



OWN MATTERS

Newsletter of the Older Women's Network New South Wales

Vol.7 No.8 – September 2010

Onward and Upward!

CONTENTS

Onward and Upward!	1
Zero Carbon Emissions	2
OWN Matters Direct Contact	2
OWN History Project	3
On The Rocks - OWN Sydney	4
CoS Over 55's event	4
Delicious Time in Bankstown	5
The Growing Communities Notice	5
Lost Ladies September Events	5
Handymen from Heaven	6
Can You Help?	6
For Those Who Care	6
Sapphisticated Soiree	7
Money's Too Tight to Mention	8
Not Enough Money	9
Replacing OWN's Photocopier	9
It Could Be You	10
How Could They	10
A Room of One's Own	11-12
Theatre Group Report	13
Centre Stage promo	13
OWN NSW Office Contact	13
Letters to the Editor	14
An Unseen Epidemic	14
The Joy of Granddaughters	14
Thanks for the Memories	14
GP's	14
Boycott	15
Occupation of the West Bank	15
Politics	16
A Good Call	16
A Chilling Perception of Justice	16
Aboriginal Support Circle Issues	17-19
Dadirri	17
The History of NAIDOC	17-18
National Indigenous Women's Health Strategy	18-19
National Indigenous Women's Healing Foundation	19
The Rosedale Legend	20
Our OWN Lake Eyre Trip	21
On the Dinosaur Trail	22
Mediterranean Chicken	22
OWN Sydney Notices	23

As *OWN Matters* goes to print, all sides of politics are claiming their right to lead the nation. Ironically it appears that politically we not exactly 'moving forward' and we may find ourselves forced to 'stand up' yet again, 'for real action'. Still, while our political future drifts in the doldrums, amazingly OWN itself is simply brimming with projects and good fortune!

Thanks to a fabulous and bountiful series of Volunteer Grants through FaHCSIA - Families, Housing, Community Services and Indigenous Affairs, we are now able to supply 21 of our groups with a new laptop and printer. These grants also cover small amounts for basic computer training, and a fuel subsidy for women using their vehicles to participate in the voluntary administration or production of OWN community events and resources. These grants make a huge difference to our groups, and will also help volunteers access some of the new resources set up by our OWN Australia project worker, Roxy Rascon.

But the excitement doesn't end there!

City of Sydney has also bestowed their bounty on us, and through their Community Grants program will be funding a series of concerts by the OWN Theatre Group, enticingly titled *Theatre Group - Village People*, because they will be touring around the City's designated 'village' zones to perform community concerts for new and hard core fans! Please contact Rita if you can assist with any facet of production, from sequin shining to full blown diva, all talents warmly received. See contact details page 13.

Embracing difference has always been a virtue of OWN, and the City of Sydney has also come to the party with OWN and Lesbian Artworks VI by funding through another Community Grant: *Sapphisticated Soirée*. A cultural celebration for older lesbians to mark *International Lesbian Day*, and the second anniversary of the legal recognition of same sex relationships and its specific impact on older lesbians. Details of this event and the call for performers can be found on page 7 of this newsletter.

Now don't put away your diary just yet, because OWN has partnered up with COTA and the City of Sydney to bring you everything you need to know about making the most of your money – regardless of who is running the country – in an informative double act, titled: *Money's Too Tight to Mention*. Once again the City of Sydney has outdone themselves – now if only they ran the country we'd be laughing – because they are providing lunch for this one, so book early! See page 8 this issue.

Naturally OWN Sydney is also planning its calendar. Vicky Skarlatos, Project Officer for City of Sydney Over 55 Services will be coming to fill them in on everything the City has to offer. So if you haven't grabbed one of the GOLD books from the office, or if you find the array of choices of low cost and free activities too daunting, then this is a session not to be missed! See the insert on page 4.

If luck continues to smile on us, you may need to reserve your place on OWN Sydney's charter ferry for next March. Politics may be frozen, but at OWN it's just onward and upward!

Beth Eldridge

Older Women's Network NSW 87 Lower Fort Street Millers Point, NSW 2000

Phone: 02 9247 7046 Fax: 02 9247 4202 email: info@ownnsw.org.au web: www.ownnsw.org.au

Produced with the assistance of the Office of Ageing, Disability and Home Care, Department of Human Services NSW

with project funding from the NSW Department of Health and assistance from the City of Sydney

POINT of VIEW

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 email or mail marked Attention – Editorial Team. Please include contact details. Contributions must be received by the second Tuesday of each month.

OWN Matters is copyright. Material can be reproduced, but only with acknowledgement of its source.

ABN 36 992 030 904

Editorial Team

Beth Eldridge, June West, Lorraine Inglis, Helen Young and Louise Bentley.

Admin Support

Margaret Holland and Margaret Kearney, Helen Monaghan.

Layout and Design

Beth Eldridge, Louise Bentley, Enid Leighton and Marilyn McGreal.

Membership & Subscriptions

Maureen King

Mailout Team

Pat Rayne, Noel Carpenter, Veronica Willis, Heather Jennings, Corinne Campbell. More help welcome!

Zero Carbon Emissions Achievable

On a cold Sydney night recently a warm glow hovered over the Sydney Town Hall. We had all turned up to hear how zero carbon emissions are achievable within the time frame of a decade.

This was not some dream articulated by a wacko scientist but an introduction to an evidence-based report, *Zero Carbon Australia Stationary Energy Plan*, produced by an impressive group of scientists from Australia and numerous other countries and endorsed by many others. The Plan represents a ten year roadmap for 100% renewable energy, supplied by renewable sources and affordable at \$8 per household per week.

The exciting piece of news, for me, was the fact that we actually know how to achieve a zero carbon Australia at very little cost. What seems to be lacking is the political will. Representatives of the key political parties were present and gave their personal support for achieving zero carbon emissions in Australia within the objective of one decade.

It was surprising to me to learn of the work the City of Sydney is engaged in to reduce carbon emissions. Allan Jones, MBE, Chief Development Officer Energy and Climate Change, City of Sydney, gave an outline of the work that has already been done by the city. It is a great example for other Local Government Areas.

During question time a woman from Newtown, who had collected 3500 signatures on a petition seeking government action on climate change, asked what else could she and others do? The advice was to keep up the pressure on politicians, as lobbyists constantly engage with Governments, including the 'do nothing on climate change' representatives.

Climate change was a hot topic at the What Women Want workshop at the recent OWN NSW conference. Local government seems like a good place to start, especially as there is a model that we can refer too.

Full report and synopsis is available online at www.beyondzeroemissions.org

Sonia Laverty

OWN Matters Direct Contact!



We love to hear from you and publish what you have to say in our newsletter.

The best way, for you and us, is for you to email your letter or article.

We have an email address. especially for your contributions.

The email address is newsletter@ownnsw.org.au

Disclaimer : *The views expressed in OWN Matters are not necessarily those of the Older Women's Network NSW, and we do not guarantee the accuracy of the facts in articles supplied by members. The Older Women's Network NSW accepts no responsibility for any loss occasioned to any person acting, or not acting, upon any material in OWN Matters.*

The OWN History Project

Writing Your OWN History

As all groups are aware, some OWN women have been working hard towards the production of the history of our wonderful organisation. Many interviews have been conducted with key members who have been involved with their local group and, often, with OWN NSW and OWN Australia members as well, for many years. The emphasis has been on interviewing these women as quickly as possible, while they are still with us. As well, students on placement with OWN NSW have sorted and ordered old records and researched the social, political and cultural events that relate to the formation and development of OWN.

NOW it's your turn! We need each local group to provide a written history so that we properly reflect the breadth and depth of your experiences. No, don't run away. This may seem a daunting task, so I'd like to provide some guidelines about how you might go about it. There are several possible levels of complexity:

LEVEL 1: just do a brief summary of the development of your group, using information provided in the annual reports sent by your group to OWN NSW each year.

LEVEL 2: add some details of main events/activities, networking activities, names of key women, possibly comments from them. Sources: minutes of meetings, annual reports, reports of events, publications etc.

LEVEL 3: add information gained from a simple, brief questionnaire distributed to all current members (and some past members if you can) – questions could include, for example, when the member joined, what they were hoping to get from the group, how well the group meets its objectives; what they most enjoy/what they least enjoy/suggestions for improvement, general comments about the group etc. I can provide a sample questionnaire if you wish. This can be adapted to suit your group and the information that you think is interesting. Any questionnaire you use **MUST** include written permission for OWN Australia, OWN NSW and your group to use the information provided in the history you are writing.

LEVEL 4: add interviews with key women from the group. These would need to be recorded, typed up and edited for inclusion in your history.

Typically, such interviews cover why the woman joined, what she expected, what she found, good and bad points about the group over the years, where the group is heading, where it should be heading, etc. OWN NSW has designed a release form which interviewees would need to sign, giving

permission for OWN to record the interview and use the information provided in an edited form. It's a good idea to omit any libelous remarks – particularly those of a personal nature! However, it's useful to have constructive criticism of the group and the organisation included.

LEVEL 5: add photographs illustrating the group's activities over the years.

A first task in finding your 'historian' would be to canvas your membership to see what writing talents lie hidden there. Many groups will have members who are comfortable with writing and/or research, but you may not yet know it. It doesn't have to be a task for one person; several women could divide the tasks between them – although a particular individual probably needs to take overall responsibility for pulling all the threads together. Remember that your contribution will be edited for inclusion in the NSW history, so your writer/s must be comfortable with that. (In relation to the history of the Newcastle group, which I've been working on for many months, I intend to produce a document for Newcastle which I know will need to be edited for inclusion in the NSW history.)

Dare I say, dear OWN members, that we need to move forward on this worthy project! I invite all NSW OWN groups to contact me if they would like any further assistance.

Pat Carlton

29 Wallaroo Road, East Seaham, NSW 2324

Ph: 4988 6026 Email: patandrosscarlton@gmail.com



At and Beyond the Rocks



ON the Rocks

"ON the Rocks?" do I hear you ask? Yes, very nearly. Let me explain. We spent our final committee meeting planning for the AGM of 20 August, sharing duties and responsibilities relating to it and looking ahead to activities for the following year. Then wham! Suddenly several members announced that this would be their final meeting on the committee - six stalwart members, no less; six resignations.

Since, under our current Guidelines, our AGM quorum is twenty members this posed an immediate threat: how would we continue? What would happen to OWN Sydney if we couldn't? Notice of the AGM had been sent out with request to register attendance so that we could cater more accurately (ie less wastefully). We knew that there would be the committee members plus at least three others but no-one had expressed an enthusiasm for joining the committee. It began to look as though we were almost on the Rocks, about to founder. At the AGM of 2009, with barely twenty in attendance, we had raised the requisite number of ten plus five co-options by a combination of cajoling (all praise to Our Beth!) and moral

pressure. We could only hope for the best in 2010.

The AGM came, launched by a marvellous speaker, Rosie Block, whose final day in her position as Curator of Oral History at the State Library of NSW it turned out to be. Her enthusiasm for her subject is infectious and her advice practical, so maybe we shall see more stories of our interesting lives in *OWN Matters*, as we each have a story to tell. If you weren't there you missed a treat.

And guess what? By the time our AGM business started, we had a quorum after all and we were able to elect the new number of seven committee members, adopt all the proposed changes with a few amendments, and move on to enjoy lunch together.

Huge thanks are due to all committee members for their time and enthusiastic efforts to organise interesting events for ALL Sydney members throughout the year, and special thanks to those who are retiring from the committee. Their input and presence will be much missed. At the same time we welcome our new committee and wish them a good innings.

We are not foundering after all, though we came pretty close.

This year let's support our committee's efforts to provide interest and social networking events and respond to their endeavours, by doing a stint to make these things happen and attending meetings.

And perhaps we can now sit in the Spring sunshine, enjoying a little liquid something 'On the Rocks' after a task well done?

Cheers!

*Brigid
pp OWN Sydney Committee
for 2010.*

•••••
• City of Sydney Services
for Over 55
• Thursday 30 September
2010 - 10 am
• Abraham Mott Hall
• Argyle Street Millers Point



Vicky Skarlatos
Project
Officer for
City of
Sydney Over
55 Services

team will talk about:

- The City's Healthy Ageing Blueprint;
 - The work of the Over 55s team;
 - Programs at the City's 7 Activity Centres;
 - Meals on Wheels and Community Transport services; and
 - The background to The City's new GOLD 'healthy ageing' program.
- Morning Tea will be provided
Please RSVP for catering purposes to Judith Daley
9181 3249

A Taste of Community Culture

Delicious time in Bankstown

It was when a small woman came staggering out of a St Vinnies with a horse under her arm that the whole group came to startled stop. We had been treated to many fascinating sights on this Bankstown OWN adventure, but the lady with the horse (stuffed) as large as herself and crying “only ten dollars and he’s all mine!” was a once-in-a-lifetime experience.

On a sunny 9 June, ten OWN members from Northside, Sydney and Bankstown Wellness projects, were guided by an enthusiastic Jan Malley, Bankstown Co-ordinator, on a lovely ramble into this ethnically diverse suburb. Apart from English, four languages and cultures dominate in Bankstown - Arabic, Vietnamese, Chinese and Greek - but a whole range of other cultures add their individual sights and sounds.

Have you ever been into a large Indian Supermarket? This one was called ‘Lotus Spices’ and we delighted in the aromas, the rainbow colours of clothes and garlands, the shelves of exotic spices, the shiny stacks of cooking utensils. “Where’s an ATM?” I muttered hauling out my bagful of goodies.

The next experience, a Lebanese Supermarket (‘Green Valley’) was so totally different. Lovely tall pyramids of spices in rich earthy colours, different mixes of curry, caraway seeds, nutmeg, a variety of turmeric... and the scents!! “Have you seen the olives?” an excited member squeaked peering at the exotic choices. There were hanging bags of herbs, displays of sweetmeats and biscuits in brightly coloured tins.

Next a Vietnamese/Chinese Supermarket: piles and piles of crisply fresh vegetables and some fruit in shapes which we had never seen before, shelves of preserved fruits and roots and a huge range of frozen seafoods. More bagfuls, this time sprouting veggies.

Then Jan led us willingly into The An Restaurant whose slogan is: “So Pho So good” for lunch. Their Vietnamese specialty draws people from across Sydney. We took Jan’s recommendation that we try it. This was finely shaved beef in rice noodle soup (Pho), with helpings of bean sprouts and a basil-like herb - it was simply delicious. We had iced drinks of sweet young coconut juice which was a treat for many of us.

After lunch we strolled around the clean, wide streets while Jan continued to point out the sights – massive loaves of bread in a Greek bakery set right in the heart of ‘Little Saigon’; another bakery where you could be served by

Buddhist nuns; two shops displaying fashionable Muslim women’s clothes; a plush red-gold Lebanese restaurant where men and women were smoking water pipes; Greek Orthodox churches and schools.

Finally we went into ‘Sweet City’ for Lebanese desserts and coffee. The array of Lebanese delicacies was overwhelming and we had to leave it to Jan and the Manager to select small plates of assorted desserts for us. The whole day cost each of us about \$20.

Affectionate farewells at the train station and the warmest of thanks to our Bankstown hosts who had planned the day with maps and research. It is marvelous to spend time with another OWN group, because it is so easy to make friends when we start with something in common - Food!!

Joan Modder and Joy Ross

The Growing Communities sponsored by the Benevolent Society

www.strongcommunities.org.au

The Growing Community Organisation has launched a social enterprise project, ‘Taste Food Tours’. They will be running four tours this year,

Middle Eastern Treats - 18 September at 10am

Sugar & Spice – 16 October at 10am

World Fare – 20 November at 10am

For more information or to book a tour, please visit us at www.tastetours.org.au

Lost Ladies - September 2010

8 September: 10am Maritime Museum at Darling Harbour “Journey to the Magnetic South Pole” Cost free. Lunch in the museum restaurant, which has the best view of Sydney! (for newcomers catch the monorail to the end of the old Pyrmont Bridge).

15 Sept: 10 am at the National Art School Gallery, meet in or near the café inside for a Tour of the Blake Prize for religious painting. Free entry.

22 Sept: Our annual lunch in Merle’s garden of orchids. Please do not arrive before 12 noon.

Annette Butterfield: 96655369
abutterfield_852@hotmail.com

Our Community

HANDYMEN FROM HEAVEN

Who knows a plumber who will supply and install a new hand-held shower in your bathroom for only \$105? I do.

In case you haven't heard, let me tell you about the Home Maintenance and Modification Service (HMMS) and the wondrous things they can do at vastly reduced rates.

Jointly subsidised by the state and federal governments, HMMS aims to help frail/aged persons or the disabled of any age, and their carers, to stay in their homes by providing maintenance and modification services at minimum cost. Eligibility is assessed by HMMS or an Occupational Therapist referred by your doctor. Don't be deterred by the word 'frail' – older women are assumed to be lacking in handyman skills (and most of us are) and if a man has a bad heart or a crook knee and isn't supposed to be climbing ladders, he qualifies too.

The major emphasis is on access, safety and independence. Home modifications undertaken by HMMS include: supply and installation of handrails, grabrails and hand-held showers, access ramps, kitchen and bathroom modifications, step wedges, door widening, etc. They will also send a handyman along to do smaller jobs like replacing fire alarm batteries, changing light bulbs, adjusting temperature on hot water systems or modifying the height of tables, chairs and beds. Lawnmowing and gardening services at affordable rates are also available in some areas. They are handymen from heaven, that's what they are.

Clients pay for all materials (obtained by HMMS, where possible, at discounted rates) plus a subsidised hourly labour rate. These rates vary in different areas; I paid half the standard rate for labour (\$35 per hour instead of \$70). Prices can be negotiated if there is difficulty in paying.

The location of HMMS centres can be obtained from their website www.nswhmms.org, or by phoning 1800 052 222.

Now what I want to know is – what reduced-price maintenance and modifications can they do on me?

Helen Young

Can You Help?

The Kings Cross Community Centre (50-58 Macleay St) needs people to assist at their weekly Jumble Sale and Bookstall on Thursdays, mainly with setting up and dismantling. If you can spare an hour or two, contact Robyn 9357-2164.

For Those Who Care

I was approached by an organisation called 'Complete Care' when I was recuperating at home from a heart attack. I agreed to every offer of support until I was told I was 'double dipping', but there was no better than 'Complete Care'.

We were given five and a half hours per week shared by my husband and I. The carers were, in the main, country girls and they showed the necessary qualities of support. Commonsense was the most important and most had the qualities of empathy, non moralistic, friendliness and cheerfulness and were not at all judgmental. They became not only carers, but friends as well.

Life has taught me to avoid competitiveness, especially those who can only see "what's in it for me". Do not fall for those who flutter their eyes and cajole one into false negative attacks. Learn to value yourself. You do not have to be impolite, just phase them slowly out of your life. They may fool others with negative remarks on your character, this has been suffered by me, but remember, the truth is generally revealed.

The decent people are there I have found. We have enjoyed the kindness of neighbours, Noel and Carol, and can call on them any time. Noel counseled me to avoid hate as it only harms yourself – good advice.

Learn to love yourself is the message I have for you.

Enid Harrison

Heartmove Classes

The Victoria Park Pool (City Rd, Cnr Parramatta Rd.) is offering a 'Heartmove' Program, a gentle exercise program that is recommended and supported by the Heart Foundation. This program includes improving and increasing cardiovascular endurance, bone density, muscle mass, flexibility, balance, strength and healing and wellbeing. It is suitable for people over 55, who are currently exercising, new to exercise and those who have chronic conditions such as diabetes, arthritis and heart conditions.

The classes are offered on Thursday and Friday at 10 – 10.45 am. It is advisable to obtain a medical clearance prior to starting.

In September there is a promotion running, 30 days for \$30 (no obligation or contracts) which includes use of the pool, gym and classes. Alternatively, pensioners can pay \$9 per week (no contract) for use of the above facilities.

Contact: Desiree Park 9298 3096



Sapphisticated Soirée

Call for Performers and Artists

Marlene Dietrich would be clamouring to appear at Redfern Town Hall for International Lesbian Day, 9 October 2010. Older lesbians from Sydney, regional NSW, and beyond will be gathering for a celebratory community event entirely focussed on the cultural achievements of older lesbians. Sapphisticated Soiree will be an afternoon of live music, performance and entertainment. We will also be displaying Lesbian art as part of the celebration.

Sapphisticated Soiree is a collaborative project between Older Women's Network NSW, and Lesbian Artworks, which has been made possible by the generous sponsorship from the City of Sydney, Lesbian Artworks, and Linc.

We are looking for Lesbian Performers: Poets, Storytellers, Actors, Singers, Dancers, and Musicians who would like to be part of the event. Ideally one spot would last for about 10 minutes, but there is room for flexibility. We are happy to discuss any proposals from one to 20 minutes.

We are also looking for Lesbian Artists and Photographers who would be happy for digital images of their work to be projected in the performance space before and after the performance and during interval. The organisers will arrange this display. It may be possible to exhibit other work but it will be the responsibility of the artist to manage this themselves.

If you are a Performer, or Artist, interested in being a part of this project then please contact Wendy by email: janegreen.5654@yahoo.com.au or mobile: 0407 099 291.

Lesbian Artworks VI
and Older Women's Network NSW
Present

Sapphisticated Soirée

a cultural celebration for older lesbians
presenting the work of
lesbian performers and artists
recognising the second anniversary of
the legal recognition of
same sex relationships
and its specific impact on lesbians

Come and be entertained by older lesbians
making the most of

International Lesbian Day

An afternoon of Performance:

Music, Dance, Readings, Drama
&

Visual Art:

Photography, Painting, Textiles, Sculpture

2-6pm Saturday October 9th 2010

You are welcome to linger and socialise until 8pm!

Redfern Town Hall

Wheelchair accessible, Hearing Loop
73 Pitt Street, Redfern

Ticket includes refreshments:

\$20 or \$10 conc (prebooked only)

email: janegreen.5654@yahoo.com.au

sms or ring: 0407099291

for more information

**\$30 or \$20 at
door!**

Public Transport: frequent
309, 310 buses stop 50
metres from venue,
or a vigorous walk from
Central or Redfern
Stations.



Money's too tight to mention

Making the most of your income
and assets in retirement



Brought to you by the Council on the Ageing (COTA) NSW, the Older Women's Network (OWN) and the City of Sydney.

WHEN: Tuesday 23rd November, 2010
10am-1.30pm

VENUE: Redfern Town Hall
73 Pitt Street, Redfern



..... Walking Route from Redfern Station
Public Transport Line: 131 500
Buses: 309, 310

COST: Free

BOOKINGS ESSENTIAL

RSVP : Call: 02 9286 3860 or
info@cotansw.com.au

Program

- 10am Welcome and Registration
- 10.15am **BASIL LA BROOY** -
National Information Centre on
Retirement Investments Inc (NICRI)
- Preparing for & obtaining Financial Advice
 - Managing Income Stream products and other investments
 - Accessing the equity in your home
 - Costs & options with Assisted Aged Care
- 11am Morning Tea
- 11.20am **UMA CHANDRASEKARAN** -
Centrelink - Financial Information
Service
- Deeming
 - Work Bonus scheme
 - Carers' entitlements
 - Concession Cards and other allowances for Australians of Pension Age
- 12.15pm Q & A
- 12.40pm Lunch
- 1.30pm Close

CITY OF SYDNEY



COTA NSW
Council on the Ageing (NSW) Inc
Established 1996

Call COTA NSW on 02 9286 3860

Money makes the world go 'round

Not Enough Money

Getting goods on *credit* has been around for a long time. My mother, like many others who did not have enough money, bought any expensive item, such as a refrigerator, on *Hire Purchase (the never-never)*. A sum equal to the original full price, plus interest, is paid in equal instalments over an extended time period. If the buyer defaults in payments the 'owner' may repossess the goods. Credit cards (or debt cards) have largely replaced hire purchase, but in other communities there are different ways to obtain credit.

When I was in Gallup, New Mexico, during my travels, I investigated the *pawn shops* which are an institution there. These are where the local Indians leave some of their craft work, including wonderful silver and turquoise jewellery and beautiful baskets, as collateral for loans, or *pawn*. They pay the interest regularly and very rarely lose an item. They come in and pay the loan if they need something for a ceremony, and afterwards bring it back and pawn it again. This enables them to get credit but it also gives them a safe place for their goods. Some of their craftwork is worth many thousands of dollars. One of the pawn shop owners showed me his huge vault where he keeps the *pawn*. Walls and walls of it.

The *Nacional Monte de Piedad*, established between 1774 and 1777, is a not-for-profit institution and pawnshop. It has become so widespread throughout Mexico it is commonly called *Tia* (aunt) *Piedad* (pity). It has two unchanged fundamental objectives. One is to lend money to the poor and the other is to give the money it makes to charity. Its first and primary lending strategy is *microloans* secured through pawned objects. Although they will take objects of a value as little as 30 pesos, the average loan is 500 pesos. Most of the items are watches and jewellery, but they take cars, domestic appliances and even linens. The peak periods are holidays and back-to-school periods but loans are sometimes for home remodelling, to send children to college, or to start a business. They charge 4% interest and the recovery rate is 96%, though they make so many loans they have regular auctions of unclaimed goods. In the past decade, the *Nacional Monte de Piedad* has donated money to 1500 charities, with an average yearly donation between 400 and 450 million Mexican pesos.

The *Grameen Bank* in Bangladesh was established to give those in poverty access to credit, in defiance of the traditional rural banking practice, whereby "no collateral (in this case, land) means no credit". It has focused especially on women from the poorest households. Loans are small but enough to finance the *micro-enterprises* undertaken by borrowers: rice-husking, machine-repairing, purchase of rickshaws, milking goats, cloth, tools etc. The repayments are weekly, spread over a year, the repayment

rate is 96%, the interest is 16% and those who repay can borrow again. Increasingly loans are for the improvement of social and physical infrastructure, such as building sanitary latrines, installation of tube wells which provide drinking water, buying agricultural inputs for household gardens and for education.

Book up is an agreement that allows a consumer to buy goods now and pay for them later. In remote communities, for people on a low income, the store is often the only place to get credit, do banking or access cash. Some people leave their key card with the trader for security reasons or to avoid being hassled for money.

The disadvantages can be lack of choice, higher prices, fraud, book-keeping errors, high fees charged by the trader. Just banning book-up may result in increased hardship in remote communities. The big question is a voluntary or mandatory code of practice which could include: formal agreements between customer and trader, restriction on fees charged, keeping proper records of book up transactions, providing itemised transaction records, clear display of prices, prohibiting charging extra prices for booked up items and secure responsible storage of key cards.

Not enough money! It happens to all of us!

APPEAL!

Replacing OWN's photocopier

Our existing photocopier has done a lot of work over the past six years, producing *OWN Matters* and handling all our printing and photocopying requirements. We needed to replace it before it started costing us too much money in repairs and maintenance. We decided on a replacement model, which has now been delivered. However, the money that we have set aside for this item is not sufficient to fully cover the cost of the new machine. Would you be willing to make a financial contribution towards this essential equipment?

Any amount, large or small, would be greatly appreciated and assist OWN to continue in its work of promoting the rights, dignity and wellbeing of all older women. Contributions can be sent to our office at 87 Lower Fort Street, Millers Point 2000.

Many thanks
Kris Ferguson

It Could Be You: female, single, older and homeless

This is the title of the recently launched report on a twelve month research project by OWN NSW in partnership with Homelessness NSW and St. Vincent de Paul Society.

Extensive national media coverage resulted from the launch on 3 August, so we look forward to relevant government policies addressing the homelessness of older women. The recommendations include a call for an increase in appropriate and affordable single person housing stock for older women and for a larger quantitative research project to identify the numbers of older women at 'housing risk'.

The search was influenced by evidence of increasing numbers of older women entering the homeless population for the first time, and the concern that the demand for accommodation could not be met. Older women now outnumber older men seeking emergency accommodation, according to national Supported Accommodation and Assistance Program (SAAP) statistics. But older homeless women are virtually invisible for safety reasons. When the homeless count is carried out each year the women are not among 'the homeless' – they find safer places to sleep, or stay awake and sleep during the day.

Thirty-one older women who had experienced homelessness were interviewed for this project and the recommendations outlined in the report stem from their experiences. Most of the women interviewed had worked throughout their lives, raised children and endured abusive and difficult relationships.

As a result of these interviews we found that, contrary to the accepted causes of homelessness – drug abuse, mental health issues and alcoholism – these problems are the *effects* of homelessness, not the cause.

Ludo McFerran, researcher and author of the report, writes that 'as women living alone in their fifties and sixties, they become susceptible to a health crisis, sometimes work-related, or age discrimination at work, resulting in difficulties keeping or finding employment. The crisis of losing work, combined with the failure or refusal of their family to support them, put these women at housing risk'.

As a consequence of this research the context of the homelessness of older women must include the changing effects of housing affordability, the impact of ageing and of ageism which permeates our society, and the entrenched financial disadvantage of women.

This research cautions that 'housing risk is fundamentally an issue of poverty and that the emerging levels of housing risk for older women cannot be reduced without a combined effort of governments, industry and community

to address the poverty of older women that has accumulated over a lifetime' (McFerran 2010 p4). The report, 'It Could Be You' is available on the OWN NSW website. I recommend it to you.

Sonia Lavery, Project Convenor

How Could They?

Older women play a critical role in supporting their families and communities. Many do not recognise that the situations that they are entering into have the potential for abuse. In an environment of increasing social and financial pressure, older women must also ensure that they do not jeopardise their own security when asked to help those they love. Some of the worst cases of financial elder abuse are perpetrated by those closest to them, and begin with seemingly small transgressions, often culminating in the inadvertent surrendering of power, authority and financial security. Unfortunately unless they recognise this potential and initiate steps to protect themselves early, communication can break down, with the situation and the relationship deteriorating.

How Could They? Begins with a series of 5 brochures exploring the legal and financial issues:

- for older women considering 'Granny Flats' - *A Room of One's Own* (pictured right)
- for older women negotiating new relationships - *Love at Last!*
- for older lesbians negotiating new relationships - *Over the Rainbow*
- for older women considering gifts and loans - *One Good Deed...*
- for older women considering going Guarantor- *Safe as Houses?*

These brochures have been developed by and for older women, based on real situations.

The questions, strategies and resources contained in each brochure have been designed to empower older women with tools to resolve problems and strengthen their position, without jeopardizing their personal relationships.

Beth Eldridge

General advice to Lola

- Do nothing before you get independent legal advice.
- Check with Centrelink about your pension rights.
- If you wish to go ahead, get formal agreements in writing.
- If troubles occur get legal advice as soon as possible.

The information contained in this publication is intended for use in NSW, and relates to the law as at

1st May 2010.

Contact OWN NSW:

phone: (02) 9247 7046

info@ownnsw.org.au or

www.ownnsw.org.au to obtain further copies of this publication.

This publication has been developed by The University of Western Sydney and The Older Women's Network NSW, produced with the financial assistance of the Law and Justice Foundation of NSW.

The Foundation seeks to advance the fairness and equity of the justice system and to improve access to justice, especially for socially and economically disadvantaged people.

<http://www.lawfoundation.net.au>

This publication is intended as a guide to the law and should not be used as a substitute for legal advice.

Disclaimer: any opinions expressed in this publication are those of the authors and do not necessarily reflect the views of the Law and Justice Foundation's Board of

Governors

A Room of One's Own

Legal and financial issues for older women considering 'Granny Flats'



Lola is finding it hard to manage her old two-storey home, but she is unsure what she should do...

Lola has a two-storey house. She does all her own housework and shopping and manages this well using the local community bus service. However, she finds it a struggle to keep up the maintenance on the property and the ever-increasing council rates, with the old age pension being her only source of income.

Agencies and others Lola could contact for help and advice:

- ① **The Older Persons' Legal Service (A service of The Aged-care Rights Service).** Tel: (02) 9281 3600 or 1800 424 079 (toll-free)
- ① **Financial Information Service (FIS).** Tel:131 021
- ① **LawAccess NSW**
Tel:1300 888529. TTY:1300 889 529
- ① **Legal Information Access Centre (LIAC)** (02) 9273 1558 or liac@sl.nsw.gov.au
Tel:1300 888529. TTY:1300 889 529
- ① **Welfare Rights Centre –**
Tel:(02) 9211 5300
or 1800 226 028 (Toll free)
- ① **Her solicitor.** If Lola does not have a solicitor, she could contact the Law Society of NSW Solicitor Referral Service on (02) 9926 0300 for a list of solicitors in her area who deal with elder law matters.



LAW AND JUSTICE
OF NEW SOUTH WALES
FOUNDATION




University of
Western Sydney
Bringing knowledge to life

Last summer Lola sprained her ankle and had to spend six weeks living in the lounge room and showering in her laundry because she couldn't climb the stairs. Her friend Joan had to move to a retirement village after she broke her hip, and now they hardly see each other. Lola knows she will also have to plan her move soon, but she'd like to consider her options. Lola likes the area where she is. She knows where all the services are, and she is able to see her other friends.

Property values in the last ten years have soared. Lola's son, Rudi, has suggested she sell up and that she invests her money in his new house, where he and his wife will accommodate Lola in a Granny Flat. He lives two hours away and her other two children are only forty minutes from where she is now, and they visit every second week. She doesn't want to rush this decision, but she feels time is not on her side.

Questions Lola might ask

Q. If I agree to do this, what problems could occur?

A. Entering into a "granny flat" arrangement is a risky business without legal protection.

Problems might arise with this arrangement if your circumstances change. You might meet someone else with whom you wish to share your life or you may need more

care than this arrangement offers. The unfortunate situation might arise where there is a dispute between yourself, Rudi and his wife, or other members of your family.

Q. If I agree to this arrangement, what right do I have over how my money is used?

A. You do have rights to specify how your money is to be used by Rudi.

It is highly recommended that you seek independent legal advice regarding drafting a formal agreement specifying your options in order to protect your interests. A formal agreement involving significant money or property is essential, as it can outline your rights in the event any of the following questions should arise:

- Can I have access to the remaining money left from building/furnishing the granny flat?
- What happens to my portion of the contribution to the property if Rudi and his partner separate, and what happens to me?
- Will I get the money I gave Rudi to refurbish his home if I choose to relocate and no longer live with the family?
- Should my name be on the title deed?

Q. Will this granny flat arrangement affect my pension?

A. This granny flat arrangement may affect your pension entitlements.

It is important that you contact Centrelink and also seek independent legal advice regarding the effects of the transaction on your entitlements. Centrelink has special rules regarding granny flat arrangements.

Q. Even though it may offend my son, should we clarify our intentions and expectations regarding this arrangement by having a formal, written agreement drawn up?

A. Yes. It is important to keep in mind that if no formal written agreement is in place, the financial contribution could potentially be regarded as a gift, which could affect and reduce your pension payments or, in certain situations, stop the payment altogether.

Q. Is it possible to draw up documents to cover other non-financial issues, such as care, housework and maintenance?

A. Yes. You can arrange to have a Family Agreement made to clarify each party's understanding of their responsibility which may have formed a large part of the argument used to persuade you of the potential benefits of this arrangement.

OWN NSW Theatre Group



We are pleased to welcome a new member to the theatre group, namely Denise Miel of Wentworthville, who has been brave enough (or mad enough?) to join us. We also welcome back Grace Barnes, fresh from her success as associate director of *West Side Story*.

On 20 July we were pleased to be asked to perform our new show, *DON'T KNOCK YOUR GRANNY*, which is about abuse of older people, at the 2010 OWN NSW State Conference held this time in the Abraham Mott Hall, the Theatre Group's home ground. We received many positive comments afterwards which are always gratifying. We were also given some suggestions as to how the program could be made even better. These will certainly be considered. This show has a serious message and it had quite an impact. One person reported that she found it almost too much and was still shaking when the conference broke for lunch. As Sonia Laverty said "It was hard to watch because it is hard stuff". Another comment was that it was good to be reminded that elder abuse is not just physical. It can also be financial, sexual, psychological or just plain neglect.

Because this is a show with an important message, the Tuesday after the conference was spent taking photographs for publicity purposes. Although we have had three requests (so far) to perform elsewhere we want this message to be spread around even further, particularly among young people, so if readers have any useful connections or suggestions as to how this could be done, please let us know. The best person to contact would be Rita Tratt (9692 0513) who is filling in for Jo Allon while Jo is away, but any one of us would do.

Halcyon Evans



Centre Stage

by Dorothy Cora

\$15.00 plus \$7

Available from Older Women's Network NSW

Ph (02) 9247 7046

admin@ownnsw.org.au

Published in 2009 by the

Older Women's Network NSW with financial support from the

City of Sydney

OWN Office

The phone hours at our OWN office are from 10:00 to 3:00.

If you call outside these hours you may get a recorded message. Please don't think that what you have to say is unimportant to us. Leave a message, with your contact number, and we will get back to you as soon as possible.

Between 10:00 and 3:00 the phone will be answered by one of our friendly volunteers.



Letters to the Editor



An Unseen Epidemic?

After 5 1/2 hours service for shopping, being taken to medical and dental appointments recently, I was with my carer, Carolyn, who sees much more of the world than I do, and noticed a youngish woman near us, and couldn't help but comment: "she seems an odd bob" but my carer pointed out that she was homeless.

She had a beret pulled low on her head, over her skivvy, and a strange collection of long sleeved blouses and leggings tied around her waist. I could then see what these were for, must be so perilous when the temperature drops below five degrees, and she has to find a roof over her head or a niche to sleep.

It's only my own lack of mobility, which slowed me down enough to notice. Made me wonder just how many homeless women remain invisible to society and government policy makers.

Enid Harrison

The Joy of Granddaughters...

I am a great disappointment to my two granddaughters, aged 3 and 7. They are totally perplexed that I persist in wearing trousers, instead of skirts and

dresses. On my last visit to their home, I was dressing to leave when three year old Chloe looked down in dismay and said, "Oh Grandma, your shoes are not pretty!" (Needless to say, they were flat and comfortable lace-ups).

When seven-year-old Amy came for a visit in the school holidays, I took her to see a 'Disney on Ice' Show. Feeling sorry for me, Amy kindly offered to lend me two of her many bangles to wear, so that I would be 'pretty'. That was it! Off I went to forage through my quite large collection of jewelry, seldom worn. The result was that both Amy and I left for the Show suitably adorned, bejeweled and 'pretty'. I found the whole process quite uplifting.

When Amy goes 'Gothic' in a too few years time, I'll take joy in reminding her of this phase.

Pat Carlton

Thanks for the Memories

Thanks, Janet Waters, for reviving my fond memories of the goldmine of talent that I took part in tapping with the inauguration of Bankstown OWN Wellness Centre. You were an especially solid nugget. I love still getting the Bankstown Wellness newsletter and occasionally seeing (as I did at OWN's AGM recently) some of those early members who became cherished friends. The ties never slip into oblivion, especially as Wellness activities spread, earning further renown.

Thanks to Pat Donaghy, I enjoyed attending the AGM which meant more discoveries about newer members

among the talented speakers and performers. They include those of you I have known only through your monikers and mentions in *OWN Matters* contributions. It was a gold letter day and I congratulate everyone responsible for the successes that have resulted from such an infusion of new blood.

You hosted a great day Cate – and you did not complain once about my non-stop verbal assault on your concentration as you steered our carload of delegates to a northern conference destination many years ago! I had come to expect the story at such an event.

Love to all

Noreen Hewett

The GPs

GPs are a beleaguered lot due to the number of patients and time allotted in this regional area. Due to the initial training of new number has not been developed. They seem to be pushed behind what they can offer as an efficient and humane physician, but none the less they are on the whole fine humane beings.

If one can attend a GP for a length of time so they can know their patients and their ills and more importantly they know when their ability to listen and absorb what will make them better, if possible.

My GP is a feminist and more importantly she knows that I will try to follow through with her advice.

It seems to be that group clinics are a way forward with paramedics, nurses and medical receptionists.

Enid Harrison

Boycott

Perhaps it might help Lorraine Inglis to dry her tears of rage by taking direct action and boycotting some Israeli companies who support the Israeli Government in its merciless treatment of the Palestinians. For many years now I have been running my own personal boycott of two companies run by Zionists known to support the Israeli Government. Namely: Starbucks and Timberland, and many more are listed at www.inmins.co.uk. Alternatively, you can Google 'Boycott Israel Campaign' if this link doesn't work. It's about time the world put pressure on Israel to negotiate. Perhaps if the present PM Gillard, who talks about consultation and negotiation, is elected she could lead the way with an Australian boycott and also send off home the Israeli Ambassador and close the embassy.

In solidarity.

Maureen King



Occupation of the West Bank Gaza

In its bid to maintain its occupation of Gaza and the West Bank, the Israeli government has launched a new offensive, this one against its own citizens.

A bill that is currently before the Knesset would allow Israelis who support boycotts against Israel to be sued for damages. The bill is part of a government backlash against a small but growing number of Israelis who have taken up the tactic of boycott, divestment and sanctions (BDS) to bring about an end to their government's occupation of the West Bank and Gaza.

The Real News Network (www.therealnews.com.au) recently presented this report on the bill and the Israeli BDS movement.

Human rights organisations in Israel and internationally have condemned the bill as draconian and anti-democratic. Human Rights Watch has called on the Knesset to reject it along with three other bills "that would seriously restrict the rights of Israelis to criticise the policies and actions of their government".

If passed, the Boycott Prohibition bill could be detrimental to Israeli organisations, such as the groups that comprise the Coalition of Women for Peace (CWP), which runs Who Profit, a database of corporations that benefit from the Israeli occupation. Last year the Coalition called on the

Norwegian Government Pension Fund to divest from corporations that help to maintain the occupation.

According to Yasmeen Daher of CWP, peace and human rights activists in Israel face a range of threats beyond the government's latest efforts to outlaw political dissent:

"In the past year, we have seen an increasing wave of assaults against Palestinian and Israeli human rights defenders and civil society organisations by Israeli officials, security forces, journalists and right-wing organisations. Palestinians who engage in the popular struggle are arrested and terrorised and Israelis who protest the government's illegal policies are marked as 'traitors'. The Israeli policy regarding non-violent protest is that any opinion that does not serve the so-called 'national interest' should be persecuted, silenced and quashed".

We may not all agree about whether boycotts are the right tactic to use at this time in our efforts to end the occupation. But we should all agree to oppose repression against activists who use non-violent tactics to press their government to comply with international law. That's what Israeli supporters of BDS are doing and they deserve our support.

Barbara King

That's Politics!

*It is the logic of our times,
No subject for immortal verse
That we who lived by honest dreams
Defend the bad against the worse.*

- *Cecil Day-Lewis*

A plague on both your houses.

- *William Shakespeare*

Amen.

Helen Young

A Good Call

Gore Vidal once said, "Apparently, a democracy is a place where numerous elections are held, at great cost, without issues and with interchangeable candidates" and this really seemed true of our recent Federal election.

I didn't hear any important issues come up for discussion by either of the main parties, none of their candidates stood out and neither of the heads of the parties presented themselves as great leaders.

I think the electorate read it well, decided the parties and candidates were pretty much the same and elected even numbers of candidates from the major parties. This was the best judgement they could make. The constant bleating by the media about "a hung parliament" and "minority government" only betrays their ignorance. It is common in other countries and has been the norm in countries like Denmark since the war. It can force powerful parties to move away from the adversarial system and to negotiate with smaller parties and listen more to the opinions of the electorate.

This is an opportunity for Australia to move towards a truer form of democracy and I only wish we had some smaller parties strongly represented in the lower house, to take advantage of this. I hope those independents and the one Green in the Lower house are given support and resources. Those members could really influence the way our democracy develops in the next three years and could force the government to attend more to the needs of country people, to look after 'the bush', to look after the rights of the disadvantaged.

I think the people have spoken. A good call! I hope that those elected can accept this decision and change their way of operating, to include all of the people they represent in their decision-making. Who knows? We might get a carbon cost, the mining tax, better services in the bush, better mental health care, even a human rights bill.

I'd be willing to bet the broadband goes ahead now, no matter which party gains power.

Lorraine Inglis

A Chilling Perception of Justice

Many interesting subjects were discussed at Morning Tea with Lee Rhiannon on 29 June 2010, but one of great importance to me was the concern that came up in discussions about our Prime Minister. While it was thought that having a female in such a position was an achievement that would satisfy a lot of feminists who had struggled for women's rights over many decades, there was also concern that although the ALP had moved to modify Howard's draconian Work Choices legislation, they had kept the Australian Building and Construction Commission (ABCC), also created by Howard, and that Julia Gillard had done nothing to extract this thorn in the side of justice.

The Hardhat Express of April/May 2008, a publication of the CFMEU (Construction and General Union), listed the following problems:

- No one called for interrogation by the ABCC has the right to silence;
- Refusal to attend may result in six months imprisonment;
- The interrogations are secret;
- You may not be able to choose your own lawyer; and
- You can talk to no-one, except that lawyer, about what happened to you – not even your partner or your best mate.

Lee Rhiannon mentioned one incredibly brave unionist, Ark Tribe, who has spoken out. A website about him says: "Ark Tribe is a construction worker from South Australia facing six months in jail ... for not attending an interview with the Australian Building and Construction Commission (ABCC).

Ark was working on the Flinders University site in Adelaide. Conditions were so bad that workers drew up a petition calling for safety improvements, (written) on a hand towel. It took an intervention by the union and the state government safety regulator to get the most pressing problems fixed and finally, after several days, things began to get back on track.

One by one each worker from the site was called before the ABCC. The penalties for those who don't cooperate with ABCC investigations are frightening – fines of up to \$22,000 for things like stopping work to make sure workers are safe, and jail for up to six months if you don't answer their questions.

Even the police don't have the powers the ABCC have. In Ark's words, 'If I've done something wrong, I'm prepared to cop it, but I won't be treated unfairly'.

So somebody on a construction site sees that something has happened that is potentially dangerous to his/her fellow-workers and stops work on the job while the situation is corrected. You can read more about the issue on <http://www.rightsonsite.org.au/file.php?file=/arkinfo.html>.

Maureen King

Aboriginal Support Circle Issues

Dadirri - the Aboriginal gift to the Nation

Dadirri. A special quality, a unique gift of the Aboriginal people, is the inner deep listening and quiet still awareness. Dadirri recognises the deep spring that is inside us. It is something like what you call contemplation. The contemplative way of Dadirri spreads over our whole life. It renews us and brings us peace. It makes us feel whole again. In our Aboriginal way we learnt to listen from our earliest times. We could not live good and useful lives unless we listened.

We are not threatened by silence. We are completely at home in it. Our Aboriginal way has taught us to be still and wait. We do not try to hurry things up. We let them follow their natural course - like the seasons. We watch the moon in each of its phases. We wait for the rain to fill our empty rivers and water the thirsty earth. When twilight comes we prepare for the night. At dawn we rise with the sun. We watch the bush foods and wait for them to open before we gather them. We wait for our young people as they grow, stage by stage, through their initiation ceremonies.

When a relation dies, we wait for a long time with the sorrow. We own our grief and allow it to heal slowly. We wait for the right time for our ceremonies and meetings. The right people must be present. Careful preparations must be made. We don't mind waiting, because we want things to be done with care. Sometimes many hours will be spent on painting the body before an important ceremony. We don't worry. We know that in time and in the spirit of Dadirri (that deep listening and quiet stillness) the way will be made clear.

We are like the tree standing in the middle of a bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burnt, but inside the tree the sap is still flowing and under the ground the roots are still strong. Like that tree we have endured the flames and we still have the power to be reborn.

Our people are used to the struggle and the long waiting. We still wait for the white people to understand us better. We ourselves have spent many years learning about the white man's ways, we have learned to speak the white man's languages, we have listened to what he had to say. This learning and listening should go both ways. We would like people in Australia to take time and listen to us. We are hoping people will come closer. We keep on longing for the things that we have always hoped for - respect and understanding.

We know that our white brothers and sisters carry their own particular burdens. We believe that if they let us come to them, if they open up, their minds and hearts to us, we may lighten their burdens. There is a struggle for us, but we have not lost our spirit of Dadirri.

There are deep springs within each of us. Within this deep spring, which is the very spirit, is a sound. The sound of Deep calling to the Deep. The time for rebirth is now. If our culture is alive and strong and respected, it will grow. It will not die and our spirit will not die. I believe the spirit of Dadirri that we have to offer will blossom and grow, not just within ourselves but in our whole nation.

Pat Zinn



The History of NAIDOC

Before the 1920s Aboriginal rights groups boycotted Australia Day in protest against the status and treatment of Aboriginal people, but the broader Australian public were largely ignorant of these efforts. Two



Aboriginal Support Circle Issues

organisations emerged to pursue a more active role. In 1924 the Aborigines Progressive Association was formed and the Australian Aborigines League followed in 1932, founded by William Cooper, but again they were unable to make much headway. William Cooper drafted a petition to send to King George V asking for special Aboriginal electorates in Federal Parliament, but the Australian Government believed that the petition fell outside its constitutional responsibilities.

In 1938, protestors marched through the streets of Sydney, followed by a congress attended by over 1000 people, which became known as the Day of Mourning and there was a feeling that this should be a regular event. William Cooper, together with a deputation, subsequently presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people, but this was also rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

From 1940 until 1955, the Day of Mourning, known as Aborigines Day, was held annually on the Sunday before Australia Day. In 1955 Aborigines Day was shifted to the first Sunday in July not only as a protest but also as a day of celebrating Aboriginal culture. The following year, major Aboriginal organisations, State and Federal governments and a number of church groups all supported the formation of the National Aborigines Day Observance Committee (NADOC) on the second Sunday in July as a day of remembrance for Aboriginal people and their heritage. After the 1967 referendum the Department of Aboriginal Affairs was formed in 1972. In 1975, the NADOC committee, now composed entirely of Aboriginal members, decided



Ali Golding - 2010 Female Elder of the Year

that the event should cover a week, from the first to the second Sunday in July.

By 1991 NADOC was expanded to recognise Torres Strait Islanders, with their distinct cultural histories, and the committee became known as NAIDOC (National Aborigines and Islanders Day Observance Committee), which has become the title for the whole week. Each year, a theme is chosen to reflect the important issues and events for NAIDOC. This year, NAIDOC took place from 4 - 11 July with the theme 'Unsung Heroes:

Closing the Gap by Leading Their Way'.

During the mid-1990's NSIDOC was managed by the Aboriginal and Torres Strait Islander Commission (ASTIC) until that body was disbanded in 2004-5. Interim arrangements occurred in 1995 and since then a National NAIDOC Committee, with representatives from most States and Territories and chaired by former Senator Aden Ridgeway, has made the key decisions each year.

Pat Zinn

National Aboriginal and Torres Strait Islander Women's Health Strategy

Over 400 Aboriginal and Torres Strait Island women came together during 2009-2010 in the form of "Talkin' Up" to examine ways of improving the health of Indigenous women. Many suffer extremely poor health due to many factors, ie they are poorer, less educated, less skilled than non-Indigenous women, there are more unemployed, and face greater numbers of family in jail,



Aboriginal Support Circle Issues

higher rates of violence, racism and sexism and there are higher numbers of homeless women. They are younger when they have children, they have more children, and they are more likely to be caring for others than non-Indigenous women. When in employment, they earn less than non-Indigenous women.

They defined good health as not merely having access to doctors, medicines and hospitals, but also being able to have control over their physical environment, of dignity, of community self-esteem, and of justice. Their life expectancy is 65 years. The most common types of health conditions reported are heart/circulatory diseases, asthma, back pain, eye/sight problems, kidney disease, sexual health, including HIV and Hepatitis C and, most importantly, psychological stress. The Rudd Government pledged to 'close the gap' and embarked upon a range of consultations and submissions but Indigenous women see themselves as recipients of 'welfare reform rather than sovereign people with rights' and their cultural and human rights are tied to their health and well-being.

They have pointed out that health services need to be Indigenous-women friendly, rather than having sites where the dominant culture controls all within their environment. Unsupportive health service environments need to undergo change, because they impact on and maintain poor health. Indigenous women in the health workforce suffer high levels of burn-out and they have concerns about perceptions and recognition of their position within the wider workforce. There needs to be an increase in the number of Indigenous women studying and working in health areas, but to make a real difference, more Indigenous women need to be employed not just in service delivery but areas where 'they can participate in making organisational structural changes, to challenge the status quo and to address areas where ideological and theoretical differences can be developed and implemented.' There is a need

to create a position for a national Aboriginal and Torres Strait Islander women's health senior policy officer as a human interface between written policy and the people that are meant to be served by the health system.

The promotion of well-being is bound up with improving health and 'going to Country' - walking their country, gathering bush foods and observing and interacting with nature, as well as practising arts and crafts, has been proved to reduce chronic disease.

Pat Zinn

National Aboriginal and Torres Strait Island Healing Foundation

The inaugural gathering of this Foundation took place in Townsville in July, with traditional healers, mental health practitioners, elders, stolen generations members and others forming a truly national voice from all over Australia. Under the theme of 'strong spirit, strong culture, strong people' this gathering was a showcase for best practice healing programs.

The chairwoman, Florence Onus, who stated that healing begins with a strong cultural identity and spiritual connection to land, was part of the stolen generations but she was able to overcome her grief because she had had this knowledge as a child before she was stolen. Miriam Rose Ungunmerr-Baumann, one of the delegates, was the first Aboriginal woman to become a teacher and later, a principal. She is now studying for a Master's degree. She is best known for her work on Dadirri - the inner deep listening and quiet, still awareness; the process of tapping into what she calls the deep spring within everyone and using it to face the good and bad that everyone experiences. (I'm not sure if this can be likened to a form of meditation but it is a unique gift of Aboriginal people to us).

It is hoped that the delegates will take the knowledge they have gained back to their communities.

Pat Zinn



The *Rosedale* Legend

'Come quickly, mother dying. Pa' was the telegram's brief message. The family of John and Johanna Mackay of Bowraville were stricken, and not a little mystified. What were their parents doing in Sydney? Certainly they lived in the next valley and contact between the two farms was limited since they didn't have phones, but they should have let them know they were going. Anyhow, there was no time to waste if they were to catch the next steamer to Sydney.

It was 1911, and although a telegraph line had come through there was still no road between northern NSW and Sydney. You went by sea, or you didn't go at all. The MacKay's' two married daughters, Elizabeth Cook and Mary Murphy and their son William with his wife of six weeks, Ethel, hurriedly packed to take passage on ss *Rosedale*, due to sail for Sydney from Nambucca that night.

The *Rosedale* was one of a fleet of coastal steamers owned by the North Coast Steam Navigation Company, the lifeline that linked settlers in the north coast regions of NSW with the outside world. Their mail, their worldly goods and everything else came on these hard-working little steamers. My grandfather, a coachbuilder and wheelwright, used them to bring materials for his business in Bellingen, he traveled regularly on them and knew their Masters. One of them (darned if I can remember his name) was a particular friend and Grandpa always tried to arrange for his daughters to sail with this Captain on the *Rosedale* when they travelled to and from boarding school in Sydney. The girls never enjoyed those trips to Sydney – if the weather got rough the passengers were locked in their cabins in case they panicked and created problems and this frightened them. They felt trapped.

On the evening of 15 September 1911 ss *Rosedale* took on freight and passengers at Macksville and steamed through Nambucca Heads to the open sea. A storm was approaching. Following usual practice, the 30 passengers on board would have been locked away...

Nobody is quite sure how the *Rosedale* was lost. The keeper at Smokey Cape lighthouse reported seeing the ship six miles off course, steaming further out to sea. Another account had her battling heavy seas off Crowdy Head.

There was a theory that she turned to take shelter in Trial Bay and struck a rock – Grandpa's friend, by then retired, told him that the *Rosedale*, tough and trusty while she was kept heading into rough seas, was much more vulnerable in following seas. If she had turned to shelter in Trial Bay, he said, the waves could well have caught her broadside on and capsized her. But who could tell...? The whereabouts of the ill-fated ship remained a mystery for 84 years. Finally, in 1995, she was found off Port Macquarie.

The loss of the *Rosedale* with all on board was a terrible tragedy, but it had an even darker twist. The four members of John Mackay's family who were hurrying to see their dying mother should never have been on board.

The fateful telegram was not intended for them. It was addressed to the family of Angus Mackay, who lived at Valla and wrongly delivered to the Mackays of Bowraville. Obviously they were too upset by the news to notice that the message had come to the wrong family. And the dying woman recovered.

Helen Young



The *Rosedale*

OWN Tourists

Our OWN Lake Eyre Trip

“How was your trip?” “Some ups and downs!”

On board the Indian Pacific, claiming a spare seat each, we organised ourselves for a comfortable journey. A civilised meal in the dining car, then a reasonable sleep through the night to Broken Hill, huddled under our rugs. We'd hoped for an *early opener* to toast the Unions there; they just didn't realise Sonia and I were on the train. Many fellow travellers sat down to better breakfasts in the nearby cafe, but we walked around the town centre with its historic sites signposted with great information. The day trip to Adelaide meant we saw lots of the countryside. A taxi to the bus terminal (which makes Eddy Avenue look extremely shabby), our bags into lockers and a stroll around Adelaide. Lots of Victorian buildings and no coffee shops open on Sunday afternoon! I enjoy travelling through the night and we certainly did that on the 7.00pm to 6.00am, 865 kms to Coober Pedy by Greyhound and another reasonable sleep. Monday morning and the underground Backpackers, with well lit corridors and bathrooms (just remember where your room light switch is). First a hot shower, then food from the supermarket and cooking breakfast. We followed the steps of the explorers, walking up to the information centre and down the main drag. In one opal shop we talked to Stella, 65 years old, a Greek migrant, who had lived there since 1973. We spent some time in Umoona opal mine and museum.



William Creek Pub

Tuesday morning we were picked up at 8.30am for the transfer to William Creek, 170km from Coober Pedy. Dusty dirt road, very rough in places, impossible after rain, dry creek beds, past the Dog Fence. William Creek, with a regular population between 3 and 10, has a pub built of tin and ex-sleepers (with huge flat screen TVs on opposite walls), a caravan park

and a landing strip. We went up in a four seater, female pilot, Sonia and I in the back. Lake Eyre is huge, stretching as far as the eye could see, and really beautiful, with its bays and islands, its shallows and channels. We flew right out over the Cooper and the Warburton, tracing the rivers back to the lake. But after 30 minutes airsickness hit me. I had to pass my camera to Sonia and grab the spewbag, so I didn't see as much as I wanted. That was the ups.



Flying over Lake Eyre

Then came the downs. We had tours out of town booked but down came the rain. When it rains, roads are closed, and tours cancelled.

Wednesday we went to the fabulous Old Timers' Mine, the best thing to see in Coober Pedy. This is an original opal mine from 1916, rediscovered in 1968 when an underground home extension broke through. It shows the hand dug tunnel and shafts, all set up with tableaux showing dummy figures of real characters from Coober Pedy's past.

Thursday brought a hilarious town tour. The all-dust golf course, where you carry around your little square of synthetic grass. The cemetery, most names from central Europe, very few who lived past 60. Swerving between heaps of mullock and holes in the minefield. The weird home of Crocodile Harry, an eccentric past resident. To me the town itself looked as though the people haven't yet decided to stay.



Lake Eyre Yacht Club

Back home by Greyhound and the Indian Pacific. This time I tried my daughter's Kobo, staying up late reading an eBook. Fabulous thing for a traveller! Despite the ups and downs, the trip was certainly worth doing.

Lorraine Inglis

On The Dinosaur Trail

Issiford, in outback Queensland, population 120, boasts the biggest attraction for tourists in the central West. Most of the small towns on the Dinosaur Trail have their fossil story, but at Issiford the billboards told us that we would see the world's oldest skeleton of a species of small crocodile and the only one in the world. Wow!

At Ilfracombe, about 120 kms down the track, the one street is lined with ancient machinery to attract attention. From steam-driven monsters to single-furrow ploughs pushed by hand. Hundreds of them.

At Blackall the main street is dominated by a realistic statue of Jack Howe, famous for shearing over 320 sheep in 7 hrs. 40 minutes with hand blade shears.

But this is dinosaur country, where people have used dinosaurs' bones for doorsteps.

Hughenden's life-size replica of a dinosaur skeleton towers above you and in the main street of Muttaborra you wonder at a replica of the mighty Muttaborrasaurus.

Winton's dinosaur stampede was unbelievable. The actual footprints of large dinosaurs pursuing hundreds of much smaller dinosaurs are there for you to see. Awesome.

But we were to see the fossil of a small crocodile, 'the oldest and the only' in the world.

Doug parked the campervan in front of an unpretentious shopfront where a man was standing on the footpath drinking a cup of coffee. We asked him if he knew where we could view the fossil.

"You've come the right spot, matie" he said with a broad grin and a vigorous shake of our hands. "I'll be turning 'er on soon, she's got ter get the washing out" he said. He pulled out two chairs and disappeared behind the plastic curtain strips. "Turn 'er on". Have we come to the right place?

Five minutes later he came towards us from the laundromat across the street. "She's on her last spin" he called. Two people followed him. "Hello! Sorry if we're kept you waiting. The washings done so we can join the group. I'm Bill, this is Susie."

So our group of four followed the guide down a narrow passageway to a small theatre. We settled ourselves and 'e turned 'er on.

A very interesting film followed telling the history of the district and the discovery of the fossil by Dr Duncan. Then we were taken up a corridor and stairs where maps and pictures covered the walls.

"But where is the fossilised skeleton of this crocodile?" I asked.

"Oh Dinosaursdunitane is in the Darwin museum" someone said.

OK, well we didn't see the oldest and the only skeleton, but we had a good laugh.

Joan Johns

Top Tucker for Tough Times

Mediterranean Chicken

\$10.00

This is my Maltese mother's recipe

8 chicken drumsticks

2 cloves of garlic

1 red onion, peeled and sliced

½ cup pitted black olives

2 tbsp capers (optional)

2 tbsp balsamic vinegar

1 tbsp chopped fresh thyme (or ½ tsp. dried)

1 tbsp chopped fresh rosemary (or ½ tsp dried)

½ cup olive oil

Salt and pepper

Thinly sliced potatoes for four

Chicken stock (made from stock powder)

Put everything but stock in large casserole dish. Toss to coat in oil. Add enough stock to cover. Roast at 180 degrees without lid for 1 hour or until potatoes are soft.

Serve with seasonal greens and crusty bread to mop up juices.

If you like your potatoes thicker, par-boil them a bit before you start so that they will be ready at the same time chicken is cooked.

Lina Clayton

OWN Sydney Notices

WOW! Subscribe NOW!

Subscription to *OWN Matters* is \$22 per year, 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 - covers to Jun30, 2011 made payable to OWNNSW **OR** Please debit the following credit card for \$22 (plus any donation)

Visa

Mastercard

Bankcard

Total amount:

Card no.

____/____/____

Exp. date __/__/__

Name on card (please print)

Signature

Address

State & Post Code

I need the large print version (on A3)

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.

Drumming 12.15 - 1.30pm Wednesdays, Mott Hall, Argyle St. Millers Point. \$8 per session. Drums and gourds are provided. If you would like to drum please contact Lorraine:9569 0051

Lost Ladies

10.00am every Wednesday during school terms, exploring various locations or topics of interest. See entry on page 5 this issue. Annette Butterfield: 9665 5369 email (**changed**) below: abutterfield_852@hotmail.com

Film Discussion group

You are invited to join us on **Tuesday 14 September**, to see *Ghost Writer*. Recommended for viewing are: *The Killer Inside Me* and *Cairo Time*.

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

Coffee and Gossip at Bondi Junction

You are invited to join us at The Coffee Shop, Eastern Suburbs Leagues Club at 11.00am on the last Friday of every month for an informal get together. Enter from 2 Bronte Road, Bondi Junction. Contact Yetty on **9665 2050** to check March details.

Book Club on **20 September** 12.30-2.30 pm at 87 Lower Fort Street. This month's book is: *Chesil Beach* by Ian McEwan. Bring a sandwich for lunch at midday. Any questions, phone Anne Marie on 9622 0717.

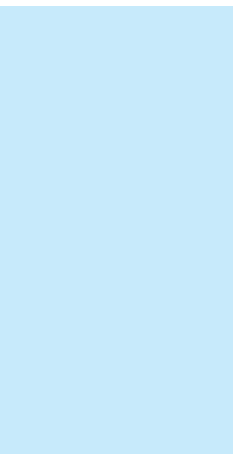
Aboriginal Support Circle on **13 September** 10.30 am Monday. 75 Windmill Street, Millers Point. Special Guest speaker - Christine Blakeley. Please contact Pat Zinn: 9389 1090

Saturday Social Group at Birkenhead Point

We meet at 10.30 a.m. - 12.00 noon on alternate Saturdays for coffee and conversation at the Birkenhead Café, on the first floor level of the Birkenhead Point Shopping Complex overlooking Parramatta River. The next meeting will be Saturday **11 Sept**. Contact Nora Huppert on 9181 3918 or Bev Cameron on 9957 5367 for details.

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

OWN Matters



**PRINT
POST**
PP239337/00007

**POSTAGE
PAID**
AUSTRALIA