

WELCOME to the latest edition of Our OWN News

## Here's to fun in '21!

We've had enough of doom and gloom in 2020 and whilst being realistic, we want to embrace opportunities for enhancing our lives and enjoying what we can in 2021.

This year we decided to try a January edition of our newsletter so we could show you the happy times and friendship branches enjoyed at their Christmas lunches and at the end of the year, so look inside for a collection of photos to smile about.



*Some Gympie members, wearing festive colours at their branch Christmas party.*

We have our new brochure and other interesting plans to promote the organisation this year, as well as opportunities to meet together and have fun, so get set for fun in '21 with OWNQ!

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**Date Claimer for  
International Women's Day  
Monday March 8<sup>th</sup>, 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. A free garden tour is also available.

Keep the date and we will provide more information closer to the time. Let your Convenor know if you plan to attend!



## President's Report ...

Happy New Year to all our Queensland members. I do hope you all had a happy festive season and the new year brings hope for a safe and healthier year for all.

As for the lockdown around Australia, I think we all can feel very blessed that we still have so much freedom and haven't felt the full brunt of the danger.

I would urge any of you to contact any one of our members if you feel isolated, worried or vulnerable during these anxious times.

For some older people the most special gift they can receive at this time in their life is someone's time and a listening ear, especially if they feel isolated or an unimportant part of family or community.

The loneliness and disconnection that some people can feel can be heart-breaking.

My wish for 2021 is that all of our members, and seniors in general, will feel acknowledged and valued, no matter whatever their life circumstances are.

If you have the chance and some spare time to spread some happiness and cheer, don't miss the opportunity to share it.

*Lee Hodgson, President*



Lee visited the Gympie Branch to attend their Christmas party (above).

Whilst there, one of Gympie's long-term members, June, presented her with a gift basket of specialised chutney and jams as a thank you for all her efforts as the Gympie Convenor for many years (below), as Lee has now moved out of the area.



The OWN Qld Staff now have new email addresses. Leonie can be contacted at [coordinator@ownqld.org.au](mailto:coordinator@ownqld.org.au) and Marianne at [admin@ownqld.org.au](mailto:admin@ownqld.org.au). The website is now [www.ownqld.org.au](http://www.ownqld.org.au). Other contact details remain the same: 505 Bowen Terrace, New Farm, Qld, 4005, and phone number (07) 3358 2301. Our office hours are still 9.00 a.m. to 5.00 p.m. Tuesday to Thursday.



# Coordinator's Report

## New Year Greetings to Everyone!

Well done to all, we made it through 2020! For sure there will still be health and other challenges ahead in 2021, but we have faith in our resilience to make the best of it this year. I do believe that everyone, and I mean absolutely everyone, has had to peddle a bit harder even if below the surface last year, to keep body and soul together. For some fortunate people, COVID created circumstances which benefitted their business or line of work but for most people, it has come at a cost, whether it be personal, social, financial, or grieving the loss of things we may no longer be able to enjoy, or what could have been. Some are acutely aware of the toll it has taken on them, others are perhaps more blissfully unaware.

Demand for mental health support services through Medicare care plans has skyrocketed and many people are having to wait some time for the assistance they seek. [Beyondblue.org.au](http://Beyondblue.org.au) has resources to assist with mental wellbeing, phone 03 9810 6100. For coronavirus mental wellbeing support, phone 1800 512348 available 24/7, as is online chat support. There are also online resources if you search "distress tolerance."

Perhaps this is a good time to ask ourselves what can we do to support others and ourselves, to make the world a kinder and more nurturing place? And in so doing, reap the rewards for ourselves by having people smile back at us or appreciate us for our thoughtfulness.

There are many websites suggesting ways we can make our world a kinder, happier place but here are some suggestions:

TinyBuddha website suggests this exercise: Pretend everyone is your friend. Treat them accordingly. When you're in traffic and see someone trying to turn in, pretend the other driver is your friend. Pretend you know and like the person.

Maybe we can look for ways to give sincere compliments to friends, neighbours, family and those we encounter. If we are tempted to criticise someone or their actions, perhaps we can keep that thought in, then imagine ourselves in their position, and offer our support instead.

We are pleased that new members are still wanting to join, and we have plans afoot for opening new branches. Your Convenor will be able to give you updates on these in the next few weeks, such as their locations and Meet and Greet dates. Sadly, we farewell Southern Gold Coast and Logan-Beenleigh branches who have been unable to find a Convenor to coordinate their groups.

At the AGM last September, it was suggested that we meet together for International Women's Day rather than branches organising their own celebration. We hope to see as many members as possible at OWNQ's IWD gathering we are organising on Monday, March 8<sup>th</sup> at The Garden Café, Roma Street Parklands. Morning tea and lunch will be available at a very reasonable cost, and there will be the option of a free guided tour of the parklands after morning tea. Let your Convenor know if you can come! See you there,

*Leonie*



## GYMPIE

**Meets:** Each second Thursday  
**Time:** 9.15 a.m. to 12.00 noon on pension week  
**Where:** Gympie & District Indoor Bowls  
35 Graham Street, Gympie  
**Contact:** Marilyn, Ph. 0409256603  
**Trips:** Jenny, Ph. 0481199943

Best Wishes to all the Branches for the New Year and a safe and happy year ahead.



Gympie enjoyed the final part of the year with a variety of meetings including a visit from our member Coralie's Granddaughter Alison (left) who entertained us with a selection of songs including some from Elvis and Johnny Cash.

Member Linda (below) brought along a huge variety of pots and cacti to demonstrate how easy it is to pot plants using a range of different shapes and sizes. Linda said it was not necessary to spend a lot of money, most of the articles she uses come from Op-shops or the markets.



Linda's Sister-in-law Christine came to our next meeting to help us make a Christmas table decorations from a few different greenery plants. Thanks to Christine, Linda and Linda's daughter Leeanne for their time and all the plants they supplied.



Christine also donated 4 raffle prizes which were won by Cathy, Ena, June & Betty C. We surprised ourselves how clever we were when the arrangements looked very professional.

Our Christmas Party at the Southside Bowls Club was a great day. Good food and good company. It was great that Lee was able to join us for the day. Marilyn welcomed the 44 members who attended then we shared a moment of silence to remember those who couldn't be with us. Linda had the honour of saying grace before the meal. Following the meal, gifts were shared and the grocery raffles were drawn, with a chance to mingle and wish all our friends a Merry Christmas.



We're looking forward to being back to our meetings on the 21<sup>st</sup> January when we will celebrate Australia Day.

Kaye



Christmas celebrations (above) and June presenting Marilyn with a gift basket to thank her for becoming the new Gympie Branch Convenor (below)



## 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

Christmas for Woody Point members was at the Sea Salt and Vine café at Scarborough.



Christmas celebrations



And there were also birthday celebrations for one member (below). Colleen presenting a birthday certificate to Sue J.





**MAROOCHYDORE**

**Meets:** Third Monday each month  
**Time:** 1.00-3.00 p.m.  
**Where:** Maroochy Neighbourhood Centre,  
 2 Fifth Avenue, Maroochydore  
**Contact:** Lee 0429 831 414

Maroochydore Branch's Christmas party was a big success. The Ladies all had a great time especially the Secret Santa which had to be a gift worth no more than \$5 from an Op Shop! Our way of giving back to charity!!!

The get together of 17 members was held on 30th November at The Palmwoods Hotel and I believe the food and service were wonderful. Several members have been back there since!



*Member Stephanie (left) celebrating the end of the year.*

Stephanie has lived in the same suburb all her life and has a lovely sense of humour which keeps us in stitches.

2021 has started off very busy as my Husband and I have decided to return to NSW to be with our family, now that the grandchildren are multiplying and tugging at our heart strings! Our house sold within 24 hours and now the hard slog of conveyancing, sorting, packing and moving has begun in earnest.

As such I shall not be returning to the group meetings and have to resign from my interesting position as Convenor. I have loved

every minute spent with the Older Women's Network and would encourage anyone to take on the position as Convenor as it is very rewarding.

Our Treasurer, Lyndall, and Secretary, Kerry are such wonderful people who make everything run so smoothly and make it all about fun and companionship. Please consider the idea, as it is not difficult and the support from the Brisbane Coordinator, Leonie, and Administration Officer, Marianne is outstanding.

Lee has very kindly offered to hold the fort until another Convenor is elected, but as President of OWN Queensland, she is already very busy. Thank you so much Lee for your help.

Thank you all so much for your support and I wish the Maroochydore Group all the very best as I know it will go from strength to strength.

Best wishes to everyone for 2021. *Shaela*

OWN (Qld) Inc. is funded by the Queensland Government.

**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.

**Supported by**  
  
 Queensland Government



## 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 060603  
Desley 0409 594 908

In **October** we saw the new brochures from State Office, they look very professional. Sorted out the diary dates until the end of 2020. During morning tea we gathered information for a "Word Cloud" activity. The results look great.



Our Branch AGM was held at the Capalaba Sports Club followed by morning tea.

**November** we started off with our "OWN Melbourne Cup" race. Jill designed the horses and ran the race for us. It was a fun activity and dressed up a bit with a "fascinators" in our hair especially for race day. Beverly was the winner of the race, the jockeys at the back may not have been listening as they were laughing while Jill called the race.



We then had a few games of indoor bowls. Jan kept score and tried to keep some ladies in the teams they were supposed to be playing in.

We discussed the ideas for the 'Corporate Plan for Redlands to 2026 and beyond', Desley has now sent this off to Cr Adelia Berridge. Sandy is working through forms for a grant from the council, this is very involved and has taken some time to get through. We really appreciate your knowledge in this area Sandy.

We organised a get together to sort out a few diary dates for 2021. It has been decided that we will also be meeting on the 4<sup>th</sup> Tuesday of the month which will cover a variety of activities in our community. It was relaxing to sit back and catch up over a cuppa. We were able to share a special moment on Remembrance Day with our members.



Cath Lab at the P.A. Hospital asked for our assistance to make scrub caps to raise money for "Movember". This was a very successful project. Thanks to Terri and Maree who made 31 caps.

A lovely morning tea sausage sizzle at Capalaba Regional Park. It was great to

# Around the Branches



catch up with everyone, lots of talking, laughter and getting to know each other. We welcomed new members Hazel and Ann.



In the Dec/Jan edition of Lifestyle Senior Bayside magazine we had a great write up.



**PASSIONATE GUESTS INSPIRE OLDER WOMEN**

**T**HE Redlands set the stage for the recent Older Women's Network (OWN) Queensland Annual General Meeting with a star lineup of inspirational guest presenters.

The AGM was hosted by the Capalaba Branch at the Comfort Inn Hotel, Cleveland in September with a real buzz of excitement amongst 81 members from the nine branches within Queensland.

OWN is an amazing group of ladies who encourage mutual support and companionship. The group aims to improve and enrich the health and wellbeing of women through information, support and social activities.

"We continually work towards enhancing the image of older women in the wider community," a spokesperson for Capalaba OWN said.

On the day, guest speakers Dr Adelle Barnidge (Division 9 Redland City Council) and Chris Henderson (leadership coach and courage catalyst) shared their energy and passion throughout their presentations.

Gillian Lock from 'Here's to Life' choreographed a full segment to present after lunch, which proved to be entertaining and dynamic.

'Here's to Life, a local community organisation, provides opportunity for holistic fitness through exercise, dance and singing.

"Helping to support us on the day, 'Event Letters' from Sharon kindly donated geometric letters to add extra flair.

"Celebrating a month of spring, local artist Karen Benjamin attended our September branch meeting and assisted the Capalaba ladies to make their own spectacular flower crowns to wear."

The spokesperson said:

Generous donations towards raffle prizes were made by the Comfort Inn Hotel, RBOCCA and Chris Henderson.

The Older Women's Network Capalaba branch meets on the first Wednesday morning of each month at the Linking Church Hall, Capalaba and the third Wednesday of each month for morning tea at a variety of different venues.

To find out more, contact Naomi Jarvis, 0434 686 603 or Desley Molino, 0429 884 908, email: [OWN.Capalaba@btinternet.com](mailto:OWN.Capalaba@btinternet.com)

**JUST WANT TO HAVE FUN** These older women sure know how to have a great time



**December** - Capalaba OWN "on tour" 26 ladies cruised over to Macleay Island Bowls Club for our Christmas 🌲 luncheon. It was Sue's birthday 🎵 so we celebrated the special occasion. A big thank you to Atie for organizing this year's overseas trip, you had everything covered 🚢.

We are so blessed to have such a lovely group of ladies. Heaps of fun and laughter.



Happy New Year in 2021 from the Capalaba Branch.

*Cheers Desley and Naomi*



## 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

Bribie Island branch finished the 2020 year on a high despite the interruption of COVID-19.

In October we met for a sunset meal overlooking the Pumicestone Passage at Sylvan Beach Seafood. Due to the COVID restrictions we were the only customers booked on the deck.

Rhiannon from PresCare was the guest speaker at our monthly meeting taking us through the minefield of My Aged Care. Our 2020/2021 leadership team was also elected. Sadly we lost one of our active members, Trish Bakker, to cancer. In lieu of flowers we have fulfilled her husband's request to make a donation to a children's charity (Children's Hospital Foundation) in her honour.

The Ferryman took 39 ladies (members and guests) cruising the passage for two hours (with a Devonshire morning tea) as our November outing. Captain Andrew thanked us for supporting his small local business as COVID had really hit them hard. It was certainly a serene way to spend the morning.

A feature article which we had published on 6/11/20 in *The Bribie Islander* has proven to be very successful in attracting newcomers. We were pleasantly overwhelmed when we had nine new ladies attend our monthly meeting. They joined us in creating a Christmas card under the guidance of Di, a local card-maker.

Our Christmas luncheon on the Botanic Terrace at the RSL in early December was a noisy, colourful and delightful way to conclude the social activities for the year. The tables were beautifully decorated in a gold theme and with most members choosing to order from the Christmas Lunch menu (Roast ham and turkey followed by pavlova or plum pudding) instead of from the regular menu board, it certainly felt a lot like Christmas. A *Pass the Parcel Treasure Hunt* instead of Secret Santa added a bit of frivolity, with the treasure being scratchie tickets slotted into hand-sewn festive season coasters (compliments of Jeannine our new Secretary). Our Secret Santa money was generously donated to a local charity instead.

Our 2020 year concluded with a review and planning meeting. The meeting was attended by Adrienne from Hairdressers with Hearts who briefly spoke about the charitable organisation (supporting the victims of domestic violence and elder abuse) and encouraged us to purchase their 2021 calendar.

Mark Scott our local hero from Good People helping Good People came along so that we were able to present him with the vouchers that we had purchased with our Cards by Ros and Secret Santa donations. A Grocery Grab added a fun element to the day. Mark also left with some of the groceries that the ladies donated as well.

We finished the day on the deck at Social Cafe. We have been moving downstairs after each of our meetings since we have come back from our COVID break. This has been a bonus allowing the ladies to socially interact over coffee or lunch.

# Around the Branches



With all the ideas generated at our final meeting we are hoping to have a full calendar for 2021. We will regroup after the festive season with two social events. The first one will be on Thursday 21st January followed by another on Thursday 4th February. Our first meeting in the ANZAC room at the RSL will be on Thursday 18th February.

We now have 44 financial members. Hope everyone has a wonderful Christmas. Best wishes for the new year.



*Cheers, Betty (Convenor)*





## MITCHELTON

**Meets:** 4<sup>th</sup> Wednesday each month  
**Time:** 10.00 a.m. to 12.00 noon  
**Where:** Arana Leagues Club  
247 Dawson Parade, Keperra 4054  
**Contact:** Judith 0431 159 921

OWNQ Mitchelton has really had an interesting year, like the boll weevil "looking for a home". We found one!!

The Arana Leagues Club, where we have been doing our Techno Coffee Mornings and a Saturday lunch, is now host for our monthly meetings and they have made us feel very welcome. We will be meeting in the Panther's Den function room (what a name!!) from January 2021 and looking forward to getting back to normality.

This year has been a time for thought of what we can do and growth in member numbers. We are getting younger women joining us and that is excellent news.

The main focus of our group has been the social aspect which we are promoting through our coffee mornings and lunches. Our members are really enjoying getting to know each other over coffee and most of our members have responded. The conversations we were having have evolved into technology. This aspect is important and many of our members are taking advantage of this to increase their knowledge.

We all have information on some area of technology and we happily pass it onto others. Karen B. has been a great supporter of this and has taken part in one of our Coffee mornings via Zoom (Karen had her own coffee) and was in tune with us.

Christmas was celebrated with our November meeting followed by lunch at the Leagues

Club with 22 members attending and plenty of Christmas spirit and fun.

On behalf of Mitchelton, I would like to thank the members of OWNQ for their friendship, (the AGM was great), and thank our members for their support of me during this 'very interesting' year. We all learned something and that is important.

Next year one of our goals is to have a photo display at the Arana Hills library. Below some of our members are looking at photos to decide which ones we should use.



May 2021 be what we are looking forward to and that the growth of the Older Women's Network continues. We are a great organisation.

*Judith, Convenor*



## 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 0400 424 649

Our last three months have been interesting and quite busy with a new change of venue to deal with after a ten year stay at Iona Hall. It has taken some adjusting for some of the members, me included, but there are lots more benefits to this venue that we didn't have with the last one.

There have been very good attendances since the move. We have had eight meetings at the PCYC hall, one morning tea at Harrup Park to celebrate Elizabeth K's 80th birthday, a Melbourne Cup day, grocery grab, a PCYC seniors luncheon, quite a few good speakers on special subjects, one Be Connected training session by Rosemerry, which was well received, and an ageism webinar from NSW.

The Christmas luncheon was celebrated at city bowls club with 45 members enjoying our last gathering for the year.

We look forward to getting together again next year as we move on to our 25<sup>th</sup> year for Mackay OWN.

Helen and I (Ruth) have stepped down as the Mackay representatives on the OWN Qld Management Committee. Margi and Luz have taken up those reins in our stead.

To all our friends in OWN Queensland we hope your Christmas was enjoyable and peaceful with good health and happiness for the future. And a happy new year for all of us.  
*Cheers Ruth*



*Members enjoying the Christmas party*



*Lorraine and Dorothy cutting the Christmas Cake (above)*



*Sheila with chief photographer, Virginia.*



# Upcoming Events

## National Conference

This year Queensland will again host the national conference for OWN Australia (NOWN). Theoretically it would be Western Australia's turn to host the conference, but they are unable to do so at the present time. NSW hosted the last conference in 2019 in Sydney. President Lee has assembled a team of volunteers to assist her with the planning process, and it is assumed the conference will be held in October when it normally is held. If you have any good ideas for what you'd like to include at the conference, do let us know. Keep October in mind for attending the conference in Brisbane!

## Getting everyone together

Apart from the IWD plans for branches to meet at Roma St Parklands on March 8<sup>th</sup> (see page 1), another idea for inviting all our members is being floated. There's a wonderful historical home in Brisbane where we could meet for afternoon tea one Saturday, probably around the middle of the year. More details as arrangements are being made.

## “Women of the World” Australia

### **Celebrating the voices of women and girls across the State**

WOW Australia will deliver a series of events across Queensland in 2021 as an alternative to the multi-day Brisbane based WOW Australia Festival. A range of smaller gatherings and activities will celebrate the achievements of women and girls living in remote and regional areas and build

program ideas for another major Festival in Brisbane in 2022. With visionary support from the Queensland Government as Principal partner, WOW Australia events will take place across the State.

In true WOW Australia style, the highly anticipated programs will be developed locally by communities and contribute to the economic, cultural and social recovery of Queensland. Each of the events will see a partnership with a regional or remote organisation, building local capacity, as well as enabling knowledge exchange between rural and urban changemakers. The scale and nature of events will be flexible, ensuring COVID-Safe experiences, in line with Queensland Health guidelines at all times.

Premier Anastacia Palaszczuk says: “I'm delighted that WOW Australia has found an impactful and far-reaching way to celebrate Women of the World in 2021.”

“COVID-19 may have placed limits on how we are able to come together to celebrate, but there are no limits set on Queenslanders' creativity nor our resolve to embrace gender equality and promote and protect the rights, interests and well-being of women and girls across our State, including our rural and remote areas.”

“The Queensland Government is proud to be a principal partner of the revamped 2021 celebration, and we look forward to the WOW Australia Festival re-emerging in Brisbane in 2022.”

Visit <https://www.wowaustralia.com.au/wow-australia-2021>.

*(Extracted from the Queensland Women's Health Network News, Issue 3, 2020, based on WOW Media Release 14 September 2020.)*

**Oh! Dear!!!**

by Yo-Merry Todd

Shock, horror!!!  
Another wrinkle---  
Etched on my face---  
Bit more than---  
Crow's feet!!!

What to do?  
What to do?  
Botox---  
Not sure---  
Face lift---  
Bit extreme!!!  
Is it?

I know!!!  
Retinol "A" ---  
Now, that's the way.  
Microdermabrasion!!!  
Laser treatment!!!  
Face peel!!!

La scossa!  
La scossa!  
What to do?  
What to do?  
The lips need a boost---  
Why stop there?  
A "boob" job too---  
Now, that's the way---  
To go!!!

Mon dieu!  
Mon dieu!  
Love handles!!!  
What to do?  
What to do?  
Liposuction---  
Why not?  
Trim here n there.

Shock, horror!!!  
My favourite skirt---  
Won't fit---  
My waist has thickened up---  
A bit---  
What to do?  
What to do?  
La scossa!  
Mon dieu!

Hmmmmmm!!!  
Life lines---  
Character, strength,  
Wisdom, knowledge  
Humour, joy  
Love, compassion  
Understanding.

Hmmmmmm!!!  
La Scossa!  
Mon dieu!  
What to do?  
What to do?  
Hmmmmmm!  
Now, that's the way to go---  
My body serves me well---  
I'll buy a new skirt---  
And just be me,  
That'll do.

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**Any budding writers out there? Sometimes we need fillers for the newsletter, so if you'd like to contribute an article, please send it to [admin@ownald.org.a](mailto:admin@ownald.org.a)**

**Remembering 2020**



"I still can't believe people's survival instincts told them to grab toilet paper."

"The dumbest thing I've ever purchased was a 2020 planner."

"If only I had known in March it would be my last time in a restaurant, I would have ordered dessert."

*"The buttons on my jeans have started social distancing from each other"*

*"They said a mask and gloves were enough to go to the grocery store. They lied, everybody else had clothes on."*



**Welcome to Zoom meetings**

*"Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit."*