

WELCOME to the latest edition of Our OWN News

OWN Qld Shines at our AGM

What a fabulous AGM this year! In spite of COVID, we decided to go ahead with an in-person meeting which was hosted by Capalaba Branch, who added their own flair to the event. We will never forget the super-fun entertainment provided by the branch. The room décor was unique and each Capalaba member wore a head garland of flowers for the day.

Our guest speakers were Adelia Berridge, Councillor for Capalaba, Redland City Council, and Chris Henderson, a Life Coach (www.chrishendersoncoaching.com).



Guest speakers and President Lee in front of the OWN banner

Adelia talked about her dream of opening a koala hospital in the Redlands and protecting the diminishing number of koalas remaining in the region. She also spoke about her concerns about Aged Care and the urgency of improving services and quality of care.



Thank you Event Letters for our shining sign

Chris' presentation was titled "Being Your Own Courageous Catalyst". She spoke about finding your inner voice and energising your vision. A fun activity was to imagine each having a tail which would empower us, it could be any kind of tail. Members were strutting around the room shaking their imaginary tails and later shared what tail they had chosen. One member's "tail" was made of feathers and helped her reconnect with her Inner Wise Woman, another element Chris encouraged. She acknowledged everyone as Women Elders, and to live some of our vision each day, even if just a little bit.

For the first time in many years, Mackay branch members couldn't join in person at the AGM but several of them tuned into the official meeting via Zoom. We really missed not having Mackay present in person.

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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 . . .

It has been a very trying year with COVID-19 for all of our branches.

I must say that it is really great to see all of our Queensland branches are back having face-to-face meetings and being able to catch up with their members again.

We are keen to move forward making OWNQ an organisation to be reckoned with, able to assist older women to realise their potential and be strong in the face of many adversities.

Our Convenors and their helpers continue to impress us with their high levels of commitment and all of the work they do in their branches assisting members.



Naomi and Lee at the AGM

The OWNQ 2020 AGM was a great success with members attending from most south-east Queensland branches. This year the AGM was hosted by Capalaba branch.

Convenor Naomi and the Capalaba members put on a wonderful day. Well done Capalaba. A great day was had by all.

Our marketing group have been working on our new Queensland brochure which was to be launched at the AGM. Unfortunately the printers weren't able to get it to us until just

after the AGM was held. Branches will be receiving them soon.

Ruth and Helen from the Mackay OWN Branch have resigned from the Management Committee. We thank them for their many years of service on the committee. New committee members, Luz and Margi have joined the committee this year as the Mackay representatives in their place.

Congratulations to Marilyn who has taken on Convenor role at Gympie branch.

All of our branches are performing very well. Our latest branch Maroochydore is up and flying - they started up towards the end of June 2020 and now have 23 financial members.

Leonie and I went down to visit the Southern Gold Coast branch last week recently. It was lovely to catch with the members.

As this will be the last newsletter before the Christmas shut down, I will take this time to wish you all a very happy Christmas with family and friends, and a wonderful 2021.

Lee



Cathy from the Gympie Branch with Lee at the AGM



Coordinator's Report

I'd like to thank Naomi and all of the Capalaba members for their wonderful work hosting the 2020 AGM. Here is the report I presented which gives a snapshot of some of the work being carried out by OWNQ.

Coordinator's Report to the AGM

It's a bit of an understatement to say 2019-20 has been quite a year! But there is plenty of reason for hope and optimism for our future. As expected, membership renewals for 2020-2021 were impacted by COVID-19, by about 24%. Being in the higher risk age group, some women have chosen to reduce their exposure and avoid group situations. As at June 30th 2020, there were 327 members registered. It is currently 284. On the upside, some other women have recognised their need to be more socially connected, and even during the period of isolation there were new women expressing interest in joining our branches. 40 new members have joined since July 1st, so numbers are gradually building up again.

Much preliminary work was done in the early months of this year to start a new branch in Maroochydore, which was finally launched in July and is now doing extremely well. Unfortunately plans for other new branches had to be postponed due to COVID, but these plans will resume in the months ahead.

An interesting outcome of the pandemic was the creative way many of our branches adapted to their circumstances with face-to-face meetings being cancelled. Technology usage was taken to a new level with videoconferencing, group phone calls, Facebook, email etc and many members learnt entirely new technology skills. Other interesting ways of keeping in touch such as

park meetings for small or large groups as permitted, chain greeting cards and driveway meetings with 2 or 3 people, were introduced.

Other outcomes for the organisation during the year included:

- Strategic Planning and Governance training, new strategic plan developed for 2020-2022
- Be Connected grant program to assist seniors to become more digitally literate
- HSQF (Human Services Quality Framework) requirements including development of necessary policies and review of existing policies, completed by the Policy Subcommittee which meets monthly
- Completion of quarterly OASIS reports for the year to our funding body DCDSS
- Quarterly newsletters for members
- OWNQ Facebook page membership growing, and increased website content
- Monthly convenor meetings by teleconference
- Hosted QUT Human Services Student, culminating in submission to Royal Commission into Aged Care
- Radio segments with information on Bridge FM, promotion of new Maroochydore branch on ABC Sunshine Coast and Community FM radio
- Housing interest group established
- Marketing working group established, commenced working on new OWNQ brochure



Coordinator's Report

- Promotional activities such as Bring a Friend Month (interrupted by COVID), feature articles in The Senior and local newspapers.
- Support for two branches with changes of convenor and for establishment of new branches
- Branch visits including Gympie, Woody Point and Southern Gold Coast
- Monthly Management Committee meetings.

There are many people to acknowledge who generously support the success of OWN Queensland. To the Management Committee; Convenors and all branch helpers; Policy subcommittee; Marketing Working Group, your contributions are greatly appreciated.

Particular acknowledgement to Karen Baker, a new member of our Management Committee who took on the whole technology initiative and continues to provide invaluable support to individuals and branches; also to Di Hill for helping to establish the Marketing Working Group; Elaine Dare for her work with radio; Leanne Wrench and Di Hill for their work with the Housing interest group. Particular thanks to Administration Officer Marianne Wright whose assistance is invaluable. And to our accountant David Cameron, who also doubles as an OWNQ photographer.

Thanks to our funding body the Department Communities, Disability Services and Seniors (DCDSS), and to the Australian Federal Government for COVID booster funding. In addition there are numerous people and organisations who assist us in-kind, there are too many to list but we wish to acknowledge

your contribution and support. We are getting through COVID-19 and all its challenges better than might have been expected and we trust there are many worthwhile achievements ahead.

Leonie

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.



PLEASE NOTE: that in January we will be transitioning to a new domain name, which will replace ".net" with ".org". Our website will change to www.ownqld.org.au and our email addresses will change to admin@ownqld.org.au and coordinator@ownqld.org.au. For a period of time either address will reach us, and we will let you know when the replaced ".net" addresses are no longer viable.

2020 AGM

Congratulations to Capalaba Branch for hosting this year's Annual General Meeting at the Comfort Hotel, Cleveland.



Beautifully staged with driftwood signs created especially for the event, a shining OWN light courtesy of Event Letters (see page 1 of the newsletter), themed table decorations, show bags, raffles, interesting guest speakers, chair yoga and entertainment, there was something for everyone.



RAFFLES

With a lovely selection of raffle prizes, each winner came to the raffle table and chose their own prize. Some gifts had a very distinctive wine theme (the bottles of wine were chosen too quickly to get photos of the recipients). Others included pampering products and a good ol' cup of tea set. One beautifully wrapped gift was somewhat influenced by COVID-19.



Even the tables had a distinctively coastal feel to them, courtesy of the branch members, and each table centrepiece was different. Thank you to Redland City Council for providing show bags, which included Redlands Coast tourism literature and other interesting bits and pieces provided by Capalaba Branch.



ENTERTAINMENT

What started as chair yoga, turned into a wonderfully choreographed performance with wheelie walkers and some tantalising surprises. This really was a creative, cheeky, happy skit.

A BIT OF FUN



ENTERTAINMENT

by Capalaba Branch Members

GREATEST FILM HITS

Some of our speakers, in focus (below)



With thanks to David for taking our AGM photos



2020-2021 Management Committee

Lee continues as President this year, with June as Vice President, and Barbara as Treasurer. Sue, who joined the committee last year, has now taken on the Secretary's role for a year. Karen and Di, who also both joined for the first time last year, will be continuing as Committee Members, and we welcome Luz and Margi, who will be replacing Ruth and Helen as the Mackay representatives.

Marketing Group

Soon you'll be seeing the new OWNQ brochures. These are the work of a small group of OWNQ members and the Coordinator working to get the message about the values of being an OWNQ member more widely known and encourage more senior women to join.

The group meets online by Zoom and discusses a range of ideas to publicise OWNQ. The brochures are "generic" and specific information about the branch you are promoting can be provided as a DL size insert. Use them wisely to promote your branch in your local area by giving them to friends and organisations that will display them. We would like to attract more "less senior" women to our organisation as well, in view of succession planning and longevity of our branches.

As well as the brochures, the group inspired the change of our website address from its .net handle to .org. While both URLs point to the one-and-only OWNQ website, the .org helps the public understand that we are a not-for-profit community group and not a business.

If you have any ideas that you believe will assist the promotion of OWNQ and encourage younger women to attend, let Leonie at Head Office know and she will pass them onto the Marketing Team for discussion.



Vale Narelle Morris

We were saddened to hear that Narelle Morris passed away earlier this year. Narelle was long-time Convenor of Annerley Branch from 2001 until its closure a few years ago.

In April 2014, she received an Outstanding Service Award from Australian Red Cross recognising her 40 years involvement with them, and was heavily involved with the Trauma Teddy program which has produced thousands of teddies for children. Vale Narelle.



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:** Marilyn, ph. 0409256603
- Trips:** Jenny, ph. 0481199943

Gympie Branch says hello to all the OWN Qld branches out there. It's good to be back and as normal as we can be at the moment. Although we have been keeping in touch with members on the phone, our first get together since the lock-down in March was a morning tea in the park to thank Lee for her time and commitment as our Convenor. Members braved the inclement weather to wish Lee and Andrew all the very best for their move to their new home in Maroochydore.



Our first meeting in the hall on 20th August was a friendship morning, a chance for everyone to catch up. We were pleased to welcome to our meeting three members from the new Maroochydore Branch and hope all goes well for them.

We received a thank you card from Little Haven Palliative Care for our donation of \$750 to them with the assurance that the money will be well spent helping the community of Gympie.

Members were reminded that our Election of Officers was coming up and we should think about what position we would like to take.

Our craft group has been busy over the break knitting 27 rugs, 3 scarves and 1 beret which were donated to the Salvation Army, the Homeless & Erin House Women's shelter. St. Patrick's villa received five crocheted hand towels and several crocheted face washers.

Twenty-eight members attended our Election of Officers on the 3rd September. The meeting was chaired by Graham Engeman who is the president of the Show Society in Gympie.

It was great to have all the positions filled with Marilyn taking on the task of Convenor. We thank Marilyn for taking the position and assure her she will have all the support she needs.

A big thank you to all who volunteered for a position on the committee. These tasks are important and all go towards having a well-run group.

Our next meeting was a sausage sizzle in the park, a fine day luckily. Thanks to Joy for purchasing the food and to Joy and Mhoragh for cooking on the barbecue. Everyone seemed to enjoy the morning with good food and good company.





Gympie (continued)

On 28th September Margaret G celebrated her 80th Birthday. Due to COVID restrictions only 5 of our members were permitted to visit but they still managed to have a good time.



The 1st October was a trivia morning. Because of COVID, we had to play as individuals and couldn't play in groups as we usually do. Some of the questions were a little

harder to test our knowledge, but the overall winner of the chocolates was Lucy. Well Done Lucy. Hoping you all stay safe and well, Regards from Gympie. Kaye

Housing for Older Women

Some OWNQ members are participating in discussions regarding housing for older women in Queensland. Our state has many organisations in the not-for-profit housing sector, but there is much confusion about accessing the information. Unfortunately senior women in Australia are challenged in finding suitable, safe, affordable housing, and it is planned that HOW (Housing for Older Women), which is sponsored at the moment by QShelter will create a "one-stop-shop" to assist people who are in housing stress without a home, or in need of support and information to assist them. If you would like more information on this project, you can email Di Hill on aussidi@gmail.com.

MAROOCHYDORE

Meets: Third Monday each month
Time: 1.00-3.00 p.m.
Where: Maroochy Neighbourhood Centre, 2 Fifth Avenue, Maroochydores
Contact: Shaela 0412 269 306

We are delighted that the Maroochydores group is up and running with a great group of enthusiastic members.



We meet at the Maroochy Neighbourhood Centre (photo above) for a branch meeting once a month – parking is around the back.

In addition to our monthly meetings we have been treated to an outdoor "get together", morning tea at the RSL and a very special outing to "Ageless Grace".



Located in Forest Glen "Ageless Grace" teaches gentle exercise routines and offers home baked morning tea in a 50's style cafe surrounded by pristine classic cars.

We all felt very special by the time we left!

Maroochydores members would like to thank Lee, Leonie and Marianne for all their support, and the Ladies from Gympie and Bribie for welcoming us to their branches.

Shaela



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** it was great to be back at the Church hall for our meetings. We shared positive experiences that had happened to us during the last 3 months. We began to practice a dance routine for the AGM with the very patient Gillian and Linda from "Here's to Life". Our very talented resident artist Jill McKay and Roel worked together designing the sign posts.



Jill (below) and Rachel began painting our costumes for the dance, which took a lot of time.



Morning tea was enjoyed at IndigiScapes Cafe, Capalaba. The centre had informative and interactive displays, together with some short walks through the gardens. A few members

ventured a little further, taking in the lake and bush area which was a relaxing walk with beautiful views.

During **August** we met each week to do craft (tea and coffee craft which went into the AGM bags) and practiced our dance,

followed by morning tea. A morning tea gathering at the Wynnum RSL was enjoyed by a large number of our members. We are looking at continuing meeting each week as the girls really enjoyed the friendship and companionship. Suggestions have been made as to the different activities we could experience.

As you can imagine, **September** was a busy month gathering items for the table centrepieces. Maree sewed all the purple table cloths. Maree and Terri worked on a "scrub cap" project for P.A. Hospital (photo of this in next newsletter). Karen Benjamin (local artist) helped us with our floral headpieces to wear at the AGM.



We had a lovely morning catching up with our members. Listening to everyone chatting and laughing reminded me of what we are all about. A big thank you to Gillian and Linda for their guidance and never ending patience. ❤️

We were able to give the Local Ambulance Committee 15 more trauma teddies, lovingly created by Helen E. and myself.

We are still on a high from the AGM event.



Around the Branches



Cr Adelia Berridge and Chris Henderson gave inspiring presentations. You could feel the energy in the room from those who attended.

To those who helped stage the “Pretty Women” dance, we finally got it on the day and had so much fun.

I'd like to take this opportunity to thank our members so much for everything you and some of your family members have done over the last few months to help host the 2020 Qld AGM.

As I have mentioned before

“YOU ARE AWESOME”. 

We are very grateful to “Event Letters” at Sheldon, who donated the *Geometric Letters*, they looked stunning.



We always said OWN should have its name up in lights! A number of us enjoyed joining Lee and Cathy for dinner at the “Local Café” on the evening of the AGM.

We were able to get a news item in the Redland City Bulletin the week after the AGM.

Great news, it was lovely to see Kim back at our meetings in September and we are glad to hear that Mavis is on the mend now too, after both members being unable to join us for many months.

Naomi



Date Claimer for International Women’s Day Monday March 8th, 2021. Come join us in Brisbane

At the AGM a few members suggested they would like to get together with other branches and members for an IWD celebration together next year. We have booked indoor table space at the recently refurbished café, the Garden Room at Roma Street Parklands.



This is easily accessible by train and we hope to see as many members as possible join together for morning tea (and lunch if desired) at this pleasant venue.

Keep the date and we will provide more information closer to the time.



Many Hands make Light Work

We are so fortunate at OWNQ to have had so many dedicated

volunteers to run branches and our Convenors do an exceptional job.

Being the ages that we are, at times health becomes more of an issue and we need to prioritise our own health, especially in a pandemic. Unfortunately a small number of our Convenors are having to withdraw to some degree due to life circumstances and we are hopeful of other members helping to run the branch whilst a new Convenor, or a Co-Convenor can be found in the interim.

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

The ladies are keen to continue meeting as a branch and a program is being finalised for the remainder of the year, with members offering to help with activities such as arranging social outings, providing morning tea at meetings and running the actual meeting. It is lovely to see the personal growth in members when they felt something was outside of their comfort zone and then they realise they actually do it, and do it well! Thank you to Kerry for helping in the Convenor role and we will be pleased to find a new Convenor when possible.

A guest speaker has been organised for the branch meeting on 29th October at the Varsity Lakes Community Resource Centre, usual time. All welcome!

LOGAN/BEENLEIGH

Meets: Fortnightly Thursdays

Time: 10.00 am to 11.30 am

Where: Beenleigh Neighbourhood Centre

Contact: Linda 0414 436 209



Here's Linda winning a raffle prize at the AGM

Our branch members have continued to meet fortnightly and we have enjoyed friendly lively meetings. Unfortunately due to ill health this year I need to step back for a while but we look forward to meetings continuing and many happy events ahead.

Linda

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

Nearly all of Woody Point's members attended the AGM this year, how good is that?! Monthly meetings have been continuing and plans are underway for the program for the next few months. It's been a challenging year for me health-wise and I need to take some time to rest and recover, but Elaine has kindly offered to act as Convenor until the start of 2021, thank you Elaine.

Helen



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

COVID restrictions kept us isolated indoors for two and a half months and then outdoors and socially-distanced for more than a month before we were able to resume our monthly meetings at the RSL under their COVID-safe plan. In July we hit the ground running.

At our July meeting our guest speaker was a local hero. Mark gave a passionate & moving speech of the selfless work he does to rescue and assist DV & suicide victims. Our ladies are assisting his cause with donations of vouchers, non-perishable food items and furniture. The PresCare speaker organised for August did not present but we have rescheduled for our October meeting. We will learn how to negotiate the minefield of My Aged Care.



Our September meeting was cancelled as it clashed with OWNQ AGM. Four of our members attended the AGM hosted by Capalaba Branch. Moana caught the red bra thrown during the dance

routine! It was a great day.

Socially we have been very active meeting at different venues to spread our dollars around the island to support our local businesses.



We added a bit of colour (with our scarves) to our morning tea at Sunset Pier Café overlooking the Pumicestone Passage in July.

August saw us enjoying morning tea at Dock'n'Dine looking out over the marina. For September we ventured to the ocean side to Mojo's on North to enjoy their menu.



Our membership has been steadily increasing. However of our 34 members from 2019/20 only 22 renewed. Some ladies had moved away; others had health issues and some had found they were unable to attend due to other commitments so didn't renew. However, our 1st Birthday feature article in The Bribie Islander Magazine has resulted in an influx of new members keen to join our social scene. Currently we have 38 members and still getting calls. COVID may have been our friend.

We have some new and exciting activities planned for the rest of the year. We are also looking forward to hosting a few members from the new Maroochydore Branch at our October meeting.

Betty



MITCHELTON

Meets: 4th Wednesday each month
Time: 10.00 a.m. to 12.00 noon
Where: Arana Leagues Club
247 Dawson Parade, Keperra
Contact: Judith 3351 3763

Activities in the Mitchelton Branch of OWNQ have been, due to COVID-19, interesting and inventive. With the closure of the clubs, our usual venue for Coffee and Lunch was out of reach so when we were allowed to meet in parks, that is what we did and joined the many local residents of the Hills District for morning tea in George Wilmore Park. We learned a lot about cleaning down tables!! In the meantime, we had commenced using Zoom as a means of keeping our group active. A big thank you to Leanne for getting that project up and running. The Leagues Club was reopened for Coffee and lunch and we were back there, enjoying ourselves and improving our Techno skills.

Some of our members have been hesitant about going to some venues and we respect that is the way they feel. We have kept in touch with them by phone and emails – there are many ways of being in touch.

We have our own banners now and they will be letting people know just who OWNQ Mitchelton are – a group of women who enjoy life and learning.

With the offer of monthly PR from the Echo magazine to promote our group, we have had enquiries each month and several new members have already joined our group. The magazine covers the Hills District and Everton Park/Mitchelton & surrounds. There is interest out in the community for older women to join together for good conversation, social interaction, learning and being a part of an active community group.



Three of our members, Barbara, Jude and June went to the AGM at Cleveland and enjoyed themselves.

June presented our main guest speaker, Chris Henderson, with a thank you gift on behalf of the organisation.



We recommenced our monthly meetings in September at Picabeen Community Centre, with limited numbers. A Zoom link was created by Leanne for members who could not attend, due to the number restriction, to take part and catch up with other members.



As you can see from our heading, we have changed our meeting venue to the Arana Leagues Club. We will be meeting in the restaurant area for now and, when restrictions are eased, will be upstairs in their smaller function room. It is going to be an interesting time ahead for us and we are looking forward to the future. *Judith*



MACKAY

Meets: Every Tuesday

Time: 9.30 a.m. to 12.00 noon

Where: PCYC, Scriha Street, North Mackay

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

We have been meeting in the botanic gardens for most of the last three months in small groups of 20 to 30 members.

The first day back at the hall was on the 21st of July and we had 47 members. At our meeting on the 28th July, we had a static protest "Old Lives Matter" (photo below) bearing in mind social distancing.



Our birthday lunch was celebrated late this year on the 11th of August at the Bowls Club with 46 in attendance. The hall cancelled again on the 24th August so we went back to the park.

Quite a few of the girls have been meeting in small groups to go to lunch or morning tea ,or socialising at members' homes. There were a lot of emails being shared, Facebook being used, cards being sent to members who didn't use technology.

The end of September consisted of searching for new venues. We chose the PCYC, in Scriha St, North Mackay. Our first

meeting there was on 6th October. Our guest speakers on the day were the Mackay Mayor Greg Williamson and the Deputy Mayor Karen May (photo below).



They talked about what the Council is doing and what's happening for the next few months. Members asked lots of questions on issues that were relevant to us.

That day, 47 members turned up, excited to see each other. It was quite chaotic trying to get everything into place. The meeting was a bit noisy because they all wanted to keep talking. But it is fabulous to be back together again.

Ruth

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, and Nic Wright for assisting with the photo editing

