



OWN MATTERS

Newsletter of the Older Women's Network New South Wales

Vol.4 No.8 – September 2007

What Lies Beneath?

Apparently governments can find the motivation to dig deep and act fast when matters of 'national interest' are at stake. Our federal government, hand-on-heart, have just declared a state of emergency in the Northern Territory because they believe action must be taken to protect the children. With breathtaking speed they passed 500 pages of legislation which were only scrutinized by the Senate for one day. Despite Howard's 2004 promise to Family First Senator Steve Fielding that every piece of new legislation would be subjected to a *Family Impact Statement*, this was overlooked as the bill was rushed through. It was passed with 56 to 6 majority in favour. Only the Greens and the Democrats objected, after they had already approved two Appropriation Bills to allocate an additional \$587 million to the Northern Territory.

Naturally community leaders were outraged. Although the Federal Government claimed the report: Little Children are Sacred had prompted its actions, the emergency measures announced by the Prime Minister did not reflect the 97 recommendations made by the report.

The government had decreed it necessary to acquire five year leases and appoint administrators to manage all government programs. They justify this by arguing that the communities had not managed their programs effectively.

"We make no bones about it, where there's poor administration we have no intention of continuing to put money into organisations which may otherwise be misusing that money, or certainly not using in the best interests of indigenous people," Mr Brough

They neglected to mention that they had been withholding \$102.4 million promised in the 2005/06 budget allocated for Indigenous education, health and family violence.

You may well ask whose 'best interests' are being served - Fairfax newspapers reported that since 2000 at least \$30 million that the government promoted as being *for* Aboriginal people was used *by* the Government to *oppose* Indigenous native title or compensation claims. Which rather begs the question just where the newly appropriated \$587 million is headed?

So what triggered this incredible response, after years of neglect? And what does the acquisition of land titles have to do with reducing the incidence of child sexual assault? The truth it would seem lies just beneath the surface...

Canada was Australia's major competitor in world uranium exports. Until Canada's French mining company, Avera's new mine at Cigar Lake was flooded in October 2006, Australia's uranium suddenly became the hottest commodity on the planet. Although Children are sacred everywhere, in the uranium rich but native title protected Northern Territory their backyards suddenly acquired a value that now far exceeded the value of their dreaming. The government was desperate to demonstrate the urgency of their concern, ie: to take control for the next 5 years –the same period it will take before Avera's Cigar Lake is back in production and competition.

When you read Pat Zinn's article on page 10 about Jeffrey Lee, sole survivor of the Djok clan and custodian of the Koongarra, you may also share concerns for his welfare as he ranges alone in Kakadu, his rejection of the offer by mining giant Avera effectively putting a price on his head.

Whose best interests are being served? Make no bones about it this is one hell of a constitutional lesson in Tampa-ring with the truth. *Beth Eldridge*

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Who Are We?

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

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

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

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POINT of VIEW

Divide and Conquer?

I've been struggling for days to write a short, succinct article about the present government's indecently hasty Aboriginal Legislation, surrounded as I am by hundreds of articles, letters and broadcasts. I feel it's unnecessary to go over all the proposed measures, as anyone who bothers to read the ASC's articles must already be familiar with what is being proposed. So here goes:

Goodbye land rights and self-determination for Aboriginal communities in the Northern Territory?

The legislation recently steamrolled through parliament rescinds a range of basic rights granted to Aboriginal bush communities, or restricts these rights drastically, all in the name of protecting vulnerable Aboriginal children. Already new government business managers, all drawn from the senior ranks of the public service, have been appointed to the communities they will run. Approximately 70 communities will shrink to about 50, with services to be concentrated in regional core communities, which will be offered 99-year leases and become economic and educational centres. The implementation is to be carried out by imposition, rather than consultation, and will entail obligations, with few rights.

Sadly, the government has succeeded in splitting Aboriginal leaders into two camps, people like Noel Pearson, Sue Gordon and Peter Yu, who favour government intervention, against Olga Havnen, Pat Dodson, Mick Dodson and other well-known leaders.

Among the people who will be affected, there is a degree of popular support, even a degree of hope among women elders in the central desert in particular, but there is opposition on practical and moral grounds. Care and compassion will be needed to implement the proposed changes. How many government employees brought in to administer these communities will be aware of the psychological problems in people they will be dealing with brought about by a loss of hope and purpose?

Some communities, like the Anindilyakwa Land Council on Groote Eyland in the Gulf of Carpentaria are participating in the government's proposals. After a year's talk, they now have a regional partnership agreement with the federal government whereby three communities have 99-year leases, securing a first package of extra federal investment designed to create a viable remote economy with substantial further funding to be agreed upon later. Note that there has been a year's consultation, which other communities are not being offered.

Perhaps the government won't have it all its own way, once they start implementing all their proposals. They haven't taken into account the degree of resistance they are likely to encounter among the people they are targeting, as well as outside support.

Pat Zinn

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OWN NSW

Coordinator's Report

We'll miss Barbara Malcolm and Brenda Hodgkinson on this committee, although their move to the Liaison Team will be of great advantage to OWN NSW.

Another successful State Conference has been and gone, our thanks to the hard work and dedication of Beth, Kris and Cate. After two days of OWN business matters and interesting workshops we all came away feeling better for the companionship of like-minded women.

Welcome to the new members on the Management Team and thanks to returning members. We also welcome Terry Tunstall who has been coopted to the Team.

Beth is at present drawing up a list of the many duties needed to be done by volunteers. This will enable the Management Team to encourage OWN volunteers to promote the aims of OWN and to keep the organization viable. At the moment the greater part of the work falls on a few willing shoulders – we need a great deal more help in order to maintain our energy and State profile. We will



OWN NSW Conference 2007
photo by Maria Camelin

willingly fill you in on what is required, in return you'll enjoy the pleasure of working in a relaxed and friendly environment.

Judith Mustard

Hard Working State Conference Committee

After a couple of years' absence from the State Conference (due to breaking bones) it was a good feeling to see so many familiar faces – to receive so many warm greetings.

It hasn't been quite 20 years for me, but near enough. I first knew of OWN when Joy Ross came to Brisbane to seek expressions of interest in this new organisation which had its beginning in Sydney. I was a post-graduate feminist from Griffith University and with an Honours Degree in Humanities majoring in the Changing Face of Ageing in the late 20th Century in Australia. The philosophy of OWN was both challenging and reassuring and at the first meeting we had at Caloundra, it was so exciting to see about 50 older women expressing interest in becoming part of this proposed organisation. The enthusiasm in Queensland has grown and flourished.

Three years later I began a new life in the Shoalhaven as Worker for the Aged and Disabled. I persuaded my boss in council that the Older Women's Network should have a place in my list of duties and it was very interesting to see women, curious to evaluate whether it had interest

for them, come and go. Those who stayed proved their worth and although the Nowra group has never had numbers above 20 or 22 there has been a constant enthusiasm in the group activities, in the community and as part of the Management Committee.

I saw this attitude mirrored in the activities planned by the Management Working Committee for the Conference and once again I saw how excellent speakers enthused those who attended. The programme covered a whole diversity of topics, as always, and representatives take what they have gained from their involvement back to their groups. I also saw how we (the originals) have coped with increasing years and sadly with a certain amount of disability, which inevitably is part of the process of ageing, but I also saw the indomitable spirit, the love and respect for those who are no longer with us.

I offer the incoming Management Committee my warm congratulations and good wishes in the year ahead. I also congratulate Beth Eldridge, Kris Ferguson and all the faithful volunteers who make things happen and produce a Newsletter that bonds us all as readers and contributors.

Isobel MacCallum

Letters to the Editor

A High Price to Pay

Did the Wild report ever envisage a complete Commonwealth takeover of Indigenous communities on Aboriginal land, while ignoring whether this might include Indigenous communities which were successfully dealing with the issue? And did the Wild report envisage that ALL Australian women in receipt of Centrelink child-related payments would now be subject to the requirement to spend at least 50% of those payments on food and necessities?

Will we now see prosecutions of the white truck drivers dealing in grog running, and the white blokes taking advantage of children in black communities?

Indigenous women and children have already paid a great price for the abuses inflicted on them – if this is to also include loss of control over Aboriginal land, so hard won over the last decades, it is indeed a terrible price to pay

Vincent Lingiari would be crying at what has come to pass, much of it as a result of white neglect of issues Indigenous women have been raising for many a year.

Marie Coleman

Poor Fellow My Country

In a breathtaking display of arrogance and contempt of Parliament and the populace, the Howard Government has rushed the Northern Territory Bill through the House of Representatives after only a few hours' debate. Is this what Howard calls Democracy?

And to make it worse, Kevin Rudd, the Leader of the Opposition waiting in the wings hoping to take over the reins of government, raised

no objection to this process. Shame! This is the stuff of nightmares.

Among other questionable moves, the new legislation decrees that *all* Aboriginal townships, whether they are running successfully or not, will be leased *compulsorily* to the Commonwealth for five years. Can anyone else sniff a dangerous precedent here in relation to other Aboriginal lands?

And can any of us understand how deeply significant Country is to Aborigines? They have endured injustice and humiliations aplenty, but Country, their Sacred Source, is more important to them than that. This ancient land is their essence.

The Land Rights Act of 1976 has already been amended to diminish Aborigines' control of their Country. If there is any decency and fairness in Australians, we must fight further encroachment on their rights and leave them in charge of the small amount of land in this vast continent that we've left for them.

We already have enough reason to feel deep shame.

Helen Young

Cradle to Grave?

Ross Gittings in his article on baby boomer carers (18th July) said the care issue should be a feminist issue, and I wholeheartedly agree.

Imagine if, from the time you give birth until the time you die, you are left to care for a child grown into an adult and onwards to their middle years knowing you both have no future, just poverty and isolation and trauma knocking at your door.

Your whole life becomes devoted to attempting to get help and support

but *everywhere you turn the doors are slammed shut*. This is the penalty our governments apply to women who give birth to children who are less than 'perfect'. Sadly, because 80% of these marriages/relationships fail, it is most likely to be the life of the sole parent woman carer (95% women).

If you try to work to make your life a little better, both financially and emotionally, the penalty of the cost of care for your adult parent/child after tax, means the final take home wage is about 25% of your gross income. This is for the rest of your life – which means few can work to lift themselves out of the cycle of poverty, because Centrelink looks at the gross earnings, not the actual money-in-hand earnings, even though the 'balancing work and family' parliamentary report recommended the cost of care of an adult being defrayed before tax.

The appalling reality is, the pitiful extra influx into pockets from the 2007 tax cuts, could have been strategically targeted to completely fund accommodation and services for profoundly disabled adults across our nation, resulting in hundreds of thousands of women carers finally being given access to both a future and a life.

We ask women of Australia to unite on this issue, because through accident of life or birth, or simply frail age, the chances are, sometime, somehow, it will become your issue, not just 'ours'.

Nell Brown

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Letters to the Editor

Missing Photographs

I am very concerned about a photograph album which has disappeared. It is a narrow-sized one with a grey cover and plastic envelopes inside for photographs.

These are of my visit to a Pitjantjatjara family in central Australia in 1991. We saw their country through their eyes and lived near them for our visit. The photographs show a lot of this.

It is not only a loss for me but for the Aboriginal Support Circle.

If anyone has borrowed it or knows of its whereabouts, could they please return it to me, c/o OWN at 87 Lower Fort Street.

Margaret Walker

Racial Discrimination

On hearing so much about terrorists loose on the Gold Coast lately, I am concerned and relatively alert enough to ponder about the racial discrimination abroad targeting professionally trained migrants.

Added to this I have heard that the migrant experience for those who work in this area, e.g. nurses, doctors, academics, in rural and outer regional areas may not be regarded as equal to the contribution they make to the community. These people are so evidently needed where staff with their skills are so thin on the ground. I am reminded that most of us Australians are not so far removed from our own migrant status.

We are all, relatively speaking, migrants in this country – even though we have shoved the indigenous population well out of sight. My

mother was a Scot with a broad Glasgow accent, and was told a long time ago to, “go back where you came from.”

I realize that we were a population isolated by distance and war for a very long period and the only migrants coming here were from the British Isles until after World War II, and that the first foreign migrants here had a rough trot. Most of us were in one way or another a little bigoted. But we are a pretty secular and multicultural mob now.

Could I have the temerity to call for those who have experienced racial discrimination to write about their experiences when suffering from racial discrimination, to help others to see through your eyes? One person who told me tales of this was very upset at the treatment her friend had suffered.

Enid Harrison

Support for OWN Matters

A group of OWN members meeting at Louise Anike's funeral wanted to mark the passing of their long-time and much-loved friend and associate. They decided support for the continuing publication of our journal might be an appropriate way to help ensure that the commitment Louise gave so unstintingly to advocating on issues affecting the lives of older women, may long continue to be upheld.

A much appreciated contribution was made for this purpose.

The 2007 OWN NSW Conference

Well what can a person say that all-encompasses such an event?

DAMN, WE OLDER WOMEN ARE FULL OF GREAT MOMENTS!

The organization was just wonderful, the catering was for everyone's taste, the bed was comfortable, the venue was quite wonderful, the entertainment great, and the company was of the highest order.

Thank you.

*Roma Bates
Illawarra OWN*

Daphne

The ranks of the editorial team have been temporarily thinned by the absence of Daphne Lera, following urgent surgery for a brain haemorrhage on 3 August. She is now in rehabilitation, where she is doing very well, but the team is missing her balanced viewpoint and sound judgement and, perhaps most of all, her wicked sense of humour.

None of these attributes has been in any way impaired, especially the latter, as Daphne describes her new surroundings. She considers the nursing staff to be fantastic, and loves the international atmosphere they bring with them. There's one from Zimbabwe, another from Indonesia and yet another who's Japanese and speaks English with a thick UK North Country accent. Daphne's affectionate mimicry of her is hilarious.

Come back soon, Daphne, we long to hear your laughter.

The Editorial Team

At and Beyond the Rocks

Sydney

Another month, another report to be written.

Louise Anike's Celebration will be held at the Abraham Mott Hall on Saturday 29 September at 10.30 for 11.00 am when Morning Tea will be served. Please bring a plate to share at lunch.

The various activities such as the Film Group, Wellness, Coffee and Gossip (at Bondi Junction, last Friday of the month) and Music Group all have their dedicated members and are going along very nicely, but new people are always welcome. It is such an enjoyable opportunity to chat and catch up with those members who we don't see on a regular basis. There is no obligation to attend every meeting, so come along and join us. You can contact the office for details, or check the diary page.

The Own Your Village project is coming to a close. Sue Kucharova has made contact with Concerned Older Women, a well established group in Glebe, and has helped Join Up in Ultimo and the Happy Chinese Performers Group in Surry Hills to get started. We are now considering how OWN can liaise with these groups to our mutual benefit.

Our AGM will be held on Friday 24, as the Newsletter goes to print, so there will be a full report next month. Until then, 'bye and good health.

Judith Mustard

Ashfield Greek

Just a few words from the Ashfield Greek OWN. With this very cold winter and many of our members were affected with colds and flu, but we managed to carry on our activities of the month.

This year's OWN conference at St Sophia's was very enjoyable and it was great to see all the members again. We would like to thank Brenda, Chris, Cate and Beth and the management team for a job well done. They had worked so hard to organise such an event.

The sad news was to find out that Louise Anike has passed away. She was a remarkable person, friendly, loving and caring for everyone. She will be missed by all of us.

Our group is organising an activity in October for the Ashfield Council Carnival of Cultures. We participated last year doing Gentle Exercises for Seniors. It was so successful that the Council asked us to participate once again. Our members have accepted this invitation and are looking forward to this day. We are also planning an excursion to Wollongong in September.

Many other activities are planned for the end of the year and also our Christmas party will be on 7 December 2007.

Maria Camelin



Illawarra OWN

Members of Illawarra OWN would like to congratulate the management team and all participants on the excellent annual conference of OWN NSW which took place in July, 2007. Feedback from the members who attended has been very positive.

Particularly impressive was the way in which so many members willingly accepted nomination for election to the Management Committee. It is very encouraging to see such members with talent and enthusiasm willing to take on responsibilities within our organization.

Our SilvertOWNs singing group is steadily increasing its bookings within our community, and our various interest groups are proceeding well.

Our program to educate interested members in the use of computers has had a slow start, but we have great hopes for the future. We would like feedback to learn if any other groups have attempted computer education within their group. We do not want to sign our members up in a community course, at first, feeling that our more tentative members would initially feel happier in a one-to-one situation with a friend from OWN. We feel that once these members are confident with the basics, they may then go on to do any number of computer courses!

At our last meeting, quite a few members expressed interest in writing stories about good and bad experiences

At and Beyond the Rocks

within the hospital system, as requested by Betty Johnson.

Illawarra OWN is gradually increasing membership, having well over 40 members on the books at the last count.

Peggy Rodden

Southern Highlands

As time passes rapidly, it is hard to believe that four weeks have passed since three of us attended the Annual State Conference. We had a great time and sincerely thank all those involved in the tremendous task of putting together the two-day program. I think Conference is something we should all strive to attend - you learn a lot about the organization, hear interesting speakers, participate in informative workshops, eat good food, hear what other groups do and catch up with old OWN friends. What a great way to spend two days!

This winter has been particularly cold in the Southern Highlands, (and elsewhere too, I guess) but that has not dampened our spirits. We have had good guest speakers covering hearing loss, diabetes and glaucoma. These sound dreary, depressing subjects that seem to highlight the negatives of growing older. On the contrary, we become well-informed and thus more able to adapt to the changes that life brings. Also our speakers always seem to use a light-hearted approach so we have a lot of laughter mixed in with the

information given to us.

Our September meeting will be a 'Getting to Know You' meeting with activities that help new and not-so-new members socialise. Our first attempt at this last September was popular, so we decided to welcome spring each year with this type of meeting.

Last month 24 members went to Star City to see *Priscilla* and had a truly enjoyable day. The benefits of having a Seniors Card were emphasised for one of our younger members - it cost her so much more with no concession train fare, no concession food and, to rub salt into the wound, she organized the outing!

The monthly movie this year has been successful, being followed by coffee and a chat about the film. This month seven members went to see *La Vie en Rose*, which was very good.

SHOWN has received a grant under Wingecarribee Shire Council's 2007/2008 Community Assistance Scheme. This is the third year in a row that we have been successful in our application to Council, having received funds for a ten-week Tai Chi and Brain Gym project and then a St John First Aid Course. This time our funding is to run, "Out of the Blue", a full day about depression and how it affects older women. We will be holding this in March or April next year. As well as presenting information about causes and symptoms, the day will be giving information about services available locally and, importantly, the positive steps

people can take to overcome depression.

The WENCHes have been having a break for winter, although in July we sang at a Moss Vale aged care village and next week we will be singing at the Bowral Village.

Next week, five SHOWN members will be going to Nowra for the next Southern Region Get Together, a Madhatters Lunch. I hope we are not going to have to keep swapping seats just as we are about to eat.

Robyn Smith

Raffle for a Christmas party for the children of La Perouse

Once again, the Aboriginal Support Circle is asking for OWN's generous assistance. Barbara Malcolm has donated one of her exquisite quilts, and this time we are the lucky recipients! Remember Black Santa? His son has taken on the role and Aunty Yvonne Simms is organising a Christmas party for the La Perouse children on 16 December. They don't always get enough donations to be able to do this every year, but with your help, this year's celebration will happen! Tickets will be available in the office from Friday 24 August.

Pat Zinn

Theatre Group Report

The Theatre Group held a celebration on Tuesday 7 August for past and present members of the group. There were some 20 members present, and many memories of our days with Louise were recalled. Louise promised to come back as a butterfly so we had lots of cardboard butterflies to encourage her spirit to be with us. It was easy to imagine Louise sitting quietly among us, and it was sad and happy to talk about her and her contribution to the group - as a writer and director; her quiet, humorous presence; the iron hand in the velvet glove. We feel that we have gained and lost so much.

The Theatre Group is struggling to keep its head above water because of the loss of a number of members due to health problems, and two members of the group are overseas for some time. However, the numbers are now up to ten.

Particularly good news is that Josie Jackson, who left because of ill health, has rejoined the group now that her health has considerably improved. She has always been a great asset and we welcome her back, although we have promised not to overwork her. With Josie with us there will be lots of laughter.

The Group has a new member, Susan O'Brien, who has had long experience in dance and theatre and is therefore a wonderful asset. Susan gave the Theatre Group two acting workshops on Tuesday 24 July. The members had to present monologues they had prepared and there was also a two-hander. Each also had to create a story about someone whose name they were given. A little scary, but the members have asked for more!

Judith Mustard

OWN Writes

Compassionate Friends

[A personal reflection on the first day of the OWN NSW AGM 2007]

*“When I go home, I shall take my ease with her,
for nothing is bitter in her company,
and when life is shared with her there is no pain,
gladness only, and joy.”*

WISDOM 8:16, Jerusalem Bible 1974

Such pleasant dreams, such contentment! These feelings are mine today, the afterglow of spending a day with members of OWN (NSW) at our AGM at Sancta Sophia College, Sydney University. Not every moment was glowing, of course. Together we felt the gamut of emotions that arise when older, experienced women who care about each other and the fate of other women beyond their group come together to review shared past progress and to work thoughtfully to shape a better future.

As a member of OWN, but unfamiliar with its formal internal functioning and those who make it work, I felt it

was high time to have a good look. I have not yet met many members of OWN, but from the moment of arriving in the lovely old sandstone building, its lawns and gardens bright in early morning sun, I was made to feel at home by other older women. I smiled at the irony of being thus affirmed, for on my way to the meeting, a young man had given up his seat on the train for me. Though I was touched by his courtesy, I was reminded again of my aging reality. Mixed feelings indeed! But among my sisters, all that was soon forgotten.

If we were not already feeling united, that certainly became true as we began the day listening to inspirational speaker, Barbara Holborow, OAM, a former Children's Court magistrate. The fact that she had left her hospital bed in order to speak to us aroused our sympathy. Her fiery words and singular independence of mind called us to consider carefully what our own attitudes to caring for Aboriginal and disadvantaged children, women and families might be.

Morning tea, another opportunity to meet and be stimulated by many other, as yet unknown and interesting women, was followed first by the formalities of the AGM, including election of the new management team, and then

by reports from intra-state group representatives. They gave accounts of an astonishing variety of activities that OWN groups sponsor around the state. Their descriptions were offered with passion, conviction, gratitude and infectious humour. I began to grasp how deeply older women need and appreciate solid, supportive friendships. It was clear that for some, their groups had been life-saving, giving new meaning and direction when they had, for various reasons, lost their way.

The ample and delicious lunch offered in the dining hall gave opportunities to share our impressions of the morning, to catch up with friends and to make dates for the future. Having eaten, we gathered on the front entrance steps for a group photo, pushed together to fit the camera frame and laughing at the unexpected intimacy and patience required until the final photo was taken.

After lunch, several members of OWN Theatre Group helped us to join together in spirit as we were entertained by their rueful, yet witty, songs about the realities of being older women. One of them forgot her words and we laughed in gentle sympathy, admiring the way she carried on regardless to the bitter end. Independent Sydney City Councillor, Marcelle Hoff, then introduced Professor of Psychology at UTS, Prof. Jenny Onyx who outlined OWN Sydney's OWN Your Village Project. A talk by our "Wonderwoman" research worker, Sue Kucharova, followed in which she shared stories of her research into older women's groups in the Glebe, Redfern and Ultimo areas of the inner city. Visiting representatives from those groups then gave us their "inside" stories. Many were grateful for the interest OWN's project workers had shown and made it clear they would welcome further involvement. All this was a revelation to the gathering in terms of just how well structured and comprehensive this research has been and in meeting the challenge of work to be done and the optimism that older women, working together, to improve the quality of life for themselves and for their sisters beyond the group.

The final work session followed afternoon tea. Members were invited to share their wisdom, their ideas and questions about furthering the thrust of the project. Some spoke strongly. The rest listened, deep in thought. With the close of that session, many of us were feeling tired and ready for a break. For me, though, there were other delights planned to follow in the evening and the next day, the experience of my first OWN NSW AGM was complete. I was full, emotionally and mentally, and was glad to have time to be alone, reflect and enjoy once more this inspiring day of woman power.

Bev Cameron

The Birth of Venus

Sarah Dunant; Little, Brown 2003

Allesandra, the leading character in this marvelous book, was born into the family of a rich merchant in Florence in the 14th century, the days of Botticelli, Michelangelo and the beginning of free thinking. But Florence was in the grip of a powerful monk preaching hellfire and damnation to anyone who did not adhere to the strict rules of the Church and live a simple life without vanity and the sins of the flesh. The rack was busy each day, and people lived in fear.

Allesandra welcomed the new thinking and she read avidly, asking questions, gaining knowledge. She wanted to paint, which was forbidden to women, and took many risks to satisfy her desire.

The book is spellbinding both historically and as a story of a remarkable young woman.

Read and be entranced.

Joan Johns

PS I heard about Louise's death from Wilhemina at the Townsville Music Festival. My sympathy to all her friends and mourners. She was a wonderful woman, who will go down in OWN history.

To My New Lover

'A lover at your age?' they say to me,
yet I admit it shamelessly
I lust for you by day and night,
for offering me sheer delight

My passions now aroused anew,
my nights are utter bliss with you
by day as well I find a space
to hanker for your hot embrace

Your company more special
than any banquet,
my one and only, precious
electric blanket.

Trudy Davis

Aboriginal Support Circle Issues

Sole Survivor Rejects Fortune

As the sole member and senior curator of his Djok clan, Jeffrey Lee controls the fate of Koongarra, a part of his land which is surrounded by Kakadu National Park. The French energy giant Areva has offered him a fortune to extract 14,000 tons of uranium, worth more than \$5 billion dollars from this site, but Mr Lee is not interested. His land contains sacred sites, burial grounds and rock art and he believes that Koongarra is *djang*, a place with a spiritual essence. He describes uranium as a poison and believes that if Koongarra is disturbed, bad things will happen.

The Federal Government took control of uranium mining in the Northern Territory in 2005, declaring the territory open for new mines. But it maintains that no new mine would be approved in the territory without consent from the traditional owners. It has told the United Nations Education, Scientific and Cultural Organisation, the body under which Kakadu is listed as a heritage site, that it would agree "in principle" for Koongarra to be incorporated into Kakadu if the traditional owners requested it, and this is what Mr Lee wants, as he knows that Koongarra will then be protected.

Remember Jabiluka and the campaign that eventually succeeded in stopping mining, even though construction had commenced? The only uranium mine in Kakadu, Ranger, has a history of environmental leaks.

Mr Lee, who works as a ranger in Kakadu, is not interested in money, and would rather go hunting and fishing. He has no children as yet, but is determined to do something about that. How would we react if we were offered \$5 billion dollars in the same circumstances?

Pat Zinn

Betty Little Bouncing Back

I thought those of you who know Betty Little, might like to hear how she is doing. Meg and I drove from our place in Wollongong across to Blacktown to see her, expecting very little from something called Blacktown Aged Care facility, but were pleasantly surprised.

There are 108 people in this centre which is well staffed. Everyone was aware it seemed, of who Betty was, and were telling us she'd be well pleased about us coming. We found Betty's room in the West Wing, Room 27. The physio was present and Betty was so keen to show us how much she had improved. She stood up, shakily at first, but with determination. And she seemed to get stronger as she repeated the action four times.

I noticed that she had a strap on, an opaque plastic cast, of a type that is more prominent in the back half and fits right down to her shoe. This aids her stability. And with the aid of an elaborate walking frame, fitted with arm rests that were a comfy height for her, she walked down the corridor, about ten yards. Slow and steady, but it was a marvellous feat to behold. I tell you, to see the look on Betty's face and you'd swear Cathy Freeman had come in second!

That special gleam in her eye was there and it is the first time I've seen that gleam since Betty first took ill and we saw her in Concord Hospital. Then, her speech was slurred beyond recognition, her swallowing was really difficult. Her left arm was useless and her spirit seemed almost extinguished, except for a candle glow, so to speak.

Yesterday we saw that her speech had improved considerably and her left hand can hold things, although she seems to be mostly, stiff around that elbow. The improvement in Betty is truly remarkable. As many of us know, she has pulled herself back from the brink many times and it looks as if she is going to do it this time too.



Aboriginal Support Circle Issues

But she does need to hear from her friends - cards, emails that Meg can print off and send if that suits you better, or a visit if you can spend the time to get there.

Betty tires easily so an hour is about her limit - we stayed longer and just sat there in silence with her, so pleased to see her looking so much stronger. Betty is getting good care and support and encouragement.

Best, Pearlie McNeil

Another "Good News" Story Healthy Housing Workers

A pilot program in the far west of New South Wales is developing an efficient and sustainable solution to the complex task of repairing and maintaining houses in remote Aboriginal communities.

Ten Healthy Housing Workers - two from each community - have gained qualifications in Environmental Health (Level 3) and Construction (Level 2 and 3) through a two-year program with Bachelor College (NT). They also receive professional mentoring (building and academic) and support. Their work is helping to improve health and safety in each of the five participating communities, where complaints to housing authorities have already been reduced by 40-90%.

Operated by the Murdi Paaki Regional Housing Corporation (MPRHC) since 2004, the program equips community members with accredited training in carpentry, electrical and plumbing installation and repairs, giving them the 'hands on' skills to identify and fix a wide range of common housing problems.

"This program is giving the community the skills it needs to address its own problems," says Bruce Graham, MPRHC General Manager. "For instance, if a septic tank needs to be repaired it can be done straight away. A family doesn't have to wait weeks for a plumber to travel out to the community and do the job. "Community members know who to talk to if something's broken. They're

dealing with someone they know - not a complex bureaucracy - so they're more likely to report problems when they happen."

Having two Healthy Housing Workers in each community also means that houses are checked more frequently and that community infrastructure and environmental hazards can be regularly monitored, reducing the risk of infections like gastroenteritis as well as injuries from home accidents.

"With our limited resources we could formerly only inspect properties twice a year," Graham says. "Now houses are being checked once a month, sometimes once a fortnight. It's a terrific outcome for tenants and also saves money - small problems are less likely to grow into bigger problems and the lifetime of domestic and infrastructure buildings is expected to increase from an average minimum of eight years up to 20 years."

The Healthy Housing Worker program was developed in partnership with the Greater West Area Health Service (GWAHS). It has been operating in conjunction with the nationally run Housing for Health program, which identifies and rectifies 'health hardware' problems in Aboriginal housing stock.

The Healthy Housing Worker Program is at present operating in five communities in far west New South Wales - Collarenebri, Dareton, Ivanhoe, Weilmoringle and Bourke - and there are plans to expand it to three more remote NSW communities - Wilcannia, Brewarrina and Walgett. The problem now is whether it will receive a further funding commitment from the Commonwealth Government.

"The funding for the pilot program has just finished," says Balding. "We know the program needs to be formally evaluated, but it's clear that it is sustainable, cost-effective and already delivering results for the communities involved.

"It would be an absolute tragedy if we



Aboriginal Support Circle Issues

had to pull the pin on the Healthy Housing Worker program because of funding delays or a lack of responsiveness from government."

Australians for Native Title & Reconciliation

Stolen Generation Claim Recognised!

South Australia's Supreme Court has become the first jurisdiction in the country to recognise a stolen generation claim, when it found that Bruce Trevorrow was treated unlawfully and falsely imprisoned when he was removed from his mother and handed over to a white family in 1957, aged 13 months. He had been admitted to the Adelaide children's hospital suffering gastroenteritis.

When his mother wrote to the state's Aboriginal Protection Board six months after he had been removed, she was told that he needed to be kept for further treatment. Bruce Trevorrow was returned to his Aboriginal family aged 9 after showing severe psychological problems, which were exacerbated because he expected his mother to be white. He suffered from depression, drank alcohol and had spent time in institutions, including jail.

In awarding him \$525,000, the Supreme Court decision ruled that the state had falsely imprisoned Mr Trevorrow as a child and owed him a duty of care for his pain and suffering. ANTaR is urging the South Australian government not to appeal the court's decision.

It is being suggested that the Federal government should negotiate a tribunal process with State governments and the Stolen Generations, whereby compensation is offered and ongoing litigation avoided. So far only Tasmania has introduced such a scheme.

Queensland senator Andrew Bartlett has introduced a draft Stolen Generations Compensation bill in parliament.

We live in hopes.

Pat Zinn

Code of Ethics for the Aboriginal Art trade

A senate inquiry into Australia's Indigenous visual arts and crafts sector was launched in August last year. Following 89 submissions and seven public hearings, the results were tabled in federal parliament in June.

Among the key recommendations were that:

- A new fund be established to further develop Indigenous art centres.
- An Art Centre be developed in Alice Springs to cater for the needs of artists visiting the town from surrounding settlements.
- The Australian Competition and Consumer Commission - ACCC be funded, with the goal of increasing successful prosecutions of illegal practices in the industry.
- The Indigenous Art Commercial Code of Ethics be completed as soon as possible.
- Once this is completed all stakeholders in the industry should adopt the Code of Ethics.
- The industry should be given two years to self-regulate. If problems remain, the code of ethics should become mandatory under the Trade Practices Act.
- As a priority, the government introduce legislation to protect Indigenous cultural and intellectual property rights, and that the Australian Customs Service be given authority to protect these rights in relation to imported and exported goods.

The code of ethics is up for discussion, but there is no doubt that the uptake would further protect both artists and buyers. The committee did not recommend a resale royalty scheme because of lack of evidence that it would benefit artists. The committee did not insist on a system of providing provenance for art work, nor banning the import of those dodgy didges we see everywhere, even in Sydney. But this is a great start, and we may hope that the federal government will act firmly to protect Indigenous art and artists.

Lorraine Inglis



The Good Neighbours

Australians have an excellent reputation for their generous support of the worldwide organisations which provide aid to the poor in Third World and war-stricken countries. Millions of Australian dollars cross the world to distant countries, all in the name of charity.

But why not help a *neighbour* in need? A group of Australian women liked that idea, and they didn't have to look far. East Timor, devastated after years of conflict with the invading Indonesians and then civil war, is on its uppers. The women of East Timor are struggling to keep their families going – there is no work, and many of them lost their husbands during the Troubles – so the Aussies decided to focus their efforts as Women Helping Women in a sisterly sort of way. This is no global charity, it's a practical, neighbourly friendship called the East Timor Sisters Project.

The Sisters Project pays a small salary to two East Timorese women on the spot, who see where women's needs are greatest; they then use Project funds to provide help, accounting for every cent they spend. The Project has no other expenses; all the fund-raising work, materials, ingredients etc. are provided by volunteers in Australia and the money is lodged in the Project bank account in Dili.

No goods are sent from Australia to East Timor. The money from Australia is more useful providing employment for ET women, who make what is needed. They especially appreciate the chance to work and help themselves. For instance, Project money enabled the importation of treadle sewing machines from Indonesia, and thus a small sewing cooperative was formed. The Aussie women help three women's weaving cooperatives, supporting up to 150 women and their families, by selling their product (tais) in Australia.

Women's health and education have high priority with the Sisters Project because of the empowerment education provides for women, especially in patriarchal societies like that in ET. The Project has established 21 scholarships for women and girls in universities and schools.

Mortality in childbirth had become a big problem in ET – desperately poor women would not go to hospital for their confinement because they were ashamed that they did not have clothes for the new infant. The Sisters Project has contributed substantially to a project started by Australian-born Kirsty Sword Gusmao, wife of the Prime Minister of East Timor, to provide pregnant women with packs containing essentials for mother and baby. This simple plan has helped considerably to reduce mortality in childbirth in East Timor.

The Sisters have also furnished a Safe-Room in Dili Hospital for victims of sexual assault and assisted in the provision of trauma counselling services.

Tuning in, as sisters do, the Australian women recognised the emotional needs of the many women who were closely involved in the Resistance Movement that operated during the Indonesian occupation of East Timor. They are assisting with the collection and writing of Women Veterans' stories of their experiences at that time, so that their courage will not be forgotten.

The project also provided funds to complete the building of a Women Veterans' Centre, which has now become the community meeting place and thus the heart of its village.

In East Timor a little goes a long way. The Sisters Project has been able to provide all this support, and more, with very little money. Unbothered by the huge overheads that strip the world charities of much of their funds, the

Aussie women go right on raising money with their garage sales and their market stalls. And with the warmth and affection that good neighbours have for each other.

Helen Young

On Community Transport

The kindness of strangers – When Tennessee Williams put those words into the mouth of his character, Blanche, when she was about to be carried off by men in white coats, he coined a phrase which would become a synonym for the dependence of many old or disabled people upon others, apart from families.

Among these 'strangers' there is one group whom I believe merits a special mention, the drivers who get us to appointments on time. Whether of community transport or hospital, these drivers, male and female, young, middle-aged and a few verging on retirement, must be highly commended for their good humour, care and attention, patience, not to mention driving and directional skills. One feels on being delivered to a doctor's appointment, be it by comfortable car or mini-bus, that a visit to the doctor is unnecessary; you feel so much better having been however briefly in the company of one of these people.

As far as community transport is concerned, their ability to calculate times and distances and dovetail them so that at the end of the working day all appointments have been kept and their passengers delivered safely home is a source of amazement to those passengers. They also work very hard at keeping cost, and thus fares, down and work for more funding in order to extend the services. This is just a 'Thank you' on behalf of those who benefit from the services, which relieve us of so much anxiety.

Helen Monaghan

Flushed with Success!

I have just found the most economical toilet cleaner on the market.

It is Harpic white bleach cleanser and it only costs around \$3 something, BUT it works out even cheaper than that because, although I have had it for over a week I still cannot get the bloody childproof lid off!

Josie Jackson

A Funny Sign from Central Queensland:

Nindigully Pub 1 Mile

At the Pub another sign says, "Free beer yesterday".

On the other side; "Free beer tomorrow".

Joan Johns

Did You Know?

Did you know that 1000 women have been turned away from a crisis accommodation centre in Kings Cross, Sydney, over the last year? Women make up 42% of the city's homeless population.

Did you know that Federal MPs had an increase of \$156 per week (to a base salary of \$127,000 p.a.) on 21 June, 2007? Two weeks later the lowest-paid workers in the country, 850,000 of them, got an increase of \$10.26 per week.

Did you know that only one Australian Prime Minister (Stanley Bruce in 1929) has ever lost his seat in an election? Could it happen again?

*Contributed by
OWN UP*

Changing a Car Tyre

Needless to say I have never in my life changed a tyre, but I have a well developed sense of how to procure a helper. Especially on the open road, with two little kids in the back.

It's a long drive between Sydney and Mudgee, and here I am helpless. We stand there acting like hitching a ride in the old days, and sooner or later some poor sap stops. I find the nicest, friendliest ones are the young men. They might look like hoons capable of kidnapping us all ... ghoulish deaths ... bodies never to be found again ... but they hop into the job in such a friendly and efficient way it becomes a great adventure.

Dorothy Cox

Cardboard Cuisine

The critics of restaurants and cafes and the advisors in the Government Health Departments never seem to investigate the nutrient and taste content of the cuisine used by the aged and less mobile, and by time-strapped employees who increasingly resort to the delicious looking pictures on the cardboard and tinned cuisine used to provide meals. To my mind the consumers of these products would be better advised to eat the illustrations on the boxes and tins.

They are advertised as '97 percent fat free' and 'full of Omega 3', so why are the contents so tasteless? They do not say anything about the insipid plastic pasta instead of the dearer vegetables, nor about the tomato sauce seemingly unrelated to ox heart or Grosse Lisse flavours. To cover the loss of taste, the stock recipe seems to chuck in another handful of salt – not good for hearts.

As the drought persists, to my mind the meat gets tougher and less in content. I have ceased eating roast beef in clubs, as my teeth are not equal to the challenge. Lamb seems to have a taste of too much time in the cool room.

Breakfast is another area to be examined. The culprit here is sugar content. To fill the kids up with cereal seems to be an expensive enterprise now. The packets are high, wide and handsome, but in opening them we find that they are one-third to one-half empty of food. One of my former favourites seems to me to have a decided loss of taste factor. Another, purporting to be good for the bowel, seemed to be a cause for diarrhoea. My doctor advised me to cut down on the amount I ate of this. I wonder how much laxative is included in these products.

Maybe I am getting to the *sans taste* stage, so I would like to hear what others think of the cardboard and tinned cuisine. Of course, sensible dieticians tell us that fresh fruit and vegetables are the way to go, but these are becoming more expensive day by day. We are becoming a little too tired to get back to the choko vine and chicken coop of our younger days, and many of us do not have the option of owning a lot of land. I do. I try to grow a herb patch, and a lemon or orange tree is a good investment.

Bon appetit!

Enid Harrison

A Job I Quite Like

So many jobs in my life I've had to still myself not to hate the lot of them. Actually, I like cooking. I am happy in the kitchen, tossing up with dishes of my own creation – gave up recipes years ago, too much trouble to find one, read it, find the ingredients - now just open the fridge, see what's there and off I go. Sometimes it's a flop – who cares? I eat it anyway (can't waste stuff). Sometimes it's a wild success – and I'm so happy. Of course, it's never to be repeated – can't remember what's in it.

Dorothy Cox



City to Surf Challenge 2007 and 2008

Today, like many others, I am feeling the effects of going in the City to Surf. I was talking to a woman with her two young boys, and she told me that her 75- year-old mother was really upset. Her mother had been in the City to Surf for the last 20 years but this year she had damaged her ankle, had started in the event and had to withdraw. I didn't see many being helped by the ambulances until Bondi. Even there it looked as though people wearing new shoes being treated for blisters were the main drama.

City to Surfers were of all stages and ages. It is true that most of those taking part would be between 20 and 50. But some were quite young and there were many seniors.

There were more walkers than runners. The times taken to finish were between one and five hours. The idea was just to participate.

The day was fine, the sun shining, the sky blue and the sea looked wonderful.

At Bondi some stayed to sit on the beach, some had a dip, some had lunch, and some like me got on the end of the queue for the bus back to Sydney. Of course public transport all over Sydney was free for all entrants.

I think it would be wonderful to organize an OWN team for next year, from any of our groups. If we want to show what we are, we have to be out there and visible. If we want to show that being older does not mean we moulder, then participating in events like City to Surf is one way to do it. So mark it in your diary for August next year, and keep walking.

Lorraine Inglis

Mobile Phone Tips

Keep a copy of these tips in your wallet – but don't leave it in your car.

Emergency

The emergency number worldwide for Mobile is 112 . If you find yourself out of coverage area of your mobile network in an emergency, just dial 112 and the mobile will search any existing network to establish the emergency number for you. Interestingly, this number 112 can be dialled even if the keypad is locked. Try it out.

If you have remote locking and the keys are locked in the car, and if the spare keys are at home, call someone at home on their mobile phone from your mobile phone.

Hold your mobile phone about a 30 cm (12 inches) from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the boot).

Editor's note: It works fine! We tried it out and it unlocked our car over a mobile phone!

Hidden battery power

So the phone battery is very low, you're expecting an important call and you don't have a charger. Nokia instrument comes with a reserve battery. To activate, press the keys *3370# .Your mobile phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged next time you re-charge the battery.

To disable a mobile phone

First check your mobile phone's serial number by keying in #06# on your phone. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep

it somewhere safe, and if your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so, even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

Contributed by Maureen King

Recycle Your Old Mobile

The Sydney Mechanics' School of Arts is currently collecting old mobile phone handsets for recycling.

The scheme is being run through a company called Envirofone, who organize mobile phone recycling as a fundraising venture for schools and community organisations. Envirofone pay \$5 for each handset collected as an incentive to stop old phones becoming landfill.

Envirofone is a newly registered Australian company which organises mobile phone recycling scheme fundraisers as a means of encouraging the reuse and recycling of old mobile phones. All handsets collected through Envirofone are either resold to developing nations or recycled in accordance with ISO 14001.

All money raised from the SMSA collection will be donated to the Bush Heritage Fund, however if you would prefer to organise a collection to fundraise for your own respective organisations please feel free to contact me for more information.

Handsets for the SMSA collection can be donated at our reception which is on level 3 of The Sydney Mechanics' School of Arts.

I hope this scheme might be of use to some of you; we look forward to receiving donations of old mobile phones from everyone else!

Amy Kelly



Taming Incontinence

When you begin organising your life around easy access to a bathroom or start giving up the activities that are important to you — your daily walk, travel, work opportunities, or sex — because you can't control leakage, the time has come to see your doctor.

Besides disrupting daily activities and night-time sleep, incontinence can chip away at your health in other ways. If you have stopped exercising, for example, you are giving up one of the most effective strategies for maintaining health. Getting up several times a night can lead to sleep deprivation. And incontinence that causes withdrawal from social interactions can contribute to depression.

While it engenders fear and embarrassment, rest assured that incontinence is neither a psychological problem nor a personal failure — it is a medical symptom, and it deserves the same attention you would give to any other medical concern.

Fortunately, there are quite a few options available to deal with the problem. For example, easier-to-take medications are now available for urinary incontinence. Specific exercises can help strengthen the muscles of the pelvic floor that control both bladder and bowel. There is a range of surgical options; there are even treatments for the most severe cases of faecal incontinence, including sphincter repair.

It is important to choose products or treatments recommended by your doctor — manufacturers have discovered that there is money to be made in selling products for incontinence and most of these are of no value at all.

Unless you engage in strenuous exercise or have a medical condition

(for example, if you're prone to kidney stones) that requires more fluid consumption, you can try these guidelines, to improve symptoms of urinary incontinence:

- Aim for no more than 6–8 cups of fluid (from all sources) each day.
- Don't drink more than 8 ounces at a time.
- Don't guzzle. The faster your bladder fills, the more likely you are to feel urgency.
- Minimize caffeinated and carbonated drinks.
- Decrease or eliminate alcohol consumption.
- If you are thirsty because it is hot or you have exercised, don't hesitate to drink water.

Extracts from Better Bladder and Bowel Control, a Special Health Report from Harvard Medical School, © 2007.

Cancer Risk – Diethylstilboestrol

Diethylstilboestrol (DES) was an anti-miscarriage drug given during pregnancy from 1940 to 1971 (and sometimes beyond) in many countries, including Australia. The Cancer Council of NSW is concerned that those women given DES, and their children of that pregnancy, are at higher risk of certain types of cancer and reproductive problems.

If you were given a drug to prevent miscarriage, you and your children may be DES exposed. Thousands of people in Australia are. If so, you are urged to contact the Cancer Council Helpline on 13 11 20 to obtain a fact sheet on how to protect your health.

A Poem for Seniors

A row of bottles on my shelf,
 Caused me to analyse myself.
 One yellow pill I have to pop,
 Goes to my heart so it won't stop.
 A little white one that I take,
 Goes to my hands so they won't shake.
 The blue ones that I use a lot,
 Tell me I'm happy when I'm not.
 The purple pill goes to my brain
 And tells me that I have no pain.
 The capsules tell me not to wheeze
 Or cough or choke or even sneeze.
 The red ones, smallest of them all
 Go to my blood so I won't fall.
 The orange ones, big and bright
 Prevent my leg cramps in the night.
 Such an array of brilliant pills
 Helping to cure all kinds of ills.
 But what I'd really like to know
 Is what tells each one where to go!

Contributed by Yetty Windt

Give Thanks

There's always a lot to be thankful for

If you take time to look for it.

For example I am sitting here thinking

How nice it is that wrinkles don't hurt.

Yetty's Wisdom



Recognizing a Stroke

OWN Matters published this information last year but we are repeating it because it is so relevant to older people, and this reminder could save a life.

Neurologists believe that if they can get to a stroke victim within three hours they can reverse the effects of a stroke. Therefore, it is vital that bystanders recognize the symptoms. They can do so by asking three simple questions:

1. Ask the individual to **smile**.
2. Ask him or her to **raise both arms**.
3. Ask the individual to **speak a simple sentence** (coherently).

If he or she has trouble with any of these tasks call an ambulance immediately and describe the symptoms to the dispatcher.

Contributed by June West



TRAVEL TICKETS

Pensioner Excursion and Seniors Card \$2.50 travel tickets can now be purchased in advance. They are not dated but as soon as they are punched in, the date appears on the ticket and thus can be used on that day only. Any number of tickets can be bought and thus can be useful for the new pre-pay buses as well as normal travel.

They can be purchased at the following outlets:

Circular Quay, Corner of Loftus and Alfred streets

Wynyard Station, Carrington St or York St entrance
There is a newsagent on that level who sells them.

QVB York St midway entrance kiosk.

Railway Square Between George and Lee streets

You may be asked to show your Seniors Card or Pension Card either at purchase or when boarding transport.

Enjoy!

Dementia Research Forum

- We are three government-funded Dementia Research centres and will be offering our first National Dementia Research Forum on 17-18 September 2007 in Sydney.
- Information about the Forum and the Centres in General can be found on our website: <http://www.dementia.unsw.edu.au>
- Apart from the subsidised registration fee for consumers, we currently also have some free places available. Preference will be given to pensioners and/or carers of people with dementia.
- If you require any other information about our Centres, please contact Rosi Benninghaus, Manager, Dementia Collaborative Research Centre, School of Psychiatry, Faculty of Medicine, University of New South Wales, Sydney NSW 2052. Telephone (2) 9385 9058.
- Christine Regan, NCOSS

Caution

Be careful of your Thoughts,
for your Thoughts become your Words.
Be careful of your Words,
for your Words become your Actions.
Be careful of your Actions,
for your Actions become your
Character.
Be careful of your Character,
for your Character becomes your
Destiny.
Thus,
Be careful of your Thoughts
for your Thoughts become your
Destiny.

Anon

Contributed by Dina McMillan

Notices

Future of Volunteering

Is volunteering a doomed activity? Where will the volunteers of the future come from? What will motivate them? What might volunteering look like in the future? What forms might volunteering take?

The Future of Volunteering is an innovative project which will, for the first time in the world, use narrative research processes, tools and proprietary software Sensemaker™ developed by Cognitive Edge to explore an issue of critical public policy. The project is funded by the Department of Disability Ageing and Home Care (NSW), via New South Wales Meals on Wheels and supported by members of the government and peak organisations in the community care sector.

The key objectives of the project are to develop an understanding of policy issues and implications given the changes in demographics and patterns of volunteering, as well as guidance for those organisations funding and managing volunteers. The initial focus is New South Wales; however there is already interest from other states and countries to replicate the project.

Any organisation or individual with experience in volunteering or managing volunteers is encouraged to participate in this programme. The more stories we are able to collect, the greater the pool of stories that can be used to identify themes and patterns around volunteering.

For further information please contact Chris Fletcher on 0402308403 or www.cognitive-edge.com/surveys/fov/

OWN Aust Conference 26-27 Nov 2007

The Conference will be held at Burgmann College at the Australian National University in Canberra, where OWN (Action) hosted the Conference four or five years ago. Accommodation is basic, but comfortable and very reasonable. We have been quoted \$75 for a full day's board. Additional meals will cost \$10.00. There will be a registration fee of \$20.00 per person to help cover the hire of the conference rooms. We will ask that you send your registration fees to OWN (Australia) and pay the accommodation money direct to Burgmann College after you arrive. Burgmann has credit card facilities.

The Conference Dinner will be held on the Monday. We will just have the normal buffet dinner menu, but will have designated tables with wine on the table. The wine will initially be supplied by OWN (Australia), but women will have to pay for any additional bottles. The dinner will be followed by an after dinner speaker and musical entertainment. Most local women attend on a daily basis, but some of us stay overnight after the dinner, so we can let our hair down without having to run the gauntlet of the boys in blue on the way home. Some parking is available at the College.

The Conference will start with registrations on the Monday morning and finish on the Tuesday afternoon in time for NSW women to catch the 5.00 pm train to Sydney.

The Conference Committee is working on contacting possible speakers. The main issues for discussion are ageism, public dentistry and grandparenting. We thought we would run the latter topics as forums. Could each state nominate one of their women to collect information about the situation in your states (including first hand experiences) and present them at the Conference? We don't need names yet, but it might help if you start work early!

Elections will be held for OWN (A) Council, so please consider nominating for a position. We will need a new Convenor, Secretary and Treasurer, plus state Councillors for those states not represented in those positions.

Barbara Silverstone

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: Older Women's Network NSW or the *Older Women's Network, Sydney.*

Option No. 1

I devise the sum of \$ to the Older Women's Network for the general purpose of the Older Women's Network OR 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% of my estate to the Older Women's Network for its general purpose or the specific purpose of

.....
.....
.....

The gift you make to OWN will be an enduring record of your generosity.

OWN Sydney Notices

Subscribe NOW!

- Subscription to *OWN Matters* is \$22 per year, these are due every JULY 1.
- Want to join **OWN Sydney** at the same time? We can fix this up in the same way, if you tick this box and include just another \$5
- Would you like to donate? \$.....

Payment method

- I enclose a chq/money order for \$22/\$27 - to Jun30, 2008 made payable to OWNNSW OR
- Please debit the following credit card for \$22/\$27 (plus any donation)

Visa

Mastercard

Bankcard

Total amount:

Card no.

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Exp. date __/__/__

Name on card (please print)

Signature _____

Address _____

State & Post Code _____

I need the audio version

I'd love it on email

Email only - don't post

Email address: _____

What are friends for?

Please send the above subscription to:

Name: _____

Signature _____

Address _____

State & PC _____

Members and friends are welcome to attend all activities

Wellness on Wednesdays

9.30am-11.45am every Wednesday

Held in Mott Hall, Argyle St., Millers Point.

Film Discussion group

You are invited to join **Tuesday 11 September**, to see *Inside Paris*, other films recommended for viewing are *Snow Cake; After the Wedding* and *Sicko*.

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

Creative Movement

Join us in Mott Hall on Thursday mornings at 10.15 to discover your inner rhythms! Check with office for term dates:

9247 7046

OWN UP – Unashamedly Political Discussion Group

10.30am to 1.00pm, next meetings Friday 12 October 2007 and then Friday 9 November at 75 Windmill Street, Millers Point.

Have an early cuppa with us and bring a sandwich for lunch. Contact Lola on **9665 8741**.

Inner-West Networking Group - IWNG

- Meet on the 1st and 3rd Saturday of each month from 2-4pm **IWNG Meeting** - Leichhardt Market Place, Cnr Marion & Flood Streets, (Community Room ground floor behind Tandy).

Networking, mutual support, sharing interests, social activities.

Buses serving the area are: 470, 435, 436, 437, and 438

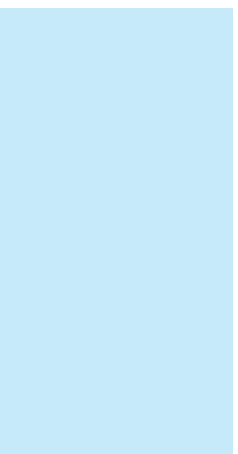
All OWN members are welcome. Just turn up, or contact the OWN office on 9247 7046 or Jan on **9692 9400** OWN Members from other areas are welcome!

Jubilation - reaching out to retirees, all OWN members welcome 6pm-8.30pm, the 3rd Friday of each month, at 87 Lower Fort St, or dining out together at affordable Sydney eateries.

Contact OWN NSW on 9247 7046.

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

OWN Matters



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