



OLDER WOMEN'S NETWORK (WA) INC

NEWSLETTER

Editors Report

By Julienne Thomas

We recently celebrated Western Australia Day in June. On page 9 you will find the meaning of why we celebrate this beautiful State of Western Australia.

'Did you know' on page 7 contains a lesson in reading, see how clever you are, and NO it is not a typing error It was hard transferring that message to the spelling correction on my computer. This is a very good conversation point.

Monday 8th October a very important date for your calendar. Please take note of the details on page 6 for the Seniors Forum and Expo at The Don Russell Performing Arts Centre, Thornlie.

On Page 6. you will also find details of the bus trip to Toodyay.

This Newsletter will be the final 'Snippets from Sue' as our President steps down after three years in the position. We thank Sue Joslin for her contribution to OWN State Committee and look forward to the 12th September State AGM where Office Bearers will again take up the challenge.

Thank you to the members and ex-members who have contributed to this Newsletter, if you are unable to find your contribution in print, please watch out as it may be in the next edition.

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Snippets from Sue

President Older Women's Network (WA) Inc

Hello Ladies

We are over half way through the year and deep in a cold wet winter.

Aloma Fennell our National President has returned from a successful conference of GAROP (The Global Alliance for the rights of Older People) at the United Nations. She is proud to share with you the following which appeared in the OEWG9 (Open-Ended Working Group) Daily Bulletin.

"We are pleased to see Member States recognising the particular challenges facing older women, but now let's see what action they will propose to address these challenges."

Elizabeth Sciator (Older Women's Network - Europe) and Aloma Fennell (Older Women's Network - Australia)

Older Women's Network is well and truly on the world stage and we must continue to be interested and involved to make a difference for the women of the future.

My best wishes to you all
Sue



Gosnells Bus Trip

Our bus trips appear to come around very quickly each year thanks to the effort of Patricia Wyatt our Tours and Entertainment Organiser.

Our first stop was to visit Wheelchairs for Kids in Wangara where we were made to feel welcome and treated to morning tea, before being divided into smaller groups to have a tour of the operations.

What incredible work is carried out by these volunteers, it is a production line where every part made compliments the next stage in the making of the wheel chair until completion. We were then able to watch as it was packed according to the precise instructions given and double checked to ensure that all was correct so that the wheelchair could be assembled on its arrival. Added to each box was a spare wheel, nuts, bolts and tools to be used in the assembling. Three handmade blankets, a knitted toy, and a cushion were also included, we could see that our efforts to supply blankets and knitted toys are definitely put to very good use.

After farewelling the volunteers, we continued to Yanchep National Park for lunch. Once again, we feasted on a roast dinner at the Yanchep Inn and then made our way into the Park to look for koala's and yes, we did find several hiding in the trees which we were able to spot as we walked along the boardwalk and also enjoyed looking at the native gardens. The warmth of friendship encountered on this bus tour was outstanding as we have come to appreciate.

On the way back to Gosnells we called at Jadran Wines to replenish our wine cellars!!!!



Yanchep Inn

Gosnells Birthday 2018

Another year has passed, one more year older, 26 years, what an achievement with numbers growing every meeting.

A wonderful celebration once again, great shared lunch, lots of raffles, balloons, decorations and then entertainment by Justin Freind who had us all spellbound as we listened to his beautiful renditions of the songs that were so familiar to us all.

Congratulations and thanks to the committee and all who assisted, we could not have improved on the day and must have gone home thinking how lucky we were to be a member of the Gosnells Older Women's Network and be part of that Birthday celebration.



Hard to believe but these two ladies are actually responsible for the raffles. Elwyn Ryan & Lorene Barker. Well we did say celebrate!! Great hairdo's ladies.



Our entertainer for the celebration was Justin Freind being introduced by Gosnells Co-ordinator Patricia Morris.

Theatre Group Celebrates another Performance at the Don Russell.

“We Can’t Stop the Music” a very interesting and humorous performance from the Theatre Group at the Don Russell on the 20th June 2018 followed by lunch at Lakers Tavern.

The participation from the audience was very favourable and the stage settings looked amazing. Credit must go to all the performers along with the Manager Heather Witts, assisted by Eileen Kerr, along with Musical Director Lois Stout.

We Can’t Stop the Music



Marie Lavery and Patricia Irving



Beautiful Stage Setting



Angela Bartlett, Barbara Blackburn and Ruth Kershaw enjoy lunch at Lakers after the show



TG Performers Marion Robb, Brigid Bignell and Ros Pascoe



Liz Funge on stage

Special Meeting Theatre Group

A special meeting was called on 10/7/2018 and chaired by State OWN WA President, Sue Joslin with members of the State Committee and Theatre group present. The purpose of the meeting was to plan the future of the TG and to gain an understanding of the roles needed to carry the group forward, and emphasised the commitment required from TG members to take an active role on the committee.

To have successful performances members must commit to attend on a Tuesday for rehearsals.

A Mothers Story

A woman named Emily renewing her driver's license at the Transport office was asked by the clerk to state her occupation. She hesitated, uncertain as how to classify herself.

"What I mean is," explained the clerk, "do you have a job, or are you **just** a housewife/mother?"

"Of course, I have a Job," snapped Emily. "I'm a Mother."

"We don't list 'Mothers as an occupation...housewife' covers it," said the clerk emphatically.

I forgot all about her story until one day I found myself in the same situation this time at our local police station.

The Clerk was obviously a professional, poised, efficient and possessed of a high-sounding title like, "Official Interrogator" or "Town Registrar."

"What is your occupation?" she probed. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations."

The clerk paused, pen frozen in mid-air, and looked up as though she had not heard right.

I repeated the title slowly, emphasizing the most significant words. Then I stared with wonder as my pronouncement was written in bold, black ink on the official questionnaire!

"Might I ask," said the clerk with new interest, "just what you do in your field?"

Coolly, without any trace of fluster in my voice I heard myself reply.

"I have a continuing program of research, (which Mother doesn't) in the laboratory and in the field." (normally I would have said indoors and out).

I'm working for my Masters (the whole family) and already have four credits (all daughters.)

A Mothers Story (continued)

Of course, the job is one of the most demanding in the humanities (any Mother care to disagree?) and I often work 14 hours a day, (24 is more like it.)

But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money.

There was an increasing note of respect in the girl's voice as she completed the form, stood up and personally ushered me to the door.

When I got home, buoyed up by my glamorous new career I was greeted by my lab assistants – ages 10, 7 and 3 years.

Upstairs, I could hear our new experimental model, (a 6-month-old baby) in the child development program, testing out a new vocal pattern.

I felt I had triumphed over bureaucracy! And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mother."

"Motherhood—What a glorious career! Especially when there's a title on the door. Does this make Grandmothers "Senior Research Associates in the field of Child Development and Human Relations" and Great Grandmothers "Executive Senior Research Associates"? I think so! I also think it makes Aunts "Associate Research Assistants."

Submitted by Barbara Hovingh (ex Citigroup) via Deborah Sharp



OWN a Salvation to Loneliness

Thank you to the hard-working members and office bearers for your efforts and loyalty to Older Women's Network.

You provide the welcoming face to our members who can find friendship and social connection that is so essential to a healthy lifestyle.

In a recent Newsletter Mr. Ian Henschke, Chief Advocate, National Seniors Australia stated that a UK research suggested that loneliness was equivalent to smoking fifteen cigarettes a day.

The work you do to keep our Groups wheels turning is so very important and in fact you are assisting in improving the lives and health of our members.

You're never alone with OWN



Daphne Phyllis Rowett born in Wickopin 15th March 1929.

It is with sadness that we say "goodbye" to Daphne Rowett who passed away 26th June 2018.

Dee as she was known to us was an active member of Gosnells Older Women's Network for almost 13 years, joining us in 2003 and retiring through ill health in 2016 when moving into aged care.

Dee will be known to many of the older members of Gosnells and we appreciated her contribution and friendship.

Rest in peace Dee

Older People's Rights Service



Gifting and Pensions

"I'm going to downsize my accommodation soon and give some of the extra money I have to my relatives this Christmas.

Before I do anything however, I first need to check with Centrelink about how this will affect my pension. If I give too much away, it might reduce my future entitlements."

For more information about 'Gifting' contact the Financial Information Service on 132 300 or the Welfare Rights and Advocacy Service on (08) 9328 1751

Enduring Power of Attorney

"My family have urged me to plan for the future and create an Enduring Power of Attorney. I would like both my adult kids to take care of my financial affairs should I get sick but don't quite understand how two people can do this. I've decided to get legal advice first before finalising my decision who to appoint as my attorney."

For more information about 'Enduring Power of Attorney' contact the Public Trustee (WA) on 1300 746 116, Office of the Public Advocate on 1300 858 455, the Older People's Rights Service on (08) 9440 1663 or your own private lawyer.

Forest Lakes Theatre Group AGM Meeting

The AGM for the Theatre Group was held on Tuesday 7th August 2018 at the Uniting Church Hall, Gosnells. The meeting was chaired by Patricia Morris AM,JP with the main committee being elected as listed:

Group Co-Ordinator	Patricia Irving
Secretary	Lois Stout
Treasurer	Daphne Matthews

Theatre Director	Carolyn Horridge
Music Director	Lois Stout

Media will be under the supervision of the Group Co-ordinator Patricia Irving and other members were elected to assist in the important running of the Group.

The meeting was very friendly and positive and well organised. Discussions took place after the AGM on shows being canvassed at local retirement villages. Members gathered for a delicious afternoon tea following the meeting.

Gosnells Group AGM Meeting

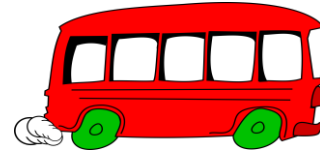
Wednesday 8th August 2018 the Gosnells AGM was held at the Uniting Church Hall in Gosnells and a record attendance of thirty-nine people. Following a shared lunch, the new committee members were elected as following:

Co-ordinator	Patricia Morris AM,JP
Vice Co-ordinator	Dallas Longhi
Secretary	Susan Joslin
Treasurer	Ruth Gregory

A very strong working committee was elected, and a vote of thanks was given to all the past committee members who had worked for the benefit of the Gosnells Branch.

The guest speaker position is still vacant.

Bus Trip to Toodyay



WEDNESDAY 31ST OCTOBER

Keep this day free on your calendar to join our bus tour to Toodyay where you will have lunch at the Toodyay Hotel and a visit to the Christmas Shop. If you haven't been to the Xmas shop before you are in for a real surprise.

Bus will leave from Uniting Church Gosnells at 9.00am
Full Cost per person \$68.

Important Notice for Gosnells and Theatre Group (not to be missed)

A Seniors Forum on Cyber Safety and Expo will be held at the Don Russell PAC, Thornlie on **Monday 8th October 2018**. Starting time is 1.00pm. The Forum being hosted by Chris Tallentire MLA State MP for Thornlie and Older Women's Network (WA) Inc. includes:

- Hon Mick Murray MLA Minister for Seniors and Ageing
- Matt Keogh MP Federal Member for Burt
- COTA Cyber Security & Protecting Older Australians
- Helpful NBN Information
- Afternoon tea will also be available

This Forum will be interesting as well as informative and you will need to book.

RSVP: 9493 2223 or thornlie@mp.wa.gov.au

Social Functions

This is a reminder to all ladies that social functions are open to all financial members of the Older Women's Network, **Gosnells** and **Theatre** Group. Details are available on the Calendar of Events and when possible in your Newsletter.

Bookings for functions and bus trips are essential and can be made through the events Co-ordinator Patricia Wyatt on 9390 5540.

Did You Know?

$$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2nd, but the last signature wasn't added until five years later.

If you were to spell out numbers, how far would you have to go until you find the letter "A"?
Answer: One Thousand.

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey wine and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

The average number of people airborne over the U.S. in any given hour: 61,000

The only food that doesn't spoil is Honey

Just because it looks weird, believe it or not, you can read this.

I cdnuolt blveiee taht I cluod aulacity uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the human mnid. Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt thing is that the first and last ltteer be in the rghit pclae..The rset can be a taotl mses and you can still raed it wouthit a porbelm. This is bcuseae the human mind deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig.

Thanks to Deborah Sharp (final)

Home Phones are Disappearing

The home phone is becoming endangered and is expected to be extinct by 2037.

Comparison website finder.com.au analysed data from the Australian Communications and Media Authority (ACMA) and found that only half Australian households will have a landline by 2021 and there will be none by 2037.

The ACMA data also showed home phone use has dropped every year from 83 per cent in 2011 to 64 per cent in 2017.

"For some, the death of the landline has already hit," finders Alex Kidman said.

"It's likely many young Australians will grow up without the sound of landline ringing through their homes."

Previous research has shown 29 per cent of Australians have a landline and most are older people.

Almost one in six admit they only have a landline phone for their Internet connection, while a further 13 per cent say they have a home phone but never use it.

Signs that it is time to ditch your landline:

- You don't use it
- All your friends and family have ditched theirs
- You're on the NBN
- You have reliable mobile phone service.

Ref: NSA



Probiotics may halve bone loss, study finds

A new study has shown probiotics can halve bone loss from osteoporosis in older women.

Osteoporosis is characterised by porous and weak bones, which can cause them to break even when subjected to low loads, such as a fall from standing height. Most women over 80 years of age have the disease.

But researchers at the University of Gothenburg in Sweden believe it is possible to cut age-related bone loss in elderly women in half if they receive health-promoting bacteria, known as probiotics.

“Effective medications are available to treat osteoporosis, but because bone fragility is rarely detected before the first fracture, there is a pressing need for preventive treatments,” the University’s Professor of Geriatrics Mattias Lorentzon said.

Older women are the group in society most at risk of osteoporosis and fractures.

Treatment with probiotics can be an effective and safe way to prevent the onset of osteoporosis in many older people in the future.

The study of 90 elderly women with an average age of 76 was conducted in Sweden. The women were given a powder containing either health-promoting *Lactobacillus reuteri* 6475 bacteria or a placebo every day for a year. Neither the researchers nor the women knew who received the active powder during the study.

Lactobacillus reuteri 6475 and similar bacteria are already used in a variety of supplements on the market. The bacterium is naturally found in the human gastrointestinal tract.

“When we finished the study after a year, we measured the women’s bone loss in their lower legs with a CT scan and compared it with the measurements we made when the study began,” said the University’s Associate Professor Anna Nilsson.

Probiotics (continued)

“The women who received the powder with active bacteria had lost only half as much bone in the skeleton compared with those who received inactive powders.

The treatment was well tolerated and did not produce more side effects than those experienced by women who received the placebo.”

Research has shown that intestinal bacteria affect the skeleton in mice, but this was the first study in which probiotics were used to reduce bone loss in older people.

Results of the study were published in the peer-reviewed *Journal of Internal Medicine*. and shared through NSA.



Don’t Mess with Seniors

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind.

Today, I got a call from Home Depot who installed them.

The caller complained that the work had been completed a year ago and I still hadn’t paid for them.

Helloo Just because I’m a Senior Citizen doesn’t mean that I am automatically mentally challenged.

So, I told him just what his fast-talking sales guy told me last year – that these windows would pay for themselves in a year.

Helloo.....It’s been a year, so they’re paid for, I told him.

There was only silence at the other end of the line, so I finally hung up.

Western Australian Day

Western Australian Day is celebrated on the first Monday in June each year to commemorate the finding of the Swan River Colony in 1829.

It is a day to celebrate all Western Australians, recognising our Aboriginal history, early European settlers, and the many from all over the world who have made and continue to make Western Australia their home.

Prior to 2012, it was known as Foundation Day which marked the day when the first European settlers under the command of Captain James Stirling arrived from Britain to explore the Swan River area in HMS "Success" in 1827.

Captain Charles Fremantle declared the Swan River Colony on 2nd May 1829 and the first fleet of settlers arrived in June of 1829 disembarking with their possessions on the sandy beaches north of the Swan River.

The official foundation ceremony for Perth took place on 12th August 1829 with the chopping down of a tree by Helen Dance the wife of Captain William Dance of the HMS "Sulphur". (Mrs Dance was a last-minute choice to axe the tree. Stirling would have preferred his own wife, but she had just given birth to a baby boy. The wife of the second in command, Mr John Roe, was pregnant and so Mrs Dance was next in line. According to records she only made one swing at the tree, with the local soldiers finishing the job. The original idea was to have a stone monument to mark the event, but with no quarries at that time available, they were left with the tree ceremony.)

The first reports of the new colony to England in January 1830 described the poor conditions and the land as being unfit for agriculture.

The settler population had reached 1500 in 1833 and the first dirt track between Perth and Fremantle was cut through the bush.

The difficulty of clearing land for agriculture was so great that by 1850 the population had only increased to just under 6000.

In 1832 the Swan River Colony was renamed the Colony of Western Australia.

After 15 years of meagre growth, Western Australia chose to change from being a free Colony to a penal Colony as the local settlers needed cheap labour to help develop the region and bring imperial funds to run the penal system.

At this time the eastern states of Australia were shutting down their penal settlements so the offer from Western Australia was gladly accepted by Britain. The provisions were that serious criminals were not accepted, and they should be young from rural backgrounds and with skills suitable for the Colony.

Women were not accepted at this time and convicts could never return to Britain. Around 9720 British convicts, along with warders, administrators, Pension Guards and all their families were sent to the Swan River Colony in 43 ships between 1850–1868.

Western Australia would be the last British convict Colony.

Most convicts in Western Australia spent very little time in prison and were initially set to work on public works.

Buildings included:

- Perth Goals
- Perth Town Hall
- Government House
- Canning River Convict Fence (Stumps remain between Salter Point And Shelley Bridge)
- Fremantle Prison and Warders Quarters
- Fremantle Lunatic Asylum (now Arts Centre)
-

The last ship of convicts arrived in 1868.

The gold rush of the 1890's soon provided the influx of men the Colony needed.



The Computer Swallowed Grandma

The computer swallowed Grandma,
Yes, honestly, it's true!
She pressed 'control' and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind:
I've even used the Internet,
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine,
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her
And send her back to me.

This is a tribute to all Grandmas & Grandpas,
Nanna & Pops who have been fearless and
learned to use the Computer.....
They are the greatest!!!!

We do not stop playing because we grow old;
We grow old because we stop playing.....
NEVER Be the First to Get Old!!



Forest Lakes OWN Theatre Group

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

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		

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 Ambassador:	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



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