

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



## International Guest Speaker presenting at OWNQ AGM!!



On September 20<sup>th</sup> this year OWNQ will host its annual AGM. But this is no ordinary AGM, we are extremely proud to say that our very own Aloma Fennell, National President of NOWN, is our headline speaker for the AGM!

Aloma will have recently returned from the **United Nations 9th Open Ended Working Group (OEWG) on Ageing** in New York where in July she is representing and speaking on behalf of three organisations. They are NOWN, Global Alliance for the Rights of Older People (Australia) of which she is Chair, and the International Federation of Ageing (IFA).



We are delighted that Aloma will be attending our AGM and will tell us all about how NOWN (which includes all of us too) has made it onto the global stage!

We are very keen to attract as many members as possible to our AGM this year, and we feel that we are entering a new era of recognition and awareness of older women.

With an eye on making the day an enjoyable experience for cordially inviting as many of you as possible to come along and enjoy the company of other women. We have members coming from all our Branches, and we are especially pleased to be welcoming our regional 'sisters' from Mackay and Gympie who are travelling all that way to attend.

There'll be a lovely fresh lunch over which to enjoy catching up with friends, both long-standing and new.

For our afternoon entertainment we are pleased to host two more must-hear speakers. Lorrae and Vince O'Rourke have presented to one of our Branches more than once (returning due to popular demand!) and their story is compelling and inspirational, about their role in supporting Carers.

We are also looking at supporting members to come along through the provision of transport, so please do talk with your Convenor today about how you may be assisted to attend. Come along with a group from your Branch!

RSVPs are being accepted by your Convenor right now, so make sure you talk with her about arrangements for the day. Don't Miss AGM 2018 !!!

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 ...



Hi to all members across Queensland. Because of your work and passion for OWNQ, we are stronger.

Welcome Leonie Swainston and Marianne Wright, our new office workers. Marianne has been with us since April and Leonie our new coordinator much newer in the role. Both workers maintain our office and fulfil many tasks. We look forward to working with them and growing the organisation.

The previous quarter has presented us with difficult times and victories as well. Professional help from Sharyn Casey helped us to stabilise the organization through her expertise. I am reminded that change is the one constant we have.

Our management team have been reduced to six, we hope to increase our team by another three. Leonie, Lee and I will be visiting all Branches in outer Brisbane suburbs in the near future. Our

purpose is to encourage Convenors, as well as invite members, to join our team.

High on our priority is preparing for the AGM; preparing the newsletter and quarterly activity reports is keeping office staff very busy in July.

Our AGM will be at the Merthyr Road Uniting Church Hall New Farm. Accommodation for regional members attending the AGM has now been arranged at the CWA hotel on Gregory Terrace. We have subsidised travel for members from Mackay and Gympie.

## **Around the Branches:**

Capalaba branch is running well in Naomi's absence and she is keeping in touch with her Assistant Convenor regularly. She is having a great family holiday.

Gympie is very active and the Branch is growing all the time. The members do networking and assist the community via barbecues at Bunnings and donating to local palliative care services. I enjoyed a great concert and morning tea plus lunch in Gympie recently at the View Club.

Mackay continues to be very busy and attracting new members at a steady rate. The members get involved in the community as much as they can. Mitchelton Branch is working with Picabeen Community Centre, and have compiled a list of activities and resources in their region.

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## President's Report *(continued)*

OWNQ provided \$500 towards this project, together with funding from a local politician and Picabeen has made the resource possible. Judith, with help from Barbara, organised a forum on Age-Friendly Communities with Picabeen and achieved a good result.

Thanks to the help of Helen and Colleen, Woody Point is functioning well. The members enjoyed Christmas in July at the League's Club.

Logan-Beenleigh Convenor Linda has been ably assisted by Doreen, due to Linda's daughter going through a serious health

crisis. Our thoughts and prayers are with her during this difficult time.

Nominations for the management team and profiles are being received. Thank you team members.

We are building a network we can be proud of, offering older women a positive place in society.

Together we are stronger; the past does not dictate our future. Helping each other to fulfill our vision is the only way forward.

Thank you to all convenors, members and volunteers for helping us to be great.

*June Donnelly, President*



## Coordinator's Report ...



I was delighted to be appointed as the new Coordinator for OWNQ in June and thank you to the organisation and all its members for this opportunity to represent you. Last year I was heavily involved with OWNQ working closely with Marianne Wright our Administration Officer to organise the State Conference, plus I was on the Management Committee about that same time. So I already have some familiarity with OWN, and what it stands for.

My brother and I were reflecting recently on our respective careers and we both agreed that we are very grateful for the fact we have each been able to spend our working lives in fields for the betterment of people and the world we live in. 'Coordinator of OWNQ' is a job to be very proud of doing.

My wish for OWNQ is to be the very best organisation it can be: welcoming, appealing to a wide range of women, inclusive, vibrant, and a place where women feel they belong.

We are already doing this in many ways, as we strive to be an organisation which values its Members, Management Committee, Convenors and all those helpers who are involved in Branches giving so generously of their time and energy, to make our groups as busy and enjoyable as they are.

If we wish to grow in membership and increasing branches, we need to let our communities know how much we have to offer!

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## Coordinator's Report (continued)

I hope our Branches are filled with women who enjoy spending time together and working as a team, being supportive of one another and keeping the best interests of the group and the organisation in mind, and being prepared to solve differences of opinion with compassion and fairness. Let us seek out the best ways to work together so that the whole is greater than the sum of its parts (with a nod to Aristotle, who aptly defined the modern concept of synergy). For anyone who has played team sports, it echoes the T.E.A.M. acronym—together, everyone achieves more.

Recently we updated the Strategic Plan to cover the coming year to June 2019, which is also the period of time for which we are currently funded. Anyone who would like to view our Strategic Plan is welcome to do so, just ask your Convenor to arrange it for you. Of course we will be working towards achieving ongoing funding beyond 2019 but there are no guarantees, so we must be flexible and perhaps a tad innovative in this coming year. Times are changing within the Department of Communities, especially since they have recently divided into a separate Department including Disability Services and Seniors; with Child Safety, Youth and Women now forming a separate Department. We will be finding out more of the future directions and how things are to be done in the coming months, probably day-by-day.

One of the ongoing goals we are aiming for is to start at least one new branch a year. I'd like to ask for your help on this point: do you personally know any woman within your circle of friends, family or relatives living in Queensland, who may be interested in having an OWN branch in her area? It's a great start to getting a group going if we already know of someone who is interested in being involved, and then as Coordinator I can do whatever I can to help bring such a new group into being.

We really do hope to see as many of you as possible at the AGM on September 20<sup>th</sup> and please consider nominating for the committee. Watch this space for more news about some interesting and exciting plans for 2019!

*Leonie*

	<b>Older Women's Network (Qld)</b>	Annual General Meeting 20 September 2018 <b>Nomination Form</b>
<b>TO</b> The Registrar/Secretary, 505 Bowen Terrace, New Farm Qld 4005		
<b>NOMINEE</b>	_____	Date: ___/___/2018
	Print Name	Signature of Nominee
<b>Is hereby nominated for the position/s of:</b> please circle below:		
<b>President / Vice President / Secretary / Treasurer / Committee Member</b>		
<b>PROPOSED BY</b>	_____	Date: ___/___/2018
	Print Name of Proposer	Signature of Proposer
<b>SECONDED BY</b>	_____	Date: ___/___/2018
	Print Name of Seconder	Signature of Seconder



### Lee Hodgson *for* President

I joined the network in 2001, became Gympie's assistant convenor in 2007 and convenor in 2011. I have held committee member positions for several years and was elected as Vice President in 2017. This year I am nominating for the role of President where I would continue to diligently promote the views of OWNQ. I bring skills, from the knowledge gained while working as a manager in the business world, to the network and I continue to be the voice of country regional members.



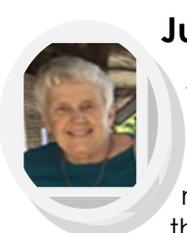
### June Donnelly *for* Vice President

As a member of OWNQ since 2003, I am passionate about fulfilling our vision. OWN has given me purpose and direction as an older woman. As President of the organisation for the last few years, I have decided to step down from that role for 2018-2019, and support Lee Hodgson in her nomination to take over as President. As vice president and a Branch Convenor I would continue to give my very best to the organisation.



### Barbara Barnes *for* Treasurer

I have been a member of OWNQ for over 20 years and on the management team for much of that time, becoming the Treasurer in 2014. This year I re-nominate for that role as I bring a wealth of financial information and support services to the day-to-day operations of OWNQ. I have a dream of affordable and secure community housing to provide our women with homes and companionship in their old age.



### Judith Heindorff *for* Secretary

This year I nominate for the role of Secretary, a position I've filled on a temporary basis for a number of months now since the previous secretary took over the administration role in the office. I am a member of OWNQ's Mitchelton branch, have been a Lions Club member (including a term as President in the early 2000s) and have also been a part of the Mitchelton Unemployment Support Team, assisting people developing resumes. I have a working background in commercial, office and home-based roles, as well as having experience in community organisations.

All members are cordially invited to the



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

- Date:** Thursday 20<sup>th</sup> September 2018
- Location:** The Uniting Church Hall  
Merthyr Road, New Farm
- Time:** 10.30 am (10.00 am Registration)
- Finish:** 3.00 p.m.
- RSVP:** By 14<sup>th</sup> September to  
[secretary@ownqld.net.au](mailto:secretary@ownqld.net.au) or  
[admin@ownqld.net.au](mailto:admin@ownqld.net.au) or  
call (07) 3358 2301

### Ruth Sargent *for* Committee

I would like to re-nominate again this year for a committee position. I have very strong views in the interest and wellbeing of older women. In 1996, the Mackay network of which I am a life member was formed. The Network has grown over the years and with it, I have been given the opportunity to grow personally. Like all groups, members come and go but the Mackay network has a large membership which I would like to see continue. I am also a member on the National Older Women's Network Australia. These positions have been a great experience for me.



### Helen Stanton *for* Committee

I am prepared to continue on as a member of the management committee for the 2018/2019 year. I am based within the Mackay region and am involved with various committees that link up with supporting women and the wider community. One of my aims in the coming year is to touch base with all the branches and encourage them to become more involved with the running of the Older Women's Network QLD.



**??? for Committee Member. Is this you???** We are always looking for new members to join the committee. See the nomination form on page 4.



## Housing Initiative

An OWN member brought to our attention a story heard on radio about an older professional woman who was in danger of becoming homeless, then she found Coast2Bay Housing Group ([www.coast2bay.com.au](http://www.coast2bay.com.au)).

It is a not-for-profit community and affordable housing company committed to providing affordable safe and appropriate homes to individuals and families throughout the Sunshine Coast, Noosa, Moreton Bay, Redcliffe and Gympie Regions. Coast2Bay provides access to housing to create:

- A region that provides an affordable place to live for all;
- An inclusive community that creates a sense of belonging;
- An economy that enables people to participate and flourish.

## Upcoming Events and Dates

**Seniors Week 18-26<sup>th</sup> August** - Celebrating a Queensland for ALL ages. For a list of published activities go to [www.qldseniorsweek.org.au](http://www.qldseniorsweek.org.au)

**September is Dementia Awareness Month:** <https://www.dementia.org.au/>

**Adult Learners Week** 1<sup>st</sup> – 8<sup>th</sup> September: [www.adultlearnersweek.org](http://www.adultlearnersweek.org)

**September: Liptember** is a campaign dedicated to educating the community on women's mental health whilst raising funds towards specific women's mental health research and support programs.

Women are urged to purchase a Liptember lipstick from participating retailers and register online, gaining sponsorship for wearing the lipstick throughout the month of September. Funds raised during the month of September are donated to the **Centre** of Women's Mental Health, Lifeline, Batyr, RUOK?, The Jean Hailes Foundation and the Pretty Foundation.

## International Older Persons Day - 1<sup>st</sup> October

The theme of the 2018 commemoration is "Celebrating Older Human Rights Champions". Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older. The increase in the number of older people will be the greatest and the most rapid in the developing world, with Asia as the region with the largest number of older persons, and Africa facing the largest proportionate growth.

With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate guarantees are in place. Human rights lie at the core of all efforts in this regard.

If our ambition is to "Build the future We Want", we must address the population over 60 which is expected to reach 1.4 billion by 2030.



*Working together to build the future*



## FALLS

Falls are a major cause of disability which can lead to loss of independence in older people, sometimes even death. Falls prevention is important, but so is knowing what to do if you fall while alone.

What should I do if I fall at Home?

- ✓ Don't panic.
- ✓ Stay calm, remain positive and assess the situation.

Decide whether or not you can get up safely. If you decide you can get up safely:

- Roll on to your side and push up onto your hands and knees
- Use stable furniture to help yourself sit up
- Stand up slowly and safely
- Make sure you rest. Tell someone you have fallen and see your doctor.

## HOW CAN I GET UP OFF THE FLOOR?

### Using my arms

**1** Turn onto your back



**2** Roll onto your side



**3** Push onto your hands



**4** Prop yourself up with both arms behind you



**5** Use a cushion (or other low sturdy object) as a low seat



**6** Lift bottom back onto cushion



**7** Push as far back as possible



**8** Lift bottom back onto chair



**9** Sit down. Rest and tell someone you have fallen



If you decide you can't get up safely, it is important to get somebody's attention.

You can make a loud noise, try and reach for the phone, slide or crawl to the front door, press your personal alarm.

Make sure you conserve your energy and lie quietly until someone who can help you arrives. Use pillows or blankets within reach to stay comfortable and warm. Once help has arrived, tell someone you have fallen and see your doctor.

## HOW CAN I GET UP OFF THE FLOOR?

### Using my knees

**1** Turn onto your back



**2** Roll onto your side



**3** Push onto your hands



**4** Push up onto your hands and knees



**5** Kneel, using stable furniture to steady yourself



**6** Place your strongest leg forward



**7** Stand up



**8** Turn slowly



**9** Sit down. Rest and tell someone you have fallen



Thanks to the Western Australia Government, Stay on Your Feet WA and the Injury Control Council of Western Australia for this resource. For more information go to [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au). Thanks to member Barbara for suggesting this topic.



## 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:** Raylee Brennan 07 5482 3678

Most of our group have been enjoying the cooler weather and we are pleased the humidity has finally gone.

As usual we have had a varied three months with guest speakers, joining in with other groups, a great bus trip and the celebration of a 90<sup>th</sup> Birthday.

Our guest speakers were all about health this quarter. Our first was Deanne Mitchell, daughter of our member Glennis Mitchell, who told us about her journey to becoming head nurse and unit manager in the Gympie hospital. Deanne was awarded an Australia Day Certificate of achievement for her work.

Our second guest was Sharon Shelford who is a Breast Care nurse working in Gympie and the surrounding areas. Sharon advised us all to check ourselves and continue to have a mammogram every 2 years.

The third speaker was Wayne Sach from the ambulance service.

Lee and Kaye went to the information night at Bunnings for an update on the rules and regulations for the sausage sizzles.

Our ladies attended several events in Gympie. Eighteen members attended a morning tea for the Lutheran Ladies Guild,

where our member Marcia Millard won the lucky numbered plate.

We were invited to attend the Council's meeting regarding the yearly Duck Pond Dash. Our ladies came up with some very good ideas on how to encourage more groups to participate this year.

The bus trip to Bribie Island went well despite the occasional shower. We stopped at Noela's Garden for morning tea (yummy) and celebrated our 22<sup>nd</sup> birthday with a cake made by Lee. We had a chance to look around the extensive gardens between showers and then on to Bribie Island for lunch at the Community Arts Centre. Well worth a visit with lots of beautiful handmade items, all reasonably priced.



*Glennis and Marcia at Bribie Island*

Lucy Green, Glennis Mitchell and Lee represented OWN at the Quota AGM and Change-over dinner.

Pat Rankin, Raylee Brennan, Helen Steele and Kaye Gaynes were asked to hand out Easter Buns at Bunnings which they were happy to do. Always a good fun morning.



Several of our members helped out at the Gympie Horticultural Garden Expo held at the show grounds.

Sixteen members attended the combined Lord Mayor's and Member for Gympie's Volunteers Morning Tea at the Civic Centre. We are fortunate to have so many generous ladies in our group, they not only help out at OWN but volunteer their time at many different organisations in Gympie.

A large group of our ladies had a great time at the Widgee area Biggest Morning Tea with several members winning raffle prizes.



Linda at Garden Expo

The craft girls have been getting ready for winter with donations of 20 knitted rugs and one baby's rug donated to the Salvation Army for use in domestic violence hostels. To St. Pats Villa they have donated 7 pairs of knitted mittens, 3 washers, 4 hand towels, 20 crocheted tea towels and 9 crocheted shopping bags.

At our meeting of the 3<sup>rd</sup> May we had the pleasure of celebrating Enid Ison's 90<sup>th</sup> Birthday. Enid was one of the first to join the group when it started in 1996 and has been a great advocate of OWN for all these years. June idle also celebrated a birthday, her 80<sup>th</sup>.

On 12<sup>th</sup> July was our election of officers, chaired by Dulcie Dyne.

On 26<sup>th</sup> July Debbie from Gympie Police station was booked to speak about Road Rules.

Coming up: On 9<sup>th</sup> August we have a trip planned to Cooloola Berry Farm for lunch and a talk on the farm's history.

We are looking forward to the Seniors Week celebrations and on 23<sup>rd</sup> August we are hosting our Mini-Expo at our meeting venue, with a fabulous line up of artists, craftspeople, therapists and more.

Our bus trip to Australia Zoo is on 6<sup>th</sup> September, and on 20<sup>th</sup> September Kate from the Pain Management Centre will be presenting on "How to Manage Pain."

## Birthday Celebrations



Enid Ison (above) celebrated her 90<sup>th</sup> birthday, and June Idle her 80<sup>th</sup> birthday (photo below).





## 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

Our Convenor Naomi had compiled a list of jobs before she left to tour Australia. Although we always lend a hand, Naomi would have undertaken many of these tasks herself. Now they are shared across our willing members and so we are managing without our Convenor, Administrator of our Facebook page, founder of our group and good friend. I thank President June who has acknowledged our team efforts with a Certificate of Appreciation in National Volunteer Week.



*"Swimming" champions*

But while the cat's away we continue to play. In April we held a mini Commonwealth Games with 3 teams competing in 7 events, including basketball, golf, darts, discus and paper plane throwing.

Perhaps the cause of most laughter was the swimming competition which involved a shower cap to keep the hair dry and a heel/toe progression to the finish line (great for balance). A big thank you to Judith, Clara and Jan for their help in organising the games.



Several of our members, including Sharon and Margaret, visited the amazing "One Million Stars to End Violence" display in King George Square. Margaret was our champion star maker folding approximately 500 stars.

In May we held "My Profile Day" when members talked briefly about their lives. Some stories were sad, some nostalgic, some of inner strength and resilience, and some downright hilarious. Our stories can inspire others and change lives so thank you to the ladies for sharing so openly.

A half page spread of photos of our International Women's Day celebration, a drumming workshop from Here's to Life, was recently published in the Redland City Bulletin.

Our guest speaker in June was Elizabeth Jeffs, author of the book "17 Browning Street" a history of a rooming house built in the 1880's at West End, as told by the house itself. Elizabeth's storytelling inspired our ladies to share their own memories of



Brisbane in an earlier era. Draped in a vintage fox stole, Elizabeth played a vinyl recording of Bing Crosby's "I'm Dreaming of a White Christmas", a song which was very important to homesick American servicemen in Brisbane during WW2.

Sue attended the Seniors Week meeting at RDCOTA and has volunteered our members to assist in the preparation of gift bags for the Seniors Walk.

The ladies continue to meet for morning tea on the 3rd Wednesday of each month and enjoy the time for a casual chat.

## MITCHELTON

- Meets:** 4th 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

As our April meeting coincided with Anzac Day we went to lunch instead, always a popular outing for us.



We shared cake at our 20<sup>th</sup> anniversary in May. We also have had a talk on continence and discussed the outcome of our forum on Age-friendly Communities.

Podiatry was the topic in June and Sara from Advance Foot Clinic took us through ways to prevent foot problems, basically

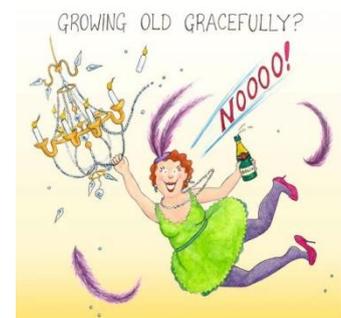
by wearing sensible, well-fitting shoes and avoiding calluses. Who would have thought!

A consortium of community centres on the northside of Brisbane, COTA and OWN Mitchelton have applied for a grant to provide two coordinators of volunteers who would assist seniors with information on government and local services and activities. There will be an emphasis on assisting job seekers to upgrade their skills by volunteering.

We are very thankful for the contribution that Picabeen has made to developing this application and putting together a booklet on local services which will be launched by the Minister, Coralee O'Rourke, on Tuesday, August 14<sup>th</sup>



In the coming months we are having speakers from Marsden Family Services on learning how to grow old gracefully (or disgracefully?), and a hands-on session of rug making.





## 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 seem to have had a really busy first half year. Our birthday lunch was a roaring success with very good attendance. This was our 22<sup>nd</sup> birthday, at a new venue, so enjoyable we hope to go back for our Christmas lunch.



*Gwen Thomas and Julie Thompson, seen here cutting our 22<sup>nd</sup> birthday cake*

Gwen and Julie are mother and daughter who are both members of Mackay OWN. They have a regular outing each Tuesday together to attend the OWN meeting. It is great to know our guest speakers and activities appeal to a wide range of age groups.

We have had a great array of speakers so far this year, including speakers from the Heart Foundation and Relationships Australia regarding elder abuse.



*Congratulations to Mackay Member Gloria Canning who received an OBE this year.*

We've enjoyed a talk on travels from one of our members: a Kokoda track walker raising money for White Ribbon Day. There was a very inspiring presentation from a liver transplant recipient encouraging us to become organ donors. Other guest speakers were Connect Housing about the shortage of accommodation; Alzheimers Mackay; and four of our councillors explaining how our rates are sorted.

On Anzac Day, two of our members attended a ceremony, placing a wreath.

The Biggest Morning Tea event was a great morning raising \$1,500, with 73 ladies in attendance.

On a free day, members were invited to talk about what they wouldn't do now that they did as a younger person. At another meeting, one of our members Sandy, shared her life story and we will continue featuring members. A local radio announcer visited and spoke about his trip to New Guinea.

We're looking forward to a bus trip to surrounding areas, which is usually lots of fun with a whole bus load of noisy women.



## 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

We have been very busy with guest speakers nearly every meeting each month.

On 10<sup>th</sup> April, one of our members, the very talented Dorothy Bougoure, spoke to us about her family heritage as put into book form by her Mother. This brought a lot of old memories back to many of us there.

At our 24<sup>th</sup> April meeting, we were lucky enough to have two guest speakers:

1. Darleen Brown, from Redcliffe R.S.L Sub Branch, who is a Cancer Survivor, and a Returned Service Person. She spoke about some of her experiences good and bad, and everyone was spellbound.
2. Rochelle, who came from the Cancer Council, gave out pamphlets and spoke about how and what the Cancer Council do to help those afflicted with all the different kinds of cancer. We all gained a better understanding of what the Cancer Council does with the money raised.

On 8<sup>th</sup> May, Convenor June's daughter, Deb Macfie, spoke about asthma and inhalers and how important it is to look after ourselves when we feel sick.

Also in May, we participated in the Biggest Morning Tea and played a game called 'guess who that child is now' with a lot of laughs, Josepha Dietrich gave us a

great talk on 'How to survive cancer', on a personal basis.



*June wins the raffle at Gympie OWN*

We welcomed June back on 12<sup>th</sup> June and caught up with all the news from HQ. Then we had two teams playing games of 'Concentration' and 'Scrabble'.

On 26<sup>th</sup> June, Rebecca Rainbow, Psychologist, spoke about how to recognise anxiety disorders, in your friends and family.

In July, we all went to the Dolphins League Club, for a lovely 'Christmas in July' lunch. All enjoyed themselves very much. There was much talk about going to the movies in the near future.





## LOGAN-BEENLEIGH

**Meets:** Fortnightly Thursdays

**Time:** 10.00 am to 11.30 am

**Where:** Beenleigh Neighbourhood Centre

**Contact:** Linda 0414 436 209

Well I'm happy to say that the Logan/Beenleigh Branch continues to grow.

We've had speakers from Aged Care Service Providers attend our meetings, which always gives us more options to think about when we feel the need for extra help. There's not a lot of difference between these providers, but still worth looking into what each of them offer.



For Mother's day, we all supplied little gifts and made Mother's day cards

as presents for the ladies at the Nursing Home. The matron (in photo above with our member Mary) was very appreciative, and assured us that her clients would love our gifts.



A recent meeting was held at The Beenleigh Historical Village, just for something different. It was a lovely morning and they provided us with great scones and cakes. The weather was beautiful, and the tables were set up on the platform of what used to be the Beenleigh Train Station.

A bus trip was organised to Mt Tamborine where the ladies had morning tea in the botanical gardens, spent an hour or so browsing the shops on Gallery Walk, and finished off by having lunch at the Helensvale Bowls club. A great day was had by all.

We also organised a demonstration on Essential Oils. This was really interesting, discovering the benefits of oils. Gave us something to think about, using oils instead of chemicals for some things.

We have started a "Charity Fund". Every meeting one of the ladies brings a little gift to raffle. We draw this on the day, and money raised goes to our fund. At the end of the year we will decide which charity will receive this money. We are looking at small struggling charities which don't have the benefit of funding. Hopefully by the end of the year we will have a decent amount to give. Our ladies are very generous which is great.

Next meeting is our Xmas in July outing, this was very successful last year, so no doubt will be the same this year. We are also looking at a couple of speakers and bus trips, so by the next newsletter I should have plenty of news to tell.

All is going well with our branch. We have grown really well in the 12 months or so since we started. It has been a pleasure being the convenor, the ladies all have input and come up with some great ideas, we have lots of laughs, (and serious discussions).

I have no doubt we will continue to be a great branch.

## Member's contribution

*For ages we have been encouraging members to contribute to our newsletter, and finally it's happened! Thank you so much Julie from Capalaba for sharing your thoughts on the upside of ageing and the joys of belonging to OWN.*

### AGEING

What is ageing? I really don't know.

I have entered my seventies. Did that number on my birthday cards really apply to me? Not that long ago I was 47. The mirror tells me there has been change, but I still feel the same.

On a cold winter's morning, I step outside into a burst of sunshine in the corner of my garden, where the sun first hits, soak up the warmth and think how wonderful life is. I survey my garden with happiness.

My dog eagerly awaits me, time for our walk. I stride out along the pavement, thankful for my health, and thinking back to recent walks along the river bank in the city with friends, through the gardens, on the city cat, and even a bus ride home!

Around the campfire we sit, rugged up against the cold wind, sipping port as we watch the flames dance and crackle in the mellow light. A deep feeling of contentment washes over us. Is this what they call ageing?

Out on the green, I watch my bowls take off with a mind of their own and listen to the laughter of happy women surrounding me.

And that beautiful "Hello Nan!" and cuddle as they come through the door. The joy of our children and grandchildren filling our lives, how lucky are we.

A wonderful group called OWN, guest speakers, morning teas, books and recipes to discuss, new places to go.

Did I mention the freedom? My friend's beautiful words, "we're retired now!" ring in my ears as I lazily roll over in bed, eye the clock and snuggle in against the cold! No more having to get to work on time, deadlines, anxiety over agendas, the constant "busyness" of the day, the pressure to get everything done. Now there is time to enjoy my surroundings and take a leisurely path through life. This must be ageing!

*(contributed by Julie Harrison, Capalaba branch)*

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Supported by



#### **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 and community care and transport
- Provide information and education
- Enhance the positive image of older women

**DISCLAIMER:** OWN (Qld) 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).

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