



OUR News

Issue 3, September 2023

Celebrating a new age for older women.

Together we can achieve more.

**Official Newsletter of the
Older Women's Network (Qld) Inc.**

Proud to be Ourselves

WELCOME to the latest edition of *Our OWN News*

Celebrating Social Connections

During October's Qld Seniors' Month we are truly spoiled for choice over the stimulating events and programs taking place throughout Queensland.

The theme this year is all around 'Social Connections' and aims to increase the social connectedness of communities across this Sunshine State of ours.

If your diaries are looking a little bare, then we suggest now is the time to head to the Queensland's Seniors' Month website, visit their Event Calendar and book yourself in to new and exciting experiences.

You will find a plethora of events and activities right across the State ranging from concerts, dancing, seniors' expos, international short film festival, forums, author talks, gentle exercise, and water sports at no cost or at a reasonable fee.



Seniors' Month is a time to celebrate the knowledge, experience and support seniors give to families and communities, but also a time for reflection and purposeful interactions.

We encourage our members to engage in conversations with others around ageism, the (in)visibility of older women, and access to basic needs including housing, health care, transport, and social participation to a name a few of the persistent concerns many older women face.

We aspire for our communities to be age-friendly and having these conversations are a step in the right direction.

Qld Seniors' Month is coordinated by COTA (Council on the Ageing) Qld and funded by the Qld Government.



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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 ...

I am standing down from Queensland State President after five years at our AGM on 23rd October, so this will be my last report as President. When I followed June Donnelly in this position, I felt that I had very large shoes to fill.

But it gave me the opportunity to meet some very amazing women who were doing great things to progress the standing of older women working tirelessly taking our issues to councillors and politicians.

I will continue to support and work with the Management Committee. Whoever the next President may be, I am sure she will continue to promote our vision and principles.

I ask you all to give her your support and encouragement so that we may continue to petition governments and liaise with other like-minded seniors organisations.

Thanks to convenors and their members for all their support they have given me whilst I was President. They certainly have shown me how each branch develops its own character and provides its unique program which so well serves the needs and interests of its members. OWN branches certainly are offering older women a safe and supportive outlet to enjoy each other's company and be socially connected.

It is an ideal opportunity to thank the office staff who are very busy at present, preparing for the 2023 AGM. It has been a pleasure working with Marianne, Leonie and Niura – thanks for your support and help whilst I was President.

Once again I am encouraging our members to give some thought to joining our management team. You would be made welcome and these days you don't need to leave your home as we do the meeting by Zoom. It is only 1.5 hours of your time, once a month.

I also thank the management team for your support whilst President. OWNQ is a not-for-profit organisation primarily funded by the Queensland Department of Child Safety, Seniors and Disability Services. And without a Management Committee, there would be no government funding.

My wish for the Older Women's Network Qld is to be the very best organisation it can be. Welcoming, appealing to a wide range of women, inclusive, vibrant, and a place where women feel they belong.

Thanking you all.

*Lee Hodgson
Queensland President*

OWNQ's ANNUAL GENERAL MEETING

This year's AGM will be held during Seniors Month. Scheduled for Monday 23rd October, it will be held at New Farm Library, 135 Sydney Street, New Farm, from 10.00 a.m. (Arrival and Sign-In). Space is limited in the meeting room at the library, so please RSVP as soon as possible to the OWNQ office at admin@ownqld.org.au or the Secretary of the Management Committee at secretary@ownqld.org.au. Lunch (at your own cost) will be held at a local café after the AGM.



Coordinator's Report

Greetings!

The office is in full AGM spirit, and we will continue to receive nominations for positions for the Management Committee until **Monday 9th October**. If you have been considering gaining experience on our Management Committee, imparting your skills and knowledge, as well as contributing to the vision and mission of OWNQ, do not be shy and give it a go.



We were delighted to collect approximately 250 completed surveys and we are now in the process of inputting the data into our system. We are hoping to share the overall findings very soon.

Over the past few weeks, I have been fortunate to sit in with some of our branches' newer leadership

teams as they incorporate members' ideas, suggestions, and feedback to plan for the next few months and into the new year. The behind-the-scenes efforts in accommodating consistency and novelty to branch activities can be a bit of a juggling act and the women are doing a marvelous job at it!



The Queensland Council of Social Services have sought OWNQ's and other organisations' input to the creation of their Seniors Social Isolation Practice Guide. They have been funded by the government to "develop an easy-to-understand, culturally inclusive, practice guide and induction for workers and volunteers on how to recognise and respond to social isolation, including how to connect with other relevant providers and agencies". We welcome such a valuable resource and look forward to sharing it with our branch leadership teams once available.

October is Seniors Month! It is a month to celebrate our older folk, draw attention to and challenge ageism, connect with our communities and share our stories. Be sure to check out what events and programs are happening near you at <https://qldseniorsmonth.org.au/>



OWN Qld contact details:

505 Bowen Terrace (PO Box 2768), New Farm 4005

Telephone: (07) 3358 2301

Website: www.ownqld.org.au

Facebook: www.facebook.com/OlderWomensNetworkQld

Office Hours are Tuesday to Thursday 9.00 a.m. to 5.00 p.m.



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

Members of our group were saddened to hear of the passing of Barbara Barnes. A large number of our ladies have known Barbara for many years and we know how hard she worked for OWN. She will be missed.

This term has been a busy one for our group. Nine members travelled to Maroochydore Branch to join in their Birthday celebration and we held our Election of Offices at the Bowls Club. We've had guest speakers and fun mornings. A big thank you to Maroochydore for a very enjoyable day at the Avenue village where we partook of soup, pavlova, slices and birthday cake. All very yummy.

The 'Bring an item you cherish' was amazing with members bringing a variety of articles they treasure, from things handed down through the families, to toys from their childhoods to items made at school. One of the meetings in July was a guest speaker Gaylene, from the Foot Prints Community. They are a not-for-profit organization. One of their aims is to help the older generation navigate the aged care system, helping to arrange an assessment and finding aged care providers to suit individual needs.

Our elections went well with most positions being filled. Without these ladies volunteering there would be no group so a big thank you ladies. Morning tea and lunch was attended by visitors from Quota and QCWA. Our guest

speaker was Cathy Van Deraa who told us of her very interesting and varied life.



Cathy's latest interest is turning older embroidered table cloths into wrap-around



aprons which she sells. She has held an exhibition in Noosa and has had an article written about her in the QCWA Ruth magazine. Cathy is the daughter of our member Lesley McDevitt.

In August we held a Scones and Apron morning to celebrate the Queensland CWA's 100th Birthday. We invited CWA groups from the local



area to join us and we had a pleasant surprise when Lee attended. Our ladies made the scones, and everyone was asked to wear an apron. Marilyn read the 'History of the Scone' which dates back to the Roman times (thanks to Linda) and a poem on the 'Many uses of the Apron' (thanks to Bev).

A Fun morning of cards and board games including UNO, Chinese Checkers, and Bingo, others just enjoyed the chance for a chat. Our Seniors month celebration will be a morning tea at the Bowls Club with local entertainment.

Keep well, Kaye.



MITCHELTON

Meets: 4th 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

Welcome to Spring. Winter saw no slowing down for our ladies. With a growing number of special interest activities on offer in addition to our weekly catch-ups, there was no excuse to stay at home.

On the branch management side of things, our little team of volunteers has expanded. Our Facebook admin has settled into her role and the page is nothing short of exceptional with regular posts and updates sharing not only our own Branch activities but other groups' events that many of us have attended as a result.



Older Women's Network (Old) Inc. Mitchelton



Our speaker meetings have grown in popularity and we typically greet 30-35 members & guests as they converge on the Arana Leagues Club at 10am on the 4th Wednesday of every month. Thank goodness for our dedicated door ladies and new volunteers who share the load. The introduction of EFTPOS has been very smooth, with excellent training and support provided by Treasurer Jude.



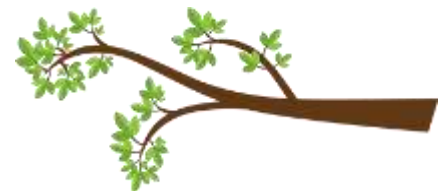
In July we hosted a forum to connect with younger women who had the opportunity to ask questions of our members about ageing. The insights and sharing from our lovely ladies was amazing, and the questions posed by the younger cohort were valid, honest and not surprisingly, familiar to many.



Remember, this group is all about you, your interests and your spirit. Your collective ideas and presence are what make it truly special. Let's continue to create wonderful times together ❤️
Karen



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



Social get togethers this quarter included lunch at The Barn Flaxton, when cool winter weather means a

cozy lunch menu and quaint table settings at the popular venue, and we all enjoyed a scenic drive up the hill to Flaxton.



A BBQ at Cotton Tree, a beautiful location where the Maroochy River meets the sea we all were spoilt by our convenor Lee preparing and cooking a BBQ lunch accompanied by members bringing some fresh salad, the odd glass of wine or two and passionfruit sponge, needless to say the conversation flowed freely until the chill arrived to send us packing.

We also gathered for lunch at a local winery in September, an enjoyable day for those who made the trip to Palmwoods.

Leanne from Safemate was our guest speaker for August, and perhaps other branches might be interested in having this speaker at their meetings.

Safemate provides a product and a service that delivers your up-to-date medical

information to paramedics as effectively as possible in a medical emergency.



When you purchase a subscription Safemate provide a kit which includes a wristband, cards, stickers and keychains. These alert paramedics

and they know to scan these items and access the relevant information they require to provide informed medical assistance to the wearer. Information you have stored on your Safemate data file such as your identity, allergies, your current medical conditions and medications, special instructions on who to contact in an emergency.

As anyone who has tried to assist during a medical emergency knows the many questions that medical staff need answers to in order to provide the correct assistance, Safemate provides all the answers required. Hopefully this service provide peace of mind for those who are providing care for others, (it's hard remembering medications and dosages for others in an emergency) and possibly for those living alone who need to provide accurate information about themselves.

Our branch annual elections have given us some familiar faces in our Convenor Lee and Secretary Kerry, and some fresh faces including our new Treasurer Susan, assisted by Pauline, Katrina, and Marj. Thank you to all who volunteer, it does take time and effort to support the branch and members and your contributions are received with grateful thanks!

Sue



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

This **July** we celebrated 'Christmas in July'. The members dressed up in Christmas outfits, decorated the front door and tables, had a selection of Christmas music playing in the background, and a delicious spread of food (thank you Elves). Heather guided us through the Grocery Grab game which was a lot of fun, the Tim Tams were a sort after item and kept moving around the room. Santa was unable to visit, fortunately Mrs Claus attended asking a series of questions and handed out chocolates.



It was great to have Ruth from the Mackay Branch visit us. She shared her knowledge on a few areas which was well received.



The Community Leader **Redlands** is now circulating in our area and are pleased to say we are on Page 35 with a write up on our Biggest Morning Tea - High Tea event.

We encouraged our members to send in Good News Stories and to complete the survey from State Office.

Desley, Sue and Naomi attended a face-to-face Convenor meeting at Caboolture Hub.

Aveo Cleveland Gardens Social Cub invited OWN Capalaba for morning tea on Tuesday 18th July. They were interested to know more about our Network.

Thank you to Desley, Jill, Susan and Hazel for circulating around the tables during the morning. From the feedback, it was received very well.



Morning tea at Little Flamingo, Ormiston, Doreen giving a friendly cheer to all. At our **August** meeting we had a guest speaker on Philosophy. Positive vibes all around. Also we had our first Mini Market Day to raise money to subsidise our Christmas luncheon.

A number of members enjoyed lunch at the Easts Leagues Club Coorparoo in August. We held our Election of Officers in **September** and Hazel is our new Secretary.

Cr. Adelia Berridge gave an informative and interesting update on the proposed Capalaba Redevelopment Plan which you can find on Redland City Council "My Say" website.



Indigiscapes is our morning tea destination mid September, always nice to be among nature. You can see much more info on our Facebook page on other activities we have enjoyed recently.

Cheers from Desley and Naomi.



WYNNUM MANLY

Meets: Mostly Third Wednesday each month

Time: 10.00 a.m. – 12.00 noon

Where: Wynnum Library, 145 Florence Street, wynnum (above Woolworths) – venue may change depending on room availability

Contacts: Michele 0412 870 723

Since our last newsletter our branch has well and truly settled into our new venue and my role as convenor has truly started.

Our committee is also well into our planning sessions for 2024.

Our branch is a small group of wonderful ladies, and we are always on the lookout for more.

As mentioned in the last newsletter we held an event to honour Dame Edna. This event was successful in many ways, and we hope to continue further events next year.

At our July meeting we invited our new Cr Sara Whitmee to give us insight into her ideas for Wynnum Manly. August, we held a general business meeting and September we

invited Mr Paul Hobbs who informed us about a new service called Caring Cuisine, a company like Meals on Wheels.

Paul informed us on the operation of the business, showed us pictures of the



food available plus cost options. Yes, we were feeling a little hungry admiring the

meals shown in the presentation. Question time was utilised by the members. Overall, the presentation was well received.

We didn't miss out as Paul supplied muffins freshly baked by the company chef. The muffins were enjoyed over a tea or coffee and a chat.

Our activity for the month of September was a train ride into the Roma St Parklands on the 20th September 2023.



As we move on towards the end of the year, we welcome Joan Pease MP Lytton and Claire Moore OBNQ Ambassador as our guest speakers and our activities will include coffee mornings and lunches plus conversations.

Over the past 2 months we say welcome to the following ladies. Geraldine a new member, Erna who has rejoined us after a break and ladies who have shown interest in becoming members, Roberta (Bobbie) Christine and Cathy.

We continue with our project of Knickers with Notes.

As the new convenor, I would like to say a special thanks to the committee and the branch members for their friendship and help at our branch meetings to ensure the morning runs smoothly.

Michele



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

Firstly, I shall start with what has happened over the past few months.

End of June we had a bus trip which took us up the Bruce Highway for morning tea, then we travelled around the district before arriving at Kuttabul for lunch at the Kuttabul Hotel. Lunch was served in the well used old tin theatre/hall. That was an experience!



The following week members shared their short version on where one was born, schooling, first paid job, and last paid job. This was a very interesting morning.

We had an Op shop fashion parade. Card making was another fun activity. For those ladies who reckon they can't make a card, well they certainly did a great job! These cards were passed onto the local Aged Care facilities.



The "good looking firies" gave a great presentation on topics such as – smoke alarms, making sure one has an escape

route and where to meet once out of the home.



Muriel was given a morning tea for her 94th birthday.

Margi gave a wonderful power point

presentation on the family trip 'Mackay to the "TIP"'. A local community nurse spoke about strokes and the importance of getting the patient to hospital.

"Breaking the Cycle" is a mentoring program run through PCYC to enable people to get their driving hours up to 100 points.

Local federal member for Dawson gave the ladies a wonderful talk on why he decided to become a politician.

Judy H. was presented with her OBE – 80th birthday.



During the September school holidays some members did card making at a member's home. The

following Tuesday was a bus trip to an alpaca farm followed by lunch at a local hotel. The next week was a visit to the Council Orchid House, a wonderful display.

Fay Rae one of our founding members turns 95 in October. Happy Birthday

Coming events, guest speaker from Healthy Hearts, a surprise morning from a member, sing-a-long, grocery grab, Christmas concert then finishing with a Christmas lunch.

Take Care, Helen



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

Ipswich branch has maintained a steady hum of activities over the past few months, with our regular weekly walking group plus monthly morning teas & lunches in various lovely locations. Later this week we will be enjoying the Spring sunshine with a picnic / BBQ lunch by the banks of the Bremer River.



Our guest speaker at our August meeting was from the highly regarded InCommunity group, which provides a wide range of critically needed services to young people, adults & families in our region.



A few of our members organised an awesome day out in Brisbane for the amazing Monet in Paris exhibition. Wow - so much colour & atmosphere ... and FUN!



Much to our delight, we have very recently commenced a monthly BookClub, with our first planned read being Liz Byrski's "A Month of Sundays".

We are all looking forward to sharing our perspectives on this & other books in coming months.



Karla



CABOOLTURE

Meets: First Thursday each month
Time: 10.30 a.m. – 12.30 noon
Where: Sports Central Caboolture,
cnr Hasking St & Beerburrum Road,
Caboolture
Contact: OWNQ office 3358 2301

At our August meeting we welcomed Betty and Yvonne, Convenor and Secretary from the Bribie Island Branch. As Caboolture is still a relatively new branch, we appreciated hearing about how our sister branch came into being, what fun things they get up to on the island, including the ins and outs of how they operate their branch. We look forward to organising some social outings with them in the near future.

Staff from the Caboolture Library visited us in September and gave our members valuable information on how to stay safe online, and on the personalised services the library provides. OWNQ State President Lee Hodgson also attended the meeting. Our monthly meetings generally end with many of our members joining each other for a much-anticipated bite to eat downstairs at the café.

At our September meeting we were excited to welcome our new leadership team, with Gwen as our Branch Convenor and Leone as Treasurer. They both bring significant experience to their respective roles and we're very lucky to have them. We are currently looking for a secretary.

Together with the Morayfield Branch we also attended Terry Young MP Seniors' Expo. It was a great opportunity to showcase OWNQ and speak to many of the visitors that stopped at our stand for chat.

We continue to meet for social outings in-between meetings, whether it's for a morning coffee at the Coffee Patch or most recently a trip out to Landsborough. We are having fun getting to know more about each other and genuinely look forward to our regular catchups.



Don't forget to RSVP to secretary@ownqld.org.au or admin@ownqld.org.au if you plan to attend the **AGM** in person, as space is limited at the venue.

Supported by



OWN Qld Inc. is funded by the Queensland Government. **DISCLAIMER:** OWN Qld makes every effort to ensure the accuracy of information contained in this newsletter. Articles included are for information purposes only and views expressed in this newsletter are not necessarily those of OWN Qld. **WITH THANKS:** We'd like to thank the State Member for Mackay, Julieanne Gilbert for printing copies of the newsletter for the Mackay Branch and the State Member for Gympie, Tony Perrett for printing copies of the newsletter for the Gympie Branch.



LUTWYCHE

Meets: Third Wednesday each month
Time: 10.00 a.m. to 12 noon
Where: QATSIF Meeting Room,
2/439 Lutwyche Road, Lutwyche
Contact: Carol 0417 703 550
Dianne 0435 370 092

A lovely coffee morning was held for our outing in **June**. We were able to celebrate the 80th birthday of one of our newer members, Dee and present her with a certificate provided by H/O.



Our **June** meeting was very informative with two representatives from the Seniors Legal and Support Service of **Caxton Legal Centre** advising our members regarding Elder Abuse and Financial Protection Services. Su-Lin and Frances also advised on Wills, Enduring Power of Attorney, the Advanced Health Directive and retirement or aged care homes. Our members were provided with goodie bags with hard copies of the information.

July was a lot of fun with a short meeting at QATSIF and a **Christmas in July** celebration across the road at The Crown Hotel, Lutwyche. We had 20 attendees. A new member, Carol Bell joined us and a lucky seat prize donated by our lovely member Liz, was won by Gabi.



We also participated in the **Floral Friday Fundraiser for QATSIF** and raised \$50 which we presented to Michael, the Secretariat/Director, at our **July** meeting.

Ten of our members attended the **July** meeting at Mitchelton Branch. We very much appreciated their invitation and warm welcome to join in the discussion – '**From the Old Age of Youth to the Youth of Old Age**'.



Our **August** meeting date was on the Show Holiday, but we all agreed we would rather listen to our guest speaker, **Yvonne Webb** who is a Lecturer at U3A on Nutrition and has written a book '**Let's Talk Sugar**'.



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

It was wonderful to have a group of ladies from Maroochydore Branch join us for our Christmas in July luncheon. A lovely setting, good food,



great company, a Scratchie Lucky Dip and a couple of rounds of Scattergories heightened the laughter in the room.

Our July meeting was almost a full house. Members attended, eager to hear our local garden guru, Jill from Mitre 10 speak about "Flowering Plants for Spring". The plant swap was also a great success.



Yvonne, our Secretary, was humbled when Marg G lead the group with the singing of *Happy Birthday* to her. It was great to have Christine D, one of our earliest members visiting us from W.A.



A bus trip to Eumundi in early August, gave our ladies a fun day out at the iconic markets. We strolled at our leisure,

shopped to our heart's content and enjoyed being in the outdoors on such a beautiful day.

At our August meeting, Leanne from SafeMate educated us about their ultra-fast, secure & simple rescue system linked to First Responders. A great concept even for those of us who still feel young at heart.



Spring was certainly in the air as we caught the train into Roma Street Parklands for our September

outing. After a quick morning tea at The Garden

Café, we enjoyed a guided tour of the Spectacle Gardens.



Back at the café we indulged in a relaxed lunch before heading home. Somehow we ended up in the "Quiet Carriage" for both train trips. OOPS!!!

Avoiding Hospitalisation was the topic presented by Jodi from HISC at the September meeting.

Hopefully Yvonne and I have attended to all of our duties as we are off on an overseas jaunt for a month or more.

Cheers everyone, Betty



BURNIE BRAE

Meets: Second Thursday each month

Time: 9.30 a.m.

Where: Burnie Brae, 60 Kuran Street, Chermiside

Contact: OWNQ Office, 3358 2301

The Burnie Brae Group continues to meet monthly for a chat and also meets up for coffee once a month as well.

Recently, they have been getting each other better through bringing in some of their craft or a photo that was special to them, which they spoke about. And then there was the meeting all about scarves complete with styling tips, which was great fun!

The group is growing slowly. Members come from very different backgrounds which makes for some interesting discussions and different perspectives.

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

The Morayfield ladies continue to regularly meet each week for craft activities and coffee mornings. In September we all went to Redcliffe RSL for lunch. Some drove over while the rest of us caught the bus. The ladies enjoyed a delicious lunch and listened to some light entertainment.

In September we will be sharing a table with the Caboolture branch at Terry Young's Seniors Expo at the Morayfield Sports and Convention Centre.

The 1st October is International Day of the Older Person and we will be celebrating the rest of the month as Queensland Seniors Month. The branch will be having in-house activities and guest speakers throughout the month of October to commemorate the International Month of the Older Person.

We are also planning our Christmas which is something we all look forward to. Our final monthly meeting for the year will be the third Wednesday in November.

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

Woody Point Branch continues to meet regularly and be active in the community. Below is Colleen dropping off donations from the branch to the Breakfast Club in Redcliffe.



The October book the branch's book club "Book Sisters" will be reading is "All Our Shimmering Skies" by Trent Dalton. November's book is "There Should Be More Dancing" by Rosalie Ham - hopefully a lighter read.



Annual General Meeting

Nominations for this year's Management Committee

Di Hill

Di Hill has nominated for President. Di was born in South Australia. A teaching career is what Di wanted but instead, she embarked on a nursing career in her late teens and worked in the health and education sector for most of her working life around Australia.

Di completed a degree in Adult and Vocational Teaching at Griffith University in 2002. At last, she was a teacher! In 2008, Di began teaching English at universities in China and South Korea.

In 2012 she graduated from Swinburne University with a Master of Arts (Writing) and In 2020 she graduated as an instructor from the Birren Center for Autobiographical Studies, in the USA.

Community service - Di founded the Writers of Wynnum Manly and The Bayside Women in Business and has been on the MC of other organisations.

She joined OWNQ in 2017 and is keen to see the organisation grow and be recognised in the community for its work for senior women.

Sue Fowler

Sue Fowler has nominated for Treasurer. Sue joined OWNQ in 2016 and has been on the Management Committee since 2019, taking over the role of Treasurer in 2022. As a biomedical science researcher during her working life, she has gained much insight into the domain of fundraising and grant applications and is interested to explore the opportunities for OWNQ to fundraise and augment our funding through suitable grants.

Sue has also noticed the gradual erosion of Government assistance packages for older people in supporting them through their older years and would like to see more lobbying for fairer deals for older women to ease their way in later life. Sue brings to the committee a great deal of past experience with not-for-profit organisations which can benefit OWNQ.

Lisa Signorini

Lisa Signorini has nominated for Secretary.

"I have worked in administration, firstly with Franklins and then later in Childcare after raising my 5 children. I moved to Queensland from Canberra in 2009, where my partner and I ran our family furniture business. Since separating I have been the On-site Manager and Kitchen Manager for the over 50's complex where I currently live.

I joined OWNQ in 2020 and I am currently the Co-convenor and Secretary for the Morayfield branch. In 2022 I joined the Management Committee as the Secretary. I am committed in supporting like-minded women through social support and lobbying groups. I feel that I would be a good asset to the network with my experience in administration and interaction with older people."



Annual General Meeting

Committee Member Nominations

Lee Hodgson

Lee joined OWNQ in 2002 and was the convenor of the Gympie branch for many years before moving to Maroochydore. When the original Maroochydore Branch Convenor returned to NSW, Lee stepped up to become the convenor of the branch. She has also been on the Management Committee for many years and became President of OWNQ in 2018. She has decided to step down from the position this year, but remain on the committee.

Rosemerry Paidley

I have been a member of the Mackay branch for approx. 10 years. I am committed to supporting women lead a full and interesting life, particularly as we age. I joined the Management Committee in 2021 year and hopefully have been able to make a positive contribution "behind the scenes". Being on the Management Committee has helped me grow as a person and I enjoy learning how the business side of OWNQ operates.

I think it is beneficial to have a regional representation and helps keep a strong connection between the city and country. We meet weekly in Mackay, and I love watching new friendships develop. The knowledge gained and the support given to each other confirms the Network is filling a gap and improving the lives of our members.

Ruth McLean

I have been a member of OWN(Q) since 2005 when I joined because I was interested in the Drama Group the Co-Ordinator was thinking of setting up. I became the Convenor of this group. Whilst the 7 of us were rehearsing and performing at functions, (including IWD celebrations at Redland Shire Council) I was involved in working with the Group who met to fold and wrap the newsletter before it was sent out. We also prepared all the paperwork for the AGM's.

After we disbanded the Theatre Group, it came to my notice that some months have 5 Fridays, so we decided to have an Art Group. I convened the Freya's Friday and the Tara's Tuesday Groups. We met at the State Library and the Qld. Art Gallery and GOMA, monthly, and followed the programme I prepared for each visit. We had morning tea before each tour through the galleries.

Whilst Convenor I was also on the Committee. I was elected President for the years of 2014 - 15. I visited Mackay Group and Gympie Group during my time as President and I always held a Personal Development Session during the meeting.

I conducted a Public Workshop for IWD in 2014 entitled "Hearing Women's Voices". At Convenor Meetings I sometimes conducted Personal Development Workshops. I have been nominated as a Committee Member.



Annual General Meeting

Deborah Brown

My name is Deborah Brown, I am a Mother, Grandmother and Great Grandmother. During the time that my girls were growing up and going to school I was single parent, so I stayed home to look after them. Once my children started school, I helped in several areas of the school from learning assistance and tutoring and being elected President of the Bracken Ridge Preschool. I was involved in the Primary School P&C as well as the tuckshop and was elected as Secretary and fundraiser at my girls school. I have also studied at TAFE in the Office Administration field.

I'm living in an Over 50's complex. Last time I was here, I was President of the Residents Committee for a short time. When I was introduced to the Older Women's Network, at first, I thought that it wasn't my thing, but after meeting and becoming good friends with the ladies, I decided to join.

I am now the Treasurer of the Morayfield branch and nominating for a position on the Management. I can offer a lot of support as well as input and ideas, and along with my computer skills can help wherever I can.

Marianne Wright

For over 24 years I have worked with older people and volunteers at Sinnamon Retirement Village, Blue Care, and COTA Queensland. I have a Certificate IV in Volunteer Program Coordination, and experience in event coordination and logistics, having organised a conference for statewide organisations funded by the Queensland Government under the Social Isolation Program, which funds OWNQ.

After joining OWNQ in 2015, I was Secretary of the Committee in 2016 and 2017; helped organise the 2017 National Conference; was on the subcommittee planning the 2021 conference; and on the Policies Subcommittee, so am very familiar with OWNQ policies and work practices, and have substantial experience organising conferences.

Since becoming staff in 2018, our membership and branch numbers have doubled, which required me to develop more efficient ways to manage the increase in workload as the hours have not changed. In 2021, when the bookkeeper resigned, I took on most aspects of that role as well, so know all about our finances.

I believe my past experience working in Aged Care and with volunteers, and my years with OWNQ gives me a unique perspective of both sides of the fence, and I'm looking forward to contributing to the committee this year.

June Donnelly

I have been a member of OWNQ since 2002. I was convenor of a branch in Sandgate in 2005, next in Woody Point from 2015 to 2020. More recently opened one in 2021 at Morayfield Seniors Rental. I conducted a Meet & Greet for a branch in Bribie Island about five years ago. With the help of our committee, we sponsored a Meet & Greet for Caboolture & still support them. I have been on the committee of the National Older Women's Network (NOWN) for many years & still serve on their committee.