



WELCOME to the latest edition of Our OWN News

Proud to be Ourselves

Stamford Plaza Hotel Cancels National Conference To become a COVID quarantine hotel



This year OWN Qld had agreed to host the Older Women's Network Qld National Conference (NOWN) in October at the Stamford Plaza Hotel. Approximately 60 delegates from around Australia had signed up to attend. Then the COVID Delta variant hit New South Wales and started spreading around the country.

In response, the Stamford Plaza Hotel entered an agreement with the Queensland Government to become a quarantine hotel, effective from early August until February 2022, and they cancelled the conference we had booked at their hotel.

Will the Conference be held later by OWNQ? The short answer is **NO**. The Conference Working Party and members of the Management Committee met on 11th August and decided that it was too short notice to change venues, so cancelled the conference altogether.

The National Older Women's Network have already begun making alternative arrangements to hold their AGM via Zoom. This will be held on 6th October.

Will you get your registration fees back?

A resounding **YES**. If you registered and have paid any conference fees, you should already have received a refund form from Karen Baker, who has been monitoring registrations.

In order to receive a refund, you **MUST** complete this form **with your bank details** and return it to Karen, who will pass it onto the office. PLEASE NOTE, that the office only processes bills fortnightly, but that will be the only delay in you receiving a full refund, once you do your bit and return the refund form.

What about the OWN Qld AGM?

The OWNQ Annual General Meeting will now be held on 7th October, from 1.30 p.m. at the New Farm Neighbourhood Centre, 967 Brunswick Street, New Farm. Street parking only. Afternoon tea will be served. Numbers are capped so please RSVP by 30th September if you plan to attend in person. The AGM can also be joined by Zoom.

The Good News

The Stamford Hotel will be refunding OWNQ's full deposit. Also, there may be a local, Queensland-members-only event held in 2022. The details are still to be worked out, but as soon as we know, we'll let all our members know, so **STAY TUNED!**

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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 . . .

Hello Queensland members, it is a bit of an understatement to say it has been quite a year with Covid-19. Since I first wrote this update, sadly our national conference has been cancelled due to the hotel becoming a quarantine hotel.

We will be holding our AGM at the New Farm Neighbourhood Centre on Thursday 7th October at 1.30 pm, and members can participate in person, or by Zoom.

Our two new branches Wynnum-Manly and Morayfield are going very well and gaining new members, and five people signed up to help commence our new branch at Lutwyche.

OWNQ is very pleased with the way that all the branches are achieving great outcomes and thanks to everyone who's played a part in making our organisation what it is.

I would like to thank Marilyn and the Gympie branch for inviting me to their 25th Birthday celebrations it was a wonderful day. Congratulations Gympie. Thanks for all the wonderful work and support your branch has done for the Older Women's Network in Queensland.

Big thanks also to the working group for all the time and effort they have put into organising the 2021 conference. With Covid and borders opening and closing, the work has been a lot harder. But they have all been working together to create what would have been a great conference.

All delegates who paid conference fees will receive a refund once they have submitted the completed refund form sent out by email from our Working Party member Karen.

A raffle to help with the costs of the conference was being organised, but will be kept on hold until more definite plans are made of the event to be organised in lieu of the national conference.

Given the uncertainty of the weeks ahead with NSW still experiencing community transmission, we will instead hold a small AGM for OWNQ on Thursday 7th October, which is when it was scheduled initially, except brought forward to 1.30 pm and will be available to members to join by Zoom. There will be some capacity for members to attend in person if they would like to do so.

I invite all members to think about joining the Management Committee, and all Convenors to encourage one or two members to consider joining the Management Committee. Nominations need to be received in the office by September 23rd.

The ladies who are on the committee have been on there for some time and we are not getting any younger, and now you don't have to leave your home as you can do the meeting on Zoom!

So please give it some thought.

Take care and stay safe.

Lee Hodgson, Qld President



Coordinator's Report

Hello again everyone,

We are delighted to have launched our latest branch at Lutwyche on Wednesday 18th August at 10 am. The launch was held in the beautiful community room at The Atrium Lutwyche Retirement Village, 15 High Street Lutwyche. Some of our members from other branches attended, with some local women from Brisbane who came along with a view to joining OWNQ and helping this new branch get up and running. A free morning tea was provided, with an interesting guest speaker to entertain our attendees.

An exciting aspect of starting this new branch, (which will be our tenth branch currently in our family of branches), is the collaboration with Aura Holdings, who provide retirement village accommodation. The Lutwyche village is at The Atrium, and in July the Maroochydore held their first birthday at their new venue, a sister property to The Atrium, called The Avenue. They have a strong community focus which welcomes community groups such as ours to use their facilities. Each residential community has an adjoining coffee shop open to residents and the public, which simplifies morning tea arrangements.

This marks a new phase in our organisation, with a closer liaison with private enterprise, and is an exciting development. Mitchelton recently had a representative from their local Chamber of Commerce as guest speaker, and there are also exciting possibilities which could arise from that meeting and ongoing collaboration as well. Getting to know your local businesses can be a rewarding exercise.

Our newest branches, Morayfield and Wynnum Manly continue to do well, as do the more established branches. Mackay branch are about to start their own Techno social mornings, with a couple of their members helping with developing new skills at the initial meetings but it is anticipated that in time members will show and teach each other the skills and tricks they know about on their own phones, tablets and iPads. What a fun and enjoyable way to learn about technology. Thank you to Convenors, Management Committee and members who contribute much to their community with their hard work.

It is so disappointing the National Conference could not go ahead but there will be something interesting to replace it next year. In addition to thanking the members of the Conference working group, I would like to acknowledge all the hard work Lee has also contributed to that planning.

We have smart, capable, intelligent women in OWNQ and I really urge you to consider nominating for the Management Committee, even if you participate for just a year. It's an excellent opportunity to have input into the future of OWNQ and know that you are making a difference. And could be less commitment than you might think too!

If you use Facebook please join our page at <https://www.facebook.com/groups/OWNQLd>

Also we look forward to you renewing your membership with OWNQ for 2021-2022 if you haven't done so already. We welcome your attendance at the AGM, either in person (numbers capped), or by Zoom. More details from your Convenor in the coming weeks.

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

A variety of activities these last few months has kept us entertained and active.

Two guest speakers had some very interesting information to pass on to all of us.

Janessa from a local chemist warned us to be careful when using health products with prescription medication as they can react with each other.

Our other speaker Heather, from Gympie Medical Transport came to tell us about their service which transports the public to medical appointments out of Gympie. This is fully run by volunteers and is desperately needed in Gympie because of our lack of train and bus services.



A fun morning at the Southside Bowls club where we had a delicious Morning tea and a chance to have a try at a game of bowls. Some of the ladies showed great promise and some not so much, but we all enjoyed the exercise.

We had a physiotherapist booked for our next talk but unfortunately even after loading her car the previous day, in the morning she had a 'senior moment' and forgot all about us. We actually enjoyed the time to mingle and chat. (We will book her for another time.)

To celebrate winter we had a soup and rolls morning. Nice hot pumpkin, chicken, pea and ham soup and fresh bread rolls. Yummy!



Three of our members celebrated their 80th Birthdays, congratulations to Jenny, Jo and Lil. They were each presented with Certificates from the office and a cake from the club. Unfortunately because of COVID we couldn't share, but by all reports the cake was delicious.



Our member Pat, who has 40 Great Grandchildren, told us she has just become a Great Great Grandmother. Congratulations Pat.



GYMPIE (Continued)

The craft group have been busy knitting and crocheting and have donated Rugs and Beanies to the homeless in Gympie and a crochet rug was donated to Gympie Medical Transport for the raffle they are running.

Well done ladies, they are a great group and enjoy their morning working and chatting (lots of chatting, the noise is deafening).



By the time you read this news we will have had our 'Election of Offices' on 8th July with a much anticipated visit from Lee. Leonie couldn't make it, unfortunately, as she was in quarantine (being close contact in the wrong shop at the wrong time)!

Regards to all, Kaye.

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

OUR AIMS:

- Encourage life enrichment, mutual support & companionship amongst older women
- Provide information and education
- Enhance the positive image of older women
- Promote discussion and action about ageism, racism and sexism
- Lobby for a fairer deal on issues affecting older women

Supported by



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.

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 recently had their AGM. While the main committee remained the same with Betty as Convenor, Jeannine as Secretary & Leonie as Treasurer, other members accepted nominations for other positions: Yvonne C as Shadow Convenor, Gail D as Shadow Treasurer, Gaye, Mary and Margaret G as Hostesses, Bev G as FB Birthday Poster & Raffle Co-ordinator. Other ladies are happy to assist at the door signing people in, collecting entry money, issuing tickets. It is wonderful to have this support helping keep the branch running smoothly.

Our planned Easter Hat luncheon didn't go ahead due to a COVID-19 lockdown but some of us were able to still support *Charlie's*, our local Bribie Island Hotel restaurant, for dinner that evening after the lockdown was lifted early.



We were a very colourful bunch with our Easter hat creations. Our Easter basket raffle was drawn and hotel staff judged the Best Easter Hat. There may have been a little bribery involved with staff encouraged to help themselves to the real Easter eggs on Yvonne C's hat.



Bribie Island (continued)

Agnes from the Continnence Foundation was the guest speaker at our April meeting. A very informative presentation. Learning about the Toilet App, which shows where there are public toilets available, was a bonus that we no doubt will make use of in the future

In May, with all of the committee away, it was great to have Gail D volunteer to organise numbers for the coffee morning at Cafe 191 at the Art Centre; and the bush walk afterwards.



Our May meeting at the RSL was cancelled so that we could celebrate our 2nd birthday by revisiting the outdoor covered area/park next to Sunset Pier Cafe where we had celebrated our first birthday last year. Our special raffle was drawn during the morning.

The cafe provided an assortment of cakes & muffins for our morning tea. OWNQ President Lee and Vice-President June joined our ladies during the morning.



In June, a morning of bare-foot bowls (flat shoes really) was organised at the Bongaree Bowls /Sports Club. The lady bowlers served us with a delicious home-made morning tea

before we hit the green for our bowling lessons.

It was a very friendly relaxed morning. Some of the ladies were naturals and have since signed up for more tutoring with the possibility of joining up as bowlers.

Jodie from HISC brought Delwyn along to talk to our ladies about "How to Help Prevent Dementia". Hopefully we can do just that using the information and ideas presented.

A visit to Allora Gardens by a group of our members netted the branch a donation. Well worth the time.



A list of activities for the next six months was distributed at our meeting. Our social events are all booked and Betty is working on organising some guests of interest for our upcoming meetings.

Cheers, Betty (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



We all had fun at Carolyn Moss's place she is so generous to us, letting us make a mess in her kitchen and donating the beautiful sculpture with the three flowers, for us to have a BIG raffle. We hope the other Branches will be willing to join us!



Woody Point has picked up with 7 new ladies attending our July meeting, and two more in June. All have been having good times at the movies, and at Brighton Beach, where there was no water. We are hoping to attend other places of interest which I will advise next time.

Best wishes Helen McEwan Woody Point-Redcliffe Branch.



MORAYFIELD

Meets: Third Wednesday each month

Time: 1.30 p.m.

Where: Morayfield Senior Rentals, 21-23 Barossa Cres. Caboolture South

Contact: June 0411 018 570

Morayfield Branch continues to invite ladies to join. It is encouraging to see our numbers grow. Three new members, Ruby, Janet and Nancye joined in June.

Our meeting now starts at 1.30 p.m. to have more time for activities.

Ladies recently enjoyed learning how to play Hoy and winning prizes.

Our speaker Caren from Sunnymead Residential Aged Care faculty spoke about the village and answered questions. She also brought an afternoon tea of Apricot Danish, very yummy indeed.

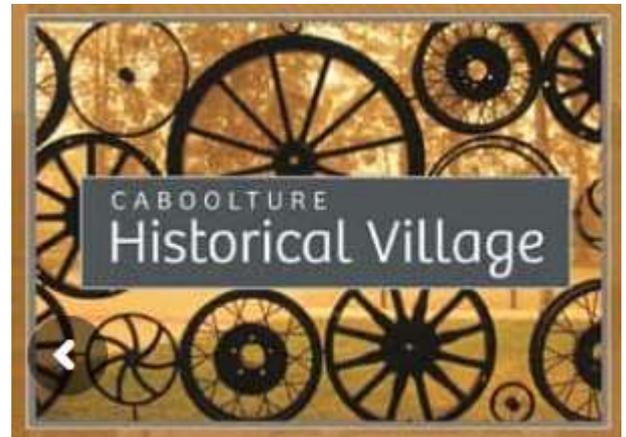
In August we looked forward to Linelle, Naturopath and Reflexologist joining us as a guest speaker.

Upcoming activities include:

- Visiting Caboolture Historical village for their 4th Flag Bearing event
- Guest speaker - Diabetic Educator & Optometrist
- Lunch at the Football Club Morayfield
- Speaker Debbie Macfie, Heart & Lung Specialist Nurse
- Melbourne Cup Day Fancy Dress Gala

I am encouraged by increased activities here, which has been due to working with the facility Social Coordinator.

June



Caboolture Historical Village



Australian National Flag Day





MAROOCHYDORE

Meets: Third Monday each month
Time: 1.00-3.00 p.m.
Where: Community Room at The Avenue Maroochydore Retirement Community, 32 Baden Powell Street, Maroochydore
Contact: Lee 0429 831 414

Maroochydore Branch recently celebrated its first birthday with chicken soup, pumpkin soup, crusty bread and birthday cake to top it off. [Editor: Big thanks to Lee as the Cook and Chef.]

The celebration was held at the branch's new venue at The Avenue Maroochydore Retirement Community, in Baden Powell Street, Maroochydore. Thank you to Aura Holdings for providing the venue for our expanding group.

Twenty-nine attended the occasion, including some new visitors to the branch.



On 5th July, 17 members had a social outing to Palmwoods where they lunched at Ricks Café, and thoroughly enjoyed their afternoon.

Rick's Café is a Sunshine Coast institution, with its memorabilia from the 60's and 70's, it often hosts events featuring rockabilly music, hot rods and pin-up dress, and is a popular spot for motorbike enthusiasts. Lee



Rick's famous "Big One" burger



Photograph by Di Hill, courtesy of Weekend Notes



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 April our Guest Speaker, Sharon Simeon from Bayside Redland Business Network gave us the opportunity to learn more about their Network.

A number of the businesses in the BRBN have been assisting us since 2017.

In the past their Network have supported our branch which enabled our members to benefit in various areas.

Great catch up morning tea at Blue Tongue Pantry, Thornside.



We are continuing to support the Neonatal Special Care Unit at Redlands Hospital with cuddle hearts, bonnets and octopuses.

A huge congratulations to the Mackay and Gympie Branches on their 25th Anniversaries.

Anzac Day was the day to honour women who are currently serving or have served during any of the wars (mothers, daughters, sisters, aunts, grandmothers).

We acknowledged one of our members, Elsie Dodd, who is now 97 years of age. Elsie was 20 years old when she served in National Fire Service 1943 WWII. She would work all day in an office, then head off to Liverpool UK to work on the fire engines.



Around the Branches



Capalaba (continued)

'A Taste of Ireland -The Irish Music and Dance Sensation' at RPAC. A number of our members went along to see this performance and really enjoyed it.

The May edition of 'The Senior' had a photo of our so very camera-shy members featured in an article.

Sandy organized a workshop with thought provoking questions in our envelopes giving us a great opportunity to get to know some of our members. The group participation will form pathways to give us a sense of inclusion.

Sandy is working on a grant for Seniors Week.

Maureen and Jill will be contacting Di from Wynnum/Manly Branch to organize a trip to Caboolture Historical Village in the near future.

Mother's Day was celebrated at morning tea with a cake and card to our members (thank you Margaret).

Members gathered for a BBQ morning tea at Capalaba Regional Park. It was lovely just sitting back and seeing all the connections and friendship that have been formed over the years.



Fiona Johnstone from *Nurse Next Door* (home care services) joined us to inform members on the support and assistance that can be given to them, which will help them to stay in their own homes for a longer period of time.

We would like to thank Bayside Redland Business Network, who presented us with a cheque to help support us in our attendance at the National OWN Conference.



In June Christine Roberts from "My Aged Care" navigated us through aged care support packages available to us.



A beautiful spot for our morning tea at The Manly Boathouse while watching a variety of different watercraft passing by.



Cheers Desley & Naomi



MITCHELTON

Meets: 4th 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

A Year In Review

As this issue of OWNQ News is coming out now, that gives me a chance to look back at an interesting year.

It started early with our first face-to-face meeting in June 2020. It was Morning Tea in George Wilmore Park. About 8 of us turned up and it was smiles all round. The morning teas continued until November. During that time, when restrictions were lifted, we went back to our old venue at Picabeen. A decision was made to find a new, larger venue and the 'venue' hunt was on. Not for the faint hearted. In the meantime, some restrictions had been lifted and we resumed our Techno Coffee Mornings at the Arana Leagues Club. The Saturday Lunch followed soon after.

We found our new home at the Arana League Club in their smaller function room, the Panther's Den but it would be a couple of months before we could use it, again COVID-19 restrictions. It has been a journey.

Our first meeting there was in January 2021 so we started the New Year in the best way possible – a settled home. We also have a different concept – meeting in The Den then down to the restaurant for Coffee and/or Lunch after the meeting. Doing that extends the meeting time and it is a chance for our members to get to know each other.

Our Techno/Coffee Mornings are always good, plenty of techno talk and teaching,

with catch up on our own activities. Lunch and a Zoom meeting just add to the social mix. We aim to provide an interesting program for our monthly meetings and our members have provided me with good suggestions.

A special celebration at our Meeting with our member Catherine who turned 90 early in June. Her smile said it all when she was presented with her certificate. One special Lady.



Discussion also took place regarding on a collaboration with the Senior Committee of the Hills & Districts Chamber of Commerce in promoting the use of and the expansion of knowledge of technology among older people in our community and for the older person to be 'seen' out there – not invisible. Leonard Whittaker is a member of the Senior Committee and he was keen to have OWNQ Mitchelton on board for this project. For Mitchelton, it is only a step forward in what we already do at our Techno Coffee Mornings.

Looking forward to the next few months and into next year.

Judith Heindorff
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

Six months has passed us by already. We have had a variety of guest speakers on Hearing, Scams, Prostate Cancer and a lovely presentation from the "Citizen of the Year".

During the school holidays more than 30 ladies went on a bus trip up to Eton Range Outlook, which was a great day.



Back in July the ladies had a "coffee and chat" morning at a local sporting club. The following week was a presentation from a representative of Centacare that was very interesting.

To celebrate Seniors Week we had a luncheon with other members from PCYC, which was enjoyable meeting other women.

Speakers who will be in attendance over the next few weeks are:

Lions member to speak about the Bucasia Orphanage; a member from the Community Gardens; a musical morning with the U3A Chimes group; a member from All Abilities is going to give us an update in September about their Summer House; a member from Family History will be joining us; and this will be followed by another Bus Trip.

Members of the BeConnected program have been holding sessions each week for two hours to assist our members in learning more about technology.



Quote: "You don't stop laughing when you grow old; you grow old when you stop laughing. Anon"
Helen



A member of a local Rotary Club paid us a visit to share her love of reading and the project the club has undertaken, that being "little libraries" which are dotted around the Mackay region





WYNNUM MANLY

Contact: Di 0411 099 848.

State President Lee Hodgson and OWN Qld Coordinator Leonie Swainston attended Wynnum Manly branch's official launch on 13th May, which was held at Fielders, with a celebratory lunch and a bit of fun, feather boas notwithstanding!



In June, some members attended the film "Buckleys Chance", a good Aussie movie, filmed in Western Australia.

Also in June a visit to the historic Miegunyah house had been arranged by the organisation. A lovely afternoon tea of homemade scones with jam and cream was followed by a tour of the house.



Miegunyah House

In July was the trip to St Helena Island. Located in Moreton Bay 5km from the mouth of the Brisbane River, the island has a history spanning a century and a half of European settlement and thousands of years of Aboriginal use. The ruins are fascinating.



Upcoming Activities: On Saturday 4th September, visit to Caboolture Historical Village 9.00 a.m. - 3.00 pm on the 120th Anniversary of the Australian Flag. Hoping for one or two members to wear costumes and walk around the Village during the celebrations (I have some costumes I could share).

On Monday, 13th September from 10.00am at RSL Club on Tingal Rd, Wynnum, we'll be holding a Techno Morning Tea. Bring your smart phone and/or tablet, and learn to use more on your technology. Coffee and refreshments at own cost.

Thursday, 23rd September: Possibly a visit to Coffee and Cake at Fleur by Ellie, 139 Bay Terrace, Wynnum (to be confirmed). If you are interested in attending, please let me know at the September meeting or asap. It is a new awesome venture in Wynnum and I have eaten amazing cake and had coffee there.

Di, Acting Convenor

Annual General Meeting

NOMINATIONS ARE STILL OPEN.

If you'd like to join the committee, please complete the form below and return it to the OWN QLD office no later than 23rd September.

Current nominations for this year's Management Committee are:

| | |
|--------------------|-------------------|
| For President: | Lee Hodgson |
| Vice President: | Di Hill |
| Secretary: | June Donnelly |
| Treasurer: | Barbara Barnes |
| Committee members: | Sue Fowler |
| | Kath Kunde |
| | Rosemarie Paidley |

All members are cordially invited to the

Older Women's Network (Qld) Inc. Annual General Meeting

Date: Thursday 7th October 2021

Location: New Farm Neighbourhood Centre
967 Brunswick Street, New Farm
(on street parking only)

Time: 1.30 p.m.

RSVP: **30th September 2021** to
secretary@ownqld.org.au or
admin@ownqld.org.au or
call (07) 3358 2301

**Please advise any dietary requirements
when responding**



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

Annual General Meeting
7th October 2021

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

NOMINEE _____ Date: ___/___/2021
Print Name Signature of Nominee

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

**President / Vice President / Secretary / Assistant Secretary / Treasurer /
Assistant Treasurer / Committee Member**

PROPOSED BY _____ Date: ___/___/2021
Print Name of Proposer Signature of Proposer

SECONDED BY _____ Date: ___/___/2021
Print Name of Seconder Signature of Seconder

Meet our New Committee Nominees

Kath Kunde



Kath has been involved in many Not For Profit groups over numerous years, generally in the Theatrical and Disability areas. She has also been a board member and committee member in numerous Not For Profits over this time as well, and understands the complexity of working with Not For Profit organisations. Having been a volunteer herself with all of these NFPs, she has first hand experience of working with other volunteers, or paid staff.

Kath was first introduced to Older Women's Network through a friend of hers. And even though Kath works full time, she would like to be involved with an organisation that is so supportive of women in general, but especially the elders who have pioneered so much change already. Kath is interested in continuing to pave the way ahead which will also lead to a better future for women who are the next generation coming up. She is available to join daytime Management Committee meetings via Zoom.

Rosemarie Paidley

Rosemarie is a retired TAFE Queensland Hospitality teacher who has been a member of the Mackay branch for the past 9 years, and has a strong belief that the organisation enriches the lives of older women. She feels her experience in the government sector may be useful to the network. She also believes it is beneficial to have regional committee members to keep us connected and work as one.

With an enthusiasm for technology and sharing knowledge, she has been encouraging OWN members to overcome their fear around technology and during the COVID lockdown last year instigated Zoom meetings within her branch.

"I feel that by becoming a committee member I may be able to assist the organisation grow, maintain funding and embrace the use of the technology in day-to-day operations."



Rosemarie (above) between Helen and Ruth, former committee members