

WELCOME to the latest edition of Our OWN News

International Women's Day 2019

Several OWNQ branches hosted IWD events this year which were very successful and well received, and presented a marvellous opportunity for networking in their districts as well as for OWNQ branches to visit other branches to celebrate with them. Here's a selection of photos commemorating the special occasion.

Gympie had a guest speaker Kathleen Cairns, from the office of Tony Perrott, MP.

Woody Point held a function at the Redcliffe Entertainment Centre with guest speakers Senator Claire Moore and Louise Howarth, wife of local MP Luke Howarth.

Capalaba's guest speaker was Julie Porteus from U3A.

Mackay had two guest speakers: Shirley Rowles from Crimestoppers and Val Nykea who spoke about her immigrant experience coming to Australia from Zimbabwe. Afterwards, some members went to a state production of "Senior Moments."

Gympie IWD activities



Woody Point IWD Activities

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 very hard work and passion for the Older Women's Network, we are such a strong organisation.

Congratulations to all of our OWNQ branches for the wonderful International Women's Day they held.

I was able to attend Capalaba and Woody Point branches this year. I am hoping I will be able to attend some other branches in future. Some of the Gympie ladies also came along with me, we really had a lovely day.

Also Gympie branch hosted a great IWD event.

We are hopeful that we will have Bribie Island up and running very soon with a new branch.

I have a contact in Maryborough who I will be making contact with next week in relation to a possible new group there.

All of our Queensland branches are going along very well. Our new Southern Gold

Coast branch is moving forward and doing great things

We are still hoping and trying to encourage members to join the management team, it would be very good if we could get at least one from each branch so please give it some thought ladies. We are also looking for an assistant secretary and an assistant treasurer for the Management Committee

Also members don't forget about our Queensland AGM in Gympie on the 12th of September 2019. If you could let me know who will be coming to the AGM as soon as possible, that would be very helpful for arranging accommodation etc. You can contact me on 0429831414.

For those who are coming by train, some Gympie ladies will pick you up from the station and drive to the motel where you will be staying.

We look forward to seeing as many of you as possible in Gympie in September.

Cheers,

Lee Hodgson

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or go to <https://www.facebook.com/groups/OWNQld/>



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Coordinator's Report . . .

Hello everyone, it is a pleasure to be writing to you from my desk here at OWNQ headquarters in New Farm, and hearing about the excellent work going on in all our branches. Well done to those branches who organised special IWD events, and to all our branches for marking International Women's Week.

On Bribie Island our first Meet and Greet in late March was attended by an amazing 25 women. They are keen to get started on forming their own branch and we are delighted that already six ladies have offered their assistance to help.

Meanwhile, a special mention for our newest-established Branch, Southern Gold Coast, who go from strength to strength in attracting new members and providing enjoyable activities the women love to join in.

Negotiations have begun for another new branch in the Chermside area, and I will be looking at getting New Farm started in the not-too-distant future.

Lee has been very proactive in making arrangements for an excellent AGM in September, so please do give thought to attending, it looks like it could set a record for attendance certainly in recent years! Talk with your convenor today as you might be surprised how we can help with costs to attend.

I would like to pay special tribute to our Management Committee, Convenors and all those member-helpers in branches who take on some of the tasks involved in running a branch and which help spread

the leadership requirements. We can be proud that our branches are lively, welcoming, and responsive to the needs and interests of members. New members continue to join our organisation and that is a very positive sign.

It is also encouraging that when we raise the possibility of commencing a new branch in a community, we receive calls from all sorts of women in our age-bracket who are looking for exactly what we can offer: friendship and social connection; meeting other women at a similar stage of life who have similar interests, questions and challenges; an enhanced quality of life due to the activities we can provide such as outings, interesting and informative guest speakers, good company and fun activities where you can be yourself (and proud of it!).

It would be interesting to receive your suggestions about suitable tag-lines we could use to promote our organisation. Thank you to Secretary Judith for her insightful "Proud to Be Ourselves", and to President Lee for "Be empowered by the knowledge and experience of older women." If you would like to send us your tagline idea of how we may further promote OWNQ as a vibrant organisation for women who have so much valuable life experience (yes I know sometimes we prefer not to label ourselves "older"!), we would be very happy to receive those suggestions!

If you use social media don't forget to look up our new Facebook page, Older Women's Network Qld. And we have fairly regular updates with newsy items on our website.

Leonie



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 54829439

A big welcome back to all the clubs after their Christmas break.

Our Christmas celebrations at the Southside Bowls were once again lots of fun with good food and good company with 3 members being lucky winners of the Christmas Hampers.

The New Year was off to a good start with a morning tea at Gunabul Restaurant and our first speaker for



the year being David Woodrow from the LifeFlight rescue helicopters. David told us how much it costs just to put a helicopter in the air and it takes over \$9 million a year to run the service. They are supported by the Government and sponsors but rely heavily on donations so he was very pleased to accept our donation of \$500.

We received a certificate of appreciation from the Charleville QCWA for the \$1000 we sent them to be used for the drought relief. We also received a letter of thanks from Gympie Quota for supporting their events throughout the year of 2018.

Our two speakers in February were Glenda Middlemiss from Soulecez

Wholistic Coaching who spoke on the use of herbs and essences for our health and well-being. Glenda bought along plants, leaves and flowers that grow locally along with creams and lotions that she had prepared and demonstrated how to use them.

Wayne Sach, Superintendent in Charge, Queensland Ambulance Service, Gympie, came to answer questions from our group and also spoke about how the Queensland Ambulance Service is now part of the Health Service and works in conjunction with Queensland Fire and Rescue when responding to an emergency.



On 7th March we celebrated International Women's Day with a luncheon and guest speaker at the Gunabul Homestead Restaurant. Gympie OWN members and others from local groups were pleased to be joined by invited guests Sharon

O'Brien, Michelle Perrett, June Donnelly and Guest Speaker, Kathleen Cairns. Kathleen spoke on the confusing message that



women are receiving from the media and June spoke the values and aims of OWN and time was given to others to comment or ask questions.





We also celebrated Lee's 80th birthday with a beautifully iced fruit cake.



Our friendship day on the 21st March was celebrated by members bringing along photos of themselves in their youth with much guessing and discussing to link the photo to the owner. Some people are instantly recognizable and others were more of a mystery. Members then enjoyed lunch provided by the Gympie OWN Executive.



Launching the new Gympie banner

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

Supported by



OUR AIMS:

- Encourage life enrichment, mutual support & 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).

WITH THANKS: OWN (Qld) thanks to the offices of Senator Claire Moore; and State Member for Mackay, Julieanne Gilbert.



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: Naomi 0424 060 603,

On Wednesday 6th February we celebrated our 4th birthday. Thank you to the catering team who provided a scrumptious spread and a delicious birthday cake. We had 21 ladies attend our meeting that day of which two were attending for the first time.

Jan presented name badges to five members who joined late last year. Our guest speaker was Judith Chapman from COTA (Council of the Ageing) who spoke on "Right where you live".

We are trialling till June, an extension of our branch meeting to 1.00 pm, where we will be doing a variety of activities, eg. craft, games, flower arranging, cooking - whatever you want, we will try and make it happen. We had our first extended meeting time, where six of us made shopping bags for the IWD stall.



A request was put forward for us to give a donation to support Bronwyn Jarvis in her quest to raise \$10,000 for the "World's Greatest Shave". Bronwyn said "she is donating her hair to someone, who doesn't have the pleasure of having their own." A letter has been forwarded to the Secretary.

On Wednesday 6th March, we had 50 ladies celebrate International Women's Day with us. Julie Porteous, Vice President for U3A in Redlands District was our guest speaker, and her presentation was interesting to hear. For the past 8 years Julie was the President for U3A and has made a remarkable contribution to this organisation.



Naomi Jarvis, Lee Hodgson, Julie Porteous, June Donnelly, Debra Baker and Desley Molnar at Capalaba's IWD event

The theme for 2019 was "More Powerful Together" where women and girls everywhere have equal rights and opportunities.

Within our OWN branch, we have so many ladies who have an enormous amount of skills and experience throughout their lifetime that can be acknowledged. In some of the activities we have at our meetings, it is encouraging to see us becoming more confident at certain skills and sometimes we hear the phrase, "I can do that".

A huge thank you to all the members and partners who helped with this event running smoothly. The craft ladies did a fantastic job making shopping bags for our stall.

(Continued next page)



We were pleased to have Lee Hodgson the President of OWN Qld, (also Convenor for Gympie branch), June Donnelly, Vice President, (also Convenor for Woody Point), attend our morning.



We were able to hand over a large amount of Trauma Teddies to the Local Ambulance Committee again.



In mid February we went to the Bush Pantry for morning tea and mid March, we went to The Vintage Apron, for another morning tea get together.

Naomi



SOUTHERN GOLD COAST

Meets: Last Thursday each month

Time: 10.00 am to 11.30 am

Where: Varsity Lakes Community Resource Centre

Contact: Barbara 0411 528 047

David White from the Heart Foundation was our first Guest Speaker on March 28th. Information from David shall be valuable to our members.

We had the pleasure of Vice President June Donnelly joining us at our luncheon at Burleigh Bears in March. Good food and company enjoyed by all.



President Lee Hodgson and Convenor of Capalaba OWN Naomi Jarvis also paid us a visit at one of our meetings. We endeavour to interact with other branches along the track.

Our scheduled Branch meeting in April falls on Anzac Day and so there will be no meeting on April 25th.

We often organise coffee catch-ups in between the monthly branch meetings.

Our branch is growing, friendships forming.

Barbara



MACKAY

Meets: Every Tuesday

Time: 9.30 a.m. to 12.00 noon

Where: Iona Hall, Brookes St.
West Mackay

Contact: Helen 4955 7098, Jenny 4957 3413

We had three meetings in January, it was good to be back again, our first day back was a big event with 47 women turning up. Four of them were new visitors which was great, and everyone was glad to see each other.

Our first day is usually sorting out the jobs, it was very successful with some roles now having an assistant, and sharing the load further around with newer members. Thank you all for your help.

The Australia Day celebration was fun with songs, poems, and Australian quizzes. We had fifty members participate on that day including some of our visitors returning as well.

At the third meeting, 42 attended and two of our members chaired the meeting. Our speakers talked about rescuing adult cats and how seniors make good pet families, but I don't think any of the members took any of the cats home with them!

In February an advisor from Infocus Financial discussed issues on costing and expenses for nursing homes and where we stand. PresCare gave a good talk on services available, and Bec Nichols who started All Abilities in Mackay some years ago to help her disabled son was a great speaker, she is working towards getting a venue for her service. We gave a \$100 donation towards her project.

The Grocery Grab morning was a lot of fun, with members chasing each other for some item they just had to have!



There was extra food, clothing, kitchen items, cleaning products and linen which were sent in a loaded station wagon to Townsville for families affected by flooding.

The women of Ilfracombe contacted us after their morning tea when they opened the 40 Christmas presents we sent out to them. They loved them and were so impressed by the quality and quantity of their gifts.

We had a very successful IWD in Mackay, with 60 members and visitors attending. Our speakers were Shirley Roles talking about the benefits of Crimestoppers, and after a beautiful morning tea a lovely local nurse originally from Zimbabwe, Val Nykea, shared her life story and how hard it was to adjust to our lifestyle in Australia. Her family are doing really well now. After the meeting, 19 members attended a performance of "Senior Moments" at the Mackay Entertainment Centre.

During March we have had three very interesting speakers. The North Qld President of Lions spoke to us about projects they are supporting in New Guinea, including accommodation huts for pregnant women, and baby kits for the mothers.

A very interesting presentation was given by a veteran of 30 years' experience regarding drug issues in Mackay, who spoke of the devastating effects of ICE and how it affects all of us. It is such a big issue we would like to invite her back soon.



LOGAN/BEENLEIGH

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

Hello from all of us at Logan/Beenleigh branch.

We have had a fairly busy year so far and a few more new members which is great. Our focus this year (apart from having fun) is to concentrate on our charity donations.

We had a lovely speaker from "Rosie's Friends on the Street" who told us all about the wonderful work they do for homeless people, sadly which includes children. We will be making up food /personal product hampers to donate to this worthwhile charity. Our ladies are very generous when it comes to worthwhile causes.

We will also be supporting "Share the Dignity" which is an organisation helping women and girls in hardship with sanitary items. As well as our branch product donations, I have arranged for a product collection box to be placed in the Beenleigh Neighbourhood Centre, which will be collected by a representative of Share the Dignity when full - another worthwhile charity.



After attending the branch as a guest speaker in December, Barry from Angel Flight came back in January to receive a cheque for \$500 donation to that cause.

A local barrister spoke about her role in the legal profession and how she represents alleged criminals through legal aid (and always will do so).



Every week after our meeting there are two groups who go out for lunch at different places, to continue the lively time together.



Our 23rd birthday lunch is in early April.

Ruth



We have a couple of speakers lined up in the next couple of months, so will have news on that next newsletter.

We have a couple of bus trips lined up in May and June so we are all looking forward to them. We also managed to slip in a morning tea at the Albert River Winery, a much deserved treat.

We hope to attract more members this year, our numbers have certainly grown since we started which I am very happy about, so long may that last.

Linda

MITCHELTON

- Meets:** 4th Wednesday each month
- Time:** 10.00 a.m. to 12.00 noon
- Where:** Piccabeen Community Centre
22 Hoben Street, Mitchelton
- Contact:** Judith 3351 3763, Carol 3355 2937

Over the January break, Mitchelton decided that the only thing we wouldn't do was have a December meeting. We started 2019 off with our regular lunch on the second Saturday which showed that not all our members were taking time off. It was a good attendance.

We also started another social venture called a Techno/Coffee morning at the Arana Leagues Club. Apart from finding out what we did or didn't know about tablets and phones, it is a great social morning and a chance for members to get to know each other a lot more. It is now a regular occurrence on the first Tuesday of the month, which will have one notable exception.

Our guest speakers have been interesting. Our January speaker was Helen Mura from COTA giving us a lot of information regarding Retirement Villages and other forms of Downsizing – a subject we all have to face up to. Plenty of questions.

February was the turn of PresCare and their presenter Louise Jones. Louise guided us through the maze that is the My Aged Care system, explaining the different elements and resources that it covers. Again, plenty of questions and Louise was kept busy afterwards still answering questions. I have the feeling that some of our members will be using their services.

We had the pleasure of hosting some members from Woody Point OWNQ. They enjoyed themselves and June kept me on my toes!! We returned the compliment by attending their IWD function at the Redcliffe Entertainment Centre.



The March meeting was a special treat. Jill Bolen spoke on Ageism, what it is and what we can do about it. She was brilliant. I would recommend our branches to have her as a guest speaker.

Jill Bolen presenting at Mitchelton OWNQ.

Our membership is growing and we have an interesting program lined up for the next few months. My thanks to the team of helpers who keep the branch and the meeting running smoothly.

Judith



WOODY POINT

Meets: 2nd & 4th 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

Christmas was celebrated in a local club with visitors from the Mitchelton branch. We had a great time sharing stories and catching up on recent events. The meal was enjoyed with plenty of fun and fanfare. We looked forward to the holiday season sharing with family and friends.

22nd January - We celebrated Australia Day wearing our Australian cultural colours. I read out historical records about nursing, re the difference between then and now. I related some of the personal trauma nurses (being all women) suffered during the early 1900's. These early pioneers emigrated from the United Kingdom which would have taken many weeks. Recalling our nursing history made a good morning as we recalled memories of our own early nursing days. We welcomed Shirley Zech a new member to our branch.

12th February - A great celebration of our 4th year as a branch and I am proud of our achievements during that time. We support some charities; at Christmas we sent a pack to the Women's Refuge, and \$100 to the Flood Relief Fund via QCWA more recently.

26th February - A very informative speaker from Angel Flight who shared many and sometimes difficult experiences when rescuing very ill people and many serious accident victims. We donated \$50 to Angel Flight. We'd like to thank new members who have joined the Branch's Committee, Brenda Nicholls and Shirley Zech. We look forward to working with them.

12th March - IWD Celebration

I would like to thank all members and visitors for helping out on the day. 38 ladies attended, a lucky door prize and a raffle was conducted. Thanks to Janice Charlish, a volunteer in the entertainment centre, for her commitment in displaying our photos and the many jobs she did which made the day a success.

Speakers Louise Howarth & Senator Claire Moore praised the event. Louise spoke about many women in her life who influenced her personal and professional decisions. Claire spoke about the women who fought for women's rights and gender equality, and her work in communities. Janice and the speakers received beautiful bunches of flowers. Thank you to Lee and ladies from Gympie branch for providing hand-made tablecloths. Thanks to Judith and ladies from Mitchelton branch for attending. Judith volunteered to take photos which have been uploaded for publishing in the Moreton Bay Redcliffe News.

March - We had a social morning with a card game and morning tea. Ladies won prizes plus a lucky door. Colleen provided lined hessian bags to be filled with hygiene and other necessary items to be given to the Breakfast Club helping disadvantaged people and families. The pack will be given for Easter.

Upcoming - 9th April Brenda Nicholls will talk about health and medicinal benefits of herbs; 23rd April - to be advised; 14th May Social Morning; 28th May Guest Speaker will be Sheree Jackson, Redcliffe Neighbour Centre; 12th June will be a visit to Bribie Island Butterfly House (this activity will replace the 11th June meeting.

June

Social Connection and Loneliness

As time goes by, it is becoming increasingly apparent that OWN Q is doing a great deal to keep women socially connected, and helping to prevent loneliness. Social connections can reduce for many reasons as the years go by. Here's some information from the Jean Hailes Foundation on why it is so important we stay in touch with others we enjoy being with.

Friendships aren't just about having people to share experiences with. As psychologist Caroline Anderson explains, friendships are crucial to not only our mental, emotional and overall health, but fulfil an innate human need, too.

Deep connections and deeper sleep

From deep friendships to people within your circle that you share good times or a funny story with, the importance of human connections in life is in fact no laughing matter. According to Ms Anderson, having close bonds with people actually fulfils a deep evolutionary need.

"If you think about our evolution as human beings, we are really designed to be in social groups," she says. "[As part of a tribe] we could hunt larger amounts of food that we couldn't do by ourselves. We could build better shelter, have better protection from predators.

"Today, we have these huge societies and very complex social networks, but that desire to still have a close-knit community around us for our safety is really important."

So crucial are these connections that, according to some researchers, the human brain evolved with a clever protective mechanism which kicks into gear when we're socially isolated. Even today, this mechanism can affect the sleep of lonely people, according to one study.

"In this particular study," explains Ms Anderson, "the participants who described themselves as lonely had more of what's known as 'micro-awakenings' in their sleep."

Micro-awakenings are small moments in which you wake up mid-sleep, but don't remember; just short snippets of time where you rise a little from your slumber.

"The theory behind this link is if you're lacking social connection and support, you don't feel safe when you're going to sleep," says Ms Anderson. "If something bad were to happen in the middle of the night, there's no one out there to protect you.

"Early humans literally weren't safe when they were asleep and away from their tribe. So, [if you're lonely], your brain won't let you go into a full sleep mode."

Lighten your mental health load

As well as potentially getting a better night's sleep, one of the more obvious mental health benefits of friendship is simply having someone to share your day-to-day life with, says Ms Anderson.

"The process of just being able to say things out loud, in itself, is an incredibly healing and therapeutic thing to do," she says. "Sharing your experiences, thoughts, feelings... your ups and your downs.

"Then there's all the fun stuff that comes with having friends – being able to engage in activities together."

For those struggling with depression and/or anxiety, giving a voice to what you're going through can bring particular benefits, says Ms Anderson.

"A really important intervention [or practice] that I do with my clients is slowly encouraging them to have the strength and courage to open up to their friends about what they're going through," she says.

However, sharing mental health struggles "can be one of the most challenging things to even contemplate" for some people, says Ms Anderson.

When they do start talking about their mental health issues, a lot of the time their friend will say 'I've had that too', or 'another friend of mine has gone through something similar'.

"So it really normalises these issues. And just to be heard and supported, even if the friend just listens and does nothing else, can be incredibly powerful."

Social media can offer a small connection but in terms of a benefit to our wellbeing, it's the face-to-face connection that really makes a difference."

Why is Loneliness such a big issue?

Loneliness is defined as a negative feeling that happens when a person's social needs are not met by their current social relationships. Loneliness can be described as the difference between the social relationships you actually have, and those you wish to have.

One reason that governments are taking the issue of loneliness so seriously is that research is showing what a serious threat it poses to people's physical health.

Research from Brigham Young University has found the emotional and psychological effects of loneliness translate in to physiological effects; for example, it reduces the brain's ability to handle cognitive tasks, regulate stress, and control inflammation in the body.

Conversely, the research confirmed that being socially connected not only influences psychological and emotional wellbeing, but it also has a significant and positive influence on physical wellbeing and overall longevity.

Australian Red Cross community programs director Kerry McGrath, said loneliness "can

happen to people at any age, in any location, from any background – meaning that we are all technically at risk,"

She said loneliness could be triggered by life changes, such as moving to a new area, a relationship breakdown, becoming a parent, job loss, or retirement.

Ms McGrath said that 80% of people interviewed in a Lifeline survey thought the issue of loneliness was getting worse, and she added that "we need to halt the progression of loneliness in Australia."

In terms of how to protect oneself, "having meaningful social connections is one of the best ways to prevent loneliness," said Ms McGrath.

"The evidence shows that even just one strong, healthy connection is enough to ward off loneliness," she said. "This speaks to the fact that it is the quality of our connections that is important. We can be in a sea of people, but feel lonely if the connections are not meaningful."

"Becoming a part of the community – your community – whether that be spending time with family and friends, joining a club, pursuing a hobby, volunteering and giving back, is key to satisfying our human need to connect," Ms McGrath concluded.

(Editor: thanks and acknowledgement to Jean Hailes Foundation for excerpts from two articles, "Human connection: Friendships and Mental Health", Feb 2019. "Only the Lonely", July 2018)





OWNQ has a new office volunteer! A very warm welcome to Dita Lobo-Hassett, a third-year university student studying Media & Communication /Business.



Dita has come on board to provide assistance with our marketing and promotion plans. She'll give us tips on using Facebook, maximising our website, and will help formulate plans for some focus groups we are intending to run to learn more about what older women want from community organisations such as ours. She's full of enthusiasm and is an absolute delight. Welcome Dita!

Bribie Island Meet and Greet, 21ST March.

To all who attended, welcome ladies! OWNQ is very keen to support you in forming a new branch. Next meeting 18TH April at Bribie Island RSL from 10.00 am.



Someone we all know had a big birthday

On 14th March our very own Lee marked a major milestone, her 80th! It was a day filled with celebration, and a few complete but delightful surprises. OWNQ presented her with some beautiful flowering plants for her garden. Gympie members and friends tricked her into a surprise lunch followed by the craft group's fancy footwork in organising a surprise drinks function complete with a band. Lee said it was the most amazing birthday she could have possibly had. And is looking forward to her 90th!

FACEBOOK NEWS – Judith Heindorff

The OWNQ Facebook group is going from strength to strength – a quote from a comment by one of our members. Our membership is about half OWNQ members and the other half is from women who are interested in the information we are putting up on the Facebook page and are more than interested in the issues and needs of the older woman.

If you use Facebook and would like to join us, just click on the "Join" button on the page.

Some of our branches have their own Facebook pages and it is a good way of exchanging ideas as well as getting ourselves out in the community. It would be nice if each branch could have their own page. We will be happy to assist you.



We are pleased to announce that the Department of Communities has funded us for another three years, until June 2022. OWNQ and Older Women Rock! Leonie