



OLDER WOMEN'S NETWORK (WA) INC NEWSLETTER

Editors Report

Julienne Thomas

*May the Peace and
Blessings of Christmas
be yours.
And may the coming
year be filled with
happiness*



Presidents Report

Pat Morris AM.JP.

The Annual General Election of OWNWA was held in September with new President and Treasurer elected for 2018–2019

President	Patricia Morris AM.JP.
Deputy President	Fay Dickson
Secretary	Dallas Longhi
Treasurer	Julie Boyd
Magazine Editor	Julienne Thomas
OWNWA Rep.	Sue Joslin
Committee	Patricia Irving & Lois Stout
NCW Rep.	Lois Stout
COTA Rep.	Dallas Longhi

Our sincere thanks to Sue Joslin and Julienne Thomas for their outstanding and dedicated commitment to the Older Women's Network as Past President and Treasurer.

The range and professionalism of Guest Speakers this year has been outstanding, keeping our members informed and entertained.

As the year is getting closer to Christmas a final joint shared lunch is being held on 12th December to celebrate our efforts in our community, support to members and enjoy the friendships made. We will be having our end of the year Christmas Raffles and entertainment.

January 23rd 2019 will see us meet again for a Sausage Sizzle as we celebrate Australia Day and have a planning meeting to undertake a Calendar of Events for 2019.

My Very Best Wishes for the Festive Season

National Council of Women WA

OWN Representative Lois Stout

NCWWA will be holding their Christmas lunch at the Mantra on Hay, 201 Hay St East, on Tuesday 11th December. Time 12.15 for 12.30 start. Cost \$35 for two courses. If you would like to attend, contact **Lois 9459 1393 / 0414651829**

Six Little Stories

Once all villagers decided to pray for rain.
On the day of prayer all the people gathered,
But only one boy came with an umbrella.

That's FAITH

When you throw babies in the air,
They laugh because they know you will catch them.

That's TRUST

Every night we go to bed
Without any assurance of being alive the next
morning.

But still we set the alarms to wake up.

That's HOPE

We plan big things for tomorrow
In spite of zero knowledge of the future.

That's CONFIDENCE

We see the world suffering,
But still we get married and have children.

That's LOVE

On an old man's shirt was written a sentence
'I am not 80 years old;
I am sweet 16 with 64 years of experience.'

That's ATTITUDE

Have a happy day and live your life like the six
stories.

When I was a child, I thought nap time was
punishment. Now it's like a mini-vacation.

"Good friends are the rare jewels of Life...
Difficult to find and impossible to replace"

Seniors Forum

A Seniors Forum on Cyber Safety and Expo was held at the Don Russell Performing Arts Centre on Monday 8th October 2018. This Forum was hosted by Chris Tallentire MLA State MP for Thornlie and the Gosnells Older Women's Network. A most informative and interesting afternoon which was followed by an even more delicious afternoon tea.

The Forum hosted on stage by Chris Tallentire included:

- Matt Keogh MHR Member for Burt
- Pat Morris President OWN (WA) Inc
- Rachael MacIntyre NBN
- Q & A on NBN by Matt Keogh & Rachael
- Dr. David Cook on Cyber Safety
- Minister Mick Murray MLA Minister Seniors & Ageing

The Expo also included CWA, Gosnells Writers Circle, AdvoCare, Seniors Card, Canning Vale Police, Alzheimer's WA, City of Gosnells, Gosnells Men's Shed and the Gosnells Older Women's Network and FLOWN Theatre Group.

This was a great Forum and gave us the chance to promote OWN. Thanks, and appreciation must go to Chris Tallentire MLA, Diane Meakins, Nigel Dickinson and all the helpers.

Thanks also to the members pictured below who promoted OWN on the day. Left to right Patricia Irving, Janet Renton, Beverley Glass, Julienne Thomas and Dallas Longhi.



You've gotta hand it to the Brits

Starting in 1941, an increasing number of British Airmen found themselves involuntary guest of the Third Reich, and the Crown was casting about for ways and means to facilitate their escape.

Now obviously, one of the most helpful aids to that end is a useful and accurate map, one showing not only where stuff was, but also showing the locations of 'safe houses' where a POW on-the-lam could go for food and shelter.

Paper maps had some real drawbacks – they make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush.

Someone in MI-5 got the idea of printing escape maps on silk. It's durable, can be scrunched up into tiny wads, and unfolded as many times as needed, and makes no noise whatsoever

At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk, and that was John Waddington, Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort.

By pure coincidence, Waddington was also the U.K. Licensee for the popular American board game, Monopoly. As it happened, 'games and pastimes' was a category of item qualified for insertion into 'CARE' packages, dispatched by the International Red Cross to prisoners of war.

Under the strictest secrecy in a securely guarded and inaccessible old workshop on the grounds of Waddington's, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany or Italy where Allied POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece.

Continued 

You've gotta hand it to the Brits

As long as they were at it, the clever workmen at Waddington's also managed to add:

1. A playing token containing a magnetic compass.
2. A two-part metal file that could easily be screwed together.
3. Useful amounts of genuine high-denomination German, Italian and French currency, hidden within the piles of Monopoly money.

British and American crews were advised, before taking off on the first mission, how to identify a 'rigged' Monopoly set by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the 'Free Parking Square'.

Of the estimated 35,000 Allied POW'S who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly successful ruse in still another future war.

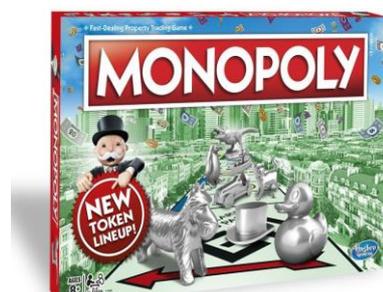
This story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honoured in a public ceremony.

It's always nice when you can play that 'Get Out of Jail Free' card!

WW11 Sept 1939 – August 1945.

www.warhistoryonline.com

waddingtons on Wikipedia.org



Myth Busters

Myth: Uluru is the biggest rock in the world

Fact: Well, actually it's not.

It is the second biggest rock, behind WA's own Mt. Augustus (Burringurrah). In fact, Mt. Augustus, about 320km east of Carnarvon, is two and a half times bigger than Uluru. It's true that it's a monolith, standing only about 860m above the surrounding plain, and perhaps not quite as dramatic as Uluru, but it's still bigger. And its size that counts, always.

Myth: You can't travel because you are over 80 years of age, with pre-existing conditions, and no insurance company will cover you.

Fact: Finding travel insurance as an older traveller can be a challenge, but it certainly isn't impossible. The rise in seniors travel has meant insurers have had to up their game for the savvy grey-nomad customers.

But Ms Ball, director of comparetravelinsurance.com.au, explains that many insurers do not have age restrictions. 1Cover, All Clear, Boomers and Simply Travel Insurance have no age limits. InsuranceGo will cover travellers under 100; and Travel Insurance Saver will cover those under 99 years of age.

Generally, most pre-existing medical conditions can be covered, but it will come at a price. If cover for your pre-existing medical condition is declined, you can often still buy travel insurance, but any injury or illness related to that condition would not be a claimable event.

Published in The Weekend West 25/8/2018



Food Labelling Laws

Australian Consumers will have much greater certainty about the origins of the food they buy after the introduction of mandatory Country of Origin food labelling from 1st July 2018.

Consumer watchdog, the Australian Competition and Consumers Commission (ACCC), said it would conduct Market surveillance checks on 10,000 food products to ensure businesses were correctly displaying the new labels.

All businesses, including manufacturers, processors and importers offering food for retail sale in Australia, would need to comply with the Country of Origin Food Labelling Information Standard, which specified claims that could be made about the origin of food products.

The new requirements would apply to most food offered for retail sale in Australia, including items sold in stores or markets, online or from a vending machine but excluding food sold in restaurants, cafes, take-away shops or schools.

Consumers should look out for the new labels if they want to find out where their food is grown, produced, made or packaged, so they can make an informed decision about the food they buy.

Inspections would initially focus on fresh or short shelf-life products sold by supermarkets of all sizes.

Some consumers are willing to pay extra for products grown, produced or made in Australia, and producers and importers should be aware any claim that is likely to mislead consumers will also be a breach of law.

We want to ensure that consumers can make informed choices and businesses have a level playing field to compete fairly in relation to these claims.

Avoiding scalds and flame burns

72% of burns in WA older people are from scalds or flames.

- Wear short or narrow sleeves and tie long hair back.
- Use small pots, pans and kettles with handles turned toward the wall.
- Use a potholder instead of a tea towel to pick up hot pans.
- Set a timer to turn off the stove or oven.
- Use a microwave safe cover to allow steam to escape during cooking.
- Use a lid or splash guard when frying.
- Set the water heater to a maximum of 50C.
- Remove hot water bottles or heat packs and turn **off** electric blankets before you get in to bed.
- Stay at least a metre away from all heaters.

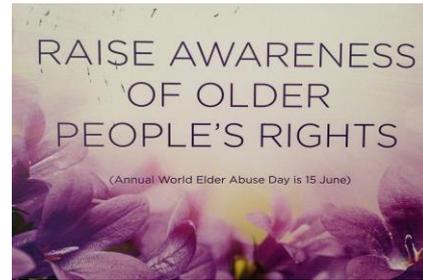
How to Stop the Burning

- Avoid danger from fire, hot liquid, slippery floors and electrical wires.
- If safe, move the injured person away from the source of the burn.
- Use stop, drop and roll: water, flame retardant blanket or fire extinguisher to put out any flames on the person.
- Place the burn under **cool running water** from a tap or shower for at least **20 minutes**.
- Removed burned clothing if **not stuck** to the skin.
- Remove jewellery to stop it transmitting heat or constricting a swollen limb.
- On the way to medical attention cover the burn with a **wet** lint-free cloth and keep the person warm with blankets or clothing.

Information from Fiona Wood Foundation
www.fionawoodfoundation.com

***Good First Aid can save your life
 and reduce time spent in
 hospital.***

Older People's Rights Service



Retirement Villages

"I am considering downsizing from my large house and moving to a retirement village where some of my friends reside. I will however, get some financial and legal advice before making any decision."

For more information about 'Retirement Villages' contact, the Senior's Housing Advisory Centre on 1300 367 057, the Council of the Ageing (COTA) on (08) 9472 0104, the Financial Information Service on 132 300 or your own private lawyer or financial advisor.

Banks and Pin Numbers

"Sometimes I cannot go to the bank and my children have asked me to give them my card and PIN number, so they can take money out for me. Should I do this, or should I contact the bank and make some official arrangement for my children to help me access my money?"

For more information about 'Banks and PIN Numbers' contact the Financial Information Service on 132 300, the Consumer Credit Legal Service on (08) 9221 7066 or speak directly to your bank. See also the Australian Securities and Investments Commission website called 'Moneysmart'.
www.moneysmart.gov.au

National Older Women's Network (NOWN) response to the call for submissions to the proposed Royal Commission into Aged Care:

- This commission has been, unfortunately, called not out of necessity and dire need which has been ignored for far too long, but out of political expedience to deflect issues unrelated to the topic, e.g. from coming under further scrutiny. We are not political footballs, we demand respect and we have a strong voice with our vote.
- The fact that women live longer than men and this is not addressed in gender terms.
- Not all older people have the same care needs, adaptability and multiple services regarding age and gender differences need to be considered.
- We strongly oppose Aged and Disability being used as if all aged people have disabilities or are, in some way disabled. Thus, these two terms should not be used together except for where they genuinely apply.
- The lack of registered nurses and staff, in many cases, with limited English language.
- A legislated ratio of staff to patient that is appropriate for providing a high quality of care for those most vulnerable.
- The need for continuous monitoring of government monies being spent by the homes and the lack of any financial monitoring and returns on investment.
- The need for ongoing unannounced assessment of compliance to agreed and legislated guidelines to all the above.
- The need for Older independent women to be on monitoring boards.
- The need for adequate funding to be sustained by the Federal Government and not susceptible to party political change.

Bus Trip to Toodyay

Our bus trips appear to come around very quickly each year thanks to the effort of Patricia Wyatt our Tours and Entertainment Organiser and Dallas Longhi our Gosnells Vice Co-ordinator who acted for Ruth Gregory whilst on holidays.

This time we were off to Toodyay on Wednesday 31st October, a nice sunny day as we set off from Gosnells. First stop was at Noble Falls on Toodyay Road, Gidgegannup. We had morning tea and watched the many birds along the edge of the Wooroloo Brook before proceeding to Toodyay.

We had a very warm welcome at the Newcastle Goal, a historic museum site where so much information was available to us about the convict history of Toodyay. This was a British penal outpost during the final era of transportation and had over 1,780 convicts. We saw convict profiles and read all about the Enrolled Pensioner Guards. Information was available on Moondyne Joe the Welshman who in the 1850's became infamous in W.A.

Lunch was at the Victoria Hotel, our roast dinner, and desert was followed by a glass of Port, (soooo good). We were then left to our own devices to tour the town. Op. shops, Visitors Centre and what we had come to see, The Xmas Shop and someone was even seen enjoying coffee near the main street.

At Gidgegannup on the way home another stop for an ice-cream or delicacies to finish off such a great day.



Gloria Hibble, Jackie Rhodes, Lesley Arandle & Marion Newton at Noble Falls

What has Happened to the English Language

Written by NSA Chief Advocate Ian Henschke and first appearing on the Adelaide Advertiser website.

I had someone thank me the other day for returning their phone call.

They said they were glad I had because they wanted to “reach out” to me. I had to stop and think about what they were saying. The trouble with mangling the English language is you don’t make yourself clear.

When they said, “reach out”, I thought of Diana Ross wanting to “touch somebody’s hand and make the world a better place”. But then the Four Tops song came blasting through my brain. I first heard that extraordinary rhythm and blues hit when I was 12. The rest of the lyrics still resonate. “I’ll be there to love and comfort you”. But I didn’t really want to be loved and comforted by someone I’d never met, let alone touch their hand.

I thought I spoke English fluently and understood it when people spoke to me, but I just don’t know any more. At a meeting recently, someone said they thought I was being too “granular”. They seemed to be suggesting I should have been having more of a “helicopter view” and been doing some “blue sky” thinking.

Perhaps they wanted me to “touch base” with them in a way that showed I was thinking more “holistically” and “strategically” so we could “get all our ducks in a row” and “go after the low-hanging fruit”. But I wanted to “take the discussion offline” because I was offended by the “sharing” of their “thought bubble” about a “perception which can become a reality” about my “granularity”.

I have an honours degree in English and I have always loved clear, simple language. I admire people who say what they mean and mean what they say. I studied the wonderful work of George Orwell. He wrote 1984 and showed us the perils of newspeak. This was the controlled language of his fictional dystopia. He also despised the way language could be twisted and distorted into what he called doublespeak.

We no longer have mass sackings. We have “efficiency restructures”. When did a nursing home become an “aged care facility”? How did a kindy become an “early learning centre”? A smart student is now “gifted”. A disruptive one is “on the spectrum”. And so, it goes.

Now you think none of this matter. But I think it’s vitally important. Some people say the reason Malcolm Turnbull couldn’t win over the electorate was because he didn’t have the ability to speak plain, simple English. Gough Whitlam, who was a bit pompous at times, still knew that the best slogan was two words “It’s time”.

I went into a Centrelink office to get a CRN because, apparently, I needed one. I discovered a CRN is a customer reference number and to get it I had to provide identity documents to a real person and then “navigate” my way through the system alongside a dozen poor souls like myself staring at computer screens clicking mouses, or should that be mice, because they all looked trapped.

All were stuck to their chairs, struggling away, despite the “improved transparency” that must have been one of new KPI’s (key performance indicators) for the “digital transformation” team in Canberra.

To my everlasting joy, a vision appeared walking up and down the line translating the information being requested. Her name was Karin. I hope she reads this because she was an angel of mercy. She was a drink of water to people dying in a desert. She smiled and spoke plain, simple English with a slight American accent.



Forest Lakes OWN Theatre Group

Co-ordinator Patricia Irving

The Theatre Group will be presenting a show for the residents of Amaroo Village on the 23rd November and are hoping to perform at other villages in the future.

Work on the show for the next Don Russell Performing Arts Centre is underway and promises to be a fun filled, variety show with something for everyone.

Christmas Lunch will be held at the Lo Quay café in Wilson this year. Members have been advised.

Thanks to the Committee and members of OWNWA and the Gosnells Older Women's Network Group for their support during the year and on behalf of the Theatre Group we wish you all a wonderful Christmas and a Very Happy New Year.



Farewell Lorene Barker

It is with sadness that we say goodbye to Lorene Barker who passed away in October 2018.

We will remember Lorene for her smiling face and a friend who accompanied Elwyn Ryan to most of our social functions. Although never becoming a member of Older Women's Network she was so very generous with her donations and help in putting together the beautiful raffles for us all to enjoy.

We thank you Lorene, you will be remembered by the members of Gosnells Older Women's Network and we will miss you. ***Rest in Peace***



Elwyn and Lorene 2018

The NBN Direct Mail Journey

This is the information that will reach your letter box after the NBN is installed in your area

- | | | |
|-----------------|-------------------|---------------------------------|
| • 18 Months out | Letter & Brochure | Switch to the NBN Network |
| • 15 Months out | Letter | Now is the time to switch |
| • 6 Months out | Letter & Brochure | Avoid disconnection of services |
| • 3 Months out | Letter | Urgent reminder to switch |
| • 1 Week out | Letter | Final disconnection reminder |



Tribute to Eileen Phillips

Member of the FLOWN Theatre Group. As spoken by Lois Stout.

Eileen was a natural thespian. She could act, dance and sing and her funny wit was popular with everyone. She excelled in comedy, which was a great asset.

When Eileen joined the theatre group, she was the bright spark among the earnest older women who had founded the group in 1994. We had been used to dealing with issues such as ageism and sexism, or historical figures and events. Our first big production was about Dame Edith Cowan. Later we created plays about women getting the vote in WA, the pipeline to Kalgoorlie and such. We celebrated the Queen's Golden Jubilee, 175 years of white settlement in WA, the Centenary of Gosnells and so on. With Eileen in our midst, we moved inexorably towards pure entertainment.

Eileen's first star act was performed to the music of THE STRIPPER. Hidden behind a screen, Eileen draped various items of clothing—right down to frilly underwear—over the top of the screen. When all items of clothing were displayed, Eileen emerged wearing dressing gown and slippers, curlers in her hair and carrying an iron!

Eileen didn't need to speak to make something funny. Often it was her skill in creating the unintended, that had the audience in hysterics. I think of the time when she was singing MY OLD MAN SAID FOLLOW THE VAN. She was carrying a bird on a perch and suddenly, the bird's head fell off! The audience screeched with laughter! I think the theatre roof lifted slightly that day.

Eileen could be forthright if she didn't agree with you, and she wasn't always tolerant of the less talented, but overall, she was generous in sharing her actor's expertise. She frequently demonstrated how to move when onstage, or advised on how to learn words for songs, or how to wear a costume. Once, when I was playing the part of a teenage boy, I was told I should wear one sock pulled up, the other hanging down around my ankle.

Eileen herself once played the part of a teenage girl, dressed in school tunic, with tie all askew, she extracted some bubble gum from the leg of her knickers and popped it into her mouth! Who else would think of doing such a thing.

In a tribute to Eileen, Marie says:

"Eileen, what great memories I have of you. In the quiet times of the day I can sit and have a chuckle over some of the antics you got up to. My first show ever, you looked at me, winked and said, 'Don't worry Kid, we have it covered' then showed me words written on the palms of your hands. I don't think you ever kept to a script. You could always ad.lib. What a great show lady you were. God Bless, wonderful lady."

Carolyn writes:

"I'm so glad to have met and known Eileen. She will be sadly missed, specially singing MAYBE IT'S BECAUSE I'M A LONDONER, which she sang from the heart."

Eileen was always cheerful—always made us laugh. Ruth reported that even in the latest stages of her illness, Eileen's mirth bubbled up.

(Continued next page)

We applaud you Eileen. You enriched all our lives and memories of you will always be cherished. To all the comics who have gone before, we say, "MOVE OVER. MAKE ROOM FOR ONE MORE."

Thank you, Lois for sharing this lovely tribute.



Eileen Phillips with Bill enjoying lunch with the FLOWN Theatre Group Xmas 2017



~The Beauty Of Friendship~

Friendship is a Priceless Gift,
It cannot be bought or sold;
But its value is far greater,
Than a mountain made of Gold.
For gold is cold and lifeless,
It can neither see nor hear;
And in the time of trouble,
It is powerless to cheer.
It has no ears to listen,
Nor heart to understand.
It cannot bring you comfort,
Or reach out a helping hand.
So when you ask God for a gift,
Be thankful if He sends ...
Not diamonds, pearls or riches,
But the Love of Real True Friends.

~Helen Steiner Rice~

You're Never Alone With OWN

Forest Lakes OWN Theatre Group

The Uniting Church Hall, Cnr. Bert & Hicks Street, Gosnells OR
 Don Russell Performing Arts Centre, Murdoch Road, Thornlie

Please check your Group weekly meeting location

Group Co-ordinator:	Patricia Irving	Phone:	6290 2593
Theatre Director:	Carolyn Horridge	Phone:	9525 4452
Musical Director:	Lois Stout	Phone:	9459 1393

Weekly Tuesday 1.00 pm – 3.00 pm

Please refer to the Gosnells 2018 Calendar of Events for Bus Trips and Outings – All Welcome.



Gosnells

Uniting Church Hall
 Cnr. Bert & Hicks Street, Gosnells

Your Co-ordinator:	Pat Morris AM,JP	Phone:	9459 2014
Welfare Officer:	Fay Dickson	Phone:	9398 2464
Events Co-ordinator:	Pat Wyatt	Phone:	9390 5540

2nd and 4th Wednesdays of each month 12 noon to 2.30 pm

Please refer to the Gosnells 2018 Calendar of Events for information on Meetings, Guest Speakers, and Events



Disclaimer: The views expressed in this Newsletter are not necessarily those of the Older Women's Network (WA) Inc and we do not guarantee the accuracy of the facts in articles supplied by members. The Older Women's Network (WA) Inc accepts no responsibility for any loss occasioned to any person acting, or not acting, upon material in this Newsletter.