



OWNQ's community support: Knickers with Notes

As if Covid wasn't enough to get everyone's knickers in a knot over the last two years, the heavens opened up in February. And down came the rain, until we knew that widespread flooding was inevitable. We wondered what we could do to support those people so badly affected. Vice-President Di Hill recalled a community support program she implemented in the 2011 floods, Knickers with Notes.

It worked well so Di suggested it as a program for OWNQ in the aftermath of the floods. Our branches were invited to join, plus some individuals made donations. Hundreds of pairs of brand new women's undies were given (as well as a couple of bras and even a number of pairs of men's undies!). They were packaged up so the recipient could choose their size and style, with a little note included letting them know we wish them well and are thinking of them.

The items were taken to flood recovery centres (West End Community Centre; Yeronga Community Centre; Sandgate Community Centre; and some to Community in Brisbane who were also supporting people affected by flooding).

The donations were received with great appreciation at all four centres for distribution, as donations of such personal items were not being received from other sources.



Yeronga Community Centre

Sandbag Community Centre



It was a perfect way for women to support other women, at a time when they probably were doing little to look after their own needs. This is definitely an idea we could consider replicating in future to support homeless women, and those escaping domestic violence.

We sincerely thank those individuals and OWNQ branches who supported the initiative with donations (including Best & Less and Day for Girls in Mackay who were very generous) and some members of Women's Writers who provided supportive messages as well as donations.



President's Report . . .

Welcome to all members. I hope all of our members had a wonderful Mother's Day with lots of chocolate and also got thoroughly spoiled.

I must say it is really wonderful to see all of our branch performing so well, as it has been a very trying year again with Covid still around.

Also with the worst floods in history but with all of that all of our branches are up and running in full force once again.

We are very keen to move forward making OWNQ an organisation to be reckoned with and being able to assist our members to realise their potential. And to be strong in the face of many adversities. Our Convenors and their helpers continue to impress us with their levels of commitment. And all of the work they do in their branches assisting throughout their wider community also, it is quite amazing the great outcome they achieve.

We have 11 branches now with the latest branches being Lutwyche and Burnie Brae at Chermside.

Our Management Committee have been very focussed on governance training and strategic planning and development for 2022 and 2023. Also finding a new Coordinator to replace Leonie who is retiring.

We will be very sad to have Leonie leaving us but we will still get to see Leonie around from time to time as she is becoming a member of OWNQ.

I will be in touch with the Convenors with more information about our new Coordinator very soon.

Also our Queensland AGM is coming up again. We are looking at holding it on 20th October at Bribie Island this year. The date has yet to be confirmed at the Management Committee meeting being held on Monday evening 16th May. Will let you know more when it comes to hand. Stay safe and take care.

Lee Hodgson, Queensland President

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Need to Contact the Office?

Office hours Tues to Thurs,
9.00am-5.00pm
Street Address: 505 Bowen Tce,
New Farm



**New Postal Address:
PO Box 2768, New Farm, 4005**

Telephone: 07 3358 2301

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Emails admin@ownqld.org.au

coordinator@ownqld.org.au

Facebook:

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



Coordinator's Report

Dear Members, as this newsletter goes to print, our Management Committee is interviewing the shortlisted applicants for the Coordinator position due to my upcoming retirement. All going to plan, your new Coordinator will be writing the next report for this page. Change, and handing over to a new guard from time to time, is a very positive thing for community and all sorts of organisations in general.

At OWNQ, we celebrate the contributions and achievements of our more senior 'older' women. We also welcome 'younger' older women into the organisation, for they are the ones who we trust will be the connection between the generations and guide us as to what women want as they near the end of their working lives or are going into retirement. (Not to mention the benefit of their willing, helping hands, and energy!). It is important we listen to them and keep our minds open about what they can bring to the table, as our community organisation evolves to meet the needs of older women in a rapidly changing world.

We continue to attract new members every month, our branches are growing, and we value the way the branches respond with diversity to their members and provide a welcoming and stimulating environment.

Our overall strength grows with numbers, so let's see how much we can grow our membership in the coming financial year.

Bring a friend along to your next branch meeting! Your friend does not have to live in the same area as the branch. In one of our branches, one member's sister-in-law who lives on the other side of town attends with her, it is a great chance for them to catch up at the meeting as well as before and after. Did you know that as a member you can also visit other branches? Of course it is courteous to let the Convenor know beforehand you intend to come along.

Join your local branch's Facebook page, and the official OWNQ Facebook page (www.facebook.com/groups/OWNQld).

Some branches run "techno" social gatherings where members show each other how to get the best use from their phones/tablets/ipads etc. It's great that women help and assist each other with technology because like it or not, it's here and ain't going away!

We do hear very heartening stories of people who have gotten through very difficult times in their lives because of the friendship and support they have received at their OWNQ meetings.

May OWNQ keep going and growing, and serving women in our communities. We'll keep you informed via your Convenor of the next big news! And I'll be in touch with you again when handing over the reigns.

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

Our thoughts at the time of writing this are with all those who were affected by the recent floods, both in Queensland and NSW.

The first meeting scheduled after the Christmas Break was delayed due to another Covid outbreak, so we were all looking forward to getting together on 3rd February.

At this meeting we celebrated the 80th Birthday of three of our members, Kay B. who's birthday was on 23rd January, Dawn T. celebrated her birthday on 25th January and Lesley McD. whose birthday on 3rd March coincided with our meeting. The entertainer for the morning was Lesley's Grandson Levi Vandera. Levi and his brother travelled the world entertaining wherever they went, singing popular tunes and those of their own composition.



Happy Birthday Kay, Dawn and Lesley

Sadly this year, three of our long time members have passed away. Enid Ison was one of the first members to join our group and was a Convenor for 12 months, Betty Jones a long-time member who was always helping in the kitchen and Lyn Day was a member for 19 years. Over the years Lyn had been assistant Treasurer, Treasurer and Newsletter Editor as well, attending many AGMs and Conferences.

Tom Law was our speaker on the 17th February. Tom is a fitness specialist who believes in exercise both for physical fitness and mental health. We were encouraged to participate in some gentle exercises and found we quite enjoyed them so now we are having a short session of exercises before each meeting for those who wish to join in.

For International Women's Day we gathered at the Gympie Southside Bowls Club for morning tea. A few ladies from the Sunshine Coast OWN were coming to join us but because of the torrential rain they were unable to make it, we look forward to seeing them later on.



Lil, Marcia, Dawn Nugent, Glennis, Joan & Beryl.

Around the Branches



Our speaker for the morning was Sue Lohse who was voted Senior Citizen of the Year by Gympie Council.



Guest Speaker, Sue Lohse

The meeting of 17th March was also at the Bowls Club as the hall we hire was damaged in the floods, we hope to be able to return there for the next meeting.

We were pleased to welcome Emily, from the Seniors Enquiry Line who told us if we have a problem they will do their best to help and 'if you ring their number you get to speak to a real person.' Emily also warned us about the huge number of different scams that people can get caught up in.

Our next meeting was back in the usual hall thanks to our member Gloria and all the volunteers who cleaned up after the flood. As a thank you for their hard work the club donated \$100 to Gloria, President of the Indoor Bowls Club to help with the replacement of fixtures.



Gloria and Marilyn

We were booked to have Road Craft talk on road safety but they cancelled due to the complex and all the buildings being flooded so members were asked to tell a short story of their lives before OWN. It's amazing to hear what people have done in their life.

On 14th April was a celebration of Easter with members receiving an Easter bun and mini Easter eggs for morning tea. A fun morning with an Easter Quiz, our exercises and a chance to chat.

An outing next fortnight will see us at the Gympie RSL for their Morning Melodies and lunch.

Kaye

Supported by



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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



Time flies and Easter has been and gone. I'm wondering where the past four months have flown - overseas and back?

Mitchelton has been busy with a very active program (fuelled by Coffee/Tea Mornings). The Arana Leagues Club, Café Lagarto at Samford Valley and Birds & Bees Café at Everton Hills are the venues and we enjoyed ourselves.

Our Coffee and Lunch sessions are a wonderful way for our new members to get know the other members, in a very relaxed atmosphere. The Techno Coffee Mornings are a good combination of Social and Learning activities. They are always interesting.



We have had interesting guest speakers at our monthly meetings, one in particular was Phil Adam who spoke on the history of the City Botanical Gardens in relationship to the early history of Brisbane.

Our Branch members are involved in the HOW (Housing for Older Women) movement and they are very active. The Senior Committee of The Hills & Districts Chamber of Commerce is another aspect of the work we do in the community. They are promoting an Isolation Project, aiming to try and end the isolation of some seniors in our community by providing activities and promoting the activities of other groups,

You see we are not just a Coffee Culture – we do plenty of things.

Our membership is growing with members coming from Alderley to Zillmere – that is quite a range so there is a need for our branches.

Thank you to all the members for their support and assistance in the running of the branch. It makes for lighter work all round.

Judith, Convenor





MORAYFIELD

Meets: Third Wednesday each month

Time: 2.30 p.m.

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

Caboolture South

Contact: June 0411 018 570

In February we welcomed ladies back and enjoyed holiday stories. Celebrating three birthdays, June 80, Nancye 90 and Barbara's at the shopping centre then Café 63 with Lee and Lisa.

In March, our IWD event was thoroughly enjoyed, Ruby shared a number of life events, and I spoke about the origins of IWD. Later we enjoyed afternoon tea supplied by Lisa and Deb. The ladies enjoy fortnightly morning and afternoon teas and a catch up.



June and Ruby showing off their Easter 'bonnets' at Morayfield



The highlight of the April meeting was a post Easter celebration. We made head decorations. Lee and Leonie visited along with Ambassador, Claire Moore. The ladies enjoyed trivia and a competition with prizes. Afternoon tea was enjoyed by all. We have craft days, fortnightly afternoon teas.

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

The branch's first meeting in 2022 was in February with guest speaker Emily Gould from the Seniors Enquiry Line. She talked about scams and distributed the *Little Black Book of Scams* to members.

In March we held a picnic on the beach at Brighton, with guest speaker Bec Chatterley of ADL Therapies.

At the April meeting the branch learned about Strokes. The branch has recently started a book club. Members are thoroughly enjoying their branch gatherings.



Helen



MAROOCHYDORE

Meets: Third Monday each month

Time: 1.00-3.00 p.m.

Where: "The Avenue" Retirement Community
32 Baden Powell Street, Maroochydore

Contact: Lee 0429 831 414

We started our year with renewed pandemic warnings and safety in mind, so our January meeting included masks and social distancing, accompanied by absolutely hilarious stories of member's adventures over the Christmas break. (Terry's account of Christmas on Heron Island will long be remembered.)

As always, a delicious afternoon tea helps to keep everyone fuelled up for socialising.



Our first social get together early in the year was in the great outdoors, a BBQ in a local park allowed plenty of space in the open air for lots of laughter and proved very social

and relaxing. Our lovely Convenor Lee organised and cooked a most delicious BBQ (assisted by Andrew). It proved very popular with members, so we repeated the fun in April. With cooler weather all enjoyed the open air and an opportunity to move around freely and catch up with friends.



Our guest speaker for February was from Buderim Ginger Factory, one of our local tourist attractions and an iconic brand world wide, noted for fine quality ginger production. Kayte was a most knowledgeable and entertaining speaker, touching on local history.



International Women's Day was in March. Our Branch Secretary Kerry put her experience to the fore and we were given a quiz on Domestic Violence to complete as teams. The answers to many questions gave rise to much discussion amongst members, and Kerry also touched upon the concerning issue of Elder abuse. As a treat we all enjoyed a catered lunch, & for some a small glass of wine to celebrate the day.



Also during March we were fortunate to have Carolyn and Simon, technicians from Audika, to discuss hearing loss. An information session and hearing tests for our members, which many took advantage of, to

double check our awareness of the issues around hearing loss.

Did you know you should test your hearing at 60 years of age, or that people typically lose 15 per cent of their hearing by 80 years, or that deafness has links to associated illness including loss of cognitive function? Importantly for members of our network, hearing loss has been shown to separate people from other people, this leads to people feeling isolated and lonely.



Simon and Carolyn were most informative, and we appreciated the generosity of Audika in conducting free tests for us.

Sue

WYNNUM-MANLY

Meets: First Wednesday each month

Time: 10.00 a.m.

Where: Municipal Building, Bay Terrace, Wynnum

Contact: Di 0411 099 848

Wynnum Manly has been enjoying lunches around the area. This one was at Fielders, Tingalpa in March.



Wynnum-Manly kick up their heels

There were no events in April due to the school holidays.

BURNIE BRAE

Meets: Second Thursday each month

Time: 9.30 a.m.

Where: Burnie Brae, 60 Kuran Street, Chermside

Contact: OWNQ Office 3358 2301

Our newest branch, at Burnie Brae Community Centre Chermside, is gradually increasing its membership. The ladies are really enjoying having discussion topics, where everyone has an opportunity to share their views, and it is interesting to hear the range of different perspectives expressed. It's a respectful, thoughtful group enjoying a monthly meeting at the Burnie Brae Community Centre. New members are welcome to join.

Leonie



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
Desley 0409 594 908



A number of members attended our **February** meeting which was

held at the Cleveland Lighthouse Park. We asked people to bring their own morning tea and chair. Thank you Hazel for running this gathering.

We were invited to attend the Capalaba Rotary Club meeting which was initiated by contact with Cr. Adelia Berridge to explain to their members about our latest project "Hope in a Suitcase". This was a great opportunity to let them know about the Older Women's Network in Capalaba.



We were presented with a cheque for \$1,000 to help with our project which was accepted with extreme gratitude. This amount will help us to buy back packs, suitcases and nappy bags which are needed to put the items in for our precious children to use. As well as this,

a donation of new books is coming their way to go in their suitcases.

In **March** we celebrated our 7th birthday which was postponed from February, together with International Women's Day 2022. It was an enjoyable morning with a fantastic group of Ladies. Lots of laughs were had.

I'd like to thank the members who were able to assist in making this day an enjoyable one for us all.

Ann made our birthday cake, it was so beautifully decorated and delicious.



The Branch management committee has been formed and will meet quarterly.

We have 28 trauma teddies ready to give to the Local Ambulance Committee.



Around the Branches



Posters and photographs showing a variety of activities we have done over the last 7 years were displayed. Members showed a keen interest in looking back on these activities.

Example of activities in 2021



We have a Workbook that we complete before and after each session.

A Photo was taken for our International Women's Day and our 7th birthday celebrations. This was in our local paper "The Community Leader".



Members enjoyed a morning tea at the Wellington Point Farmhouse.

Great catch up morning tea at Indigiscapes Environmental Centre at Capalaba. A number of members attended a lunch for Sharon's birthday



Desley and Naomi.

Three members from Capalaba Branch are involved in the "My Health for Life" program.

There are six sessions held over a four month period which are done on Zoom with Saalihah Seedat.



MACKAY

Meets: on Tuesdays (outside of school holidays)

Time: 9.30 a.m. to 12.00 noon

Where: PCYC, Scriha Street, North Mackay

Contact: Ruth 0432 686 970, Helen 0400 424 649

Mackay Branch celebrated their 26th birthday. Ronda and Mavis cut the cake (photo below).



Over the past few months we have had a variety of speakers and activities.

For International Women's Day we had a member of the Mackay ABC radio team come and talk to us. This was most entertaining. Group photo at the bottom of the page is from our IWD activity.

We had a morning where members could bring items they no longer required, to give away to other members. No money changed hands. The rule was if your items weren't taken you had to take them back. One of our newest members talked about her travels around Australia. Birthday lunch was enjoyed by 50 members. Great company, great lunch. Went on a bus trip around the northern beaches.

We had a trivia morning and the questions were centered around World Wars. The prize for the winner was a packet of ANZAC biscuits.

At our last meeting in April we had six Councillors (all women) who told us their story on "why they wished to become a council member". Some up coming events: a sing-a-long with local musician, Grocery Grab, mental health, Op shop fashions.

Helen





LUTWYCHE

Meets: Third Wednesday each month

Time: Starts 10.00 a.m.

Where: Contact Convenor for venue details

Contact: Carol 0417 703 550, Dianne 0435 370 092



This year we are meeting at a new venue which is right next-door to our previous meeting place at The Atrium Retirement Village.

The Secretariat Director at QATSIF offered use of their

meeting room free of charge as he felt the aims and objectives of OWN are in line with what they wish for their Elders who are extremely revered in their culture (Aboriginal and Torres Strait Islander).

I'm happy to say, we have grown quite considerably and now have 25 members and more joining every month.

On **Wednesday, 19th January**, we wanted to continue with our monthly meetings, even though it was difficult and our numbers were down because of Covid. We had formed such a lovely group at the end of 2021 that we wanted to keep the momentum going. We met at the **Nundah Library and enjoyed a talk by Susan Dunlop from the Nundah Historical Society**. She informed us about a little known but very interesting female aviator, **Lores Bonney**, who went from being a shy concert pianist to the first female to fly solo from Australia to England and the first person to fly from Australia to South Africa. A major street in our area, Bonney Avenue, Clayfield was named after her.



At our meeting on **Wednesday 16 February**, we had a visit from two police personnel from **Banyo Police Station**. They handed out a folder to each member, especially prepared with

useful information relating to **Scams and Personal Safety**. A number of our members received answers to questions about incidents that were relevant to them personally and the two police women were a wealth of information.



Our meeting on **Wednesday, 16th March** was so much fun. **Denis Wayper** who is a very interesting man in his own right, prepares talks about various people of renown and offers his services to clubs such as Probus etc. and of course OWN. His talk was entitled "**Doris Day – It's Magic**". Denis is an active member of the Queensland Organ Society and has played the organ at the Opera House, the Sydney Town Hall and even Westminster

Around the Branches



Abbey. His interest in music encouraged him to create presentations like this one and also one on Joan Sutherland which he offered to do at a later date if we'd like it.

Everyone thoroughly enjoyed the film clips and toe-tapping music as Denis wove Doris's magic from her early 'girl next door' image to one of the 20th century's greatest performers as a recording artist, movie actress and TV star. His presentation finished with a film clip of Doris singing Que Sera Sera and all the members enthusiastically joined in the singing of her signature tune.

Many thanks to Jenny, Di, Julia, Ros and Wendy.



At our meeting on **Wednesday, 20th April**, **Tom Watson, Exercise Physiologist from Pivotal Motion** spoke to us about the correct exercise for our age group. He was very well received and stayed for our presentation over morning tea to **Michael Nayer of QATSIF**.

Our members wanted to give a donation of \$100 to QATSIF to further their wonderful work in educating indigenous people to reach their potential. Michael explained the role and objectives of QATSIF and it was extremely interesting. Five of our lovely ladies helped cater for a delicious morning tea.

Upcoming events are:-

Wednesday 18 May, 2022 - 10 am Monthly meeting and excursion to **Miegunyah Historic Homestead** at Bowen Hills. We will hold our meeting there and then enjoy a Devonshire Tea followed by a tour of the Homestead.

Wednesday 15 June - 10 am Monthly meeting with Guest speaker **Michael Claxton** who was an English Bobby and now lives on Bribie Island and is an **Author of crime novels**. He will bring along his novels and one of our members may be lucky enough to win one.

Carol, Convenor



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 members were slow to attend after the Christmas break. The ladies were wary of the new COVID strain and the quick opening up of our state and local communities. As a result, our January Lunch at the Golf Club and our visit to the Caboolture Historical Museum in early February were not well supported.



It was uplifting when the meeting room was almost filled to capacity in late February. It was also exciting to use our new PA System and microphone (which finally arrived after more than five months wait). Michael Claxton, an ex-Scotland Yard Detective, and now local author, entertained us with stories of his Police career.



The rain event that hung around in March caused us to postpone our outing to Rick's Garage in Palmwoods. Instead, those ladies enjoyed lunch at our local Coffee Club. Bree from Hearing Australia attended our March meeting. We learnt about the different services they provide and the different levels of costings. Those interested in a follow up were contacted by Bree after the meeting.

Ken from Bribie Island Kids Education Support (BIKES) also spoke to us about this wonderful local charity which we plan on supporting any way we can.

One of our local retirement villages Bolton Clarke, invited our members to attend an afternoon tea and craft session.



We decorated our Easter hats, parading them for judging. It was a lovely laid-back afternoon. Our April meeting changed to fun, brain stretching activities as our guest speaker Tom came down with COVID.

May is our birthday month. We will be celebrating our 3rd Birthday.

Our membership continues to climb.

Betty

Nominations for Management Committee

Nominations for the Management Committee 2022-2023

The date for this year OWNQ's annual general meeting has yet to be decided but will likely be in October and be hosted by Bribie Island branch.

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 statement (up to approximately 150 words) outlining your experience, the reason you'd like to join the committee and what you can bring to the organisation.

Please note that 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.

The Management Committee meets each month on a date to be decided after each AGM. Committee members require computer and internet access as meetings are held via the internet, rather than face-to-face.

Please send your nomination in by **15th July 2022** so nominee information can be included in the mid-year newsletter.



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

Annual General Meeting
October
(date to be advised)

TO The Registrar/Secretary, PO Box 2768, New Farm Qld 4005

NOMINEE _____ Date: ___/___/2022
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: ___/___/2022
Print Name of Proposer Signature of Proposer

SECONDED BY _____ Date: ___/___/2022
Print Name of Seconder Signature of Seconder