

WELCOME to the latest edition of Our OWN News

INTERNATIONAL WOMEN'S DAY 2020

At this time of the year, our OWN Branches like to celebrate International Women's Day with their members. Highlights below:



Some of the Bribie Island members attended a luncheon at the Bribie Island RSL which was raising funds for the local chaplain. Their entertainer was Denise Drysdale – seen above with Betty, Narelle, Katie, Janet and Gale.

Michelton OWN called a special meeting (outside their normal meeting day) just to celebrate the day. Di Hill, one of our Management Committee members, spoke to them about her time as a teacher in China and how the Chinese celebrate IWD.

Di was also guest speaker at Woody Point's IWD celebrations held at their hall.

Capalaba had morning tea and a guest speaker, artist Karen Benjamin.

Our Gympie branch celebrated with a luncheon at Gunabul's, attended by 72 women including visitors from other groups, such as the View Club, QCWA, Trefoil, Probus, Quota and Coinda Ladies Auxiliary.

OWN's Beenleigh/Logan branch's joint event with the Beenleigh Neighbourhood Centre and Soroptimist International (Beenleigh Branch) and guest speaker Dr Mary Crawford, has been postponed until 24th April, due to illness. So this is a gathering to look forward to later. Any time is a good time to celebrate women.

The Mackay branch invited Elizabeth Power to talk to their group about the mission of Mercy Ships. Elizabeth was a guest speaker at the 2019 OWN Qld Annual General Meeting.



Three of Mackay's members even made it into the local newspaper.



President's Report . . .

Hello to all our Queensland members.

Our current eight branches all continue to attract new members and provide stimulating and engaging activities for members. From what I see on Facebook and also feedback I have received from branch activities, I hear about the friendship connection and support that are enjoyed at OWN meetings.

I am very pleased to let you know that we had a Meet and Greet morning in Cotton Tree at Maroochydore on the 26th February, with the intention of setting up a new branch on the Sunshine Coast.

We received a very encouraging response, and the next meeting will take place on March 23rd. Additionally another new branch is in the pipeline for Ashgrove and The Gap ladies, with a Meet and Greet at Ashgrove Library on April 30th.

I am sure that all branches enjoyed their celebrations for International Women's Day.

It's been said that change is the only constant in life and no woman ever steps into the same river twice as the water within it is ever flowing and changing from one second to the next.

We see it every day in our lives and sometimes the waters flow faster than other times and we can be paddling hard to keep up. As women it is often remarkable what we do and achieve. But there certainly has been plenty of things happening at OWN recently to keep us pondering about that ever flowing river of change.

This year, I am hoping to be able to get around to visit more branches, and look forward to meeting members throughout Queensland.

Lee Hodgson

VALE Val French

It is with sadness that we report that Val French, whom many of you may have known, passed away on 12th March with her family by her side. A precious and valued lady who selflessly gave so much of her life to fight for the rights of others. For those who have known her and felt her strength of commitment, OPSO (Older People Speak Out) would love to hear from you. Please go to the link below to give your feedback which will be passed onto Val's Family and stored in the OPSO archives:

<http://opso.com.au/val-french-am-m-lit-stud-ba/>
OPSO will be continuing with greater enthusiasm and inspiration to continue Val's hard work to Speak Out for Older People.



IN THIS ISSUE

- P.1 International Women's Day**
- P.2 President's Report, Vale Val French**
- P.3 Coordinator's Report, COVID-19**
- P.4 Around the Branches**
- P.12 Thoughts on Ageism**
- P.13 Watch on Wellness**
- P.14 AGM Nomination Form**



Coordinator's Report .

Greetings to all of our branches, members, and readers.

As I write this in mid-March, COVID-19 is front and forefront in discussions all around us, and many organisations are in the process of determining how they will manage the risks for staff and clients.

By the time you read this, circumstances may have changed dramatically from today and new preventative measures may have been introduced.

There is no doubt that there will be many repercussions for community organisations such as ours, but be assured we are keeping a watchful eye on developments. We are all in this together, so we wish to support our members through this challenging time and we trust that our members will stay with us too.

Meetings may have to be modified or postponed for a while until things settle down. Given that we are all about social connection and support, we need to find creative ways to stay in touch with each other and especially for those members who are most vulnerable due to health issues or being housebound.

Our branches are very good at keeping in touch with members and encouraging their members to feel like they belong. Once this crisis is over we intend to return to normal, holding our regular meetings and catching up with one another at a variety of other scheduled and more spontaneous gatherings.

May each and every one of you stay well. Take care of, and prioritise your health especially if you have any compromised immunity. Let's hope everything can get back to normal as soon as possible. In the meantime, our Queensland women are better for having OWNQ around them, and I'm grateful for that.

Leonie

COVID-19 – Novel Coronavirus



No matter what you call it, COVID-19 is here and impacting everyone's lives.

The Queensland Government has set up a website with information about the virus and a short quiz. The website address is at the bottom of the page.

There are 5 ways we can all help stop the spread of viruses:

1. Clean your hands regularly with soap and water or alcohol-based hand rubs.
2. Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
3. Avoid touching your face, nose and mouth. And avoid shaking hands.
4. Stay home if you are unwell.
5. Avoid contact with anyone who is unwell – try to stay 1.5m away from anyone coughing or sneezing.

For more information about the virus, go to the Queensland Government website:

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>



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: Jenny Peckson

Gympie sends best wishes for 2020 to all the OWN groups. Our meeting on 28th November 2019 was a fun morning so members were asked to decorate a hat for Christmas. Well done to the 17 ladies who obliged. Our last get together for 2019 was a Christmas party held at the Anderleigh winery.

A good day with everyone bringing a gift to share, three large grocery raffles and each member received a potted plant from the committee. It is thanks to the generosity of the members and those who work on the sausage sizzles we are able to donate \$750 to the Homeless shelter and \$750 to Little Haven Palliative Care.



First day back in 2020 we celebrated Australia Day with some of the ladies wearing Aussie colours. Morning tea was damper and lamingtons. Our guest for the morning was Clarie Wheller who kept us entertained with Aussie songs and poems.

A special morning for Ena Hehir as we celebrated her 90th Birthday. Ena has been a loyal member of OWN for 22 years.



Several ladies attended the Australia Day Morning tea at the civic centre to support our member Coralie Millard who was nominated for an Australia Day Award.

The guest speaker for our next meeting was Lisa Melvin from Nature's Solutions who told us about the benefits of essential oil in helping with various problems including health, tension, sleeplessness and muscles. We were pleased to welcome Denese from the Family History Group here in Gympie to our next meeting. Denese said the best way to start researching your family tree was to start with yourself and work backwards from there. Join a group that will help you and be patient. Most importantly 'Record the past, Don't judge it.'

Our first sausage sizzle at Bunning's for this year went well and it was decided by our group to donate all the money raised to the Farmer's Drought Relief. A big thank you to the ladies who worked on the day.

A few of our ladies joined in the celebration of International Women's Day at a 6:30am breakfast organised by Quota and then went on to attend OWN Gympie's International Women's Day function with a luncheon held at the Gunabul Homestead.



72 ladies attended including members from OWN Gympie and others from the View Club, QCWA, Trefoil, Probus, Quota and Coinda Ladies Auxiliary.



Lee welcomed all and introduced our first item of entertainment which was a group from 'One Billion Rising' Gympie. This group dance to end violence against Women, Men and Children. Their dance was certainly active and had us all moving to the rhythm.

Our guest speaker Duba, who came from Pakistan, told us of the changes in her life when she came to Australia with her Australian husband. Duba lived in Pakistan in a family environment and worked as an air hostess flying to many parts of the world. She met her husband in Pakistan and moved to Australia in 2007.

This was a country she had never been to and was amazed when she landed at how few people there were at the airport and how little traffic on the roads compared to Pakistan. On arrival at her new home, a farm, she was upset to find there were no close neighbours or shops and she had a fear of bugs and insects.

Duba learnt to adapt and now enjoys farm life, she has learnt to drive a car, ride a horse and to treat sick or injured animals, even the few camels they own. Although Duba could

speaking English quite well, one of the hardest things she had to learn was the Aussie slang.

Duba and her husband now take regular visits back to Pakistan to help the underprivileged with education and the building of wells in communities.

A delicious lunch was served after which Lee gave a brief talk about OWN and what our beliefs and aims are. Then there was time to mix and mingle with the other groups before heading home.

Our next meeting we will learn to make a table arrangement using various plants.



The following fortnight it's off on a bus trip to Montville with a stop at the ginger factory for the compulsory ice-cream. **Kaye**

Need to contact the Office?

Older Women's Network Qld

505 Bowen Tce
New Farm Qld 4005
Telephone: 07 3358 2301
Website: www.ownqld.net.au
Emails admin@ownqld.net.au
coordinator@ownqld.net.au

Facebook:

<https://www.facebook.com/groups/OWNQld>

Our business hours are Tuesday to Thursday,
9.00 a.m. to 5.00 p.m.





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 **January** we had an enjoyable morning playing indoor bowls. Thank you to Mavis and Jan who spent a great deal of time in an effort to organize the purchase of the bowls and mat.



In **February** we celebrated our 5th birthday "WOW" – we're proud of our branch, such an amazing group of ladies and we have enjoyed a fun filled 5 years of a variety of activities. Also Jill Nixon from Redland Organic Growers Inc. was our guest speaker, who shared a wealth of knowledge.



In **March** we celebrated International Women's Day, our guest speaker Karen Benjamin shared her passion and love of using recycled items to create stunning outfits dedicated to strong women from the Redlands district. The background story for each piece was interesting and very fitting for IWD.



We had the pleasure of meeting some ladies who had showed interest in our write up in both the Redland City Bulletin and Senior Lifestyle Magazine.

We went to "Wisdom in a Cup" for morning tea in February and in March we will be at Indigiscapes.

March 25th there are a number of members who will be involved in the Be Connect project to learn computer skills.

On the 1st April we will be meeting at the Church Hall for a friendly game of indoor bowls.

The 18th April we will be having a stall at the market which will be at the Aveo car park Swansea Circuit, Redland Bay.

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

Following a long break after our Christmas party in 2019, our first branch meeting was 30th January, and for February, our guest speaker was Laura, one of our members, who talked about her work with Canadian Indians.



Southern Gold Coast members at Christmas function

Marie let the group know about the sew/knit/crochet mornings which are held at the Varsity Lakes Resource Centre in the Sew Creative marked room on Tuesdays from 8.30 a.m. The group knits Trauma Teddies for child patients.

Another activity members might be interested in are the Seniors Morning Tea Screenings held each Wednesday, with 1 morning tea at 10.00 a.m. followed by a movie from 10.30 a.m. For more information: <https://www.eventcinemas.com.au/EventsFestivals/SeniorsMorningTeaScreenings>

The branch continues to meet the first Thursday each month for coffee, and the second Thursday each month is lunch.

Check with the convenor for venue details each month.

Due to the COVID-19 health situation, the branch's regular March meeting, schedule for 26th March, has been cancelled.

Hopefully our April plans will continue with morning tea at the Coffee Club at the Q Centre on 2nd April, and lunch on the 9th April (check with our leadership team where this will be held).

Future planning – we are looking at holding a canal cruise in May, and going on a trip to the Carnival of Flowers in September, maybe with a visit to a lavender farm enroute.



Possible office closure

We may be instructed by our landlords or a Government directive to work from home at some time in the near future. Plans are afoot to make this possible so we can continue as usual.

Be Connected project

OWNQ has received funds from the Be Connected program to purchase three new iPads to help interested members learn about using computer technology. We will roll this out as soon as possible but may have some hold-ups until the coronavirus situation is sorted out.

OWNQ submission into Royal Commission into Aged Care

Sadly our QUT student Eniko has had to return to her native Hungary due to family illness. Eniko was tasked with writing a submission on our behalf. We are still intending to send a submission, although a shorter version based on the observations she has already collected.



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: Betty 0409 470 100

Our Branch celebrated the end of 2019 under the mist of sprinklers, with Christmas lunch on the deck at Social Cafe at the RSL. Betty orchestrated a Secret Santa with a twist. Diaries for members were wrapped in an assortment of packages of different shapes and sizes. These parcels were selected, stolen, and sent around the tables on the roll of a dice. Some ladies thought they were going to score a bottle of wine, but everyone had a laugh when all the gifts were finally unwrapped.



We were pleased to have June Donnelly (OWN Vice President) and Di Hill (OWN Management Committee member) join us. Our December meeting was low key with the guest speaker unable to attend due to ill health. The major focus was brainstorming ideas for our 2020 meetings and social outings.

January seemed to stretch on forever, with no outing or meeting. By the time our February social event came around we were well and truly keen to catch up. It was hugs all round. Little Women at the movies was followed by a lunch at the RSL.

Sadly our Convenor Anne resigned in order to look after her own and her husband's health. Those ideas from our December planning session certainly helped Betty & Leonie put together a draft calendar of events for 2020 for our February Meeting. It was proposed that Betty also take on the Convenor role and along with Leonie (Secretary) and the support of members sharing some of the organising of events and a rotational Meet & Greet team, our branch will certainly thrive.



Cathy from Fit Beyond 50 spoke at our February meeting about being active, encouraging our members to join the free or low cost Heartbeats gentle exercise classes as a starting point. Her own journey from obesity to becoming healthy and active was certainly inspirational.



We were excited by the fact that we had eight non members in attendance, four of which signed up on the day and another who took the forms home to complete. To finish off the day, we even managed to squeeze in a couple of games of Valentine's Day Scattegories.

Betty



MACKAY

Meets: Every Tuesday

Time: 9.30 a.m. to 12.00 noon

Where: Iona Hall, Brookes St.
West Mackay

Contact: Ruth 0432 686 970, Helen 4955 7098 or
Jenny 4957 3413

Hello to everyone. This year has been full-on for the Mackay OWN, meeting weekly. It puts the pressure on to plan ahead. We are getting good attendance at meetings right from the start.

Our speakers are entertaining and interesting, with variety of dancers, singalongs, including hearing about a member having a kidney removal. A guest speaker from *Shed Happens* shared men's news with the group.

A collectables morning was very interesting with some unusual items to talk about and see, that members brought along.



The wildlife carer was a tough 80 year old woman who goes out catching snakes, because she enjoys it, like catching a 3 mtr brown snake in someone's home. When she left on the day she was off to catch another snake in someone's house.

All our members took her phone number because there has been a run on snakes around; that same week we had issues with three snakes out at the family farm. Aaargh!!

Our friendly neighbourhood hub told us all about their services in the community. This nice young girl from Latvia, who has only been here two years was impressed with us and the Aussie language.



We have just had our fantastic International Women's Day event. I am very proud of how successful this event turned out, with attendance of 72 women, having SCOPE Mackay, the Pioneer Division of CWA, Days for Girls, and a dancing group.

Our wonderful guest speaker **ELIZABETH POWER**, from **MERCY SHIPS**, from Gympie, was a roaring success, and I know the members and visitors enjoyed it thoroughly.



We also took **ELIZABETH AND PHYLLIS** out to lunch at Harrup Park to thank them for helping us to make the day a success. We had about 25 attending

the lunch. Lots more on the plans but that's where we are right now.

Quite a few of members go out to lunch every week after our meeting to catch up on news and company and also a lot of our members volunteer together at other places in the community.

Cheers, Ruth



LOGAN/BEENLEIGH

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

Logan-Beenleigh ladies met in January for their first meeting on the 23rd, everyone was very pleased to catch up again after the Christmas break. We spent the morning on discussion and planning what we want to do in the next few meetings. We had some funds we wished to donate to charity and the ladies decided upon Hummingbird House and the local Rural Aid which were presented in February.

For our February meeting we invited representatives from those two organisations to speak at the meeting, and presented them cheques for \$500 each. We greatly value the work they do in our communities and were pleased to hear more about their activities at the meeting.



On March 5th we got together for High Tea at a local café, and this was a special treat our branch paid for our members.

Sadly our Convenor Linda is going through a time of ill health at present and we had to postpone our planned activity for IWD. We were having a big get-together and morning tea with local organisations Soroptomists and the Neighbourhood Centre, but we have

rescheduled this for Friday April 24th, and we hope Linda will be well enough to attend.

On April 2nd we will be going to Zarraffas for morning tea and a tour of their coffee operations and how they prepare their coffee.

We are all looking forward to a cruise on the Gold Coast canals planned for April 30th.

We are having fun and enjoying our branch,

Doreen, Acting Convenor

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, Colleen 0458 375 700

Woody Point Branch have had two meetings this year so far, with our first meeting in February being a planning meeting.

Di Hill was the guest speaker at our IWD celebrations in March. She spoke about China's feminist Qiu Jin who was born in 1875. Girls of that era were not educated, but she sat in the room where her brother was being tutored and learned a lot. She married and had two children, but sold her jewelry and went to Japan and studied and met women who were working to change the way women were treated. She was a writer and poet. When she returned to Shaoxing, south of Shanghai, (the city Di lived and worked in), she became the principal of Datong School. Sadly, in 1907, she was arrested by the military and beheaded, though there is a museum to her honour in Shaoxing.

The Branch continues to meet casually for morning teas and lunches. Contact Helen or Colleen for further information.



MITCHELTON

Meets: 4th Wednesday each month

Time: 10.00 a.m. to 12.00 noon

Where: Moonah Park Retirement Village
Community Hall, 6 Blaker Rd, Mitchelton

Contact: Judith 3351 3763

The Christmas break, officially, came early to Mitchelton with our meeting in November. Andrew Campbell from NeuAudio spoke on the need, for those who wear hearing aids, to wear them 12 hours a day, insuring that you are not being isolated due to lack of correct hearing. The Christmas lunch at the Arana Leagues Club followed the meeting, so an excellent day was had by all.

We did not close down for the Christmas break, having our Techno/Coffee mornings & lunches at the Arana Leagues Club during December and January. They were very well attended with increased numbers.



January meeting was more than interesting. We started off with viewing the video of Ashton Applewhite's talk on Ageism and then, we took over. A forum, lead by Barbara Barnes, examined what we, as older people, could do about Ageism in promoting the positives and the abilities of the older person. A lot of interesting ideas came out of the discussion. Sorry no photos as we were just too busy!!

Our meeting in February was on Internet Security & Fraud. We are a very technological minded group!!! So together with our Coffee Morning & lunches, we are active.

International Women's Day

We celebrated with guest speaker Di Hill sharing her experiences as a teacher in China and how the Chinese celebrate International Women's Day. An interesting place and an interesting life. Thank you Di for a lovely morning.



We also celebrated two 80th birthdays, one slightly belated and a new entrant to that league. Congratulations Win & Evelyn.

We're moving!



Change of Venue

Mitchelton's OWN Branch is moving!! With the increase in our membership numbers, we have been looking for a new, larger venue for our meetings for a little while, and finally found one. So the April 2020 branch meeting will be held at **Moonah Park Retirement Village Community Hall, 6 Blaker Road, Mitchelton.**

Look forward to seeing you all there.

Judith



Thoughts on Ageism

Thoughts on Ageism

Ageism was the topic of the January meeting for the OWNQ Mitchelton Branch. Everything starts off with "Why not" so the forum was organised. We started with Ashton Applewhite's video on how to be positive on Aging and then, it was forum time.

"Ageism is the stereotyping and discrimination against individuals or groups on the basis of their age; ageism can take many forms, including prejudicial attitudes, discriminatory practices, or institutional policies and practices that perpetuate stereotypical beliefs". I like that definition. It crosses all spectrums, from older people to youth. Discrimination is the problem, not ageism.

As ageism impacts on our physical and mental health, we must do something. These are some of the ideas that came from the meeting and other sources:

- Avoid ageist comments and jokes.
- Don't ignore older people.
- Keep in contact with your older relative, friend or neighbour. Invite them to share a cup of tea or coffee.
- Speak up and put a stop to ageism and elder abuse. It is not on. Manage being the recipient of ageist terms of address.
- Be optimistic about ageing.
- Don't fall into the "senior moment" trap. Everyone has slip-ups and forgets!
- Plan your future care needs and take care of yourself. Get with the new technologies.
- Accept our ages and enjoy them.

Good words that describe how an older person feels about life are:

- Equality
- Tolerance
- Contentment
- Confident
- Positivity

The key to successful aging is to resist ageism and the ageist messages that are abounding in our society.

To tackle this 'ism' will require a new understanding of ageing by all generations. We need to counter the outdated concepts and see how society can be educated to organise itself a little better.

I would like to close with Ashton's closing comment "Let's get out there and do it" Thank you to the Mitchelton members for their contribution to this forum and thank Jill Bolen for allowing me to use part of her notes in this article.

Judith Heindorff and Team Mitchelton OWNQ

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



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.



We all know how to wash our hands.....or do we?

Queensland Health

CLEAN HANDS SAVE LIVES

12 steps to successful everyday handwashing

Duration
of hand-wash



STEPS 3 TO 10



Wet hands with water.



Apply enough soap to cover all hand surfaces.



Lather thoroughly.



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



Rub back of hand using the palm of the other with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Rub wrist with the opposite hand.



Interlock fingers and rub back of fingers on opposite palms.



Rinse hands with water.



Dry hands with clean paper towel and use paper towel to turn off tap.

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.¹

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.



Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

¹ Curtis V 2002, 'Effect of routine hand-wash with soap on diarrhoea risk in the community: a systematic review', *Lancet Infect Dis*, Reviewed 16 March 2004, www.ncbi.nlm.nih.gov/pubmed/12416174

² Based on the 'How to HandWash Poster' © World Health Organization 2002.



Queensland
Government



Annual General Meeting 2020

It may seem early to be thinking about this year's AGM, however, we like to profile nominees for the Management Committee in our June/July edition of the newsletter and to do that, we need nominees! A nomination form is below.

Any two members of the organisation may nominate another member to serve as a member of the Management Committee. Only financial members of OWNQ at the time of the AGM can be nominated for, and elected to, the Management Committee.

If nominating, please provide a brief (up to 2 paragraphs) statement outlining your experience, the reason you'd like to join the Management Committee and what you can bring to the organisation.

Management Committee members must not be disqualified from being a Responsible Person for a charity, i.e. a person who has been disqualified by the ACNC in the past year, or is a disqualified person because they have been convicted of offences, or are an undischarged bankrupt or subject to a personal insolvency agreement, or have been disqualified by the Australian Securities and Investments Commission (ASIC), the Office of the Registrar of Aboriginal and Torres Strait Islander Corporation, (ORIC) or an Australian or New Zealand court.



Older Women's Network (Qld) Inc. Nomination Form

Annual General Meeting
17th September 2020

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

NOMINEE _____ Date: ___/___/2020
Print Name Signature of Nominee

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

President / Vice President / Secretary / Treasurer / Committee Member

PROPOSED BY _____ Date: ___/___/2020
Print Name of Proposer Signature of Proposer

SECONDED BY _____ Date: ___/___/2020
Print Name of Seconder Signature of Seconder

Please send your nomination in before 15th June 2020 so nominee information can be included in the June/July newsletter.