

**WELCOME** to the latest edition of Our OWN News

## IWD CELEBRATIONS

Without a doubt the month of March is an important placeholder for our members. It is that time of the year where we pause and reflect on the significant inroads made by courageous women of our recent past, (us included) who came together in action and solidarity and paved a more equal and just society for our younger generations of women and girls.

There is much work still needed to achieve gender equality both here and across the globe, but we are left inspired by the brilliant women taking on the challenge.

Branch activities organised during this month are testament to the value and importance given to International Women's Day.

Barbara from our Caboolture Branch represented OWNQ at the Women's Week Reception at State Parliament House. We are thankful for the continued support from our local representatives.



OWNQ Ambassador, Claire Moore attended both the Morayfield (above) and Capalaba celebrations. She drew attention to women trailblazers who made a difference in the lives of other women in their later years. Take home message...do not be deterred because of age!

Capalaba also sprinkled their local park with OWNQ colours with a Purple Picnic in the Park!



Overall a wonderful month to celebrate women's achievements.

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## President's Report ...

Welcome after the Christmas break.

It has been said that change is the only constant in life and no woman ever steps into the same river twice as the water within it is ever flowing and changing from one second to the next. We see this every day in our lives, and sometimes the water is flowing faster than other times.

We can be paddling hard to keep up, as women, it is often remarkable what we do and achieve, but there certainly has been plenty of change happening at OWNQ recently to keep us pondering about that ever-flowing river of change.

All of our branches are off to a great start this year, and we're delighted that our membership continues to grow.

The management committee are very committed and supportive of the quilt project that OWNQ members and Niura are working on together and we are very excited to see the end result.

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

As President of Older Women's Network Qld, I would like to acknowledge June Donnelly who has resigned from the management committee after many years, effective from 1<sup>st</sup> April 2023. We thank you June for your many years of service and also the active role on the management committee over the years. June has held the positions of Vice President, then President, also Secretary. We will miss your input and support.

June will still continue as a member of OWNQ and also convenor of Morayfield Branch. We will be acknowledging June's contribution later in the year at the OWNQ AGM.

I now would like to encourage our convenors and members to think about joining the management committee.

We are seeking New Management Committee members.

The management committee will have several vacancies that will need to be filled at the annual general meeting in October 2023. We are seeking nominations from branches for positions on the management committee. We hold monthly meetings via Zoom where we discuss the work of the Older Women's Network Queensland and how we can make positive decisions for the organisation and its members.

We hope that convenors can encourage members to consider helping us make a difference. Nominations will be called in the next few months.

I'd also like to welcome our two new branches Caboolture and Ipswich to our OWNQ happy family.

Thanking you all once again.

Lee Hodgson  
Queensland President

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[www.facebook.com/OlderWomensNetworkQld](https://www.facebook.com/OlderWomensNetworkQld)





# Coordinator's Report

*Greetings from New Farm!*

We are three months into 2023 and lots is happening at OWNQ!

It has been wonderful to see the excitement around IWD during the month of March and while it wasn't possible for me to visit all the special events organised at our branches, I did manage to step out of the office and attend two fabulous themed IWD events at our Capalaba and Burnie Brae branches.

I am pleased to report that our branches are going from strength to strength, and we are seeing an increased uptake in memberships. Our branches are consistently providing warm and welcoming spaces with enjoyable activities and learning opportunities for women in their local area. We are making a difference in the lives of others and we should be proud of that.

As part of our strategic plan, we have formed an OWNQ Survey Project Subcommittee comprised of the office staff and three Management Committee members. The OWNQ survey will be made available to our members later this year (May/June). The aim of the survey is to ensure we understand our members' needs and interests in this post-COVID era. So much has changed in the last three years, it is important that we continue to stay relevant, focus on what we do well, and make improvements where needed. Your voice matters to us.

## **Collaborative Quilt Project**

OWNQ is looking at embarking on a collaborative patchwork/ appliqué quilt project involving members from all of our branches. Collaborative projects are fantastic ways to build and strengthen relationships. We get to know more about ourselves and others, step a little outside of our comfort zone, try new things and most importantly have fun!

Members are able to contribute in very different ways to this project, and we really want you to be involved - whether it be by providing scrap fabric, ideas for the design of some of the blocks, or block embellishment (with beads, lace, crotchet etc.). At this stage, representatives from Mackay, Gympie and Ipswich have attended two meetings to discuss the project.

Ideally the patchwork/appliqué would be a set of interpretive blocks (each block having a different design i.e., a flower, teacup, pelican, women dancing etc.) that represent our members, our branches' geographic location and OWNQ history as a whole. The focus between now and the next couple of months will be to decide on block size, main colours, fabric composition (i.e., 100% cotton for the base of the block). I will be looking into the quilting part of the project, so do not stress too much about that part just yet!

The office will organise regular Zoom catchups where we can further discuss the project, ask questions, encourage and support each other. If you are not familiar with Zoom, I am more than happy to help you get on board, but also look at alternative ways of communication. Our next meeting will take place in early May.

If you are interested in participating in any shape or form, please either email me, call the office or let your convenor know.

I am super excited about getting creative and trying a block myself!

Niura





## 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

The members of the Gympie Branch wish everyone a healthy and happy New Year.



Our last event for 2022 was the Christmas Party held at the Southside Bowls Club. A great day

with everyone receiving a small gift from the Committee and members sharing gifts. Several members were lucky to win raffle prizes of Christmas Goodies and various other articles. We were pleased to welcome Lee who came along to celebrate with us. Marilyn, our Convenor, was presented with a large pot and plant from the members.

Our craft group held their party the week before and then joined with all the members to celebrate Christmas for a second time.



Back to Club on 16<sup>th</sup> January after the holidays. A bit of a shock when we walked into the hall and everything was a mess due to the kitchen being renovated after the floods. Luckily, we didn't have a speaker organised just a morning of catching up and chats about the holidays which we were still able to manage.

Our meeting for the 2<sup>nd</sup> February had to be cancelled due to the interior of the hall being painted.



Dolly Jensen, a Council member, was our guest speaker for the meeting on the 16<sup>th</sup> February. She explained that her real name is Nadine but she has

always been known as Dolly. Her main aim while being on the Gympie Council is to improve conditions for the country areas of the electorate.

Members and guests enjoyed an early International Women's Day on Thursday 2<sup>nd</sup> March with morning tea. President Lee Hodgson, OWNQ management committee, gave us an update on funding requirements then our guest speaker, Joan Adcock, our first female Mayor in Gympie gave a very interesting overview of what it was like coming into an all-male council. Members and guests then enjoyed a delicious lunch and raffle tickets were drawn.

*Marilyn*



## CABOOLTURE

**Meets:** First Thursday each month

**Time:** 10.30 a.m.

**Where:** Sports Central Caboolture, cnr Hasking St & Beerburum Road, Caboolture

**Contact:** Margaret 0413 509 353

We have had a very busy end of 2022 and start of 2023 with outings, activities and promoting our branch through social media, attending expos, writing letters and word of mouth. November was our last meeting for 2022. Our guest speaker was Leanne Clarke from SafeMate ([getsafemate.com](https://getsafemate.com)).

We held a Christmas Table Sale. The ladies were very generous with their donations, and we raised \$160.00. Our Christmas Luncheon was held at the Burpengary Community Club with lots of laughs, great meal and lots of winners of the raffles and door prizes.



On 5<sup>th</sup> January we had our first meeting for the year. It was a small turnout but it was

good to see everyone and catch up with what we all got up to over Christmas and New Year and start to make plans for the rest of the year.

Our first coffee morning was on Thursday 19<sup>th</sup> January - well did we got a pleasant surprise when 35 ladies turned up! It was wonderful, we took over the Coffee Club Morayfield. The staff were great and helped set up extra tables and chairs. It was fantastic to see the ladies introducing themselves, talking, laughing and sharing their stories, exchanging information, phone numbers were exchanged and plans to catch up again soon.

Our February meeting was extremely busy - we had 54 ladies attend, including ten ladies from OWN Bribie Island. Ali King MP for Pumicestone attended presenting us with a basket for our raffle. She then spent some time chatting with the ladies.

Wendy Sanders from U3A was also present. U3A is a voluntary organisation catering for over 50s in the community promoting learning for personal growth, enjoyment and satisfaction, and they conduct over 30 classes.

Our last speaker for the day was Wendy Nash who started up a Facebook page called "Get Around Cabo Car-free" - there are a percentage of people living in the Moreton Bay area who for whatever reason can't drive. The group is an advocate for travel options that don't require a license for locals in Caboolture and Morayfield so everyone can get around car free.

Barb

**Did you know** that International Women's Day has been observed since the early 1900's? In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

(<https://www.internationalwomensday.com>)



## 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

Our first meeting back at Morayfield was on the 15<sup>th</sup> February. The ladies caught up with each other and shared how they spent their Christmas break.

We organised and attended several coffee mornings at The Flow Café and at Café 63 throughout February and into the beginning of March. The ladies also discussed having different activities on the weekends including a movie afternoon.

June was contacted by a lady from the public who was interested in OWN. June, Lisa and Deb met this lady at the Caboolture Branch & introduced her to Barb & Margaret.

The Morayfield ladies have planned our social activity calendar for the next 3 months. There will be an outing to the Caboolture Historical Village sometime in May. We welcome Sue E. as a new member to the Morayfield Branch.

### International Women's Day Event 8<sup>th</sup> March

This was a fantastic event, we would like to thank the ladies from the Caboolture Branch for coming along and supporting us, by connecting with our ladies and enjoying our company.

We would also like to thank our Qld President Lee Hodgson and Vice President Di Hill for visiting us. Claire Moore shared stories and challenges of women's struggles to vote and equal opportunities for women.

Olive Dalton who is 91 from the Caboolture Branch shared her experience of emigrating from London and moving to Goondiwindi

and meeting her husband. We also had another member from



Caboolture Branch speaking about a memorial that was erected in Blackall. The member is a retired nurse who informed us that a World War 2 army nurse was honored

with a statue in 1920 for her sacrificial service. A search continues for a suitable person to unveil the memorial. After the event we all got together and enjoyed a lovely afternoon tea.

Deb



The **2023 AGM** is scheduled to take place Monday 23<sup>rd</sup> October at the New Farm Library. More information on the AGM will be circulated to members in coming months.

We encourage our members to consider putting up their hands and nominate themselves to become part of the Management Committee. It is a fulfilling and meaningful role, where for only a few hours a month (including one Zoom meeting) you can support and steer the organisation in achieving its goals and aspirations, making a greater difference in the lives of our members and older women **Think about it!** And stay tuned for nomination forms in our next newsletter.





# Around the Branches



## MITCHELTON

**Meets:** 4<sup>th</sup> Wednesday each month  
**Time:** 10.00 a.m. to 12.00 noon  
**Where:** Arana Leagues Club  
247 Dawson Pd, Keperra 4054  
**Contact:** Karen 0411 033 892  
Hilary 0408 629 230

2023 promises to be a year of change and growth for Mitchelton Branch. It all began with our long term co-ordinator, Judith Heindorff taking a well deserved break from the role.

Under Judith's guidance we have grown in so many ways - membership, activities, local involvement and support. Upon reflection, this is somewhat reminiscent of a parent guiding a child through adolescence and into adulthood. Even though we are probably still all teenagers at heart!



To celebrate we held a wonderful lunch attended by members new and old.

Jude will still be an integral part of us as she now has the time to just enjoy our many events as a member. Thanks for all your hard work and dedication.

We welcome Karen & Hilary as Convenor and Assistant Convenor. They are well supported by Judith in her role as Treasurer. Although we don't have other formal roles,

members have willingly stepped up to provide support in arranging social activities, helping with paperwork and, most importantly, supporting our members.

On that note, three new interest groups were formed. These were all suggested by members, for members. If anyone is interested in doing something with others,

they simply let us know, we ask our ladies if they are interested, and voila! An informal interest group is formed. To date we have



small theatre groups, movies and ten pin bowling. I wish there were some photos to share, but unfortunately, everyone was having so much fun they forgot!

On a sad note, we recently lost one of our members, Thelma Findlay. Her loss was unexpected and she left us all too quickly. Our thoughts go out to her family and friends. Here's cheers Thelma!



Karen

**In 1909**, In accordance with a declaration by the Socialist Party of America, the first **National Woman's Day (NWD)** was observed across the United States on February 28. Women continued to celebrate NWD on the last Sunday of February until 1913.  
(<https://www.internationalwomensday.com>)



# Around the Branches



## MAROOCHYDORE

**Meets:** Third Monday each month

**Time:** 1.00-3.00 p.m.

**Where:** "The Avenue",  
32 Baden Powell Street, Maroochydore

**Contact:** Lee 0429 831 414

Our first meeting of the year in January provided a lovely opportunity to catch up with friends after Christmas. During the meeting we discussed with members the planned social activities for the first half of the year, and also some ways to assist our friends at the Maroochydore Neighbourhood Centre during the upcoming colder months with warm clothing for their homeless clients.



February saw us enjoying one of our most popular social activities and that was a BBQ at one of the local parks alongside the river. The facilities allow us to cook plenty of burgers and sausages and we have lots of room to spread out and enjoy lunch and a catch up.

As our group gets larger, the open air setting allows members to relax and mingle, and is particularly useful for those with hearing aids as the background noise is much reduced.

Our guest speaker for February was our very own Katrina Murray. Katrina runs our Facebook page and for those wanting to connect to the page for meeting and social activity updates Katrina organised cheat sheets for phone, iPad and computers, as well as helping members connect their devices. Anything that continues the networking of our groups are always welcome!



March sees us celebrating International Women's Day, and to mark the occasion some of our members travelled to join the members of Gympie Branch and to hear their guest speaker  
Sue

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# Around the Branches



## 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

**November** Sue researched and supplied recipes for "meals for one". She showed how easy an air fryer is to cook in and we enjoyed a delicious chicken and vegetables recipe. Visited the Kokonut Café in Cleveland.

**December** we went to MacLeay Island Bowls Club for our Christmas luncheon. Lots of fun on the ferry there and back. Most enjoyable day. Thanks to Atie for arranging the event



We delivered 41 Trauma Teddies to the Local Ambulance Committee that we had been working on recently. Last catch up for the year was at Hoya Garden Nursery, large choice of plants and gifts, always great to last minute shop for Christmas.

In **January** we had indoor bowls and games to play at the table. Many stories were told which gave us a good laugh. Attended "There's a war on you know", Jill McKay (so talented) made the banner for the St Cecilia's School for Young Ladies.

**February** was an opportunity to celebrate our 8<sup>th</sup> birthday. When it came to dressing up in "bad taste" we nailed it.



Met for lunch at the RSL Cleveland.

**March** was IWD celebrations with Claire Moore as our Guest Speaker and Cr. Adelia Berridge.



On IWD 8<sup>th</sup> we gathered for a "purple picnic" in the park, dressed in purple clothing and had some purple food amongst the goodies. Morning tea at Point of View Café Wellington Point. Enjoyed a walk along the beach.

*Cheers from Desley and Naomi*



## WYNNUM-MANLY

**Meets:** First Wednesday each month

**Time:** 10.00 a.m.

**Where:** Municipal Building,  
Bay Terrace, Wynnum

**Contact:** Di 0411 099 848

We've had a patchy start to 2023. Robyn Schneidewin our Convenor of the last three months of 2022, is now spending more time travelling, so we are still working on getting a new leadership team. We watch her adventures on her Facebook page.

On the first meeting of the year on 1<sup>st</sup> February, our guest speaker was Bob Walker, from the Office of Fair Trading talking about Scams and other security issues for us, which was very interesting and hopefully will keep our members safe.



We had our regular Show and Tell at the Wynnum RSL Club, and enjoyed the company of our members including some new members.

We changed the date (and venue) for our March meeting to join the Capalaba Branch for International Women's Day celebrations and hear our Ambassador Claire Moore speak. She "introduced" us to the wonderful Emma Miller, who was a great woman in

Brisbane in the late 1980's and early 1990's. She is described as a "pioneer trade union organiser, suffragist and key figure in organisations, leading to the founding of the Australian Labor Party in Brisbane." Read her story here.

[https://en.wikipedia.org/wiki/Emma\\_Miller](https://en.wikipedia.org/wiki/Emma_Miller)

This statue of Emma Miller is in King George Square, Brisbane.

As well as seeking a new convenor, we are also considering a change in venue for our meetings, but it has become complicated and we are awaiting updates from one venue. Watch this space.

On 9<sup>th</sup> March a small group of members attended a special tour of the Wynnum Library where we explored material in the Merv Beitz History Room at the Library, and then spent time learning the skills that young children learn in the Childrens library. We recommend that branches, if they haven't already, book a tour of their Brisbane City Council library for a tour. A/Convenor Di



**In 1910,** A woman named Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a Women's Day - to press for their demands. (<https://www.internationalwomensday.com>)



## 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

This year is our 28<sup>th</sup> year and we are still meeting weekly with high numbers and vibrant and exciting members, who are enthusiastic, supportive and very helpful to succeed. They love meeting and getting together with each other to discuss issues, support each other and share ideas.

Our first meeting was on 24<sup>th</sup> January celebrating Australia Day and sorting out jobs for the year as well as some interesting stories. We had 36 attend. Then we had a webinar, thanks to Rosemerry, on Older Persons Advocacy Network, which the women enjoyed but realise how complicated it is to navigate the ageing system. 45 members and 7 visitors came.

Recently I caught up with Denise in Ayr. Although she lives quite some distance away, Denise is still a staunch member who loves getting the newsletter.



On 7<sup>th</sup> February we had a guest speaker from Mackay community visitors, Treacy Geagan, talking on the transport issue for seniors and the disabled who can't drive anymore. 50 members and 7 visitors attended. Susan Brown from the Mackay Women's Centre discussed her new role as coordinator at the centre, telling us about some of the extra

improvements they want to add to what they do. We had 42 members, 6 new members and 1 visitor on this day.

On 21<sup>st</sup> February we had Rob Kerriush talking about being prepared if you think you are having a heart attack - don't worry if it's a false alarm, better to be embarrassed than be DEAD. He also talked about street chaplaincy and how they look after people at night after the night clubs.

In early March, we had the honour of a young woman who has represented Australia in rugby league, our own Renae Kunst, who is one of my best friend's daughter, whom I have known since birth. Renae talked about her life as a woman in sport, dealing with the male pressure, and her great success in achievement. We also had a sing-a-long with Gail, one of our member's sister joining us with some lovely songs.

Sadly, just before Christmas, we lost one of our past members of twenty years who was in W.A. through illness we believe, and then another member in early February and now our beloved Norma, a member for 23 years, our conductor, our mentor, our inspiration and encourager at the age of 98, who was buried on our International Women's Day afternoon.

To our dear friends **RENATE MCGILL, JILL EDWARDS** and **NORMA SHUTTLEWOOD**

May you rest in peace, you will be missed.

After 28 years of being with all these wonderful women, I am finding it hard to see dear friends pass on or step back out of our light. Here I would like to thank all the good women in OWNQ who inspire us, encourage us and help us to keep on going and thank you to all my wonderful members who help me to keep our group the best it can be, so proud of you all.

Ruth





# Around the Branches



## 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

On 14<sup>th</sup> March, our guest speaker was Tom Law, he believes in Exercise. He had all the Ladies up and doing exercises while standing, and showed how to do simple exercises using your steps, wall and table. All the Ladies were excited and tried to do as he said. We had five new ladies attend with some joining on the spot. We had 14 Ladies in total.



On Friday 24<sup>th</sup> March our branch was invited to a special opening at the Redcliffe Museum 5.30pm -7.00pm. Two of our new ladies and I attended. We saw lots of hand painted exhibitions of beautiful Butterflies, Moths and Insects. We were given herbal drinks some of which were alcoholic and entertained with a young gentleman playing his guitar and singing.

On 28<sup>th</sup> March we were invited to see Brenda's Herb garden, she was very generous and gave some special plants to the interested Ladies. Then we had a special Herb Tea, made by Brenda, which was delicious, and cakes that the Ladies had brought. We had 12 Ladies attend. *Helen*

## 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 Burnie Brae group continues to meet on the second Thursday each month to discuss a variety of topics, and now also has coffee and a chat on the fourth Thursday each month, at the Burnie Brae Community Centre café.



Tee has recently stepped down as Convenor of the branch. We'd like to thank her for all the effort she put into guiding the group in its early stages, and initiating the coffee mornings.

Chris and Helen will now be helping out, and the OWNQ office staff are looking forward to working with them.

The April discussion will be about Digital Technology and Learning.





# Around the Branches



## LUTWYCHE BRANCH

**Meets:** Third Wednesday of each month

**Time:** 10am to 12 noon

**Where:** QATSIF, 2/439 Lutwyche Road  
Lutwyche

**Contact:** Carol 0417 703 550, Dianne 0435 370 092

We had a wonderful Christmas Party at Crema and Cream Café at Nundah on 7<sup>th</sup> December. Our Secretary, Jenny compiled a video presentation of all our activities throughout 2022.



Lots of lovely food and good cheer was enjoyed by all who attended. A great end to a successful year.



The new year started well with our meeting on 18<sup>th</sup> January where we had a representative from Grace Cosmetics show us their skin care range and offer free facials to our members.

Carol enjoyed an on-the-spot facial at the meeting and a couple of the members received lucky door prizes. We also participated in a fun Parts of the Body Quiz.

On the recommendation of Mitchelton Branch, we had an outing on 1<sup>st</sup> February to the Brisbane Opal Museum at Windsor. We did a tour of the museum (dedicated to the Australian gemston icon) and enjoyed lunch nearby.



On 15<sup>th</sup> February we welcomed one of the founders of Care Kits for Kids Qld Inc. The not-for-profit group distribute free Care Kits backpacks to children in crisis/out-of-home care in Queensland. Our members were very impressed with this charity and will try to assist them with items for their kits.



Our outing on 1<sup>st</sup> March was a trip into the city to the Brisbane Metro Information Centre where we heard all about the new electric buses & tunnels under Adelaide Street where they will run. Some of our members gathered at the Shingle Inn after the tour. Carol







# Around the Branches



## 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 Christmas Luncheon for 2022 was held at the Bribie Bowls Club in early December. Our ladies certainly added colour & a party atmosphere to the venue.



Due to the large numbers, our members chose to enjoy lunch at the Caboolture Sports Club instead.

Caroline



Jamieson spoke about her new business venture *Your Life Your Words Memories & Memoirs* at our February meeting.

Our final meeting for 2022 was a review of the year and brainstorming of ideas for 2023, followed by a Christmas Card-making activity, a fundraising raffle and a Grocery Grab

An Australia Day themed morning at the RSL Social Café

reconnected our members for 2023. The ladies were

challenged to a (practice) Australian Citizenship test which individuals have to pass to become an Aussie. For their efforts they were declared "True Blue Aussie Sheilas" and rewarded with a lamington treat.

February kicked off with a visit to a Caboolture Branch Meeting at Sports Central. They are certainly attracting a lot of interest with more than 60 ladies present.



Ken Piva was presented with "a cheque" for \$368 for Bribie Island Kids Education Support (BIKES).



We ventured to a new venue for our March social outing. The Bribie Beach Shack, a hidden gem that lots of our members did not know about until now, overlooks the Pumicestone Passage at Sandstone Point. We were able to relax and enjoy a chat or two in the peaceful surroundings.

There is definitely a need for groups such as our network. We have seen a surge in new memberships since the beginning of the year. Our membership is about to break the 70 barrier for the first time in our almost 4 years of operating on the island.

Betty





# Around the Branches



## IPSWICH

**Meets:** Third Wednesday each month

**Time:** 10.00 am to 12.00 noon

**Where:** Elim Village,  
123 Cemetery Road, Raceview

**Contact:** Nori 0490 806 523

The newly formed Ipswich Branch got off to a flying start in 2023, with the following activities:

- guest speakers & coffee catch-ups at our February & March meetings
- Several walking groups for fitness & fun
- a well-attended morning tea, which we plan to repeat monthly
- a luncheon at local venues, also planned to be held monthly
- a small group is off to the Ipswich Little Theatre to see "The Ladies Foursome", a play about the deep bonds of women's friendships.

Interest has also been expressed in forming a book club & a knitting group. New ideas keep popping up all the time!



Our guest speaker in February was Carole Medcalf, from Wandering Women Travel, who left many of us with very itchy feet for fascinating travel destinations.

The guest speaker for our March meeting was Ipswich local, Lindy Allen, an anthropologist & museum curator, specialising in Aboriginal and Torres Strait Islander history, cultural

heritage and art, & with a special interest in the curation of Arnhem Land art.



Lindy told us about her interesting, challenging & very rewarding career & showed us some items from her own personal collection of art & artifacts.

Karla

*Walking group members using some of the exercise equipment*



*Wednesday's walkers group (below) led by Robyn, along the Bremer River walkway*





# Members' Contributions

## **OUR MARY**

Our usually peaceful Mary  
Your waters gently flow,  
But you have another side  
That only few really know.

When your flood waters come rushing down  
Breaking over high banks and across the land  
Covering roads and bridges, people's homes and livings too  
Man and Beast in your path, there is little they can do.

Oh Mary, Mary, how contrary really can you be,  
So many floods through-out the years  
Your part of our History.

January 2022 you started the year of first,  
Your waters came rushing down and over banks did burst.

In February you really set your waters free  
Your biggest flood in history since 1893.  
Into to town the water came, to places not before,  
Flooding buildings through windows, floors and door  
Then steadily you receded, leaving devastation for all to see  
After reaching your high point of meters nearly 23.

Then in May you sent your waters rushing down  
Not quite so high or right into town  
You covered roads and bridges  
Disrupted our annual show,  
Some folks just could not get there  
It really was a blow.

So please Mary peaceful be  
That we all can live in Harmony  
And let your water gently flow  
On its way out to sea.

Written by Helen Steele, OWN Gympie

*Contributions from our members are most welcome for inclusion in the newsletter.  
Please send them to [admin@ownqld.org.au](mailto:admin@ownqld.org.au) and share some of your creativity.*



# Out and About







## An invitation

Join us for a free morning tea, panel discussion and creative activities focusing on women's wellbeing and social connection.

The Older Women's Network Queensland is delighted to host a stimulating panel discussion and community social event in Ipswich to raise awareness on the importance of staying socially connected.

Join us along with a distinguished line up of academics, health practitioners, local community groups, businesses and government representatives excited to share their knowledge and showcase their services relevant to the needs and interests of older women.

The day will be a fantastic opportunity for women to get creative, check out various information stalls, connect with each other and meet new friends over morning tea.

**Contact** (07) 3358 2301 / [coordinator@ownqld.org.au](mailto:coordinator@ownqld.org.au)

### Event Details

Monday 22nd May  
9:30am - 1:00pm  
North Ipswich Reserve  
Corporate Centre  
43 The Terrace, North Ipswich

**Cost:** FREE

Bookings are essential. Please scan QR code below or book online via [www.trybooking.com/CGKXJ](http://www.trybooking.com/CGKXJ)



This event has been made possible thanks to funding from the Queensland Government Investing in Qld Women Grants Program.