

**WELCOME** to the latest edition of *Our OWN News*

## **Celebrating Older Human Rights Champions and Women's Rights**

(Source: The Conversation, July 24, 2018)

At our AGM, NOWN President Aloma Fennell spoke of the UN Secretary-General's guiding principle of "Leaving No-One Behind" and another, "Every Age Counts". Every second, two people in the world turn 60 and clearly there is increasing need for us to find ways to leave no-one behind and particularly not older people. We salute all those people who fight for the rights of older people, and for those of women.

The Universal Declaration of Human Rights (UDHR) turns 70 this year and the International Day for Older Persons, on 1<sup>st</sup> October, celebrates the importance of this Declaration, and reaffirms the commitment to promoting the full and equal enjoyment of all human rights and fundamental freedoms by older persons.

Meanwhile the UN Committee on the Elimination of Discrimination Against Women reviewed Australia's record on women's rights in July this year. A strong rebuke was delivered to the Australian Government of Australia's failures to protect and promote the rights of women and girls.

The women's rights treaty to which Australia is a signatory - the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW), obligates Australia to promote and

protect women's rights, including equality before the law, freedom from discrimination, political participation, health, education and employment.



The UN committee noted over 90 recommendations for improvement, the main areas focusing on:

**Human Rights Framework**, as Australia remains the only Western democracy without a bill of rights or human rights act. The committee denounced funding cuts to the Australian Human Rights Commission. Other areas the committee seeks action on include: -

**Violence against women and sexual harassment:** One in three women are experiencing physical violence, and almost one in five experiencing sexual violence.

**Women's Economic Disadvantage:** the committee condemned the lack of gender budget analysis.

**Access to Justice:** the committee raised concern about funding cuts to legal assistance services, and at provisions in funding agreements that restrict the ability of community legal centres and civil society organisations to advocate for women's rights.

.....continued on back page



## President's Report . . .

Hello to all our Queensland members. I was very privileged to be nominated to be OWN Qld's President this year.

As you all know, I am very passionate about the network, so I will do my very best to take the organisation forward. But I can only do that if we all work together to make OWN Qld the best it can be.

I must really thank June Donnelly for the hard work and hours she has put into the Older Women's Network over the past four years so thank you so much June. She and I will still be working very closely together. I am also looking forward to working with our office staff Leonie and Marianne and the Management Committee in the future.

We are hoping that in the near future we may be able to encourage more members to join the management team.

Recently, Leonie, June and I visited all the South-East Queensland OWN branches. I was very impressed with the energy and the friendship I found in these groups. Leonie, June and I have been working very hard to get a new group going near Burleigh Waters on the Gold Coast. We are very excited about that.

Now to our Queensland Annual General Meeting. I think it was one of the best AGMs for some time.

Aloma Fennell, our first guest speaker, is just one of the most amazing women that you will have the pleasure to meet. Aloma is truly an inspiration to us all. I am hoping we will be able to get her up to Gympie some time.

Lorrae and Vince O'Rourke, from Carers Outlook, our afternoon guest speakers, were also amazing.

I was also very impressed with the branches with how many members attended the AGM.

Thank you all so much for coming along. We are hoping to see you back next year.

A big thanks to Leonie, Marianne, June, Barbara, Judith and everyone else that helped in any way to make the OWN Qld 2018 AGM so successful.

**Lee Hodgson, President**



*Lee in her Convenor's role with Gympie branch members who attended the AGM*

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## Coordinator's Report ...

It has been such a pleasure to meet so many members during our recent visits to Woody Point, Mitchelton, Capalaba, Logan-Beenleigh, and at the AGM recently. We were delighted to welcome more members to the AGM than have attended in recent years. I hope that all found the day's interaction and networking very rewarding, and that members gained new insight into the work of OWNQ. As always NOWN President Aloma Fennell was very informative about issues and recent developments affecting older people and older women in particular. We also thank Lorrae and Vince O'Rourke for sharing their journey as carers and inspiring us with their selfless, giving service to assist Carers enjoy a better quality of life.

Visits to Mackay and Gympie Branches are on the agenda and I am looking forward to getting to know those members better and experiencing one of their meetings firsthand. Visits to the Branches so far certainly has shown me how each one develops its own character and provides its unique program which so well serves the needs and interests of its members. OWNQ Branches certainly are offering older women a safe and supportive outlet to enjoy each other's company and be socially connected.

Work on establishing a new Branch on the Gold Coast has been proceeding gradually and two meetings have been held so far, one at Burleigh and another at Varsity Lakes Community Resource Centre. We are hopeful this will

consolidate in the weeks ahead, with a further meeting planned in late October.

A new reporting template is being trialled for our Branches to provide feedback on their activities to the office, in preparation for our quarterly report to the Department of Communities, Disability Services and Seniors. We appreciate receiving funding from the Department to continue our important work. It is hoped the template will be ready for use from October onwards. It includes space for Convenors to inform us about positive results from meetings and successful activities so don't forget to let your Convenor know if any of the branch meetings has been particularly useful or enjoyable for you!

Convenor Meetings continue to be held monthly, by teleconference, which provides an opportunity to share ideas about successful branch activities and to stay in touch with developments in the office and around the branches.

Our current six branches all continue to attract new members and provide stimulating and engaging activities for Members. We know from feedback received from OWN Branch activities that the friendship, connection and support enjoyed at OWN meetings is invaluable. Thanks again to Convenors and all those volunteering with Branches who help achieve these excellent results.

We look forward to another successful quarter of operations. Welcome Lee as new President, and Pat who is joining the Management Committee and thank you June our immediate past President, for all your hard work.

**Leonie**



# AGM News

The Older Women's Network Qld Inc (OWNQ) held their 2018 AGM at the Merthyr Road Uniting Church, New Farm on Thursday 20 September. It was attended by over 40 members from all the branches of OWNQ and two independent members.



*Independent member Ruth with guest speaker Aloma and Leonie, our Coordinator*

Our guest speakers were Aloma Fennell (National Older Women's Network) and Lorrae & Vince O'Rourke from Carers Outlook.

Aloma spoke on the role that OWN Qld and the other States' organisations have to play in the advocacy of the rights and needs of older people. She has recently been to the United Nations to participate in the United Nations 9<sup>th</sup> Open Ended Working Group (OEWG) on Ageing where she represented and spoke on behalf of the National Older Women's Network (NOWN), the Global Alliance for the Rights of Older People (Australia) and the International Federation on Ageing.

Lorrae & Vince O'Rourke spoke on the need for Carers to look after themselves and the O'Rourkes' work in this area.

Vince is the author of ***I Wish I Were a Leper***. He cared for his first wife who died from Alzheimer's disease and this book

details his care for her at home and in a nursing home.

Lorrae worked for Alzheimer's Qld facilitating carer groups and education programmes. She was the primary family carer for her aged mother who had Alzheimer's and other illnesses.

The O'Rourkes share their Nambour home, Carers Outlook, with carers who need a holiday to stay healthy and to sustain their caring role. For more information, they can be contacted via their email address [carersoutlook@gmail.com](mailto:carersoutlook@gmail.com).

A special Thank You to Coordinator Leonie, Administration Officer Marianne and David (photographer extraordinaire) whose work made the day a success.



*Judith, Lee, June, Ruth, Barbara, Helen and Pat, members of the 2018-2019 Management Committee*

The members of our new Management Committee for 2018/19 are President Lee Hodgson, Vice President June Donnelly, Treasurer Barbara Barnes, Secretary Judith Heindorff, Committee Members Ruth Sargent, Helen Stanton and Pat Wendt. Congratulations to them all, and especially a big welcome to our new committee member Pat.

Thank you June for your contributions as President for the last several years.

**Report by Judith Heindorff, Secretary**



Snippets from a recent 'lifestyle medicine' conference where presentations were based around three themes: health technology, gut health and brain health.

## **First, from an international panel of dietitians...**

Australia's best-known dietitian, Rosemary Stanton, is now in her 70s. She recalled visiting a margarine factory in the early part of her career, and as a result has never eaten margarine.

Also from her: "There's no one healthy way to eat — there are many paths, but they all include vegetables. There's also more than one way to eat badly. There's no single culprit."

"It's meaningless to talk about high-carb, low-carb, high-fat or low-fat diets. Carbs can mean lentils, vegetables and rolled oats or jellybeans and cheezels. Both carbs and fat can be healthy or unhealthy."

"The real problem for Australians is junk food. We eat too many discretionary foods."

And her view of the main problem with our dietary guidelines: "Few people have actually read them and very few people follow them."

Professor Susanne Bügel from Denmark has carried out research to compare the nutrient levels in organic vs conventionally produced food. She found more difference between different varieties of a food than between organic and conventional. But she didn't measure the health effects of chemical spraying. And she says she eats organic as much as she can.

Professor Cliona Ni Mhurchu is a dietary researcher from the University of

Auckland: "The food industry is about profit; they're not the guardians of our health. Yet they have enormous say on issues such as food labelling and our dietary guidelines. Governments need to show more leadership here."

Still with the dietitians: Melbourne-based Professor Catherine Itsiopoulos is the author of *The Mediterranean Diet* and *The Mediterranean Diet Cookbook*. She's emphatic about using extra virgin olive oil and not 'pure olive oil'. Extra virgin is higher in polyphenols, i.e. plant-based chemicals which act as antioxidants and help reduce inflammation.

## **Other random tidbits...**

It takes very little time on a poor-quality diet to affect our gut and brain. Prolonged exposure to processed food seems likely to reduce the size of our hippocampus (a part of the brain involved with learning and memory.) Scary, isn't it?

As evidence that stress contributes to heart disease, natural disasters such as the Christchurch earthquake and Hurricane Katrina bring about a spike in heart attacks.

There's work being done to try to prevent and improve Alzheimers using a broad-spectrum approach, i.e. a mixture of diet, exercise, nutraceuticals (supplements used in research), brain training, meditation and stress management.

While we know that exercise is important for brain health, partner dancing is being hailed as great for our brains. It combines the benefits of exercise with learning steps and connecting with others.

**Source: Rhonda Anderson, Fit and Well August Newsletter**



## GYMPIE

- Meets:** Each second Thursday  
**Time:** 9.15 a.m. to 12.00 noon on pension week  
**Where:** Gympie & District Indoor Bowls  
35 Graham Street, Gympie  
**Contact:** Lee 07 5483 1415  
**Trips:** Glennis Mitchell 07 5482 9439

A lot has been happening at the club these last few months with our guest speaker, elections, several trips and a mini- expo.

Our speaker was Debbie from the police service who came to sort out the confusion of round-a-bouts and bike riders.

Our election of officers was chaired by prominent member of the Gympie community Dulcie Dyne, most positions were filled with thanks to those taking a position.

We have had a trip to the Wolvi Strawberry Farm for morning tea (Yum) and a chance to pick our own strawberries to take home. We also paid a visit to the Buderim Retirement Village for morning tea and a tour of the village.

Our bus trip to the Aussie Zoo was a great day out. It is 11 years since we last visited the Zoo as a group and it was well worth another visit as they now have an African area with zebras, giraffe, rhinos and meerkats. Thanks to Glennis for organizing the trip. Unfortunately she was in hospital on the day so missed out. Several members who couldn't manage the zoo trip had a lovely morning tea at Charlie's Restaurant in Gympie.

Once again this year to celebrate Seniors Week, some of our more active members entered the Duck Pond Dash put on by the Gympie Council.



*Jenny, Lyn, Helen and Marcia at the Duck Pond Dash*



We also attended the Seniors Morning Tea to see our member Lucy Green nominated as Senior Citizen of the Year for all the volunteering she does in Gympie.

Our contribution to Seniors Week was a Mini-Expo which was a great success, attended by over 100 people.





Among the tables of displays and interactions there was Beading, Aromatherapy, Painting, Woodwork, Massage, Bonsai, U3A, Pottery and Floral Arranging. A continuous morning tea was catered for by the QCWA.

Members and visitors were delighted to win a fruit tray, several floral arrangements, and a hand-made rug donated by a friend of member Jan Hawkless,



*At the Expo*

There was a constant flow of people moving around the different displays, trying their hand at pottery, painting and getting a massage. The biggest group was seen at the floral arranging where everyone was amazed at what could be done with a few flowers and greenery.

A big thank-you to everyone for making the event such an enjoyable morning.

The OWN Qld AGM was very successful with our convenor Lee being voted in as President. We enjoyed meeting new members and catching up with the old ones.



*Gympie members at the OWNQ AGM*

Eight members of the Branch attended the event (see photo above). Vince and Lorrae O'Rourke of Carers Outlook were the afternoon's guest speakers. Below is a photo of them with our new President, Lee.



*Carers Outlook*





## CAPALABA

**Meets:** First Wednesday each month  
**Time:** 9.00 a.m. to 11.30 a.m.  
**Where:** Capalaba Uniting Church Hall  
30 Ney Road, Capalaba  
**Contact:** Desley 0409 594 908

In August Tony Petcopoulos (a counsellor for 35 years in various state and federal government departments) presented an inspirational talk on gratitude and its role in our happiness and wellbeing. Tony emphasised the importance of focusing on appreciation for what we have in our lives that is of value, rather than what is missing or wrong. Tony has emailed his talk to us so we can review the program. He also made reference to recent studies about depression and loneliness, noting the role of groups such as OWN in keeping people supported and connected.

In July we wrote to the President of the Bayside Smart Business Network requesting a financial contribution towards the purchase of a pull-up banner for the Capalaba Branch. We have now received confirmation that the Business Network will fund the cost of the banner for us. This is definitely something to be very grateful for! We plan to use the banner to promote our Group to other organisations and to the public through various displays and presentations. A large part for the success of this request must go to our member Mavis and her daughter Sharon (a member of the Bayside Smart Business Network), both of whom spoke on our behalf.

Lorna Daddow, President of the local VIEW club, visited in July and spoke to us about their social and fundraising activities. VIEW is an Australia-wide women's volunteer organisation, supporting students sponsored

by the Smith Family. Lorna circulated letters from some of the students involved.

Our members enjoyed welcoming Leonie, June and Lee to the September meeting. We will also enjoy welcoming back our convenor Naomi in October, who has been travelling around Australia for the last 6 months.



*Capalaba members at the AGM*



*Thanks to the Bayside Smart Business Network and Big Bold Branding for our new banner*



## MACKAY

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

We are travelling very well at the moment, lots of chatter and enthusiasm within the group, getting about 40 to 50 members attending per week.

Guest speakers have included the fire brigade with six lovely firemen talking about safe houses; the local hearing aid specialist informing us how important our ears are; Anglicare telling us about the new distribution food centre to help homeless people. Prescare told us about their services and how they can help us in our homes.



We had a class of chi gong which is a gentle rehabilitation yoga, and quite good fun. Several of our members have joined the classes.

Our member Sandy presented the second part of her life story. The Mayor and nine Councillors visited and did a question and answer session for us. We had to treat them to one of our special morning teas, of course!

We also had Orange Sky, a new service in our area helping homeless people by providing a hybrid van for showering and laundering clothes, and offering non-judgemental conversation. A heart attack survivor shared his version of events over several heart attacks and spoke about what to look for, and not to ignore symptoms. A radio announcer gave us some tips on how to assist communities affected by the drought.

We had a singalong with some country music players which was most enjoyable; and a grocery grab morning which scored some groceries for some members. We also donated a basket of groceries to Anglicare to assist homeless people, and last week we reported on how very successful the State Annual General Meeting was this year. Well done team, great job!



*Helen and Ruth at the AGM*

Until next time, take care, enjoy yourself and keep marching for the rights of older women.

**Ruth**

*Marching for Older Women's Rights*



## MITCHELTON

**Meets:** 4<sup>th</sup> Wednesday each month  
**Time:** 10.00 a.m. to 12.00 noon  
**Where:** Piccabeen Community Centre  
22 Hoben Street, Mitchelton  
**Contact:** Barbara B. 3351 1864

This quarter Mitchelton Branch completed three projects.

Seven photos from last year's display were on view at the Arana Hills Library all through August. It was hard to choose which ones to use as they are all wonderful.

We also had a session on Pouring Acrylic Paint in Seniors Week. This was so popular we are having another later this year.



In cooperation with Picabean Community Centre, we completed the Age-friendly Community Information in time for its launch on August 14 by the Minister of Communities, Coralee O'Rourke.

This year's AGM was attended by several members of Mitchelton branch, featured in the photo below.

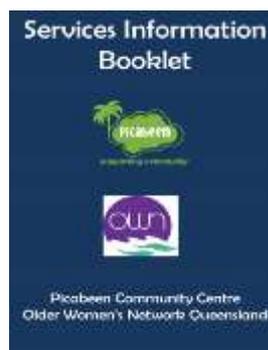


Judith, Yvonne, Wendy, Barbara and Pat at the AGM

The Management Committee welcomes the return of Mitchelton members Barbara as Treasurer, and Judith as Secretary, and in particular is very happy to have 'newbie' Pat on board as well.



Here is Judith entertaining one of our independent members, Jill at the AGM.



A pdf version of this publication can be downloaded from the Latest News page post of 28<sup>th</sup> August on the OWNQ website [www.ownqld.net.au](http://www.ownqld.net.au)



## BEENLEIGH-LOGAN

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

On July 12<sup>th</sup>, we enjoyed a demonstration session with Essential Oils. Lots of notes were taken about how to use the oils in a large variety of ways. The oils are quite expensive though and we are seeking less expensive alternatives.

On July 26<sup>th</sup>, we celebrated Christmas in July, with 22 attendees! Everyone had a great time.

Our meeting on 9<sup>th</sup> August was a branch meeting to organise a trip in October to a vineyard and lavender garden.

23<sup>rd</sup> August, the Public Trustee spoke with us about Wills, Power of Attorney, Advance Health Directives etc. Most of our members said they would check their own arrangements following this meeting, that's a great result.

June (President), Lee (Vice President) and Leonie (Coordinator) visited us for our 6<sup>th</sup> September meeting, and everyone enjoyed getting to know each other more.

The 20<sup>th</sup> September meeting, was a regular branch meeting and we began planning our Christmas lunch (already!).

(Ed: Thanks to Linda for sending in her report especially at this time when she is travelling backwards and forwards to Brisbane assisting with her daughter's health care. Unfortunately she's not out of the woods yet, and we send our thoughts and support to their whole family as they continue looking after their sister and daughter.)



Linda, Shirley, Mugi, Doreen and Fran at the 2018 AGM (above) and below members enjoyed a cuppa



## WOODY POINT

**Meets:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month  
**Time:** 10.00 a.m. to 12.00 noon  
**Where:** Woody Point Memorial Hall  
Oxley Avenue, Woody Point  
**Contact:** June 0411 018 570

Our Christmas in July function was attended by 12 ladies who had a great time. Festivity was full on, and there was a great roast meal plus other delicious foods. Helen decorated the tables beautifully. Thank you Helen.

On 24<sup>th</sup> July, some ladies travelled to New Farm for a movie titled *The Gardener*. They organised a car pool and good feedback was received.



Lorraine Szabo, a visitor to our branch shared a little about self image and self belief – good information and well received. See the back page of this newsletter for more information.

In August nominations were received for our committee from Lyn Johnston (Assistant Treasurer) and Joan Hayes (Activity Officer). Both ladies are fitting into their new roles with passion and enthusiasm.

Other visitors to the branch have been a podiatrist who gave valued information on foot care; and an optometrist & an assistant who gave a very informative talk on various eye disease accompanied by diagrams. Many ladies asked questions and we all received a lovely bag with information and a pen.

Good feedback post the AGM - Ladies had a great time communicating & opportunity to socialize with other branch attendees. The speakers received much commendation.



Woody Point members at the AGM



June with the new OWNQ banner – if you'd like to borrow this banner, please contact the office



June and guest speaker Aloma at the AGM

A selection of OWNQ's "Not Born Yesterday" photo collection will be on display at the Redcliffe Cultural Centre during October.

Future branch activities include a morning tea and photo display, and the Christmas party scheduled for 11<sup>th</sup> December.

**June**

**Supported by**



OWNQ Inc. is funded by the Queensland Department of Communities, Disability Services and Seniors.

**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 are not necessarily those of OWNQ.

**With thanks:** OWNQ thanks the offices of Senator Claire Moore and State Member of Mackay, Julieanne Gilbert for assistance with the printing of this newsletter.



## OWNQ launches Facebook page!

In September we launched the OWNQ Facebook page, hip hip hooray! To locate it, go to Facebook and in the search bar, type in:

Older Women's Network Qld. Inc.

That will give you the OWNQ site and you should also see the sites of our branches who have their branch Facebook pages as well. You can't miss it, it says "Proud to be Ourselves" under the Older Women's Network banner.

Have a look at it, and you are very welcome to join to group. It is open to all people.

All we ask is that if you have anything you'd like to post to the page, please send it to Marianne at [admin@ownqld.net.au](mailto:admin@ownqld.net.au) or to Judith at [heindorff@optusnet.com.au](mailto:heindorff@optusnet.com.au) We look forward to hearing from you.

(Thanks to Judith Heindorff and Carol Wright for helping to set up the FB page.)

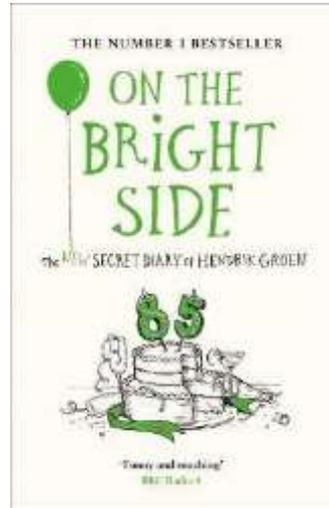
The National Older Women's Network (NOWN) also now has a new Facebook page at <https://www.facebook.com/National-Older-Womens-Network-Australia-2249804501714516> which you're welcome to "Like". However, please don't send a Friend request through to the NOWN Facebook page as it's not set up that way.

### OWNQ Website

Don't forget also that OWNQ has its own website at [www.ownqld.net.au](http://www.ownqld.net.au) which has background about our organisation as well as details about where our branches meet and contact details of branch convenors. Again, your contributions and suggestions for important content on the website are welcome. Contact our Administration Officer, Marianne at [admin@ownqld.net.au](mailto:admin@ownqld.net.au)

## Book Review by Barbara Barnes

### *On The Bright Side: the New Secret Diary of Hendrik Groen*



Hendrik lives in a aged care home in Holland. He and his "Old But Not Dead" gang of friends set out to make life more interesting. Their adventures exploring new foods, electric scooters and new places make for very enjoyable reading. On the way

he explores some serious topics such as coping with loneliness, grief and loss. My copy of the book came from the Brisbane City Council Libraries Service.

A humorous journey about escaping the banality of aged care residential living, and how topical is that at present with the standard of aged care coming under the spotlight!

## Keeping up with the Times





## Contribution from Woody Point Branch visitor Lorraine Szabo

Lorraine has formerly run a women's group called WINGS, for women living in a country town to encourage and support one another. WINGS – Worth-Insight-Goals-Strategy. These were some observations offered by the members about having a good life. Lorraine presented them recently on one of her visits to the Branch.

*Self put-downs – comparing yourself to others and conforming to other's expectations, comparing yourself to images, media, advertising etc, feeling body shame. The more self put-downs, the less you can use the word 'no' (the greatest word around!). Instead, accept that being good enough is ok (not being perfect).*

*Self-doubt – when talking with others, in answer to other's opinions, say "I believe I am ....." (insert positive observation about yourself)*

*Do not allow thoughts which tell yourself I am too fat/dumb/not as confident as I would like to be/I have to be perfect and I am not/I am fearful/I may never be free of my self-doubts.*

*Know who you are, what you are good at and remind yourself that so far you have survived. Remind yourself:*

*I am an interesting person, I think a lot, I bounce back when I am hurt, I am strong, I forgive people when they make mistakes.*

*Learn how you express your strengths:*

*I analyse, use learned coping skills; I eliminate what is not relevant and focus on what is important. Repeat to yourself "I am Strong". I believe others are on a learning journey, just like me – I can often identify with their mistakes.*

## The Honey Pot Philosophy

*The Honey Pot philosophy gives out to community, children, partner, friends, family, work environment etc. The Honey Pot level depletes and lowers, and we get sick, tired, grumpy, resentful, put-upon, angry, frustrated. To turn around we have to raise the levels of honey up again – we expect honey back (expectations). Balance how much of ourself is going out and how much is coming back, it is a circle of giving out and getting in. If nothing comes back we are responsible for raising the level of honey back up.*

*So what am I responsible for in my life? The same as what others are responsible for in their life!*

*What then is the balance in your life?*

*Feather & wind: freedom, peace*

*A safe place: a family circle*

*Children, space, defences of freedom; confirmation of big decisions.*

*Allow yourself to have a bad day! You don't have to be perfect.*

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## Women's Rights (continued from page 1)

**Treatment of diverse groups of women:** the committee recognised that diverse groups of women, including Aboriginal and Torres Strait Islander women, LGBTI women, women with a disability, women from CALD backgrounds, refugee women and older women experience greater barriers to accessing enforcing their rights. These include discrimination, lack of access to appropriate services, higher risk of violence, higher unemployment and homelessness rates, and lower representation in public life. The next report to the committee regarding what steps have been taken to implement priority recommendations is due within two years.