



OUR News

Summer 2017

Official Newsletter of the

Older Women's Network (Qld) Inc.

Celebrating a new age for older women.

Together we can achieve more.

Drumming up Conference Success

"I always enjoy the OWN conferences as you meet and hear so many amazing strong women." Delegate



WELCOME TO Summer, and the latest edition of "Our OWN News".

Year's end is drawing close – and what another big year this has been. The last quarter in particular has been filled with some very significant happenings. October saw OWNQ play host to the OWN Australia National Conference, our State annual general meeting also took place – and our branches and members continued to stage a great range of activities and meetings to keep our members connected and informed (see articles and photos inside).

Also at a national level, Older Women's Network Australia – which became National Older Women's Network Inc. (NOWN) at the October national annual general meeting – welcomes the appointment of national convenor Aloma Fennell as one of two chairs for the Global Alliance for the Rights of Older People Australia. Ms Fennell will chair the alliance, working with members from a range of Seniors advocates on increasing the profile of older people's rights at an international level.

Alongside NOWN, member agencies include Council of the Ageing, Seniors Rights Service, The Senior Agenda Inc., the National Lesbian Gay Bisexual Transgender Intersex Health Alliance, National Seniors, the Multicultural Community Council of Illawarra, Ministerial Advisory Council on Ageing, two international Commission of Jurists

members and former Age Discrimination Commissioner Susan Ryan.

OWNQ branches are going into Christmas-New Year recess - we hope you enjoy the friendships and gatherings taking place till then – and beyond. It is always worth noting however that alongside the celebrations, this can be a time of mixed feelings for some. So do remember your friends within OWNQ are there and reach out to someone if you or someone seems like they could do with a little cheer. You can **contact** us at the **State office (07-3358 2301)** if you'd like some help to connect in with some support in your area.



Season's Greetings & Peace to All



<p>OWNQ's office will be open until Wednesday 20th December, 2017 reopening Tuesday 2nd January, 2018.</p>	<p>IN THIS ISSUE</p> <p>P2 President's Report</p> <p>P3 Coordinator's Report</p> <p>P4 - 5 Highlights from National Conference</p> <p>P6 National Conference</p> <p>P7 Latest News</p> <p>P8 - 9 WOW & Watch On Wellness</p> <p>P10 - 14 Around the Branches</p>
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We wish to Acknowledge the Traditional Owners of the Land on which we stand and pay our respects to Elders past, present and emerging.



President's Report ...



The holiday season is quickly approaching which means lots of us are quickening our steps to complete OWNQ goals for 2017. Employment of a new administration worker, completing policies to ensure we're on track with funding body requirements and updating the website are high on our priorities.

Our Older Women's Network of Queensland is pressing on building a network we can be proud of.

Our organisation offers older women a place in society. In times when this place and recognition is not always forthcoming from all corners of our community, the recognition OWNQ provides is something of deep value. It is this that guides and motivates us in our day-to-day and week-to-week work as a network.

The past year has presented us with both challenges and achievements and working together through the one constant that is change has made us a strong team. We have a highly functional management committee, now with nine members, including newcomers Ruth Kean and Judith Heindorff. A new policy sub-committee is active and working with our coordinator Ann and bookkeeper David Cameron on our Human Services Quality Framework process (thanks Judith Heindorff and also our former president Ruth McLean). Thanks go too to committee member Helen Stanton helping review our constitution, as well as the constant support of our committee members, Ruth Sargent, treasurer Barbara Barnes and to our secretary Marianne Wright and Leonie Swainston for their major efforts organising for National Conference. This year has had some interruptions for me due to some unexpected health issues – and I thank our vice-president Lee Hodgson for stepping up a number of times, especially with the extra effort taken given she lives in Gympie. I thank everyone for their support through the year and look forward to working with you all for another year.

National Conference and our photo Exhibition launch are just two of the highlights of the year with further plans being made to continue with regional exhibitions and launch a poster campaign next year.

Our branches are growing at a steady pace, with membership now at 237, including 12 life members. Around the branches many highlights are to be commended – it is not possible to capture it all in one brief report but everyone should know that your efforts are seen and valued, one and all.

I would like to pay tribute to two wonderful women who have passed on during the year - Win Metcalfe and Yvonne Zardani. Win was a guiding presence during the formative years of OWN Queensland, holding a role as founding committee member as well as subsequently serving terms as President, Vice-President and Secretary. Yvonne was for many years the public face of the Australian Pensioners' and Superannuants' League and served on many committees, including those focussed on making improvements in disability, housing, transport, legal services and social isolation. Both women fought for older women's rights in Queensland across a range of issues and we honour their legacy.

On behalf of the members of OWNQ I wish to express our sympathy to our coordinator Ann on the passing of her brother John Matson. OWNQ contributed a \$50 donation to Cancer Council Queensland on behalf of Ann and her family.

I am proud to be your president and for us be to adding OWNQ's voice and efforts to further advance these issues for us all. I wish you all a fun filled holiday season, a great Christmas and an even better New Year. Safe travelling as we journey together championing the place of older women in Queensland communities.

Our focus will determine our reality, the future is ours - grasp it with both hands

June Donnelly





Coordinator's Report . . .



Welcome to our Summer edition. As we prepare to wrap-up the year and take a short Christmas-New Year break, it's a good chance to reflect on the year that's been.

After marking my first year with OWNQ at this year's annual general meeting, I must start by paying tribute to the spirit, energy, passion and dedication of the women of OWNQ and to our small team who work behind-the-scenes in State Office. Our combined efforts add up to so much more than our titles and tasks that enable the network and branches to function on a daily basis. Each member, convenor, volunteer, committee and staff member plays an important part in the network– with impacts that are often not possible to clearly define, given our work is around supporting the rights, dignity and wellbeing of older women. Where is the end point that tells us what we've done to advance these?

I think the past year's achievements do provide us with some strong indicators that OWNQ is playing a strong role in and for the lives of older women in our State. Our network of branches operates meetings, outings, presentations and activities, providing a space for women to connect, enjoying the friendship and support of others. Looking back we've collectively organised several hundred community education sessions, social activities, fundraisers and community giving initiatives this year – vital linkages to community and important information and services to support members on their healthy ageing journey.

At an organisational level, our projects and networking have focussed on the vital need to promote the visibility and inclusion of older women in all aspects of society – and highlight that the voices of older women must be heard and sought by decision makers, funding bodies and others.

Our network of branches became seven with the establishment of the Beenleigh-based Logan-Beenleigh group (rekindling from the former Logan branch). Our thanks to Logan Women's Health and Wellbeing Centre for their work to support re-emergence of an OWNQ presence in this region – and thanks now to our convenors and host venue Beenleigh Neighbourhood Centre.

Branch numbers have currently reset to six, with the retirement of our Gold Coast branch convenor Sally Jones after her many years of service with OWNQ. It was fitting to see Sally named as a finalist in this year's Volunteering Queensland Lifetime Volunteering Achievement award. We look forward to a restart on the Coast in the coming year and connecting women informally into the ongoing coffee and lunch gatherings in the meantime.

Capalaba, Mitchelton and Woody Point branches continue to attract more members and play a fantastic role in their local communities with a broad range of activities serving as a hub for older women in these areas. And our Mackay and Gympie branches show how important it is for regional women to be able to access opportunities that focus on their interests and needs. Thank you all to our branch convenors and their helpers for the numerous volunteer hours put in each week, fortnight, month and quarter to provide these meaningful connections and experiences for our members.

It has been a pleasure to spend time at each of the branches during the year, getting a feel for how each one operates as well as meeting many of our members and hearing their views and concerns.

One of our biggest highlights this year has been around our work to build greater visibility and regard for older women in our communities. The Queensland Women's Week/International Women's Day photography project earlier in the year saw the creation of a fantastic bank of images that has been turned into the striking "Not Born Yesterday" exhibition that will tour Queensland. And we look forward to building on this with our poster campaign to follow in 2018.

Here's to our ongoing work together to keep connecting, celebrating and supporting the place, dignity, rights and wellbeing of older women in our world.

Ann Matson





Highlights from National Conference...



Clockwise from top left: Dr Helena Popovic; Aunty Flo Watson; Barbara Barnes; Leonie Sanderson, Panel Chair; Mackay branch members; Barbra Lester; Panel members (from left) Aloma Fennell, Senator Claire Moore, Jill Bolen, June Donnelly.



Highlights from National Conference...



Clockwise from top left: June Donnelly, Aloma Fennell, Larissa Bergman, Ruth Sargent, from National Council; Ruth Kershaw, June Donnelly & Cate Turner; June & Naomi Jarvis; New South Wales Theatre Group; Entertainer Mary Jane Carpenter; Ruth Kershaw, Aloma, & Mary Novikov.
Centre: Cate & Aloma.



OWN AUSTRALIA 24TH NATIONAL

"Has been a wonderful time and spending time with other OWNs is always inspiring us to reach new heights. May it go on"

"Inspiring. Lively and entertaining. Moving. Fantastic. Great sharing time with our sisterhood."

These were some of the words shared among delegates about this year's OWN National Conference hosted by OWNQ and held in Brisbane on October 9 and 10. Scores of members from Queensland, New South Wales and Western Australia gathered for the two days for an action packed program of speakers, workshops, performance, dining and dancing.

Aunty Flo Watson provided an acknowledgement of country starting the conference off in a very fitting way around the gathering's theme of **"Surviving and Thriving"**. Although covering vastly different perspectives, keynote speakers, Dr Helena Popovic on day one and Barbra Lester on day two both engaged delegates with compelling presentations around simple steps to improving brain function and ageing well and around rebuilding life after domestic violence and going on to support and motivate others.

OWN National Convenor Aloma Fennell provided local, national and international perspectives both on the work of Older Women's Network but also its interests in issues affecting older people globally, particularly older women. (**Stop Press:** OWN has recently learned of Ms Fennell's appointment to the Global Alliance for the Rights of Older People Australia. This network will work to champion the call for greater efforts at an international rights level in support of ageing populations around the world. Congratulations Aloma.)

Day one afternoon session saw speakers touched on various topics we all need to know about as the years advance, including financial management planning with Dianne Charman and Laura Marschke, personal health practices by Rae Plush from the Continence Foundation; staying safe from scams and internet fraud by Acting Snr Sergeant Leisa Wathen; and protecting our interests by Deanne Lawrie from the Elder Abuse Prevention Unit.

Delegates made the most of breaks for conversation, reunions and striking up new friendships – before gathering again for conference dinner and a fantastic night of entertainment with performances by the OWN New South Wales Theatre Group and Brisbane-based singer Mary-Jane Carpenter.

Day two featured a varied program, starting with the OWN. Australia annual general meeting – this year featuring a motion passed proposing a change of name to National Older Women's Network.

The session also included acknowledgements of a number of dedicated and long-time members. These included retiring long-time Treasurer Cate Turner, to Betty Johnstone from New South Wales for her 30 years' service and Ruth Kershaw from Western Australia for her 25 years' service, past national OWN Presidents Sally Jones and Mary Novikov and also to Moira McGuinness, Julia Boles, and Barbara Silverstone. Tribute also was paid to Aileen Ward from WA and Win Metcalf from Qld who passed away this year. Conference delegates applauded appointment of the new National Council: President Aloma Fennell; Secretary, Sharan Tuite; Treasurer, Larissa Bergmann and members, Sue Joslin from WA and Ruth Sargent and June Donnelly from Queensland.

Then followed an engaging speaker panel chaired by Leonie Sanderson from the Ageing Revolution, with insights from Senator Claire Moore, LGBTI ageing advocate and OWNQ member Jill Bolen, OWN National Convenor Aloma Fennell and OWNQ State President June Donnelly across a range of perspectives on the conference theme as well as questions from delegates. Speakers were very well received and we were particularly delighted Senator Moore could attend to share her well-informed understanding of the issues affecting older women – as did all on the panel.

The OWN Illawarra Drummers kept energy levels high through the final afternoon, providing delegates their own chance to try the instruments as well as being treated to a performance. Thanks too to Barbara Malcolm of the Illawarra Drummers for her generous conference raffle prize donation of a beautifully handmade quilt, won by Mackay member Jenny Scott. The initiative raised \$300 for donation to National OWN - welcome support given the national body receives no Federal funding.

Congratulations and a big thanks to all who put in many hours through the year to create such a memorable two days, for all who helped over the conference – and last but not means least – to all who participated. May we carry the messages and energy of **"Surviving and Thriving"** well into the future.

Stop Press: A welcome last minute gift just ahead of conference was news from the Queensland Department of Communities it would provide \$2,500 in sponsorship. OWNQ thanks the department for this very significant support.



Welcome to 2017/2018 Management Committee



More than 30 members gathered for this year's Older Women's Network Queensland annual general meeting on October 8 on the eve of national conference. President June Donnelly welcomed attendees and thanked the 2016/17 committee for their work throughout the year, also acknowledging general committee member Barbara Goodwin who did not seek renomination. Nominations for this year included an extra two general committee members, alongside all remaining executive and general members who were returned to their positions. We welcome to their 2017/18 roles – June Donnelly, President; Lee Hodgson, Vice-President; Marianne Wright, Secretary; Barbara Barnes, Treasurer; Ruth Sargent, Helen Stanton, Leonie Swainston, Ruth Kean, Judith Heindorff, general committee members.

New elder abuse support services for regional Queensland

New services to help victims of elder abuse will soon be rolled out to five regional locations across Queensland. Queensland Minister for Seniors Coralee O'Rourke said Relationships Australia Queensland had secured \$2.1 million funding over three years to establish new seniors legal and support services in Mackay, Rockhampton, Gladstone and on the Gold and Sunshine Coasts.

Mrs O'Rourke said the Government was committed to ensuring seniors had access to the support services they needed, with the centres to provide the information, support and referrals local seniors needed.

"This will add to the already well-established services that are currently operating in Brisbane, Toowoomba, Hervey Bay, Townsville and Cairns," the Minister said. CEO of Relationships Australia Dr Ian Law said the new seniors legal and support services would be delivered through a multi-disciplinary approach.

"This approach will deliver information, support and referrals to improve health, well-being and safety for seniors, and I'm really pleased we have been selected to provide the expansion of these vital services to new areas in Queensland," he said. The new seniors legal and support services being set up in Mackay, Rockhampton, Gladstone, Gold Coast and Sunshine Coast are expected to be operating in early 2018.

Mrs O'Rourke said a further \$0.6 million also would be invested over three years to expand the capacity of the Elder Abuse Prevention Unit to provide a Statewide service through the Elder Abuse Helpline. The Helpline offers information, support and referrals to people who experience, witness or suspect elder abuse.

If a person suspects or is concerned about someone who is experiencing elder abuse, they should call the police on Triple Zero for emergencies and can contact the Elder abuse Helpline on 1300 651 192 for free and confidential advice.

GRAPPLING WITH THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

- **OWNQ Capalaba and Redlands District Committee on the Ageing member Janette Buddee reports on her involvement in preparing for the rollout of the Federal Government's National Disability Insurance Scheme.**



As a member of the Redland District Committee on the Ageing, I have been attending meetings of the Redlands Disability Network, where much of the discussion has been about the NDIS. NDIS is set up to cover costs associated with an improvement in life style for a person with disabilities. It has no influence on the participant's or the carer's incomes.

This scheme applies to persons under the age of 65 with a disability, There are many folk in community who are over the age of 55 and are carers for their parents, their spouses or their children. In this article I hope to speak to them – *those wonderful carers whose lives are guided by caring for beloved people.*

What I have gleaned from the discussions heard is that the first and foremost thing which needs to be formulated is a PLAN for the person with the disability. This plan has to be all inclusive – each and every item which is required to carry out every activity related to the disability is to be written down in this plan. This should include the day-to-day to day care – the once-a-month requirement – the once-a-year requirement – plus the participant's goals for their future.

Every single item which is necessary to keep the participant in good health, well taken care of in every way, physically, mentally, spiritually – including long term goals for improving their health and their lives – their hopes and dreams—all needs to be included.

For example, for all the people who assist in taking care of the participant 24/7, including the carer and family helpers, as well as the professional people, include their time and the frequency of their participation in the care. Paid care or voluntary care – include it all. If you pay someone to come in once a month to do a job which the participant needs – (items they are unable to do for themselves, like cutting the grass) - this is a labour cost and a service rendered to help the participant live in a good environment. Another example could be the "pool guy" who maintains your pool, so the participant is able to do their swimming physiotherapy every day.

Then, think about life goals. The participant might have a goal of being able to master a particular

wheelchair for example, so would need assistance to purchase, then to practise on this chair in order to fulfil a goal of attending a grandchild's soccer game perhaps.

This would require money to purchase and time to be trained and to practise in order to reach a goal – these too would go into the PLAN.

So thinking cap on, please – take your time to get this list for the plan together. As each week goes by, check that you have written down all the people that have been assisting in care for that week. It is difficult when you ARE the carer, to "get your head straight" about what is happening in the person with the disability's life. So much of it is simple, ordinary things - but these ALL need to be written down, so that they are covered in the plan. Take nothing for granted as being already "known" or "understood". Write it down, include it in the plan, no-one will know better than you and who you care for as to what is required.

This plan is not a daunting task, although at first it would appear to be so. The people who help you are more than willing to assist in formulating the best plan for the participant. I am sure that you have already found that they are caring people so don't be afraid to lean on their professionalism to get this plan into place. I do encourage you to do this – it will be for the best for your life as well as for that of the person with the disability in the long run. Please believe that your future will improve if you can just get through the task of this plan.

Remember also that there are some places you can turn to as good sources of information and support. These include Carers Queensland which has a Carer Advisory Service. Contact them on 1800 242 636 between 9am and 5pm Monday to Friday for information, support, planning and referral advice to help you in your caring role.

There is also the Queenslanders With Disability Network, phone 1300 363 783, as well as Redland District Committee on the Ageing (RDCOTA) and Council of the Ageing (COTA-Qld).

Do try to see the NDIS as betterment for your loved one's life as well as for yours and get involved.

Janette Buddee,
Member - RDCOTA





In the Spotlight

The next quarter will see a range of health issues in the spotlight with a series of awareness and action days and weeks.

Here's some of the key dates and links to information that we think our members and readers will welcome reading about:

2017 DECEMBER

1 [World Aids Day](#)



3 [International Day of Persons with Disability](#)



2018 February

4 [World Cancer Day](#)



12-18 [Australia's Healthy Weight Week](#)



14 [V-DAY](#)

24 [Teal Ribbon Day](#)



2018 MARCH

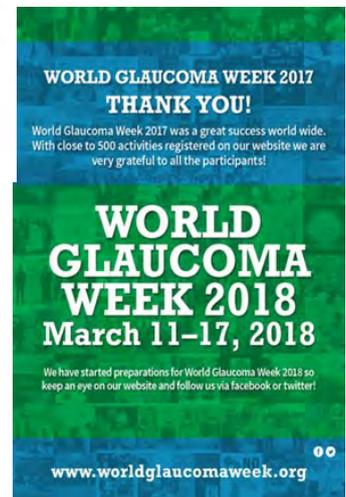
1-31 [National Epilepsy Awareness Month](#)

1-31 [Jump to Cure Diabetes](#)

4-10 [World Kidney Day](#)

11-17 [World Glaucoma Week](#)

13-20 [Coeliac Awareness Week](#)



Women's Health Statewide Information & Phone

Referral Service



womhealth.org.au

Women's Health Queensland Wide Inc. is a not-for-profit organisation funded by the Queensland Government of Communities that provides a health promotion, information and education service for women and health professionals throughout Queensland.

The organisation also operates a free health information and referral service for any Queensland woman who might wish to phone and speak with a nurse. Phone **3216 0376** or toll free for callers outside Brisbane on **1800 017 676**.



Around the Branches



MITCHELTON

Meets: 4th Wednesday each month
Time: 11am to 1pm
Where: Picabeen Community Centre
 22 Hoben Street, Mitchelton
Contact: Barbara B. 3351 1864

We have been covering a broad range of subjects in recent months. To get us started for the quarter, there was a fantastic workshop, Fun with Facebook, in August. Then it was time for a more serious (but essential) topic in September, with a refresher presentation on making wills and arranging Enduring Powers of Attorney. Our next session then took us on a wonderful exploration of the history of lacemaking.

Carolyn showed us samples of many different kinds, some she had made and other lucky finds from markets. (There are 411 different kinds of lace according to Google!) As well she told the history of lacemaking from the earliest surviving needle lace to brightly coloured modern bobbin lace. There was a lively discussion about the pleasure our mothers and grandmothers, and sometimes even grandfathers, took in creating beautiful and useful items. Evelyn brought some family items and Elaine wore a jacket she had trimmed with Battenberg lace.



We also hold two lunches each month and the topics covered there are very wide ranging - including flying foxes, de-cluttering, adoptions, miscarriages and family secrets.



We also have tickets for the Lord Mayor's Seniors' Christmas Concert and High Tea. **Season's Greetings all and remember our changed meeting times for 2018.**



Barbara

LOGAN-BEENLEIGH

Meets: Fortnightly Thursdays
Time: 10am to 12 Noon
Where: Beenleigh Neighbourhood Centre
 10 James Street, Beenleigh
Contact: Linda Hannah 0414 436 209

Well, we have all been enjoying the weather by getting out and about.



Our trip to Toowoomba in September for the Carnival of Flowers was a great success. and experience to remember, Travelling in a stretch limo.

We couldn't all travel together, so popular we had to book the limo another day to accommodate everyone and great day was had by one and all.

In October we had Devonshire Tea at the Albert River Winery, the weather was beautiful and we all enjoyed our scones and cream out on the verandah of the homestead and being our meeting day then it was on to business as usual.

In November, we enjoyed a bus tour around our area and had a great guide (James) who drove us around all the historical places, including cane farms, sugar mill, prawn farm, ending up for lunch at Harrigan's Irish pub, stopping on the way home to buy strawberries.

We welcomed Dr Mary Crawford who talked to us about the history of Women in Australia, Mary has been a champion of Women and Education all her life, and although she is passed retiring age she still works full time at the university. We look forward to her visit, as she has been an inspiration to many women over the years and hopefully we can pass this inspiration on to our daughters and granddaughters.

We have also been gearing up for our Christmas party on December 14, especially as it will be catered by the CWA. Thanks too to our generous member who has kindly donated two fantastic hampers for us to raffle and help pay towards our end of year treat. This will also be our last meeting day of the year at the Neighbourhood Centre,

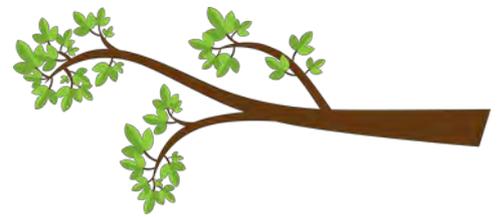
I have thoroughly enjoyed being convenor of our branch this year—and with membership still growing, this is a great growth indicator for this area. I hope that next year brings us the friendship, fun and unity we have all experienced this year.

I wish all members a very Merry Christmas and safe New Year, and I look forward to working with you all in 2018.

Linda



Around the Branches



CAPALABA

Meets: 1st Wednesday of the month
Time: 9am to 11:30am
Where: Capalaba Uniting Church Hall
 30 Ney Road, Capalaba
 3rd Wednesday— rotating time/venue
Contact: Naomi 0424 060 603

The past few months have brought a variety of events. We had our AGM and a Trivia activity which brought some humour and got our minds ticking over. Welcome too to new members Julie and Judith who have joined us this quarter.

Jill, Desley, Sharon and Naomi attended the OWN 24th National Conference in Brisbane. This gave some of our members an opportunity to get to know members from different branches and learn about some of the different activities that are held in regional areas. Feedback from this was shared at our November meeting.



We were approached by Bayside Smart Business Network (BSBN) to sponsor us to attend the conference, which was greatly appreciated. On October 10th Sandy and Jan accepted the cheque on behalf of our branch. BSBN do an amazing job helping our Redlands community and we value their support.

Redland City Council sent along our guest speaker in November. The topic was "Disaster Preparedness for Older People" which was not only relevant to the upcoming weather conditions ahead of us, but being prepared in case of other disaster events also.

Clara presented Dorothy from the Uniting Church Op Shop with a cheque for \$100 which was part of the money raised from our fashion parade in September. This money will assist them in their outreach programs.



November has also seen us meet for morning tea at Hoya Garden Centre/Café and take a visit to the Waterloo Bay Leisure Centre to play indoor lawn bowls and enjoy a Devonshire tea.



In December we will be having our Christmas Luncheon at the Redland Bay Golf Course, which will also be our official break up party for the year, however we look forward to a number of informal catch-ups that will continue until meetings restart for 2018.

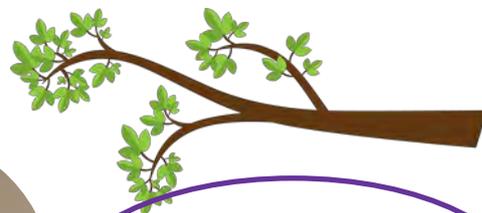
We resume meetings on February 7, 2018 and will celebrate our 3rd birthday. There will be a cake and a slideshow of photos that were taken during 2017, showing the many activities we have participated in. **Christmas wishes to all.**



Naomi



Around the Branches



GYMPIE

Meets: Fortnightly Thursday
Time: 9:15am to 12 noon on pension week
Where: Gympie District Indoor Bowls Association,
 35 Graham Street, Gympie
Convenor: Lee 0429 831 414

Wow! Hasn't this year flown by. Gympie has had a very exciting three months with several guest speakers, our trip to the OWN Australia Conference in Brisbane, another celebration of an 80th birthday, our participation in the Gympie Gold Rush Parade and morning tea at the Gympie Art gallery.

Two of our fun mornings were the Grocery Grab and the Bring and Buy. The wine and the chocolates are always popular in the Grocery Grab and pass from person to person with lightning speed. The Bring and Buy saw some interesting items for sale and \$321 was raised.

Our Guest Speakers have included a Physiotherapist, Jasmin who gave a short talk on incontinence, information on a new Gated Community opening in Gympie and an Optometrist's talk on Cataracts and Glaucoma.

For her seven years volunteering as our Treasurer, Barbara Doherty was pleasantly surprised to receive a certificate of appreciation from the Commonwealth Bank.



Lucy Green celebrated her 80th Birthday while she was on holiday in America so she had a second celebration with us when she returned. This year we will have had 3 members celebrating their 80th Birthdays and one member celebrating her 90th Birthday.

As a Christmas Gift the craft group has made potpourri laced circles and covered coat hangers for the residents of St Pat's Villa.

Seven of our members attended the OWN Australia National Conference with six of us travelling to Brisbane on the train and meeting Lee when we arrived at the Hotel. We had a great time, meeting the other members and listening to the guest speakers and all agreed it was one of the best we had been to - well done to the organisers.



"Love the way each presenter has shared her personality and energy." Delegate

On a very wet Saturday afternoon 13 members lined up to participate in the Gympie Gold Rush Parade. As it was Gympie's 150th birthday several of us dressed in period costume. We were met with a heavy downpour as we waited for the parade to start but fortunately as we set off the rain stopped. Some of our members who couldn't participate in the parade joined the crowds to wave us on. To cap off Gold Rush Week we booked into the Gympie Regional Art Gallery for morning tea and were then shown the art exhibition held in conjunction with the Gold Rush. Over 400 entries were on display including paintings, drawings and sculptures. Members also had an enjoyable day when they attended the Melbourne Cup Luncheon at the South Side Bowls Club.



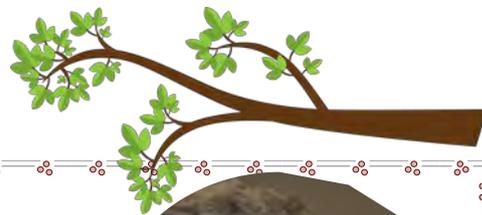
To finalise the year, our Convenor Lee, returned from her extended caravan holiday, we celebrate with our Christmas Party and we have our last Sausage Sizzle for the year.

The Gympie group wishes the staff and all OWN members a very Happy Christmas and New Year.

Kaye



Around the Branches



MACKAY

Meets: Every Tuesday
Time: 9:30am to 12 midday
Where: Iona Hall, Brookes Street,
 West Mackay
Contact: Helen 0400 424 649 or
 Jenny 07 4957 3413

The Christmas countdown is on in Mackay with members holding our Luncheon at a restaurant (which once actually was a church) in the second week of December. We will then be off for a four week break. Before then however we will also fit in a Christmas concert, which some of our members will be participating in – so all are looking forward to the fun and practising our songs.

In November we had a great morning from our Toastmasters members. Melbourne Cup Day saw members going along to various luncheons and by all accounts enjoyed their day. Our October meetings were full of information with guest speakers and topics including a wonderful display of 2D and 3D cards, a travel booking centre representative giving insights into the 'pit falls' of travel and the importance of good travel insurance. Members who attended the National OWNA conference and national and State annual general meetings also shared their experiences. A member from the local council visited the branch with a display of the big range of items that can be made from plastic bags. We also had a presenter who explained why we should register with E-Health. The bus trip to Airlie Beach and the luncheon "down on the farm" held the following Sunday also were enjoyed by all who attended.

From the Mackay branch, Season's Greetings to one and all.

Helen



**Happy 89th
 Birthday
 Fay Rae**

And from Jenny Scott, some conference reflections: I think the conference was one of the best I have been to. The venue was comfortable with pleasant staff, the food was great, and the speakers were first class. The topics were interesting, appropriate and informative and the entertainment was good. Our chairperson Aloma kept everything moving with wit, humour, and patience and I am delighted she will stay on for another year. One of the things I value most about these conferences is catching up with women from other branches and other states. To be able to dance the night away and really let our hair down, with old friends like Cate Turner and Ruth Kershaw (and her lovely daughter) is a priceless privilege that makes the conference experience the total package. Thanks to the organisers for a remarkable job.





Around the Branches



WOODY POINT

Meets: 2nd & 4th Tuesdays each month
Time: 9am to 11 am
Where: Woody Point Memorial Hall
 Oxley Avenue, Woody Point
Contact: Convenor June 0411 018 570 or
 Assistant Convenor Helen 0418 796 365



Members have been looking forward to our Christmas function at Carol Moss's Sculptured Gardens. In the meantime though we've had lots to hear and learn about this past quarter.

In September we had a visit from the Queensland Fire Service with a speaker covering "Fire Safety in the Home", giving a great presentation, handing out pamphlets and explaining how to book a house inspection for any specific fire safety support and tips. We also had a visit from home care service representative Erica Morgante, to speak about falls prevention.



October saw members enjoy a great time attending the OWN National Conference. The speakers were excellent and their relevant presentations were very well received.



We also hosted a presentation from breast cancer survivor Sonia Anger from the Pink Snap Dragons; who told us about getting better with all the stretching and fresh air on the boats. We were also invited to a special commemoration of all the Survivors of Cancer.

Last month we had a focus on medicines, hosting a visit from pharmacist Steve Flavel speaking about how to eliminate old medicines that we might have around the house, as well as the difference between branded and generic medicines. We then turned to talking recycling at our next meeting, with a session from Mandy Botterell, from the Waste & Recycling Plant and Moreton Bay Council.

We are already planning ahead for next year and our committee is very excited with what we are lining up with the help of our members. **Season's Greetings to All.**

June & Helen

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OUR AIMS:

- Encourage life enrichment, mutual support and companionship amongst older women
- Promote healthy ageing
- Promote discussion and action about ageism, racism and sexism
- Lobby for a fairer deal on issues affecting older women such as income security, work opportunities, housing, health, home & community care & transport
- Provide information and education
- Enhance the positive image of older women

DISCLAIMER: OWNQ makes every effort to ensure the accuracy of information contained in this newsletter. Articles included are for information purposes only and views expressed in this newsletter are not necessarily those of OWN Qld.

WITH THANKS: OWNQ thanks the Offices of Senator Claire Moore and State Member for Mackay, Julieanne Gilbert for assistance with the printing of this newsletter.

Fancy yourself a writer?... We'd love to hear from you



Reminder: Our next Newsletter will be published in April 2018 and we'd love for you to share your news, views and events.

Please send all correspondence to the editor at:
editor@ownqld.net.au
 or give us a call on **3358 2301**.

We are interested in original material or contributions. If you are not the author please be sure to also attribute the author or source of your article.

