people's life span is on the average 20 years shorter than for white Australians. Aboriginal women are still more often victims of violence and rape.

On the positive side, we now have Aboriginal nurses, doctors, solicitors, judges, teachers and champion sports women. We have proven that we can and will survive. However, for Aboriginal women to continue our work and to grow stronger, we also want recognition of our struggles, and ongoing support from our white sisters.

Joyce Woodberry

OWN NSW Coordinators' Report

March is always a busy month with International Women's Day, Seniors Week and this year the State election, requiring our attention and involvement. For the first time in many years, OWN did not have a table at the International Women's Development Agency breakfast. However, Cate Turner attended the breakfast and reported being extremely impressed with Helen Hakena, the keynote speaker, who lived on the islands of Bougainville, Papua New Guinea. Helen's message is one that strongly resonates with OWN: "I have learnt that one of the best ways to bring about positive change is through women. If we can strengthen the voices of women, we can strengthen communities".

In February, OWN NSW was pleased to sponsor Cate Turner and Dorothy Buckland-Fuller to attend the Australian Society of Gerontology's conference in Coffs Harbour. Yetty Windt also attended, paying her own way, and OWN Sydney sponsored Noreen Hewett to attend. They were a great team. The conference was called *The Future of Ageing: When the Baby Boomers Retire*. A number of articles on the conference are in this issue of *OWN Matters*. It's very important that OWN is represented at conferences and functions on ageing as it provides opportunities for networking with professionals and other consumers, and can expand our knowledge about new developments that we might not otherwise hear about.

We want to remind you that confidentiality related to members' contact details is a non-negotiable policy at OWN. Members will have recently received a Seniors Week Program in an envelope with a Department of Ageing, Disability and Home Care (DADHC) return address on it. It's important to us that you know that these Programs were labelled at OWN and posted from Millers Point.

Planning for the State conference is under way, although we are still waiting for an inspirational name for it! As last year's conference was the first conference held by OWN NSW since it became the peak body, by necessity it focused more on internal issues. This year's conference will have a greater focus on external issues, so if you can think of a snappy name, please let us have it, soon. Also, if you would like to be on the conference planning committee, please contact Cate Turner on 9247 7046.

The Fostering Wellness project funded by DADHC, which involved two women from each of four groups (Wagga Wagga, Macarthur, Nowra and Newcastle) spending three days exploring aspects of OWN's model of Wellness at Sutherland, Penrith, Bankstown

and Sydney, was a great success. There'll be more details about the tour in the next issue of *OWN Matters*.

Promoting OWN is an important activity that can be undertaken in a variety of ways, at the local level, at public events, by word of mouth and in publications. Cate Turner recently spoke about OWN, particularly our model of Wellness to a group of older women enjoying physical activities at St Leonards. Mollie Smith and Pam Burke provided a wide range of information about OWN from a stall at a Parramatta Information Day during Seniors Week. Mollie was somewhat motivated to promote OWN in Parramatta as she lives in Carlingford and would very much enjoy having a local group in her area.

Remember also, that the OWN website has information that may interest community groups and local media. A printout can always be used as part of a press kit.

We hope you had a successful and productive Seniors Week. A round-up of all the activities will be reported on in the following issues.

**Pat Simpson, Mollie Smith,
Cate Turner and Anne Warren**

Anti-War Rally

**Palm Sunday March for Peace
1 pm Sunday 13 April**

**Assemble Belmore Park
(next to Central Station)**

**Organised By Walk Against the
War Coalition
(02) 9267 8122**

Website: www.nswpeace.org
Email: nswpeace@hotmail.com

Please send donations to "Walk against the War Coalition" PO Box A899 Sydney South 1235.

To get weekly peace movement email updates send an email to: a.tattersall@labor.org.au with the words peace subscribe in the subject line.

New directions for advocacy

The OWN Advocacy Coordination Group had its first meeting for 2003 in February. We plan to meet quarterly in future or more often if there is a need. The first thing we did at the meeting was to discuss and agree on Terms of Reference for the group. These are as follows:

Our aim is to monitor and advocate for older women's issues at a state-wide level, and to ensure that the Older Women's Network is represented on all relevant state committees, consultative forums and advisory groups.

As a group our organisational responsibility is to the OWN NSW Management Committee, through Anne Warren, a member of that committee.

We agreed that advocacy issues could arise from any older women in NSW, whether they are members of OWN or not. They could also come from the NSW Management Committee, the State or National Conferences or as feedback from local groups or forums.

Our 2003 Action Plan is to maintain a watching brief on the issue of discharge planning, to research the issues of older women and domestic violence and mental health and older women.

At our next meeting, we hope to have a specialist speaker on domestic violence to talk about specific issues of concern for older women and we plan to invite a mental health consumer to talk about the issues she has faced in this area. We wondered if local OWN groups might like to consider holding discussion groups on these topics and inviting guest speakers to lead discussions.

Although we are aware that Medicare is a Federal issue, we feel that its impact is very important for older women. We have asked the NSW OWN Management Committee to write to the Federal Minister for Health strongly urging the retention of the Medicare system in its current form.

The next meeting of the ACG will be at 10.00 am on Tuesday, 8 April 2003 at 75 Windmill Street.

Pat Carlton

See Me!

"Kate", the writer of this poem, was a Nursing Home resident who was unable to speak, but occasionally wrote. After her death, her locker was emptied and this poem was found.

I'm an old woman now and nature is cruel, 'tis her jest to make old age look like a fool.

The body it crumbles, grace and vigour depart, there now is stone where once I had a heart.

But inside this old carcass a young girl still dwells, and now and again my battered heart swells:

I remember the joys, I remember the pain, and I'm living and living life over again.

I think of the years all too few - gone too fast, and accept the stark fact that nothing can last.

So open your eyes nurses, open and see, not a crabby old woman, look closer - see Me!"

Valerie Dickson

Memory Training

According to a report in the UK journal *Neuropsychology*, researchers have found that systematic memory training can help some patients with early-stage Alzheimer's disease. At the beginning of the study, participants were tested for general intellectual ability, memory, naming, spatial perception, attention and executive brain function. Mood, behaviour and insight into memory problems were also evaluated. All of the participants were found to have impairment on at least one of the memory tests and some had difficulty performing the naming and perceptual tasks.

The patients who had difficulty with naming tasks were then given memory training. This comprised a set of twelve photos that included people in the patients' social network and famous people. They learnt one face-name association per week until they had learnt a total of six faces. Practising continued until a one-month follow-up test of what had been learned. Further tests of learning were carried out at three, six and twelve months after the end of the post-training trials.

Memory training improved performance on free recall of the trained items and the benefits remained six months after the training. At twelve months, scores remained above that seen at the beginning of the study, even without further practice. Some patients improved more than others. Those patients who were more aware of their memory problems were more likely to respond favourably to the memory training.

From: www.surgerydoor.co.uk/news/detail.asp?offset=2813

New Horizons

Ever had a vision for widening the horizons of older women, and achieving that vision?

Sutherland Council approved the vision, called New Horizons, worth \$16,000, in 2002. New Horizons aims to provide activity models for socially isolated women with a disability. One group has already been run successfully and two will be established by the time the project finishes (now rescheduled with Council approval for March 2004).

The New Horizons model involves volunteers from the Sutherland OWN Wellness Centre picking up women with a disability from their homes and transporting them by car to the Community Restaurant at Miranda for discussions, led by the volunteers, and lunch. The women are then driven home again. Feedback from participants and from Wellness Centre volunteers has been very encouraging.

The second part of the New Horizons model involves training members of the Wellness Centre Management Team to lead and facilitate groups.

This is well on the way. In February 2003, eleven of us enjoyed a three-day residential at Bundeena House, a place of serene beauty and peace on the water's edge. We really enjoyed one another's company, as well as the workshops on Leadership, Conflict Resolution and Group Facilitation. Meg Bishop, project consultant with OWN Australia, led the leadership training while Vianney Hatton, a member of Sutherland OWN, conducted the group facilitation session and I ran the workshop on conflict resolution. These workshops build on previous workshops – Leading a Discussion Group and Program Coordination – held at the Centre in 2002. How wonderful it is to see women realise their many skills and talents!

Future monthly one-day workshops at Bundeena will include topics such as Active Listening, Assertiveness Training, Confidence Building and Coping with Conflict, with the same group facilitators.

In April, we will explore forming partnerships with like-minded organisations in the Shire, for example, neighbourhood centres, and will offer to run these workshops on a reciprocal basis. Through partnerships, we hope to reach more older women who are socially isolated as a result of a disability, and offer them the opportunity to expand their horizons through discussions and lunches with members of Sutherland OWN. The next one is scheduled for 10 April.

How wide are our new horizons! It's been a revelation and a sheer joy to be part of this outreach program. Thanks to the vision of Noreen Hewett, co-coordinator of Sutherland OWN Wellness Centre, and the enthusiastic involvement of others, we have enhanced the skills of our peers, made a difference in the lives of many isolated women, and had great fun doing it!

Pat Donaghy

War does not determine who is right – war determines who is left.

We MUST keep the pressure up if we are to stop this war. Next time a March is called, not only do you need to come, you need to bring that friend or neighbour or relative or workmate who didn't come along last time.

Amanda Tattersall

Vegetable diet can dramatically reduce cholesterol

Eating more vegetables and soya-based products may be as effective at reducing cholesterol as medication, a Canadian study suggests.

It has long been established that, individually, soy proteins, nuts, viscous fibres found in oats and barley, and plant sterols – found in vegetable oils, leafy green and non-starch vegetables – can lower blood cholesterol levels by between 4 per cent and 7 per cent.

However, scientists have found that combining these components can result in a radical drop in levels of the so-called 'bad cholesterol' that clogs up arteries. Such a diet could be as effective as the first generation of drugs known as statins which have been used to treat high cholesterol for the past 15 years.

Their diet followed a seven-day plan and included combinations of vegetables such as broccoli, carrots, red peppers, tomatoes,

onions, cauliflower, okra and aubergine. Other ingredients included oats, barley, vegetable-based margarine, soy protein and almonds.

The researchers say that people who eat meat could also lower their cholesterol if they followed the main principles of the diet. However, the team stressed that for the maximum benefit the diet should be adhered to as closely as possible.

The research is published in the journal *Metabolism* and can also be found on BBC News Online at

www.news.bbc.co.uk/2/hi/health/2526891.stm

Smile for the camera ...

Older people are increasingly entering retirement with their own natural teeth rather than dentures. People who cannot afford to pay for private dental care in NSW must depend on public dental service to care for their teeth. Yet there is a shortage of resources in the public system and often there are restrictions on the treatments available. As a result, thousands of people are forced to live with painful tooth problems. Many relatively minor oral health problems are only treated when they worsen, at considerably greater expense to the health system. These problems can affect a person's employment opportunities, self-esteem and general health.

Good oral health is vital for our overall health. There is increasing evidence that poor oral health is associated with many illnesses, including diabetes, cancers and cardiovascular disease.

People are still being told that the only option is to pull a tooth out, because the public system won't do root canal work to save the tooth. People are enduring pain while they wait for a dental appointment, if they can make an appointment at all.

The situation reached crisis point after the Federal Government axed the Commonwealth Dental Health Program in its first Budget in 1997. In that year, there were up to 120,000 people in NSW waiting more than four years for public treatment. The NSW Government has addressed some of the shortfall, but while the extra money is a positive step, the funding is wholly insufficient to meet the outstanding need for public oral health care.

Even though the State Election is over, it is vital to continue to send messages to politicians that public dental services are important and that people in the community are concerned about problems with the system. We also need to put pressure on the Federal Government to meet its responsibility to ensure dental services are provided for all Australians.

Pamela Sharpe

Scrabble Talk

I'm playing Scrabble on the Internet. My opponent is from Los Angeles, and she asks where I'm from. I tell her, and she says, "Oh, I have friends there, they live somewhere near a big bridge, not sure where, and there's a large swimming pool nearby." I reply that I think it has to be the Sydney Harbour Bridge.

She goes on to tell me that there are lots of Outback Steakhouses in Los Angeles. (What can they be, I wonder?) When I tell her we don't have such things here, she says, "Oh, that's because you're used to living there."

And at the end of the game (which I lost...) she says, "No worries, mate..."

I've read that Americans are adopting lots of our phrases, now I have proof!

Renee Simons

Book Review

***Stupid White Men*, by Michael Moore**

Just read it, borrow it or buy it! A review would not do this book justice. This great writer lifts the lid off not only a can of worms, but a pit of snakes. It is a realistic interpretation of what could happen in our wide brown land if we follow the path of America.

It is a salutary warning on how the rich get mega richer at the expense of the rest. On how the middle class and the lower earners live with meagre pickings and groveling in the dust.

Enid Harrison

Japanese Temple Garden

*The gravel raked in lines
Around the tortured granite rock
Guides me to The Way.*

The Rainbow Lorikeet

*A rainbow lorikeet
Twists and turns and squawks
And clowns
Among the lanterns
Of the mandarin tree
Painting splashes on
Green canvas
Like a mad painter
On LSD.*

The Giraffe

*The giraffe is a haughty lady
Parading her beauty
Despising
Lesser beings
Beneath her gaze*

The Sky Writer

*Corrupts the beauty of the sky
like an angry youth
defacing with graffiti
the Taj Mahal.*

Mary McCusker

At and Beyond the Rocks

Wollondilly OWN

Set on the beautiful shores of Lake Myuna, our first sights set the mood for a delightful 'Five Day Escape'. Old friendships renewed and new friends made, twenty members from three OWN groups spent time sightseeing, swimming, eating, and having fun!

The camp staff were welcoming and helpful and a bus and driver was at our disposal. A separate dining area was set away from the noisy throng of hundreds of school children. Mini-golf, boules, bush walking and just relaxing with a book in the sun filled our days with pleasure.

We visited each other's cottages after dinner for "Happy Hours", talking and playing "Quick Scrabble", which is great fun (ask Barbara Robertson for the rules, or make them up as you go along!)

On our last evening, Wollondilly OWN gave a performance of International Dancing wearing traditional costumes. The rest of us were hard put to match that, tho' we tried our best. We concluded by singing a Peace Chant in a candle-lit circle, hoping that our thoughts and prayers would be added to the swell of others around the world. Thanks to Ceri Richards for the words and music.

Anne Warren

Playing with names

Eager computer users might want to check out the Ambigram site <http://ambigram.matic.com> and play around with writing their name forwards, so that it reads the same when turned upside down, for those "topsy-turvy" days!

Valerie Dickson

Newcastle OWN

Administration matters! Although I hesitate to try to 'teach my grandmother to suck eggs', Gwenda Fulford, a long-time member, has urged me to put in print a strategy I am trying to introduce into OWN Newcastle to improve our administration. (I should add that this is 'on hold' at present because we are currently up to eyes in organising our three Seniors Week activities.)

Many will think it overly bureaucratic, I'm sure, but I find community organisations work better when roles are defined in writing. To this end, I have drafted Role Descriptions for the following positions: Coordinator 1, Coordinator 2, Treasurer, Committee Member, Public Officer, Newsletter Editor, Publicity/Promotion Officer, Convenor Discussion Group, Convenor Craft Group, Convenor Performance Group, and OWN Representatives. In addition, there are draft Role Descriptions for the Constitutional Committee, and the Advocacy Working Group. These Role Descriptions are meant to provide a framework for the appointee to work within – they are not meant to be constrictive. They also allow everyone else to understand what the appointee is meant to be doing.

Each Role Description defines the duties of the role, to whom the person or group is responsible, the appointment process, and tenure, as well as frequency of meetings for the groups/committees. When we recover from our current pressures, these drafts will be considered fully by the Committee and then presented to a General Meeting of members. Hopefully, they will be in place by the time of our AGM in June. We are very happy to share these ideas with other OWN groups.

Another minor strategy that I have used (and which Gwenda again urges me to pass on) is the use of tables rather than text. On the premise that a picture is worth a thousand words, I tend to use the Tables option in Word to illustrate information. For example, instead of noting that: "Pat will put an advert in "Reels" the week beginning 24 February; Gwen will organise the flyer that same week; Gwenda is organising an article in The Star in March; Pat will send a media release week beginning 17 March," and so on, we present the information in our notes as shown below, which seems much easier to follow and allows us to easily check progress at the next meeting.

Task	Week Beginning	Person Responsible
Advert in Reels	24/2/03	Pat
Print flyer	24/2/03	Gwen
Article in Star	17/3/03	Gwenda
Media release	17/3/03	Pat

Again, I apologise humbly to those for whom these ideas are nothing new! (It's all Gwenda's fault!) Of course I appreciate that this is only an option for those groups with access to computers, but hopefully that is most groups now.

Pat Carlton

Grandma was right

I am really upset by the lack of care of young mothers, especially up here in the Mountains where medicos expect them to trundle home, stitches and all, after giving birth.

Western medicine lacks the compassion and knowledge of Chinese medicine. We had that knowledge once, but we threw it out. So here's a message for the grans to remind their daughters and granddaughters of the fact that some things don't change – and nature won't be ignored.

A hall in Katoomba was jam packed recently for a two hour lecture by Dr Quentin Chen, MBBS(SydUni)(Hons) (RMIT) (ChinMed). Dr Chen's talk covered how Chinese medicine works, and how it works for women's health in particular.

A major problem for women, says Dr Chen, is that Western medicine does not recognise that adequate rest, after giving birth, is essential to long term health. Birth demands the greatest expenditure of energy known to humans and it takes a minimum of a month to restore the lost energy and blood. Failure to rest can lead to organ prolapse, arthritis and, most definitely, early ageing.

He said that after giving birth the body is weak and vulnerable to disease and, because of this, the mother should rest, avoid draughts and becoming chilled. For the first month she should not eat cold or raw food, drink cold drinks or stand around holding the baby, walk up steps or slopes with it. The lifting of heavy items is absolutely banned. Traditional Chinese women take herbs to assist in recuperation and regeneration after giving birth, and undertake no exercise for that month.

Samantha McKay

Thoughts on Myuna Bay * * *

Moonlight on the waters * Sunrises - if you awoke on time * The good fresh food * The wine after dinner * Invitations to socialise or swim in the sea * Putting * Swimming in the pool at night * Talking with the children * The picnics on tops of mountains * Visiting the bird sanctuary * Sitting up on stools at the winery tasting wine, with a receptacle, rather like a spittoon in front of us * Coffee, iced water, cheese paté and biscuits * Being invited to take home the remainder to finish by the pool * The visit to the Op Shop * Moonlight bathing *

Sharing my room with Elsie and Audrey * Tea and toast with Valerie and Alicia * Laughter * Sharing a bathroom * The walk back by torchlight after our concert on our final evening * Being counted on and off the bus by a smiling Steve .

In a circle, in the dark, by lighted candles, we sang a song of peace.

I thought of my father. Wounded in France when just seventeen.

My brother wounded, then missing at Dunkirk and my brother, accidentally shot when he was in the cadets.

Then on the bus with Wendy for the trip home. Where would we be without Wendy? She is the cream in our coffee.

Myuna Bay... *Where next?*

Elizabeth Ottessen

Executors and Probate

What is an executor?

When you make a will you need to appoint an executor. The role of the executor is to wind up the will on your behalf. This may include selling of a property and the distribution of the proceeds from this sale. Upon the granting of probate the executor becomes the trustee and holds the assets in trust while they are being distributed to the beneficiaries. This person is usually a relative or a friend. Always ask the person if they mind being made an executor.

What is probate?

After the application has been made for probate the executor needs the following information:

- The will
- The full name and address of each person nominated in the will.
- The occupation of the deceased person
- The death certificate of the deceased person
- Details of moveable property owned by the deceased person
- Details of the value of this property
- Details of debts owed by the deceased person
- Certificate of title of any property owned by the deceased person
- Certificate of title of any property owned by the deceased at the time of death
- The probate application fee

Probate usually takes one week to ten days once the application form has been lodged. Once probate has been granted the assets of the deceased person can be distributed in accordance with the terms of the will.

For more information phone Seniors Information Service on 13 12 44 for a free booklet produced by St Vincent de Paul Society called *Executors and Probate*.

Cake for Michael

I was with my son and his wife at a communal dinner. The food was good, as were the guest speakers, and the evening was enjoyable, even though the dinner seemed to go on forever.

Eventually we arrived at the cake and coffee course. Delicious chocolate cake. The three children, boys aged about twelve, left the table to talk to friends across the room, leaving a portion with only one bite taken from it.

On my left, Michael's Mum, a woman in her thirties, plump and pleasant. Across the table, another woman about the same age, blonde, slim, also pleasant, but agitated. "Your Michael didn't get a piece of cake," she says. "I know," says M.M. The Blonde Woman says, "Why not? Ask the waiter for some cake for him. He's entitled to it." "Yes, I will, I will," says M.M. "He should have got some," insists B.W., "Everyone else did." A momentary silence. B.W. says, "Let him have that piece, it's hardly been touched, it's not going to be eaten."

Michael's Mum makes polite noises which could be interpreted as "Oh yes, good idea, why not?" She's not really bothered. By now, I've begun to giggle, and she and I discuss it, sotto voce, remarking how much like a Seinfeld sketch the conversation is. B.W., obsessed, aghast at M.M.'s apparent indifference to the fact that Michael didn't get any cake, leans forward, interrupts. "Don't you want him to have any cake? Don't you care?" M.M. is not really worried, but doesn't want to upset B.W.

B.W., puzzled by M.M.'s uncaring attitude, says, "Look, there's a waiter over there. He'll bring a piece." She waves frantically to a waiter who is quite unaware of her. Nothing happens. B.W., furious, says, "What's the matter

with him, can't he see me? Your boy didn't get any cake, that's not right." She's going to make sure justice is done.

She stands up, calls to another waiter. "Someone at this table didn't get any cake, perhaps you can bring some?" Waiter apologises. He'll get a piece, of course. At that moment, Michael returns to the table. B.W. says, "I'm getting some cake for you, it's not right that you got left out." Michael says, "Thanks, but I had a piece at the other table..."

Renee Simons

Whose Alibi?

I think I first started looking at car licence plates back in England many years ago when the children were young. We devised games to keep them from asking every five minutes, "Are we nearly there?"

In England, licence plates are issued in blocks to cities and regions. We had a list and could look at a car and say, "He comes from Carlisle. He's a long way from home." We also had a game making a sentence from the letters on a plate. There was the excitement of seeing a car from Switzerland or Italy.

Anyway, it became a habit looking at licence plates. And some of them are intriguing. The car I saw outside Hornsby court read ALIBI. Now, did that belong to a lawyer or a criminal? What about NOW 14 U? Was that a husband at last giving his wife a car of her own? Or a parent giving a son or daughter a car, so the family car wouldn't be borrowed so often?

Some are pretty obvious like the car parked at the Royal North Shore Hospital with the plate GOITRE. And COLOUR on a painter and decorator's van. I have seen PAM and SAM and JOY, I just hope they belong to the right

people. But others puzzle me. What did XX 1234 stand for? Or EWORLD? I shall go on looking.

I have been looking, and saw a really witty one. BAA BAA on a black Jeep. I have also seen XS FOOD. I wondered if that belonged to a despairing dieter. M XMAS presumably belongs to someone who wishes it was Christmas all year round. IT PAYS is a bit puzzling. TINGHA is the name of a mining town in NSW, so I assume the car belongs to a homesick former resident of Tingha. NICNAC was also puzzling. With the price of cars, I wouldn't call them nicnacs.

Joyce Chapman

Bushisms

"There's only one person who hugs the mothers and the widows, the wives and the kids upon the death of their loved one. Others hug but having committed the troops, I've got an additional responsibility to hug and that's me and I know what it's like." George W. Bush, Washington, D.C., Dec. 11, 2002.

"See, we love ... We love freedom. That's what they didn't understand. They hate things; we love things. They act out of hatred; we don't seek revenge, we seek justice out of love." George W. Bush, Oklahoma City, Aug. 29, 2002

BOOM!! BOOM!!

You know you are living in 2003 when you just tried to enter your password on the microwave or you wake up at 2 am to go to the bathroom and check your email on your way back to bed.

How do I get captions on my television?

Captions provide access to television for people who are deaf or hard of hearing by providing text at the bottom of the screen.

To access captions on your television you need either a teletext television or DGTEC DH2000A digital set top box.

Teletext is an information system that is built into many television sets. Teletext allows you to access captions on all free-to-air channels and also offers viewers other information services such as weather updates, news, sports and financial updates, plus lots more via the Austext menu on Channel 7.

If your television is already equipped with teletext it will have a 'text' button on the remote control. Other abbreviations are sometimes used such as 'txt' or 'tv/txt'. It also should say 'teletext' on the frame of the television or in the manual. If you are unsure contact the television manufacturer and quote them the model number.

If you have teletext, look in your television guide for programs with an S, ST or CC after the program name. These are the programs with captions on them. Next select the channel which the program is on, then press the 'text' button on your remote control, followed by 8-0-1. Wait a few seconds and the captions should appear.

If you do not have teletext on your television you may be able to get your television 'upgraded'. This means that the manufacturer fits the teletext chip into your television.

If your TV is not upgradeable another option is to purchase a DGTEC DH-2000A digital set top box. Before purchasing a digital set top boxes you must note that it will only work in 'digital' areas, that is an area that receives a

digital transmission. To get the captions to appear when you have connected the DGTEC to your TV, just press the TTX button on the remote control. No need to press 'text' 8-0-1 every time.

For more information contact the National Captioning Helpline 1800 777 801.

Joan Johns

Remember, the mortality rate *is* 100%!

It's estimated that four out of five people haven't filled out some kind of Advance Directive. Is this because we live in a fantasy world where death happens to other people, not to us? The reality is, of course, that the mortality rate is 100 percent – if you don't count Elvis!

Part of the fantasy we have as we age is that we're going to die peacefully at home. In reality, most older people die in hospitals or nursing homes while some type of medical care is being administered. This means that we must think in advance about what types of medical care we do or don't want to receive at the end of our life, and to make sure our medical practitioner and family know about our wishes.

An Advance Directive should include the name of the person you want to make care decisions for you when you can't (an enduring Power of Attorney) and the kind of medical treatment you want or don't want (A Living Will).

Remember to pick the right person to make care decisions on your behalf, as this person will be communicating your wishes to doctors, nursing home staff, etc., if you're confused and/or no longer able to talk. Select someone that you're comfortable talking with, and pick someone who is

comfortable being assertive. There might be times when they have to raise really difficult issues with medical staff to ensure that your wishes are followed and if they are shy or retiring, may not be able to do so. Also make sure it's someone who is available. Picking someone who doesn't have the time to commit to watching over your care or lives too far away isn't going to work.

Although it might be initially difficult completing an Advance Directive, doing so will bring much peace of mind. It can also help professionals who are looking after you. Apparently a lot of doctors are relieved when they know that a patient has filled one out. They don't (usually) want to play God, and they've seen many family squabbles that can break out when wishes aren't spelled out clearly enough.

Mary Giffin

Easy Vegetarian Recipes

Lots of people follow a vegetarian diet to improve their health or for ethical, religious or cultural reasons. Research shows that vegetarians are less likely to die from heart disease and certain cancers compared to non-vegetarians. Vegetarian diets are usually lower in saturated fats and cholesterol content, and are usually high in dietary fibre and antioxidants as a result of the many fruits, grains, cereals and breads consumed.

A book of easy vegetarian recipes can be obtained free of charge from the Seniors Information Service, call them on 13 12 44 for a copy.

All the recipes in the booklet contain dairy products and some contain eggs, as calcium is an essential mineral for building strong healthy bones and teeth, and for assisting in the prevention of osteoporosis.

NOTICES

Consumer Information

The NSW Department of Fair Trading has produced a book, *The Seniors Guide Consumer Information for Older Australians*, which can be obtained by phoning the Seniors Information Service on 13 12 44 Monday to Friday between 9am and 5pm.

Heart Week

(28 April – May 4 2003)

This year's Heart Week theme is *A Heart for Life*, illustrating the importance of enjoying a healthy lifestyle and taking care of your heart – for life. Anyone can take part! Community involvement is important to us and we value your efforts in helping us make these events so successful.

Prevention & Health Education Program – 1300 362787

Lunch-hour Talk

Jessie Street National Women's Library Lunch-hour Talk

Thursday, 17 April 2003 - .12 noon to 1.30 pm

Town Hall House, 456 Kent Street, Sydney

Entry \$20 (non-members \$15 (members).

Sandwich lunch included.

Speaker: **Jacqueline Kent**

"The Art of Reading Other People's Mail"

Booking essential. Contact Shirley on (02) 9876 3927 or the Library on (02) 9265 9486 or email shirleyjones@ozemail.com.au

Free Film Passes

OWN has ten free double passes to a screening of *Real Women Have Curves*, a film celebrating cultural diversity and women's body image. *Real Women Have Curves* has won huge acclaim at recent International Film Festivals in France, Canada, the US and Venice as well as breaking box office records in the US and New Zealand.

The film opens nationally on the 17 of April in Sydney.

Phone the OWN office on 9247 7046 to put your name in the draw for a free ticket!

Annual Subscription to *OWN Matters* is \$20.

Please send your payment to:

OWN Matters, OWN NSW, 87 Lower Fort Street, Millers Point NSW 2000.

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