



# OUR News

Issue 1, March 2024

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

## Our Branches Celebrate International Women's Day!

March is a significant month for our network and members. In the spirit of friendship and a common sense of purpose we come together to celebrate past and present accomplishments for greater gender equality.

The United Nations International Women's Day theme for 2024 was "Count Her In", recognising that our communities flourish by leaps and bounds when we invest in women and girls. The United Nations also acknowledged that the inclusion of women in equally paid work to men, decision-making processes and leadership positions ultimately create a fairer more just society with less poverty and discrimination. We are preaching to the converted we know but given the gender wage gap in Australia is close to 22% according to the Workplace Gender Equality Agency, we must continue to raise our voices.

*Claire Moore and some of our members*



The IWD events held at our branches were well attended by members and visitors. Keynote speakers at some of our branches included our OWNQ Ambassador Claire Moore who spoke on the gender disparity that continues to exist in the workplace today and motivational speaker Dianne Carter (below) who shared some of her life



experiences and taught us a thing or two about resilience, the importance of embracing a positive mindset, and drumming up the courage to step out of our comfort zone a little to try new things.

Our Mackay branch were paid a visit by the team from 7 News!

IWD is also an occasion to celebrate us older women, for the knowledge and experience we bring to our communities and families. We roll up our sleeves and show up when needed. We are a force to be reckoned with.

*"When the world tells you to shrink, expand."*

*— Yoko Ono*

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

It's hard to believe that we are nearing the end of the third month of 2024 already!!

Our branches are very active, and it was pleasing to see how they celebrated International Women's Day this year. I was fortunate to attend several branches and join in the activities with inspiring teachers, and of course, meet many of our wonderful members.

At the February meeting of the Management Committee, it was decided to participate in the National Council of Women Queensland's Bursary program. Lee Hodgson and I attended the presentation ceremony of the 2023 Bursaries last year, and we were impressed with the program and could see benefits for OWNQ if we became involved. (Members may not know that OWNQ is a member of the National Council of Women Queensland, which is why we attend their events.)

Lee and I discussed the benefits of participating in the Bursary, and I was pleased to hear at the Convenor Meeting that branches were keen to participate. We need to raise around \$1500 for the bursary and we are asking all branches to participate and contribute \$100 - \$150 to the project, which may mean that we raise a little more. That would be great!

This is a great opportunity for branches to promote the project in their community and perhaps run a fundraising project or event. We have a few months to work on the project as we need the funds by June 2024.

Members may have seen in the media, information on the proposed Aged Care Act – June Donnelly of Morayfield Branch and I attended a forum where it was discussed at length, and we came away disappointed in some of the information. Beverly Baker, President of National Older Women's Network has made submissions to the Federal Department of Health with her concerns.

Sadly, there seems to be little respect for older people, particularly by younger people and I heard on the ABC one young person state that if one was over 50 years of age, they had reached their use-by date! Certainly, there must be more done to respect seniors, and not just discard them.

The Queensland Government Health strategy has been released, and as suspected, there is little/no reference to older women.

We have opportunities for our members to participate in forums and groups on these and other topics, so if anyone would like to volunteer let us know.

As President, I chair the monthly meetings of the Management Committee, which was elected at the last AGM. We do have a couple of vacancies on our team – we have no Vice-President, and we would welcome enthusiastic members to join us on our journey. If there is anyone interested in working to make this organisation even better, let me know.

Thank you to all our branch leaders and members for your enthusiasm and hard work.

*Di Hill, President*



# Coordinator's Report

Greetings from New Farm!

I am pleased to report OWNQ has started the year off fabulously! Our service agreement with the Department of Child Safety, Seniors and Disability Services will be renewed for another five years. This is the longest-term contract we will be signing with the Qld Government and is testament to the importance of OWNQ in our communities and the positive impact we have on the lives of others. We can all be very proud of ourselves.

We have officially approved our newest branch in Mount Gravatt! It has been wonderful to connect with the women in the southern suburbs of Brisbane and we are overjoyed to welcome such a lovely group to our network. The branch meets at the Garden City Library on the fourth Tuesday of the month from 9:30am to 11:30am. I have facilitated the first three meetings and will now gently hand over the reins to three very competent new members.

Over the course of 18 months OWNQ has been involved with the Queensland Women and Girls' Health Strategy 2032. We represented the External Agency Group (previously called the NGO Liaison Group) and members of our Management Committee participated in multiple consultation activities held by the steering committee. While we would have hoped for older women to be included as part of the Priority Communities the strategy has a focus on the whole life cycle of women and girls. For more information on the strategy please visit:

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0025/1314079/QWGHS\\_Strategy\\_A4\\_Digital.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0025/1314079/QWGHS_Strategy_A4_Digital.pdf)

Our branches are thriving! All our branches are now organising multiple and varied social activities during the month, with branch convenors reporting that more and more members are putting up their hands and taking it upon themselves to get new activities up and

running. We revel in delight to know our leadership teams are creating welcoming spaces where women feel empowered to share their ideas and put them into action. Our growing membership is evidence that our branches are meeting the needs of women in their communities.

In March many of our branches celebrated International Women's Day. I was fortunate to attend the Maroochydore Branch IWD event which was well attended with members from Gympie, Bribie Island, Caboolture, Morayfield and Wynnum/Manly present. OWNQ Ambassador Claire Moore and motivational speaker Dianne Carter visited and spoke at a number of our branches this IWD. Our Mackay branch even made the 7 News!

The Collaborative Quilt Project is making progress. We are being challenged, we are not going to lie, as many of our quilters have never embarked on such endeavour, BUT we are ever so enjoying the process.

We are learning, problem solving, engaging in rich conversations, and working it out together. I am a strong believer that projects of this kind unify and bring out our best attributes to the fore. A brave member from the Mitchelton branch has volunteered to put all the blocks together and we are looking forward to working with her on the completion of the OWNQ quilt.

I am very much looking forward to our Face-to-Face Convenor Meeting that will be held on Wednesday 8<sup>th</sup> May at the Mitchelton Library!

Have a wonderful Easter!

*Niura*





## GYMPIE

- Meets:** Each second Thursday  
**Time:** 9.15 a.m. to 12.00 noon on pension week  
**Venue:** Contact Convenor  
**Contact:** Marilyn, Ph. 0409256603  
**Trips:** Jenny, Ph. 0481199943

After last year's disruptions to the hall due to previous flooding we were looking forward to a more settled meeting place this year, but it was not to be. We were notified of a mine shaft under the building and it could take 12 months to repair, so we were desperately looking for a new venue for our meetings.



Our first meeting was held at Charlie's Restaurant. Morning tea of the best scones, jam and cream. Delicious.

Having cancelled our guest speaker for the next meeting due to being unsure where we would be, we had a relaxed morning chatting at the Southside Bowls Club which we have been fortunate to book for the next three months.

The guest speakers on the 15<sup>th</sup> February were Katrina and Shantel from Lakeside Mobility who brought along a huge variety of household aids to help with possible disabilities we may face as we age.

Our guest speaker from the Gympie Ambulance service was Wayne Sachs who kept us entertained with stories from the early days when the Ambulance in Gympie started with just five officers, they now have 44 staff.

On 4<sup>th</sup> March, seven of our members

travelled to Maroochydore to join with members from various other OWN groups to celebrate International Women's Day. Once again Maroochydore did themselves proud putting on a great day.

We enjoyed the day, the food and the guest speakers. Thanks ladies, looking forward to your next event. We travelled back home via Buderim which was interesting as we hadn't been through there for years.



OWN groups at Maroochydore Gympie 'Girls'

A fun morning for the 14<sup>th</sup> March. What's in your bag from a list of 12 items and can you talk on a given subject for 2 minutes without saying umm or err. Not so easy. Lots of laughter, everyone left with a smile on their face. Best wishes to all OWN members for Easter.

Regards, Kaye

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 following members of parliament for printing copies for our Mackay, Gympie and Morayfield branches: the Honourable Julieanne Gilbert, Tony Perrett and Terry Young.





## 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

Hi everyone,

It's hard to believe another quarter has flown by and what a fantastic one it's been! We're thrilled to report our branch has soared to a record-breaking 92 members, and the energy is truly contagious!

Our monthly speaker meetings are now averaging a whopping 50 members – a real testament to the interesting and informative talks we've been hosting.



We're so grateful to the Arana Leagues Club for their generosity in providing us with their larger meeting room complete with A/V equipment and refreshments, free of charge, for the next year. This fantastic space allows us to comfortably accommodate our growing numbers.

We're excited to be trialling a new live captioning solution called Ava. Ava displays closed captions onto the big screen for everyone to see, with the added bonus of allowing individuals to view captions directly on their phones or tablets. If the trial proves successful, the Management Committee will consider a subscription, making Ava available to all branches. This could be a game-changer for ensuring everyone can fully participate and enjoy our events.

We're thrilled to be returning as exhibitors at the upcoming Twilight Years Expo on 17th May. Organised by the local Chamber of Commerce Seniors Committee, this expo celebrates the joy and vibrancy of ageing – think laughter, entertainment, and activities, not funerals! Last year, our members had a blast not only manning the Mitchelton Branch table, but also assisting with entry and raffle sales. It was a fantastic community event, and we can't wait to do it all again.

Overall, it's been a cracking quarter here at Mitchelton, filled with laughter, learning, and strong connections. We're excited to see what the rest of the year brings, and to keep you all updated on our adventures!

*Warmly, The Mitchelton Branch Team*

**OWN Qld's office hours** are Tuesday to Thursday 9.00 a.m. to 5.00 p.m.

Street Address: 505 Bowen Terrace, New Farm, Postal Address: PO Box 2768, New Farm, Qld 4005

Telephone: (07) 3358 2301, Website: [www.owqld.org.au](http://www.owqld.org.au)

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



## 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

The highlight of the first quarter for 2024 for this branch member has to be our celebration of International Women's Day.

Organised by our convenor Lee and Secretary Kerry, we gathered with members from many of our Queensland branches to celebrate and commemorate.

We had some absolutely wonderful guest speakers, commencing with Ana Greenfield and Krystal Smit from Nambour Community Centre. Ana spoke of the assistance the community centre is providing to women experiencing housing insecurity, how programs are developed and how important community and government support can be to the success of the programs.

Krystal spoke of how her journey through university study and her volunteer work with community programs brought her into being asked to co-ordinate one of the housing programs helping women into secure homes.

The sensitivity and respect Ana and Krystal bring into every aspect of their work, the dignity and cultural awareness they offer their clients, the careful consideration afforded to each client's individual situation was a wonderful example of how local action can directly benefit those requiring assistance.

We heard from Claire Moore our OWNQ Ambassador, and from Di Hill State President.

Our second speaker was Di Carter. Di regaled the gathering with some wonderful story telling of her time in Africa, and more recently of how joining in some local artist photo shoots had her posing with others for some interesting images!

Her message was of never being too old to take advantage of every opportunity to meet new people and challenge yourself in new ways, and to challenge others to see older women in new ways. Honestly Di is one in a million and a terrific speaker, mostly though a magnificent woman.

Maroochydore branch were very thankful to OWNQ members from many other branches who made the journey to celebrate with us, we sincerely thank them for joining us and for illustrating how lucky we are to be able to network with others.

We used the event to sell raffle tickets which will benefit Bloomhill Cancer Care, thanks to our members for their donations and to our volunteers Marge, Margaret and Sue for their efforts on the day.



*Above: Our raffle volunteers from the left Margaret, Marge and Sue (standing) and below: Branch members at the IWD event*



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

**January** - Wow, we're back up and running. So many exciting events to look forward to. Niki from Transit Care gave a very informative presentation today. We have 4 bus trips scheduled for 2024.

**February** - Pam Tranter from Night Ninjas Inc. is an organisation who deliver each week to our homeless, couch surfing, crisis accommodation, overcrowded house and park bench. Our community project this year is supporting Night



Ninjas. Thank ladies for your generosity and thoughtfulness in choosing items for this, a great start. Thank you Janet S for making 18 beanies too.

Fifteen ladies, including members and friends of Capalaba and Mt Gravatt OWN, boarded the Transit Care bus to Maleny. Coffee was an important first stop at one of the high street cafes on arrival, followed by a leisurely stroll along Maple Street to visit the many gift and specialty shops.



These included antique and art shops, Imelda's famous shoe shop and [Rosetta Books Maleny](#), a beautiful bookstore reminiscent of old-time bookstores. And I must mention the fabulous

carved wooden doors at the entrance to the Community Centre. Lunch was at the Maleny Food Co where we sampled the delicious ice cream before boarding the bus for home.



**March** - We celebrated IWD with Diane Carter visiting us as our guest speaker. Diane is an internationally recognised speaker and author. In her own passionate way, Diane weaved her strong message about the power of positive

Mindset Energy in between real-life stories, with a generous sprinkling of humour and kept us enthralled with laughter and totally spellbound. Her presentation was entertaining and inspirational.

Diane illustrated how to turn problems into challenges, how to focus on solutions, how to make the most of any situation and that attitude is the essence for ultimate success.

Di Hill gave a short presentation to our members to start off the morning. Local sisterhood branches, Wynnum Manly and Mt Gravatt also attended.



We continued to celebrate IWD on Friday 8th March with a delicious luncheon at the Bush Pantry Capalaba.

*Cheers from Desley and Naomi.*





## WYNNUM MANLY

**Meets:** Mostly Third Wednesday each month  
**Time:** 10.00 a.m. – 12.00 noon  
**Where:** Wynnum Library (above Woolworths)  
**Contacts:** Michele 0412 870 723

Another year has begun, and we are very much in the thick of it. The weather has not been kind with hot muggy days and nights to rain we did not expect. This however has not deterred us.

The members have been only too keen to get out and about. Our morning coffee meetings in January and February have been enjoyed with an average attendance of 10 members on each occasion.



*Coffee at Fielders*

We held our Event for the year “An afternoon with Jan Nary” which was a success on all accounts. We even received an email from Jan Nary to let us know that her group of performers also enjoyed the afternoon as well.



*L-R Jan Nary and her associates*

On the 21<sup>st</sup> February we held our Branch meeting with our Guest Speaker Claire Moore. We also welcomed six new members and three visitors on the day.

Our financial member numbers are increasing and now we have 20 registered members. Our new members are Carol A, Jan S, Kath W, Wendy B, Melva H and Glenda W. Welcome ladies.

### ***International Women's Day***

This year our branch honoured the day by attending a lunch at the Pares Palace in Wynnum Central. Eleven members thoroughly enjoyed the delicious food and great company.



*The ladies at Pares Palace*

Seven of our members also accepted an invitation from the Capalaba Branch to join them in celebrating International Women's Day. Thank you, Capalaba, for a nice morning.

Our leadership committee is now in the process of arranging speakers and outings for the months ahead.

Wynnum Manly branch will also be celebrating their third birthday this month.

*Michele*





## MACKAY

**Meets:** 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 has started full steam ahead with big groups attending our meetings ,we began on 23<sup>rd</sup> January with 52 members and 3 visitors , having a very busy productive day .

Everyone was overjoyed about being back together again, it was mainly a catch up and sort out of jobs and hearing stories.

The next week my offsider Helen went for a nose dive out walking and broke her collar bone and a bone in her hand, so she has been out of action for a while, mind she has not been very happy about it, as she had to spend a week in hospital.

We have had all the candidates for Mayor come and talk to us over the last few weeks of what their plans are for our council.



*Trish and Margot convening at the meeting with Lawrence Bonoventura, candidate for Mayor, and Alison Jones, candidate for Councillor.*

There have also been speakers from Centacare, Kidney Network, Services Australia, and chair yoga.



*Some of our members enjoying morning tea*



OUR INTERNATIONAL WOMEN'S DAY was a fabulous day on Tuesday 5<sup>th</sup> March having Channel 7 in attendance to promote our organisation, filming us in action. We had 60 members and 7 visitors on the day. A wonderful morning tea was catered for us by Trish's daughter KATRINA. It was a beautiful spread The guest speaker for the day was KARLA VALLELY, a retired school teacher, speaking on her time volunteering in the Solomon islands and Papua New Guinea, helping to set up schools .

So far we have had seven meetings this year as I write this and a total of 382 members and 22 visitors having attended the police youth club where we meet.

I am looking forward to a great year with OWN Qld. and hope you all are too.

*Cheers Ruth*



## IPSWICH

**Meets:** Third Wednesday each month  
**Time:** 10.00 am to 12.00 noon  
**Where:** Elim Village,  
123 Cemetery Road, Raceview  
**Contact:** Bernie 0411 585 408

Ipswich branch has been a little quieter these past months, due in part to the ghastly summer heat experienced throughout Queensland this Summer. We have, however, continued to develop our bonds of friendship & ongoing connection.



Our new branch leadership team of Bernie (Convenor), Helen (Secretary)

& Irene (Treasurer) commenced in the New Year, with a ceremonial handover of "the bell", which is used to keep us rowdy members in line!

We started the year's social events with a stroll through the picturesque Ipswich Nature Reserve with its collection of Australian fauna, & had an early lunch on the shady verandah of the Queen's Park Cafe, where we were joined by visiting birds & some inquisitive skinks.

Our February branch meeting included a very interesting perspective of our local Ipswich history, from the eyes & family memories of Royston Whybird, whose family conducted the well known Whybird's carrier, delivery & removals business from the early days of horse & drays from the 1850s, right through to current days of huge removal trucks. Royston also treated us to a display

of some of his hand-made scale models of their vehicles.



Our book club has continued over Summer. Our current book, "Sarah's Key" led to some interesting discussion about personal & moral responsibility in terrifying times of war & chaos, especially regarding children. We also strayed into an interesting discussion of wartime history in Queensland & the Northern Territory.

Morning teas, coffee catchups & lunch dates remained on the social agenda, with our last luncheon at the Bangkok Thai in Yamanto being a great hit. I confess I could have licked my plate clean, the food was so tasty!



Our walking group suffered somewhat due to holidays, some injuries, & heat exhaustion ... but I believe the post-walk treat of coffee & donuts has remained popular. Funny that! 🍩🍷🍦

We finished the Summer period with a visit to the Wounded Heroes Cafe & Op Shop in Bundamba, which provides practical support to veterans & their families. I think we'll be back there again later this year! *Karla*



## CABOOLTURE

Meets: First Thursday each month  
Time: 10.30 a.m. – 12.30 noon  
Where: Sports Central Caboolture,  
cnr Hasking St & Beerburum Road,  
Caboolture  
Contact: Gwen 0414 246 749

We started our New Year with a Coffee & Catch Up in late January and at our first Meeting in February we had a return speaker from last year to tell us her progress after setting up her 'Get Around Cabo Car Free' Group - a necessity for all as we age & begin to stop driving & use other transport to get around.

We had a visit to the Beach House at Beachmere & had an enjoyable day choosing & organising our Speakers & Social Outings for the year.

In March we have had Kerri Raedel speaking about 'Bright Bags' (formerly Buddy Bags) Backpacks that are given to children going into Foster Care with no belongings of their own - toiletries, pyjamas, clothing, books etc.

Social Outing for March is a trip to the Cinema to see the Movie 'Wicked Little Letters' & Lunch later at 5 Boroughs Bar & Grill in Morayfield.

Plans for the year include:

Coffee Morning at a new Cafe in Caboolture, 'Sconetime' at Beerwah by Bus & Train; Cross River Rail Experience Centre in Brisbane by Train & Free Bus; Christmas in July with Bribie Island Branch (they have been exceptional in helping us continue on with our Branch).

Future outings include Miegunyah House at Bowen Hills, Roma Street Parklands, Old Government House William Robinson Gallery, QUT 'The Cube' & Lunch in the Botanical

Gardens. Strawberries later in the year, maybe November.

We are looking forward to some friendly times throughout this year.

Three of our Members attended the International Women's Day Event with Maroochydore Branch and will attend IWD at Morayfield later this month.



We have been included as a Community Chest Fund Recipient of the Community Sports Clubs (CSC) Group and so can continue to use their free Meeting Room for which we are very grateful.

All our Branch members are members of the CSC Club & we always incorporate Lunch in their Cafe as part of our Meeting Day - our way of giving back to the Sports Club for their continued support of our Branch.

Gwen

### Management Committee News

At this time of the year, we invite members to consider taking on a role within this committee. We currently have two vacancies on the MC – one being that of Vice President. According to one of our Policies, members are invited to nominate as early as March. If you wish to see OWNQ progress and feel you can offer your services, why not let the Secretary know and complete a nomination form for the AGM which will be held in October this year.





## 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

Last year finished with a very enjoyable Christmas lunch celebration in early December. We were lucky enough to receive the BCC Grant which helped towards costs for our members. Two lucky members won prizes provided by our Local Councillor.



The **January** meeting was a chance for everyone to reconnect after the holidays.



Two of our members, shared very interesting talks about recent travels in Spain (Jenny) and Lesley spoke about Home Stays in UK



which she has experienced on many occasions.

In **February**, one of our favourite presenters, Denis Wayper (below) thrilled us with a well researched Powerpoint presentation of **The Three**

**Tenors** which included many video clips of them singing individually and together.



Our outing in **March** was during the week of **International Women's Day**. The team at Club Connect through **Aveo** retirement resorts, treated us like queens.



They provided a High Tea in a private room at The Newstead Residences on the 19<sup>th</sup> floor. It was a good way for our members to see what is available in our area of Brisbane and we all had a marvelous time.

*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

**2024** started on a very positive note with our branch participating in the *Knickers with Notes* project. Our first get-together saw the ladies bring their generous donations of knickers,



personal care products and feminine hygiene products in for packaging. While some ladies packed, others wrote personal uplifting

messages to include in the care packages. Our aim was for the packages to go to the victims of Cyclone Jasper and its aftermath in Far North Queensland.

Getting the packages to where they were needed was not so easy. After several phone calls and emails we were able to make contact with a Rotary Area Governor in Cairns for an address. An approach was made to the agents of AusPost at Bongaree. They were delighted to support our cause and paid for the postage of two boxes to Cairns. A heartfelt thank-you email from a recipient, who had lost her home in Holloway's Beach, made our efforts worthwhile.



For our **February** social we trialed a different venue. We enjoyed a relaxed brunch/lunch at The Oyster Shed at the Sandstone Point Hotel.

At our monthly meeting guest speakers from Mercy Community and Relationships Australia spoke about Domestic Violence and Elder Abuse.

Ken from Bribie Island Kids Educational Support (BIKES) presented the branch with a Certificate of Appreciation for our support (donation).



Five of our members drove to Maroochydore to celebrate **International Women's Day** with their branch. It is always great to meet up with ladies from other branches (Caboolture, Gympie, Maroochydore, Morayfield and Wynnum-Manly). Some of our members also attended an IWD breakfast hosted by our local VIEW Club.



**B.I.N.G.O!** **March** came around quickly. Having purchased a bingo kit we were ready for the balls to tumble. With Virginia calling we started off with single liners and lead up to full houses. Chocolates kept up our spirits and energy.



Winners were delighted with their lucky dip mystery prizes. Thanks Yvonne and Virginia for taking the lead roles in what was a fun-filled morning. Of course, we also stayed on for lunch to continue socialising.

The guest speaker at our monthly meeting will be Leah Keating (Dementia Doula). Dementia is a real issue for some of our members and their partners.

After such a positive start, our branch is looking forward to another productive year.

Betty (Convenor) 🌸





## BURNIE BRAE

**Meets:** Second Thursday each month  
**Time:** 9.30 a.m.  
**Where:** Burnie Brae, 60 Kuran Street, Chermside  
**Contact:** OWNQ Office, 3358 2301

Burnie Brae Branch has been enjoying fun activities like the March Crazy Hat Parade (below)



and the winner was Dawn with the green trim hat (right).

Later in the month, we plan to have coffee at the Be Uplifted Cancer Charity Thrift Store and purchase an item of clothing each for our next 'big event', the April Fashion Parade.



In May, there'll be a Murder Mystery, written by one of our members, Monica while in June, the Teddy Bears will come out to play at a picnic in the park behind the community centre.

We'd like to thank Lee Ryan from the Burnie Brae Community Centre for very kindly giving us the meeting room for our coffee mornings at no extra cost to us. It makes things so much easier, being able to hear each other. *Chris*

## 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 Morayfield ladies would like to welcome everyone back for another fantastic year. At our first meeting this year we had a branch planning meeting where we have organised to have an afternoon coffee and chat each fortnight and a dinner on the 3<sup>rd</sup> Saturday of each month.



This month Lisa and Deb attended the Maroochydore's branch International Women's Day. There were a

couple of lovely speakers, Krystal and Anna from the Nambour Community Centre speaking about the project "Housing with Dignity" which works with women over 50 and living rough to find suitable housing.

Also, a very inspirational speaker named Di Carter who told us of her life experiences in Zimbabwe. We are looking forward to reading her books "Get a Life - Dare to Succeed" and "Dare to Live - Trust Yourself".

Our branch held an International Women's Day event on the 20th March at 2pm. Our speakers included OWN Queensland President Di Hill and OWN Ambassador Claire Moore. We had a few visitors from the Caboolture branch as well as some ladies from within our home village. A lovely afternoon was had by all.

*Deb*





## MT GRAVATT

**Meets:** Fourth Tuesday each month  
**Time:** 9.30-11.30 a.m.  
**Where:** Garden City Library, Mt Gravatt  
**Contact:** Leanne 0428 749 357

It's official! We now have a Mt Gravatt branch that meets monthly at the Garden City Library. The group has already been quite active.

After our initial Meet'n'Greet in November, we held a pre-Christmas getting-to-know you morning tea at the library.

In January, Stephanie and Carol from the Brisbane City Council spoke on Disaster Preparedness, it being Storm Season.

Our first coffee morning at the local Club Southside was held on Valentine's Day, and a spirited conversation followed about who the parents of Cupid were in Roman Mythology – one of the Valentine's Day trivia questions! Venus? Mercury? Mars?

February saw Matilda from ADA Australia (Aged and Disability Advocacy Australia) talking to the group about a range of topics, and at the March meeting, Saalihah Seedat provided some information on her *My Health for Life Program* which Capalaba Branch participated in quite some time ago. Plus we had a surprise visitor, Corinne McMillan, State Member for the Mansfield area. The next activity is scheduled for 10<sup>th</sup> April, another social morning at Club Southside, from 9.30 a.m.

A Big **THANK YOU** to Leanne, Louisa and Colleen for taking over the reins of the new Mt Gravatt Branch.

## WOODY POINT

**Meets:** Second Tuesday each month  
**Time:** 9.30-11.30 a.m.  
**Where:** Woody Point Memorial Hall  
Oxley Avenue, Woody Point  
**Contact:** Helen 0418 796 365

We had Tom Law visit us in February, had us all up & doing exercises! Tom has a new book called "Life Fit for Living".

We didn't hold a social activity in February, while in March we planned to visit a new place that has great coffee, called the Gypsy Van on the beach at Bramble Bay.

At our March meeting, Bree Boag came from Hearing Australia and talked to us about how to keep hearing properly.

We hope to have an 'Open Day' in May, inviting some Local Councillors and having 'The Biggest Morning Tea' present as well!  
*Helen*

The Woody Point Book Club continues to meet regularly with March's book being "Buried Lies" by Kristina Ohlsson. The brother of a dead woman who is accused of five murders in two countries is out to prove her innocence through a lawyer Martin Benner who gets caught up in the mystery and intrigue. A great read and from all accounts the women enjoyed it.

April's book is "Exiles" by Jane Harper. We reserved this book back in September 2023 so I hope it will be worth the wait.  
*Elaine*



# Management Committee News

## Nominations for the Management Committee 2024-2025

Although the date of the Annual General Meeting (AGM) has not yet been decided, it's never too early to start thinking about joining the Management Committee. The committee meets once a month, excluding December. You don't even have to come into the office as meetings are usually via Zoom, though we have re-introduced some face-to-face meetings in 2024 for those interested in coming into the OWNQ office. It's a good chance to catch up in person.

Only financial members of OWNQ at the time of the AGM can be nominated for, and elected to, the Management Committee. Any two financial members may nominate (propose/second) another member to serve on the committee. All nominees are asked to please provide a brief statement (up to approximately 150 words) outlining their experience, the reason they'd like to join the committee and what they believe they can bring to the organisation, so that profiles of each nominee can be shared with our members via the newsletter.

Please note that Committee members must not be disqualified from being a Responsible Person for a charity. A disqualified person is one who has been disqualified by the ACNC in the past year, or has been convicted of offences, or is an undischarged bankrupt or subject to a personal insolvency agreement, or has 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. Current committee members hail from the Mackay, Wynnum Manly, Morayfield, and Maroochydore branches with two Independent members also on the committee. Chat with one of them to learn more.

Please send your nomination to [secretary@ownqld.org.au](mailto:secretary@ownqld.org.au) or post into the OWNQ office.



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

Annual General Meeting  
Date to be advised

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

NOMINEE \_\_\_\_\_ Date: \_\_\_/\_\_\_/2024

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: \_\_\_/\_\_\_/2024

Print Name of Proposer

Signature of Proposer

SECONDED BY \_\_\_\_\_ Date: \_\_\_/\_\_\_/2024

Print Name of Seconder

Signature of Seconder