

WELCOME to our latest edition of *Our OWN News* – and the first one for 2018.

International Women's Day

International Women's Day was held on 8th March during Queensland Women's Week 3-11th March. Thank you to everyone who supported it.

Logan-Beenleigh convenor Linda attended an IWD function at Parliament House and here she is with the Premier.



Gympie Branch hosted a great photo exhibition from our fabulous collection of photos "Not Born Yesterday" at Gympie Library. It looked terrific and was well-received, with a write-up in the local paper!

Luz Carlton, a Mackay member, spoke to the Branch about how women are so inspiring for her.



Photo Display at Gympie Library

Mitchelton participated with their host venue Picabeen Community Association in their International Women's Day activities.

Woody Point celebrated with special gifts for their raffle including flowers, fruit and personal care items.

Capalaba branch made it into the Redland City Bulletin with a photo (of drums) and an invitation to their Here's To Life IWD Drumming Workshop on March 7th, "Fundamental Drum for Life".



Atie leads the drumming group at Capalaba

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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.



Vice President's Report . . .



It's been said that change is the only constant in life and no woman ever steps into the same river twice, as the water within it is ever-flowing and changing from one second to the next. We see this every day in our lives, and sometimes the water is flowing faster than other times and we can be paddling hard to keep up! As women it is often remarkable what we do and achieve but there certainly has been plenty of change happening at OWN recently to keep us pondering about that ever-flowing river of change.

Firstly I would like to voice our condolences and deepest sympathy to our President, June Donnelly, whose beloved son Danny tragically passed away in March after a lengthy illness. As the loving and caring mother she is, June had been spending much time supporting her son and travelling back and forth to Bundaberg very regularly to visit him. During this time June herself became unwell and was hospitalised for a short while, and we are very glad to report she is recovering from that illness. So June is currently taking a well-earned short break from her OWN responsibilities as she adjusts to her new circumstances and as Vice-President I am stepping in as Acting President until her return to duties, possibly in May.

We warmly welcome Marianne Wright who has now been officially appointed as our permanent Administration Officer. Marianne has previously served on the Management Committee as Secretary; she has acted in the Administration role for some time; is a current member of the Policy Sub-committee and was a busy member of the 2017 Conference organising sub-committee. She'll be in attendance at the office on Wednesdays and Thursdays.

Our Co-ordinator Ann Matson resigned just before Easter and we wish her well in her future endeavours and thank her for her contribution to OWN. Until a new co-ordinator is appointed, Leonie Swainston will be coming in one day a week on Tuesdays, to help with some of the admin and co-ordinator's tasks.

Leonie was previously a member of our Management Committee and she also worked closely with Marianne on the Conference organising sub-committee. Welcome back Leonie.

So the staffed office hours are Tuesday, Wednesday and Thursday 9.00 am to 5.00 pm but of course you can leave a message on the answering machine at any time and your call will be returned at the earliest opportunity.

We thank retiring member of our Management Committee, Ruth Kean for her participation and work for OWN Qld.

As you will see on a later page in the newsletter, we are encouraging members to consider becoming a Committee Member to help with the governance of our organisation, the only one of its kind in Australia representing older women. Regional and remote area members are encouraged to become involved and distance is no barrier as they can be readily included in monthly meetings by teleconference.

All our branches are off to a great start this year, and we're delighted that membership continues to grow. We'll be keeping our eyes and ears open for any possible new branches which could be started up and do let us know if you have friends or relatives anywhere in Queensland who could be interested in forming a new branch in their area.

Former President Ruth McLean is heading up the Policy Sub-committee and excellent progress is being made in adapting policies shared by other similar organisations and then tailoring them to our specific needs at OWN Qld. This enables us to continuously strive to meet our obligations in relation to HSQF (Human Services Quality Framework), the quality-assurance system we must comply with as required by our funding body, Department of Communities.

Our current Strategic Plan is nearing its completion date and steps will soon be taken to prepare an ongoing document which will guide us until at least the completion of the current funding period in June 2019. Of course, we will be working towards securing an ongoing commitment of that recurrent funding into the future.

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Vice President's Report *(continued)*

More information will be provided on the strategic plan as time progresses, and this may be something that you as members may wish to have a say in. Your Convenor will let you know about opportunities for feedback as they arise on the direction the organisation may be able to take over the next year or two.

Let us continue working together to keep older women strong, safe, connected, visible, informed and heard. Thank you to everyone who helps us achieve our mission and goals in whatever ways you do, small or large.

Lee Hodgson



OWNQ State Office Report ...



As you will have seen in the President's Report, Ann Matson resigned as Co-ordinator and concluded her duties on Thursday 22nd March. One of Ann's legacies is the wonderful collection of photos of some of our members, the "Not Born Yesterday" collection. Any branches who would like to make use of these photos please do make arrangements with the office, as we would like to ensure these beautiful pictures continue to receive the use and exposure they deserve.

5th National Elder Abuse Conference (Sydney, February 2018)

The Seniors Rights Service in NSW hosted the conference "Together Making Change". A video is available of the panel who discussed the sexual abuse of older women at:

<https://www.opalinstitute.org/reports--resources.html>

Hopefully, the response to this issue will be enhanced if we listen to and look for the visual signs that elder abuse may be happening to one of our residents, clients, family, friends, or complete strangers. The Final Conference Statement called to action all Governments in Australia to come together to create and fully resource the strong, effective, nationally consistent and accountable change need to make change. (Five specific actions for change were called upon – if you would like a list of them please contact the office).

Seniors Week 2018 18-26th August Queensland For All Ages

Funding applications closed at the end of March, but it is not too early to start planning any activities your Branch may be interested in organising, or perhaps you are more inclined to be visitors to an event with your OWN Branch. Event registrations open in May, and can be viewed online or through other media sources.

The Australian Women's Music Awards (from Qld Office for Women April 2018 newsletter)

During Queensland Women's Week 2018, the Honourable Di Farmer MP, Minister for Child Safety, Youth and Women and Minister for the Prevention of Domestic and Family Violence announced the Queensland Government's \$140,000 sponsorship for the inaugural Australian Women in Music Awards.

For the first time in Australian music history the Australian Women in Music Awards (AWMA) will turn the spotlight on women, recognising first nations performers, acknowledging and including multicultural performers, focusing on excellence in artistry, technical and production skills, cross-cultural development, song writing, music education, music photography, humanitarian work and more. Award criteria and call for nominations will be announced in June 2018. The Australian Women in Music Awards and Forum will be held over two days at Brisbane Powerhouse from 9 to 10 October 2018.

Leonie Swainston

Annual General Meeting

This year's AGM has been booked so please note the date in your diary today! It's on **Thursday 20th September** at the Uniting Church Hall adjacent the OWN office in New Farm. Each year we reserve some accommodation at a nearby lodge as attendees from regional Queensland often like to stay overnight to make more of their time in Brisbane. Some of the local OWN members join them to enjoy an evening of companionship with other OWN members and perhaps a glass of wine or two. Could Branch Convenors please check with their members to see who is coming to the AGM this year and let the office know so we can make preliminary reservations to ensure our group doesn't miss out. There's no obligation at this stage if you can't come or change your mind.

Call for Nominations

Would you consider nominating for a position on the OWN Qld Management Committee? We want to encourage you to start thinking about taking up a position on the committee, not necessarily on the Executive if that's not your thing. But we do have spaces for general committee members and we can assure you it is not too arduous and can actually be quite rewarding. Go on, don't hide your light underneath a bushel! Here's a nomination form to help you take the next step.



ANNUAL GENERAL MEETING

AGM INVITATION

You are cordially invited to the

Older Women's Network (Qld) Inc. Annual General Meeting

to be held

- Location:** Warner Hall
Merthyr Road Uniting Church
52 Merthyr Road
New Farm Qld 4005
- Date:** Thursday 20 September 2018
- Time:** 10:30 am
(registration from 10.00 am)
- Afterwards:** Please join us for lunch in the Hall
- RSVP:** coordinator@ownqld.net.au
or phone (07) 3358 2301 by
12th September 2018

Find your nomination form below

If you'd like a nomination form sent to you, please email the office at admin@ownqld.net.au or phone (07) 3358 2301



Older Women's Network (Qld)

Annual General Meeting
20 September 2018
Nomination Form

TO The Registrar/Secretary, 505 Bowen Terrace, New Farm Qld 4005

NOMINEE _____ Date: ___/___/2018
Print Name Signature of Nominee

Is hereby nominated for the position/s of: please circle below:

President / Vice President / Secretary / Treasurer / Committee Member

PROPOSED BY _____ Date: ___/___/2018
Print Name of Proposer Signature of Proposer

SECONDED BY _____ Date: ___/___/2018
Print Name of Seconder Signature of Seconder



Festival 2018

Celebrating the Women of the Commonwealth

WOW Festival – Brisbane Powerhouse

WOW - Women of the World, is a global force supporting women and girls, action and change.

From 6-8 April during the Commonwealth Games, Brisbane Powerhouse hosted a WOW Festival of three days of fun, laughter, inspiration and serious reflection on what it means to be a girl or woman in the world today with contributions from guests across the countries of the Commonwealth of Nations.

The most easily identifiable session for OWN was the Sunday session called Grandmothers Know Best – Celebrating the Wisdom of our Elders: looking at the position of older women, and how they are treated in the family and community and how it varies across cultures.

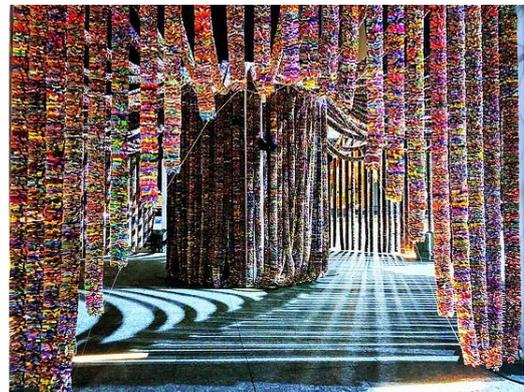
Whether they have lived their lives on the global stage, or tended their families on a farm or in a village, they have worked for better lives for their daughters and grand-daughters, and have amassed a life-time of insights in the process.

In this session, former Governor General of Australia and WOW Australia Patron Quentin Bryce spoke with some remarkable elders and grandmothers about the place of older women in their communities — and why it is that grandmothers really do know best. It was facilitated by the Director of the 50/50 by 2030 Foundation Virginia Haussegger AM and included from Bougainville leading human rights advocate Agnes Titus and Jawoyn leader and traditional owner from Katherine in the Northern Territory Lisa Mumbin.

The key sessions were filmed and recorded and highlight packages and podcasts will be available on the website in a few weeks time. We can let you know when they become available.

One Million Stars to End Violence Project

Some of our Branches participated in the One Million Stars project, creating beautiful stars which would form part of the large display in King George Square Brisbane during April. The end result was stunning and Lee Hodgson was excited to see it during a visit to Brisbane, saying it was a "must-see". She said a lot of people were viewing the display and taking photos while she was present, and it clearly was starting conversations about the issue and helping people make connections. Great news for awareness about family and domestic violence – well done to all involved.



Display at King George Square Brisbane

Something to Think About

Before you speak:

T is it **True**

H is it **Helpful**

I is it **Inspiring**

N is it **Necessary**

K is it **Kind**

(Source: Power of Positivity)

So You Think You Know How to Walk?

We all do. And as far as exercise goes, it's our favourite. But what if I told you that walking can improve not only your physical and mental health, but your posture and body shape too? It's all in the way you do it.

English fitness professional Joanna Hall has built a career around teaching people how to walk.



Be warned that it might take a while to master, but if you're a walker, you might as well learn to do it well.

Joanna breaks walking technique into four areas: feet, hips, neck and shoulders, and arms. Focus on each part separately until you can bring it all together.

To start with, just concentrate on your feet. Become aware of your heel, your arch, the ball of your foot and your toes.

Aim to land first on the pad of your heel. Then roll fluidly through your foot — through the arch and the ball — and feel your big, middle and little toes push off the ground.

Next focus: hips. Joanna's advice is to imagine a tray extending out from your hips with two glasses of water on it — one at each hip. As you walk, try to lift up and out of your hips so the glasses are lifted evenly and there's no spillage.

This requires you to draw your low abdominal area in and up, like a letter J. You're lifting up more than sucking in. Don't over-tense, and try to keep your bottom relaxed.

Your neck and shoulders need to be tall but soft, with your shoulders sitting gently down on your upper back.

Keep plenty of space between ears and shoulders. Joanna suggests pretending you're wearing long dangly earrings that you don't want to touch your shoulders.

Finally, we're at the arms. They should swing easily like pendulums, with a slight bend at the elbow.

Lead with your elbow, and keep the back swing of your arms larger rather than the forward swing. No arm pumping or fist clenching.

In fact, Joanna says to imagine you're holding a potato chip between your thumb and second finger, and you don't want to crush it.

As much as this technique suits exercise walking, it's also the foundation of everyday walking — just tone it down a bit.

Want to know more? Find yourself a copy of her 2013 book: *Joanna Hall's Walkactive Program*.



Acknowledgement to Fit & Well Newsletter,



The Heart Foundation currently has walking groups in various locations including Brisbane, Logan, Mackay, Redcliffe, Gympie, and Capalaba. For more information go to the Heart Foundation website or phone (07) 3872 2500. They are always looking to start up new groups.

It's All In the Mouth

A damning report has revealed more than half of Australians are only brushing their teeth once a day – but even if you are brushing twice daily, it's likely you're doing it wrong.



About 51 per cent of adults and one-third of kids are skipping brushing their teeth in either the morning or evening, according to the Oral Health Tracker [report](#).

The report said this trend was putting more than oral health at risk. It warned poor dental health during childhood led to problems later in life including an increased risk of heart disease, pneumonia and diabetes.

Nine in 10 Australians experience tooth decay, one in five have gum disease and 15 per cent have fewer than 21 teeth (an adult with a full set of pearly whites has 32 teeth), the report revealed.

How to brush your teeth – correctly

Australian Dental Association president Dr Hugo Sachs said it was unhealthy to skip a brushing session, and that failing to brush altogether was the worst-case scenario.

At the other end of the scale, he outlined how to brush your teeth for the best results.

“First, floss at least once a day – preferably at night. Then rinse your mouth out with water *before* brushing,” Dr Sachs told *The New Daily*.

“Use a soft, electric toothbrush with a rotating head – an electric toothbrush is much better than a manual one. Brush with a circular-motion technique using fluoridated toothpaste.”

Dr Sachs said to brush for at least two minutes and not to press too hard with the brush.

“You should only be using a toothbrush head for three months before replacing it with a new one,” he said.

Spit out any excess toothpaste, but do not rinse your mouth of toothpaste after brushing.

“If you let some of the toothpaste sit on your teeth, it will do a far better job at re-mineralising your teeth, especially overnight. “You'll go to bed with a nice, fresh toothpaste taste in your mouth.”

Dr Sachs said mouthwash was unnecessary in most circumstances, with the exception of disabilities, fractured jaws or short-term use after oral surgery.

Another tip to keep in mind is to delay brushing for a couple of hours after consuming food or drinks with high acidity levels, such as wine, he said. These acids soften the teeth and brushing too soon afterwards can cause abrasion.

Dr Sachs advised brushing both in the morning and at night, but brushing more than twice a day would not cause any damage – if anything, it would increase the chances of removing plaque throughout the day.

The worst teeth brushing session to skip

Dr Sachs blamed Australia's poor dental health on increased intake of food and drinks with high levels of sugar, with more than 70 per cent of Australians consuming excess sugar in their diet.

“Good teeth health involves keeping a healthy diet and minimising sugar intake. “A dozen snacks means a dozen acid hits which can cause demineralisation of your teeth.”

Dr Sachs said it was best to brush both at night and in the morning, with the worst teeth brushing session to miss being the one before bed.

“Our flow of saliva – which naturally dissolves sugars – drops at night. Bacteria [plaque] that has built up on our teeth throughout the day can sit in your mouth overnight and decay rates can increase,” he said.

“Bad morning breath is produced by a concentration of those plaques in your teeth, so it's a good indication you've probably got gum disease.

“Another sign to watch out for is if you notice some blood when you spit out the toothpaste after brushing. If you're concerned about gum disease, it's best to book in a visit to your local dentist for a check-up.

Source: *The New Daily* March 20, 2018

Around the Branches



CAPALABA

Meets: 1st Wednesday each month
Time: 9.00 am to 11.30 am
Where: Capalaba Uniting Church Hall
30 Ney Road, Capalaba
Contact: Desley 0409 594 908

The beginning of this year has been busy with our 3rd birthday in February, invitations to Redlands Breast Cancer Support Group and Salford Waters Retirement Village, together with our own International Women's Day celebrations drumming experience and morning tea gatherings.



On the 7th February, the Older Women's Network, Capalaba celebrated our 3rd Birthday. Over the last 3 years we have met some amazing ladies, formed close friendships within our group and outside, had various interesting guest speakers, gained knowledge from people we may not have come into contact with, networked with other like-minded groups, the list goes on.

On Friday 2nd March we were invited to the Redlands Breast Cancer Support Group meeting. Some of their members attended our September meeting and wanted to know more about us. We had a presentation speech, showed a Powerpoint slideshow of the activities we did in 2017, gave out our threefold flyer, took samples of newsletters, together with a selection of photographs taken in February that year. They are a lovely group of ladies, made us feel very welcome and shared lunch with us. Thank you Mavis for helping me out, I really appreciated it.

On Tuesday 6th March, Salford Waters Retirement Village invited us along to give a presentation for International Women's Day and to learn more about what the OWN Capalaba are about. Our presentation was similar to Friday 2nd March, only we incorporated more on IWD and gave out purple IWD ribbons.

We had an enjoyable morning, and thank you to Sharon, Desley, Julie and Denise for helping at the gathering. Everyone was so friendly and we networked over a cuppa sharing ideas for upcoming guest speakers.



Naomi promoting OWNQ for IWD

International Women's Day

Well what a fantastic way to celebrate international Women's Day. We had the pleasure of the "Here's to Life" group visit us and introduce us to the art of drumming. Thank you to Graeme and the H2L performers for the class and demonstration provided on the African drums (Djembe) and for the gift bags given to us all. It was a hands on morning with lots of laughter. "There were a few soloists", never mind we had fun. We discovered Atie has a natural talent for drumming. Several new ladies attended, who blended in with our friendly group. A big thank you to the ladies from the Uniting Church for catering for us once again. Lots of positive feedback on the delicious morning tea made for us. See photo on page 1 of Atie leading the show!



Who needs to go to the Gold Coast Commonwealth games when, in April, we will be having our Commonwealth Games with lots of quirky events to participate in? Who will bring home the Gold, Silver and Bronze awards?

Naomi



MITCHELTON

Meets: 4th Wednesday each month
Time: 10.00 am to 12.00 noon
Where: Piccabeen Community Centre
22 Hoben Street, Mitchelton
Contact: Barbara B. 3351 1864

At our January meeting we discussed Sleep, its importance in maintaining health, and how to develop a good sleep pattern. In February we had a speaker from Seniors Information Service.

March has been busy with participation in our host venue Piccabeen Community Association's International Women's Day activity with a guest speaker addressing Elder Abuse; and also partnering with them to hold a forum gauging community input on issues and needs to create a more "Age Friendly" community. We are meeting with MPs and organisations interested in this topic, hoping that we can get funding for a community project when the grant program is announced later this year.

Topics addressed at the Elder Abuse session included the importance of maintaining current Power of Attorney documentation to ensure the nominated person was committed to acting in the best interests of the older person in implementing their wishes.

In addition to talking about particular instances of elder abuse where the person themselves had attempted to make a direct complaint to service providers whose workers had been responsible, one focus of the meeting centred around both the need for businesses to improve their attitude and responses and for older people to then report to police or aged care complaints bodies about their situation.

On 14th March, in cooperation with Piccabeen, we organised a forum on Age-Friendly Communities. A range of issues was discussed about how to improve the age-friendliness of local communities, including access to relevant information on health, transport and legal services.

My thanks go to our members Judith and Carol who did most of the work organising our February and March meetings – and who also have now

set up a Mitchelton branch Facebook group to help with our promotions.



Pat, Rae and Margaret at Continence talk

Recently Rae Plush from the Continence Foundation gave a presentation at the branch. Any guesses what the stuffed toys are in the photo above?!?

Barbara

**Fancy yourself a writer?
...we'd love to hear from you!**

Reminder:

Our next Newsletter
will be published
In July 2017
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.**



GYMPIE

Meets: Each 2nd Thursday
Time: 9.15 am to 12.00 noon on pension week
Where: St Peters Church of England Hall,
Lady Mary Tce, Gympie
Contact: Lee 07 5483 1415
Trips: Raylee Brennan 07 5482 3678

Here we are at the start of another year, our Christmas party for 2017 went well and so far for 2018 we have had a friendship morning, celebration of Australia Day, two guest speakers, and a luncheon for International Women's Day.

Our Christmas Party was attended by 63 members, along with invited guests June Donnelly, Michele Perrett, Dulcie Dyne, Mal Gear and visitor, Ruth Kean from Woody Point. We all enjoyed the meal which was prepared by the ladies of the Southside Bowls Club in Gympie.

Everyone received a gift made by the committee and Coralie Millard was the lucky winner of the major raffle, a Christmas Hamper. We were pleased to be able to donate \$500 to Supporting Chemo in Cooloola and \$500 to Meals on Wheels. Our member Pat Bowden cut her cake to celebrate her 80th Birthday which was on the 27th December.



Lee congratulates Pat

We started 2018 on 11th January with a Friendship Morning, a chance for everyone to chat and catch up on all the news. The following meeting was a celebration of Australia Day with the members dressing up as a famous Australian or a person from an Australian song or poem.



Our guest speakers have all been informative with Michele Perrett demonstrating a facial on member Maree Alder and then teaching us how to do an Indian Head Massage. Yasmin, a physiotherapist specialising in women's health came along to give a talk on the unmentionable subject 'incontinence'.

For International Women's Day and to celebrate Queensland Women's Week we thank Brisbane for sending us the photos from 'Not Born Yesterday' which were displayed at the Gympie Library. (See our photo on front page). We were also given a write-up in the local paper.

On Thursday the 8th March we attended a luncheon at Gunabul, a local restaurant where we had a delicious meal and time to socialise.

The craft group have been at work again making poppies for the Gympie State High School to send to Canberra, along with the ones they are making for Remembrance Day.

Other events we looked forward to were giving out Easter Buns at Bunnings, always good fun, and our bus trip to Bribie Island.



Lee



MACKAY

Meets: Every Tuesday
Time: 9.30 am to 12.00 noon
Where: Iona Hall, Brookes Street,
 West Mackay
Contact: Helen 07 4955 7098 or
 Jenny 07 4957 3413



Hello to all members of OWN Qld from all of us at OWN Mackay, and a big thank you to everyone in the photo above, for assisting with convening at the branch during the year.

We hope you all had a wonderful break with your families and are looking excitedly to another year with all your fellow members of OWN at your branches.

Mackay took off to a flying start in mid-January with a good group of members on the first day, catching up with each other and sorting out the jobs for the year, chatting over a yummy morning tea, and hearing all the latest news.

Our first speaker for the year was a young woman who wrote her life story for the ABC radio program called, Heywire.

The next week was Comlink which is a very important transport link in the community for our disabled and senior members, who use it to stay socially connected to their networks.

We have had Carers Qld informing us of what they do in our area and how to access them if we need their help.

Four of our members attended a QCOSS workshop to discuss problems and issues in our community, but also share benefits that we enjoy. It was very interactive and most enjoyable.

2017 has been quite a year
 We have tried to accept technology without any fear.

Many trials we have had to face
 Including cyclone Debbie, she blew down many a place.

Our guest speakers have opened our minds
 And towards each other we have tried to be kind.
 Our numbers each week continue to be strong.
 We know what we are doing cannot be wrong.
 So please, take care over the holiday break
 Here's looking forward to 2018 and the new friendships we will make

Anne Butcher talked to us about the program for the Women's Centre for the year and how we can interact with them, it is a very vital part of our community for younger women. Our branch started 22 years ago as part of the Women's Centre. Anne Butcher is the mother of one of our up-and-coming country music singers at Tamworth this year, Brad Butcher.

We also had a young outspoken woman from the Conservation group, there were a few heated moments where members tried to share ideas they felt were necessary which we didn't seem to agree with.

Our local Mike Fry from Relationships Australia talked to us about all "men's stuff" issues which was very interactive.

A fun morning was had with another grocery grab, these are hilarious, I've never seen so many women go silly chasing toilet rolls, paper towels, grocery items around the floor!

Sadly we have lost one of our long time loyal members who died suddenly, our beloved Maureen Swayne who was a member for eighteen years. She was a month off reaching the big 90. There was a large group of us representing OWN Mackay who attended her funeral. It's a shame but you never really hear how talented and what a person has achieved in their life until they have passed away. She was an amazing and gifted lady and we will miss her greatly.



MACKAY continued



We would like to send a big thank you to our loyal and trusted member Renate McGill who has been with Mackay OWN for 20 years. She is moving to a new life in W.A. to be closer to family. Renate has been a

hard worker behind the scene, as the "door lady" and bus trip organiser amongst many other things and will be greatly missed. On the bright side we now have an excuse to travel to WA. Good luck with your new life Renate.

International Women's Day was a wonderful day with two very moving speakers from different walks of life. One new member talked about how inspiring women are for her and how inspired by our group she was, she just about had me in tears, which is hard to do. She made me so proud. There were 60 women in the room that day.

Recently, we had a quiz created by one of our newer convenors and a great morning's entertainment.

As I write all this news I am lying in my bed recovering from knee replacement surgery, waiting patiently to be able to get back out there and socialize again with the group I love.

Coming up guest speakers and programs include:

- Rae Plush from Brisbane to talk about Incontinence.
- Our lovely Bobbie Barker, a member who runs the Kidney Network Support group here.
- A school chaplain and a street chaplain presentation.
- Our 22nd birthday luncheon.
- Heart Foundation presentation.
- Member's travels tales. Kokoda trip story from a local traveller.
- Biggest morning tea.

Until next time, take care, look after your friends and be kind to all you meet.

Ruth

WOODY POINT

Meets: 2nd & 4th Tuesdays each month

Time: 10.00 am to 12.00 noon

Where: Woody Point Memorial Hall
Oxley Avenue, Woody Point

Contact: June 0411 018 570

Our Branch organised to obtain two-year Diaries, which we then gave to all members so they could keep up with all our meeting dates and activities. The Diaries were given to our greeter, Janice, to present when our members entered the hall.

At our first meeting in January, we spoke about obtaining a projector, to use when we have Guest Speakers.

For our Australia Day celebration, members brought in some food that came from their heritage. Elizabeth spoke about her time living in South Africa, and Helen spoke about some of the traditions of Scotland.

The Speaker for 27th February was Sharon McKenzie from Older and Bolder Heart Movers. All the members wore their joggers, but we didn't do any exercises! She advised us that she prepared exercise programs for over 50's at the Red Cross Building in Redcliffe.

International Women's Day was a great success. Carol Moss donated a bunch of her 'Special Flowers' and we had a Basket of Fruit, and a beautiful Basket of Personal Care items for our raffle.



Guest speakers included Carmel Joyce who spoke about Australia's Heritage, and how she researched the books she has written. She has donated 3 books for our future raffles. Thana Raysmith and Sharmulla Christie from Diversicare spoke about

life in India, and volunteers there to help workers receive their lunches that their families prepare for them.



WOODY POINT continued



Our Guest speaker in March was Angela Carroll, a practising nun, re the forming of Women's Groups in Peru, she gave us a dialogue and photos of how the Women in Peru were able to gain funding to feed their families by forming 'Groups' so the Government could count how many needed to obtain help from them.



Helen

LOGAN-BEENLEIGH

Meets: Fortnightly Thursdays
Time: 10.00 am to 11.30 am
Where: Beenleigh Neighbourhood Centre
Contact: Linda Hannah 0414 436 209

Firstly, on behalf of the Logan/Beenleigh Branch I would like to express our condolences to our President June Donnelly on the sad loss of her son. We wish June all the very best for her tough time ahead.

We would also like to thank Ann Matson for her help in establishing this branch. We wish her luck in her new venture.

We once again got off to a good start in 2018 and our membership is still growing, which is great. Hearing Australia gave us a presentation, bringing along some new equipment to show us, and handed out plenty of information and contact details should we need it.

LOGAN-BEENLEIGH continued

Our first outing for the year was a Brisbane river cruise, as it had been so hot and humid over January and February. This was a lovely day with morning tea on board.



We enjoyed the commentary from the Captain as Brisbane has lots of history. One of our members, Robyne, once again organised our transport to and from Southbank, a stretch limo no less!!

I was sorry to cancel the Roma St Parklands get-together. Our train service has been a bit erratic, and the weather was very humid and rainy. We'll postpone this until after the Commonwealth Games are over.

We are doing card making (well, trying). We are gathering small gifts for the residents of the nursing home, and making cards for Mother's Day. I have to say, our creative talents are not too bad at all.



Able Australia gave a talk recently. They seem to think that they can help with transport for our outings so we

hope they may be able to help us. Will keep you posted in our next newsletter!

I organised OWNQ name badges for our members. We decided on badges rather than shirts to wear on our outings. It gives us a sense of identity when we are out and about.

Happy Autumn!

Linda





ADA Resource Kit (Aged & Disability Advocacy Aust)

ADA Australia, in partnership with Legal Aid Queensland, is pleased to announce the launch of **My Rights Qld**, a new toolkit which is a simple, one-stop-shop for information that supports people with a disability to better understand and exercise their rights.

My Rights Qld covers a wide range of topics including the NDIS, substitute decision-making, health, mental health, housing, discrimination and much more.

ADA encourages you to promote this online resource through your networks to raise awareness of this valuable new tool. DL flyers are available on request and can be ordered by calling ADA Australia on 1800 818 338.

My Rights Qld is accessible from a phone, tablet or computer and can be found at <http://www.myrightsqld.com.au>.



Medical Cooling and Heating Electricity Concession Scheme

Our office has received a copy of an information brochure from Concession Services, Smart Service Queensland which outlines the scheme and who is eligible for concessions, along with an application form.

For more information about concessions:

Visit: www.qld.gov.au/concessions

Email: concessions@smartservice.qld.gov.au

Telephone: 13 QGOV (13 74 68)

National Volunteer Week

Whether your members think of themselves as volunteers or not, many DO volunteer their time to assist at branch events, so this year, during National Volunteer Week, from 21st-27th May, why not have consider having a special morning tea to say "Thank You" to all those who help out, officially or unofficially as volunteers.

The Office can help with providing certificates to special members of your branch who help out regularly – just give Marianne a couple of weeks notice in case there is a mad rush, remembering she only works Wednesdays and Thursdays each week.

OWN (Qld) Inc. is funded by the Queensland Department of Communities, Child Safety and Disability Services



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.