

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

## **A.G.Mania! OWNQ rolls into Gympie!**

A big thank you to Gympie Branch members for all their hard work hosting the 2019 OWNQ Annual General Meeting, and especially to Lee Hodgson who started preparations a year ago for the big September 12<sup>th</sup> date on our calendar.

Almost 70 people attended, and every branch was represented. It is believed to be our largest AGM in the 25 years since Incorporation. It was a very successful and enjoyable day, and attendees commented on how friendly and welcoming it was, and how pleased they are to be part of OWNQ. By investing in the AGM as an event we hope that members continue to be proud of their organisation, in time, commitment and a sense of belonging and contributing to the wellbeing and running of OWNQ will steadily grow.



*Our President Lee Hodgson with one of our guest speakers, Dr Prue Millear from the University of Sunshine Coast.*

Dr Millear was a last-minute replacement for Georgie Somerset from Agforce who couldn't attend after having an accident on her farm.

Dr Millear is a Lecturer in Psychology at the University of Sunshine Coast with special interest in optimism and humour. Her talk "If you don't die you will live a very long time" was humorous, very well received, and very pertinent to living well and making the most of older age.



*On board the Mercy Ship*

Our afternoon guest speaker was Elizabeth Power from Mercy Ships who shared with us the [Mission of Mercy Ships](#).

Mercy Ships began more than 40 years ago, and brings hope and healing to developing nations by operating hospital ships staffed by amazing volunteers.

For the benefit of those who could not attend the AGM, we are reproducing the President's and the Coordinator's reports in this edition of the newsletter.

### **IN THIS ISSUE**

**P.2 President's Report**

**P.3 Coordinator's Report**

**P.5 New Committee members**

**P.6 Around the Branches**

**P.14 AGM Snapshot**

**P.16 Latest News**



## President's Report . .

Good morning everyone,

I would like to acknowledge the traditional owners of the land on which we meet today and elders past and present.

I would like to welcome everyone here today, Tony and Michelle Perrett, Tony is our State Member for Gympie; Sharon O'Brien wife of Lew O'Brien, Federal Member for this area; National OWN President (NOWN) Aloma Fennell; and June Donnelly, Vice President OWN Queensland. Guest speakers Prue Millear and Elizabeth Power; Members from the branches Gympie OWN, Mackay OWN, Bribie Island OWN, Woody Point OWN, Mitchelton OWN, Capalaba OWN, Logan Beenleigh OWN, Southern Gold Coast OWN; staff from OWNQ office; OWNQ Management Committee and David Cameron our photographer. I would like to especially thank members from the Gympie OWN branch who have supported me in organising this Annual General Meeting.

OWNQ has just celebrated the 25th anniversary of connecting with older women throughout Queensland, to lessen isolation and allow them to meet and form friendships in a safe environment. Two of our branches Gympie and Mackay have been operating 24 years, Mitchelton 21 years with the others starting more recently. I would like to thank Gympie Life Member, June Idle, for having the foresight to see the needs of our local community and starting this branch in Gympie. Branches offer information, care and support to members about a variety of topics, hold activities, and provide experiences which support the wellbeing of each member.

Gympie region has always had a strong connection with supporting each other, especially in times of need. The community is very generous in volunteering in many areas, homelessness, elder and family abuse and for disadvantaged people. However, distance and transport cause difficulties for many elderly people in connecting to services they need. Gympie OWN branch members are very active and involved with trying to find solutions by working with the Local Council, and State and Federal members of parliament to achieve these aims.

As President of OWN Queensland, I would like to encourage branches to continue to connect and support each other and I acknowledge the huge amount of work that each of the branches do in their areas and what they are achieving. Thank you to Leonie and Marianne at the Brisbane office for all the help they give the branches and to June Donnelly as Vice President for the help that she has given me during the past twelve months. We acknowledge and thank the Department of Communities, Disability Services and Seniors for our ongoing funding.

I would like to thank you all for making the effort to attend the OWN Queensland AGM today. I would also like to thank all our Convenors, Management Committee, Policy Sub-Committee, Members and Office Staff for all your efforts and support to me throughout the year. I wish you all a very Happy Christmas and New Year, and look forward to working together in 2020.

Thank you, **Lee Hodgson**



## Coordinator's Report . . .

I have now been working with OWNQ for just over a year, and it has been a year of consolidation and expansion, and getting to know you more! In June, OWNQ marked its 25<sup>th</sup> anniversary of Incorporation which is a major milestone in our story.

In the last year we are proud to have increased the number of branches by two, at Southern Gold Coast and Bribie Island. Some discussions have been held in recent months with a former OWN member who is keen to start a branch in another area of South-East Queensland. Expansion through new branches has also resulted in a net overall increase in membership, and we are now heading close to the 300 mark. Both new branches have enjoyed very good attendance levels, and a pleasing number of members keen to join.

Every branch continues to attract new members, and this is a special achievement in an era when many membership organisations in general are not necessarily growing, and perhaps even reducing. Unfortunately due to the demographic we work with, we do lose members too, due to illness or death, having to move into aged care or to live elsewhere with family. Lack of suitable transport often impacts on people's ability to attend meetings however this has been a long-term problem in Queensland and sadly is one beyond our capacity to resolve in the big picture.

One thing is certain: there are many older women out there in our communities who keenly desire to connect with and share friendship with other women of a similar age. As the proportion of older women in the population increases, we know that our branches are meeting a definite need which is intricately tied to the wellbeing and life satisfaction for those women. There is a great deal of research available on how social connectedness or conversely, loneliness, impacts on the health status and

indeed longevity of older people. It is very satisfying that we can make this contribution.

We can hold our heads up high knowing how valuable our service is, and that we will continue to seek expansion of branch locations and increased membership over the next three years of our funding. There are doubtlessly many more women we could reach and it is very positive that our branch representatives are keen to find and include women in their communities who would benefit from more social engagement.

Gradually the manner in which we are promoting the organisation and shaping its public image is evolving. During this last year we established a Facebook page for OWNQ, which is an important public face of the organisation and is regularly updated. Our website is active, providing browsers with information about what is being offered in branches, and including articles and links to a variety of topics and discussion starters which are relevant to older women. Postings to Facebook also include articles and links to current issues, discussion topics, news of branches and celebrations of member's achievements. We are making greater use of publicity and promotion through suburban locality facebook pages, and community announcements in local newspapers. Word of mouth continues to be a reliable way we promote branches and attract new members.

In recent months local council authorities have worked with many of our branches in consultation about issues such as Age Friendly Cities, and we welcome and value the opportunity to have a voice in significant matters impacting upon older people. We also were invited to participate in a consultation process regarding sexual violence and older women. Branches do a



## Coordinator's Report (continued)

considerable amount of networking in their local communities and many of them also contribute to their community's wellbeing through charitable work eg craft group members making Trauma Teddies for the Ambulance service; OWN members rostering through the branch to assist with Meals on Wheels; donations to worthy causes such as drought relief, emergency rescue services, and more.

Here is a snapshot of some of the reporting provided by branch convenors:

During the year July 2018-June 2019, over 732 branch meetings and outings have been held, and this does not even include all branch outings and informal coffee/lunch gatherings! Cumulatively, those meeting attendances total over 5,340 for that one year and again this does not necessarily include all attendances at those extra outings organised by branches. The number of visitors recorded was approximately 343 and the number of first-time attendees was approximately 246.

Our Strategic Plan was modified in July 2018 for this last year of operation and is now ready for renewal. The Code of Conduct for members was finalised, and updates made to the Branch Resource Manual. I have visited all but one of the branches during the year, some more than once; as yet Gympie has not been possible to find a mutually suitable date but will happen soon! A training day for the Management Committee was held after the AGM last year with NOWN President, Aloma Fennell who facilitated a values clarification session. Convenor Meetings by teleconference have been held monthly, and support for branches and convenors provided as needed. Our photo compilation Not Born Yesterday has been featured in exhibitions. A funding application to support the proposed Forum for Older Women resulted in some money being provided for the

event by the Brisbane City Council, however due to other priorities the event has been postponed. Four newsletters have been produced during the year: July 2018; Spring 2018; Summer 2018-19; and Autumn – April 2018. Volunteer Recognition certificates were produced for National Volunteer Week in May.

Finally I would like to thank the many people who work so hard and willingly to make OWNQ the strong, vital organisation that it is: our Management Committee members who collectively devote many hours to ensure we both survive and thrive; to the Convenors of the Branches along with their leadership teams and many helpers who continue to keep branches operating so well on so many levels; and our Policy Subcommittee who tackle those often tricky and intricate decisions about the most appropriate policies to guide our operations. Also my thanks to Marianne Wright, our Administration Officer who handles such a wide variety of tasks, questions, data, and almost everything you can think of! Karen Dare, CEO of Communitify provides some mentoring for me, and is always enthusiastic and full of great ideas to explore.

Thank you to Lee Hodgson our President and Convenor of Gympie Branch and Gympie members who are our hosts for this AGM, we appreciate your hospitality and commitment to bringing us all together in your vibrant city to celebrate our organisation and being proud to be ourselves.

I wish to acknowledge and thank the Department of Communities, Disability Services and Seniors which provides funding enabling us to continue our valuable work and unite our branches under the one banner of OWNQ, and for the support of their staff who assist us with reporting requirements.

**Leonie Swainston**



# Welcome to New Committee Members



## **Sue Fowler**

Sue is delighted to join the Management Committee and hopes to bring her past experience with not-for-profit organisations to benefit OWNQ. As a biomedical science researcher, she has gained much insight into the domain of fundraising and grant applications, and is interested to explore the opportunities for OWNQ to fundraise and augment our funding through suitable grants. Sue has also noticed the gradual erosion of Government assistance packages for older people in supporting them through their older years and would like to see more lobbying for fairer deals for older women to ease their way in later life.



## **Di Hill**

Di has a long history of working on women's issues through various groups and is keen to see OWNQ achieve its objectives. She brings a strong set of skills including marketing experience, training and teaching to the Management Committee. In recent years she has been involved in organisations focusing on housing issues especially for senior solo women. She is concerned that this cohort is not being given the respect and support that would make their lives happier and healthier. This group is often referred to as "The Forgotten Women". The world is changing rapidly, and she's keen to help senior women manage the changes.



## **Yo-Merry Todd**

Yo-Merry's interests lie in supporting the network on many levels, gathering momentum and raising awareness of the enormous value of the older woman. She believes more transparency and accountability in Government is essential. As a mature aged woman, Yo-Merry recorded a CD and became a published writer. Her aim is to give incentive. *"Nothing is impossible"*. A "snippet" of her background includes; being invited to sit on the Advisory Panel to The Prime Minister and Cabinet--Office of The Status of Woman, as well as being a Qantas/Bulletin Finalist for Business Woman of The Year. She hopes OWNQ will grow in numbers and strength, gaining in the process, a very big voice. *"If we want a better world, we must fight for it"*.



## **Karen Baker**

Karen has been an independent member of OWN for over two years and enjoyed attending the National Conference held in Brisbane in 2017. She has joined the Management Committee hoping she can provide some assistance to those who have been holding the ropes for a long time. Her work experience has been in an administrative role, having been an Executive Secretary to the head of a State Government Department and a Personal Assistant to a Federal Court Judge. Whilst her children were at high school, she was a committee member of the P&C as well as the Music and Farm Subcommittees, and has also been the secretary for her local Neighbourhood Watch Committee for many years.



## 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:** Bev Comerford

Lots happening in the last three months with activities, guest speakers and special birthdays to be celebrated.

Our Election of Officers was held on the 11<sup>th</sup> July with most positions being filled. Lee was once again elected Convenor. Best wishes to all those who stepped up to take a position. Debby Fredman chaired the elections and told us of her work at the James Nash High School where she is in charge of the overseas students who come to Australian schools to study.

Another of our speakers was Kerry Roach who is a Health Promotions Officer promoting health and prevention of Diabetes. Genetics, being overweight, lack of exercise and age (over 45) can contribute to getting diabetes.

The ladies from the Craft Group have had busy fingers over winter and have donated a variety of rugs, beanies, scarves and teddy bears to different charities in Gympie and to the farmers out west.

Our annual Grocery Grab went well with the wine, chocolates and eggs being the most popular.

Several special teas have been attended by our members: Volunteers' morning tea at the Civic Centre, afternoon tea at the South Side Bowls Club with money raised going to Little Haven Palliative Care, and a special morning tea held at the Coinda nursing home for some of our long time members who now

find it too difficult to come to our meetings. They were delighted to catch up with old friends.

Seniors Week was exciting with our Convenor Lee winning Gympie Senior Citizen of the Year. The awards were presented at a morning tea provided by the Gympie Council and the Community Business Council also ran the annual Duck Pond Dash. Several of our girls and one husband entered the races, some officiated at various stations and others came to watch and enjoy the entertainment. Three special Birthdays have been celebrated with Marie Mann turning 90, Gloria Portas and Dorothy Pratt both turning 80. Congratulations to these ladies

Our major event for September was having the privilege of holding the Queensland AGM in Gympie. A chance for more of our members to attend, catch up with old friends and to make friends with the new groups that have started this year.



Members from Gympie Branch Enid Ison, Dawn Treeby, Ena Hehir and Lesley McDevitt who attended the first meeting in Gympie 23 years ago were presented with Life Memberships. A big thank you must go to Lee and her helpers for organizing such a great day. The end of the year is closing in fast and we are all looking forward to the Christmas Party.

**Regards, Kaye.**



## 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

In July we had our Election of Officers, and handed over trauma teddies to the Local Ambulance Committee Redlands. Our branch meeting was themed "Soup & Slippers", when we wore our slippers and had soup for morning tea. We also attended RDCOTA's fundraiser "My Husband's Nuts" theatre production and got together for morning tea at Cleveland.



At our August branch meeting we had a successful "Meet & Greet" High Tea for Seniors Week; we have had two new members join from this and there are another two possible new ladies interested. Janette attended the seniors walk through RDCOTA, we had indoor bowls and Devonshire tea at Waterloo Bay Leisure Centre, and supported the Redland Bay Local Ambulance Committee annual fundraiser. With Women's Health Week in mind, to start off our Meet & Greet we had Erica guide us through a series of chair yoga exercises (very positive feedback on this too), and a number of members attended Capalaba Parkrun.

During September we had member "Profiles", and six members attended the AGM in Gympie and had a lovely time catching up

with other branch members together with State Office staff Leonie and Marianne, and Aloma from NSW.



Atie organised a trip for our members, 17 travelled (overseas) to Macleay Island for a luncheon. We had a great day with lots of laughs. Skyway invited us to do a BBQ fundraiser for Capalaba OWN, this was very successful and interesting hearing about the new airport under construction.



At our October branch meeting, Sandy gave us a very informative and interesting presentation on "Planning". A number of members attended the Here's to Life concert where Atie was drumming (very professional, spine tingling music & amazing backdrops). We attended Parkrun, had a morning tea get together and had another fundraiser BBQ with Skyway.

In November we are looking forward to Sue teaching us the art of "Beading". We are having a morning tea BBQ at Capalaba Regional Park, these are always a lovely morning sharing food and friendships. Also we



are invited to attend another Parkrun, we are getting really good at this, excellent for mental and physical health.

Our Christmas breakup luncheon will be held at the Redland Bay Golf Club. It has been suggested we meet over the December – January period too.

**Naomi**

## SOUTHERN GOLD COAST

**Meets:** Last Thursday each month

**Time:** 10.00 am to 11.30 am

**Where:** Varsity Lakes Community Resource Centre

**Contact:** Marie 0435 950 925

It's been a busy time for the branch, participating in a range of activities during the last few months.

In September we had morning tea at the Q Centre on the 2<sup>nd</sup>, lunch at the Lone Star Tavern on the 12<sup>th</sup>, and a guest speaker from the Elder Abuse Prevention Unit at our branch meeting in the Varsity Lakes Community Resource Hall on the 26<sup>th</sup> September. Some members also attended the Palm Beach Seniors expo and several members attended the OWN Qld AGM in Gympie.

In October we travelled by train to Brisbane and went on a City Cat river cruise, a lovely way to see the city from a different perspective. Our October 31<sup>st</sup> meeting at Varsity Lakes hall will be a planning meeting, preparing for next year's activities. Upcoming gatherings are as follows:

November 4<sup>th</sup> Morning tea at Q Centre

November 14<sup>th</sup> Lunch @Varsity CBD Hotel

November 28<sup>th</sup> Regular branch meeting

December 2<sup>nd</sup> Morning tea at Q Centre finishing off for the year with the Christmas lunch being held on December 12<sup>th</sup> at the Burleigh Club.

**Marie**

## BRIBIE ISLAND

**Meets:** Third Thursday each month

**Time:** 10.00 am to 12.00 noon

**Where:** Bribie Island RSL Club  
99 Toorbul Street, Bongaree

**Contact:** Anne 0408 007 370

The Bribie Island branch meets the first Thursday of each month for a social event and holds its regular monthly meeting on the the third Thursday each month.

In July our social get together was at Cafe 191 at the Bribie Art Centre where we had coffee, eats and great conversation. After this we then walked through the art centre as there was an exhibition showing called "Eclectica Art Exhibition."

In our monthly meeting for July we had speakers Fiona and Kayla from "SHE RESCUE" This is an organisation that goes into Cambodia and rescues young girls from being sex slaves.



Fiona and Kayla brought with them numerous handmade items that the girls who have been rescued made to raise funds for SHE RESCUE to help rescue more girls. It was a very informative and interesting meeting. Our ladies were very generous in buying their gifts. So a BIG THANK YOU ladies. This meeting was also a day when some ladies received their OWN badges.



For the month of August our social event was a trip to the movies to see "RED LION" followed by coffee and eats at the Bribie RSL cafe. The movie, coffee and eats were enjoyed by all.

At our August monthly meeting our guest speakers were from Fire, Safety and Rescue. It was very informative on what to do in case of a fire etc. They also gifted each lady with a small torch that runs without batteries and also a wooden spoon with a message similar to this "Keep looking when cooking."

Our September social we visited the premises of one of our previous guest speakers "Top Nosh Meals". Here we saw how their commercial kitchen works and that all their cooking is made from fresh produce which is bought from local farmers.

After this we went to the Coffee Club for coffee and then onto "The Fat Frenchman" Restaurant. The food was delicious although the service was a BIT slow, no shouldn't describe it that way. It was VERY SLOW, but on the positive side of the slow service, it allowed us a good deal of time for sharing stories and life experiences which in turn



gave us loads of laughter. A good time was had by all.

In our September meeting the day didn't start well as our guest speaker did a NO SHOW

which was very disappointing but never the less a fun day was had with games, (see photo above), lots of laughter and just a special time in socialising with each other.

**Anne**

## WOODY POINT

**Meets:** Second Tuesday each month

**Time:** 9.30-11.30 a.m.

**Where:** Woody Point Memorial Hall  
Oxley Avenue, Woody Point

**Contact:** Helen 0418 796 365

During the latter part of this year we enjoyed quite a few outings as well as having guest speakers when we were present in our Hall.

In July as we were holding our elections, we didn't have a guest speaker, but we did go to the Dolphins Club for a Christmas in July celebration, all who attended thought it was jolly good!

August saw us talking about ourselves and what we would like to do with our lives, this went over well, the guest speaker was Angela from Mary Kay advising us on how we can use her products, and how we can use items from our kitchens and bathrooms as well.



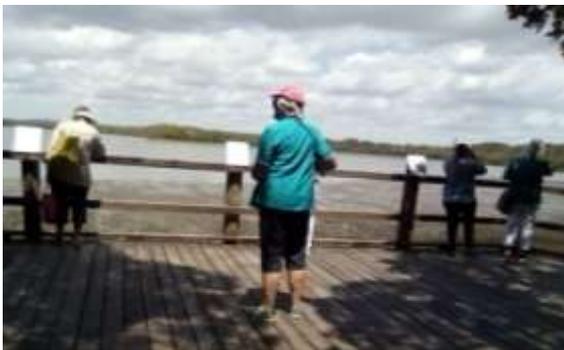
Later in August we went for morning tea at the Salt Sea & Vine restaurant in Scarborough by the Ocean, loved the sea air!

September, our guest speaker was Sheree Jackson from Encircle, who presented very well and left us some pamphlets about her association. On 24<sup>th</sup> September we enjoyed the movie *Ride like a Girl*, it was very enthralling.



On the 8th October we did 'Breathing Exercises' with Colleen before the meeting. Our Guest speaker, Ray Krebs, Local Community Ambassador from the NBN group, used our Projector to explain how the NBN helps to supply our Internet power.

Eight of us attended the AGM OWNQ at Gympie Branch, it went over well. On 22<sup>nd</sup> October, eight of us visited 'Osprey House Bird Sanctuary' we all had a good time and learned a lot, some members are going to bring their families along later.



November we are having Gayle Love, 'mentalist' as guest speaker. It was decided we'd also bring in toiletries and toys, for the refuge ladies and children; Colleen is getting the basket for their presentation. We are hoping to attend a local nursing home and sing to the clients.

The Christmas Party will now be at the PilPel Restaurant on the 10<sup>th</sup> December.

**Helen McEwan Acting Convenor**

## **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

Mackay is travelling well, there's been a lot on in the last few months, with the Elder Abuse Conference, OWN Qld's AGM, and just recently the National Conference of the Older Women's Network which was held in Sydney. All have been interesting and informative and it was great to catch up with other members from other groups again.

Queensland is doing famously in the scheme of things and you should all be very proud of your Groups and the attitude we create. We are making our mark on the national map .

Our program in Mackay has featured:

July 2<sup>nd</sup> Mitchell Wright, state competition soccer representative and a member's grandson

July 9<sup>th</sup> op shop parade

July 16<sup>th</sup> Ozcare Dianne Barber spoke about the new nursing home being built

July 23<sup>rd</sup> was a mystery bus trip

July 30<sup>th</sup> Ruth reported on the elder abuse conference and the branch celebrated Muriel's 90<sup>th</sup> birthday

August 6<sup>th</sup> was scrabble morning

August 13<sup>th</sup> Wendy Stendl talked about recycling and reducing waste

August 20<sup>th</sup> as part of Seniors week, the branch displayed of items from years gone by belonging to members

# Around the Branches



August 27<sup>th</sup> Lynne Anderson spoke about Life Without Barriers

September 3<sup>rd</sup> Guest speaker from Mackay community visitors and transport services was Tracey Geaghan

September 10<sup>th</sup> Hayley Ferguson talked about health and wellbeing

September 17<sup>th</sup> was a grocery grab day

September 24<sup>th</sup> some library services were highlighted by a local librarian

October 1<sup>st</sup> we played scrabble

October 8<sup>th</sup> family support facilitator Joyce Murphy presented on how to support a family member with addiction problems

October 15<sup>th</sup> Norma, a local Elder shared her story, and entertained us with her guitar and singing

October 22<sup>nd</sup> NOWN Report and open meeting on what to plan for next year

October 29<sup>th</sup> Dave Conway a disabled man in our community shared his story.

Upcoming events:

November 5<sup>th</sup> Melbourne Cup luncheon at Seebreeze Hotel with OWN members

November 12<sup>th</sup> an update on emergency services

November 19<sup>th</sup> Qld Rail information

November 26<sup>th</sup> to be advised

December 3<sup>rd</sup> A concert is planned

December 10<sup>th</sup> will be Christmas Lunch at city bowls club

Merry Christmas Everyone from Mackay Older Women's Network.

## Some highlights:

In addition to gallivanting around the country in her caravan, Mackay's Convenor Ruth has also jet-setted to a number of other events, representing Mackay branch, accompanied by Helen, Rosemerry, Jenny, Karen and Luz.



*Attending the Older Women's Network National Conference in Sydney*



*At the AGM in Gympie...*



*...and at the Elder Abuse Conference with Lee*

**Cheers Ruth Sargent**



## LOGAN/BEENLEIGH

**Meets:** Fortnightly Thursdays

**Time:** 10.00 am to 11.30 am

**Where:** Beenleigh Neighbourhood Centre

**Contact:** Linda 0414 436 209

Hello everyone.

It's been a busy few months for the ladies at Logan/Beenleigh branch.

Three of us attended the AGM in Gympie, and we had a great time, we were welcomed by everyone and got to meet the ladies from other branches.



*Logan members at the AGM in Gympie*

We always try and support our local CWA branch. They put on an International Day which some of us attended, the country on show this year was Lithuania, and we got to taste some traditional food and learned a bit more about that country. Their events are always interesting and good fun.

We had a speaker from NBN attend one of our meetings. I found it very informative and I'm sure the other ladies did too. Some of us have been confused about the whole process and our speaker Keir explained things to us.

We are in the process of organising a Cent Auction, to be held in November. All proceeds will go to a charity of our choice, this is a new thing for us so we hope we get it right and everyone has a good day.

We are preparing collections for Share the Dignity Handbag Day which will also be in November. This is a great cause, and I have to say, all our ladies have opened their hearts to our charity work this year. They have no hesitation in helping out where they can.

On a social note, we had a bus trip to Tropical Fruit World. What a great place to visit!!! The staff there put on a fantastic day for us. It was well worth the cost. We had an exotic fruit tasting session, some of the fruits were great, some maybe not so much, lol, but so interesting.

Our Christmas lunch will be held at the Beenleigh Neighbourhood Centre again this year, with the CWA doing our catering. I can't believe we are preparing for Christmas again, as this year has gone by so fast. We all try and keep ourselves busy, but maybe next year we should take time, slow down a bit and enjoy everything around us. I love our branch and I look forward to every fortnight meeting, to just chat, laugh and sort out the world !!

Our first meeting for 2020 will be on 9th January. We have been asked by the Beenleigh Neighbourhood Centre to partner an event with them, more details later.

I hope everyone has a safe & happy Christmas and New Year.

**Linda**



*Celebrating International Day*



## 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:** Judith 3351 3763, Carol 3355 2937

Over the past few months, we have been active at Mitchelton with a variety of guest speakers at our monthly meetings, all directed to our health and wellbeing. Arthritis Australia did a presentation of the different forms of the disease and what can be done regarding treatment and living with it.



The best description of our August meeting would have been a dog show. Our member Wendy Robson, who is the Lions District Chairperson for Lions Hearing Dogs, and Jane McDonald (daughter of one of our members) who has a Companion Dog, gave us the story of these two types of assistance dogs and the work they do for people. Jane's dog Skyla was, of course, the star of the show. We learned a lot from both of them.

Our social Coffee/Techno mornings are always good and we do manage to learn something about the techo side of life while enjoying a social atmosphere. Besides, it is a great way for our members – new and old – to get to know each other. The lunch dates are the same. The Arana Leagues Club love us!!



*Barbara talking about iPads at a Tech Morning Tea*

Upcoming events: Andrew Campbell of NeuAudio. He will be speaking on the link between hearing & dementia. We will also be celebrating three special birthdays at the November meeting with morning tea then it is off to the Arana Leagues Club for our Christmas Lunch. We have our social events in December but no monthly meeting. As you can see, we will be busy. We start again in January with Coffee Morning and off we go again.

Our membership is growing with some younger women joining our branch and that is good. We are a diverse group of women and we all bring our talents to the group. That is what OWNQ is all about. Thank you to all our members for the jobs you do.

I know that we embody our slogan "Proud to be Ourselves"  
**Jude**

---

### Older Women's Network Qld

505 Bowen Tce  
New Farm Qld 4005  
Telephone: 07 3358 2301  
Website: [www.ownqld.net.au](http://www.ownqld.net.au)  
Emails [admin@ownqld.net.au](mailto:admin@ownqld.net.au)  
[coordinator@ownqld.net.au](mailto:coordinator@ownqld.net.au)  
Facebook:  
<https://www.facebook.com/groups/OWNQld>





# An AGM Snapshot ..



Signing In for the day (above) and don't forget your raffle tickets (below)



In addition to our main speakers, Dr Prue Milllear and Elizabeth Power (see page 1 of this newsletter), the local MP Tony Perrett and his wife joined us for a short while. Aloma Fennell, the President of the National Older Women's Network (NOWN) was also present – seen below with Lee and Leonie.



Each Branch also had representatives attending.



Anne and Betty from Bribie island, one of the new groups that started this year.



The Capalaba group relaxing on the stairs towards the day's end.



# AGM Snapshot (continued)



Members of the Southern Gold Coast branch, our other new group this year, also made an appearance.



The Woody Point ladies (above) joined in, wearing their branch shirts and badges.



This year's Management Committee. Returning members are June, Lee, Barbara Helen and Ruth. New members are Di, Sue and Yo-Merry (seen above), and Karen (who was overseas at the time of the AGM). Profiles of the new members can be found on page 5 of this newsletter.



Judith (seen in the photo above with her fellow Mitchelton branch member, Barbara) stepped down this year as Secretary of the Management Committee, handing the reins over to Barbara, who has been OWNQ's Treasurer for many years.



**AND A BIG THANK YOU TO THE GYMPIE BRANCH FOR ORGANISING AND HOSTING THIS YEAR'S ANNUAL GENERAL MEETING,**

## **A Place to Call Home – 25th National OWN Conference Sydney 17-18 Oct - hosted by OWN NSW**

The national conference was attended by number of members from Brisbane, Gympie and Mackay representing OWN Queensland. The conference was an incredible expression of the passion and resilience of older women and those who work for justice and equity for all, including older women.

**Jane Caro**, keynote speaker on day one, spoke on the emerging voices of older women – their grit, adaptability, energy and persistence. She asked us to be disruptors and to remain angry in our fight for recognition of the particular issues facing older women.

The **Hon. Susan Ryan**, keynote speaker on day two, spoke about how policy failures are bearing down on older women and that our work is not done. *“Purposeful and effective action at all levels is required”*.

Our first panel on **Invisible and Unvalued – Let’s Fix Ageism** was chaired by the marvellous Jenna Price with four other passionate and vocal women – Jane Caro, Wendy Bacon, Eva Cox and Layla Pope.

The second panel discussion focussed on, **How Feminism Changes the Narrative on Violence against Older Women**.

The last panel, **facilitated by SHELTER**, was on **Affordable Housing (also accessible housing) – From Myth to Reality**. They got to the heart of the matter and all made the point that the government must build more public and affordable housing.

The **OWN NSW Theatre Group** entertained and challenged us, as always.

We are feeling very positive about making a difference on the current and future plight of older women.

*(Excerpt of article, courtesy of the OWN NSW E-newsletter 22<sup>nd</sup> October 2019)*

*Although we will be in touch between now and the end of the year, as this is our last newsletter for 2019, we’d like to wish all our members a joyous Christmas season and a Happy and Prosperous New Year. All the best for a fulfilling and safe 2020.*



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:** We’d like to thank the State Member for Mackay, Julieanne Gilbert for printing copies of the newsletter for the Mackay branch.