



# OLDER WOMEN'S NETWORK (WA) INC

## NEWSLETTER

### Editors Report

Julienne Thomas

Congratulations to Forest Lakes OWN Theatre Group member Daphne Matthews who celebrated her 90th Birthday on 8<sup>th</sup> February 2019.

That makes Daphne a nonagenarian.

When the Theatre Group commenced in 1994, Daphne was one of the ladies who became involved with the first show as a performer and she also became Treasurer of the Group where she has remained for the last eighteen years.

Daphne was awarded Senior Citizen of the year in 2017 in recognition for her long-term volunteering with OWN and Friends of Don Russell Performing Arts Centre.

Our very Best Wishes to you Daphne from all the members of Older Women's Network. (Photo of Daphne is on Page 2).

Media Release on Home Care Packages to benefit Senior Australians is reported on Page 5.

We applaud Older Women's Network NSW role in ending violence against women, you can read about this on page 6.

Page 8 finds us remembering the Fifties.

On page 9 we look at an under acknowledged woman Hop Lin Jong, a Chinese immigrant in the early days of White Australia. It is hard for us to imagine what it would be like to arrive in a strange land as a fifteen-year-old in the early 1900's.

The author is Antonia Finnane.

### Presidents Report

Patricia Morris AM,JP

FEBRUARY 2019

Gosnells Older Women's Network welcomed back our members in January with a planning meeting for the years business, activities, guest speakers and outings.

An invitation from Mr. Chris Talentire MLA member for Thornlie for members to have a tour of Parliament House.

Guest speakers to date: City of Gosnells-Seniors activities and information, Wheelchairs for Kids, Advocare, Armadale Stroke Group, African Outreach Program and others to be confirmed.

Our information brochures have been distributed to libraries, senior centres, community groups, and retirement villages.

Vale. Past Member Mrs Elaine Eastwell.

Forest Lakes (OWN) Theatre Group.

The group entertained very appreciative residents of Amaroo Retirement Village with singing, music and comical renditions, enjoyed by all attending.

A performance is scheduled in June at the Don Russell Performing Arts Centre.

We are all looking forward to an informative, enjoyable and a year of friendship.

State President. OWN.WA

Co-ordinator. GOWN.

## A Visit to the Ballet

A group of Gosnells OWN members enjoyed a visit to His Majesty's Theatre to see the West Australian Ballet presenting "The Nutcracker".

The much-loved music by Tchaikovsky was provided by the West Australian Philharmonic Orchestra and was set in a 19<sup>th</sup> century English winter wonderland.

Clara and her Nutcracker soldier embarked on a journey filled with colourful characters and amazing costumes.

Act 11 gave us an insight into the Land of Sweets and the Sugar Plum Fairy.

We all agreed it was worth attending and thanks must go to Fay Western for organising this event.



**Happy 90<sup>th</sup> Birthday Daphne Matthews**

## Community Choirs

Five new *With One Voice* community choirs will hit the high notes around Australia thanks to seed funding from Creativity Australia.

The new choirs are in Kyneton and Ballarat Victoria; Redfern NSW; St Helens Tasmania; and Perth WA.

They will bring to 22 the number of *With One Voice* choirs nationally, and the organisation plans to add another 10 by the end of the year.

Creativity Australia's *With One Voice* movement brings together people from all faiths, cultures, ages, abilities, backgrounds and socio-economic situations. It has choirs located across Melbourne, Sydney, Adelaide, Brisbane, Canberra and regional Victoria, with over 600 choir members ranging in age from nine to 90 years old.

The choirs are led by professional conductors and meet weekly, followed by supper. In addition to singing and eating together, the choirs also include an innovative Wish List program whereby choir members request, and grant wishes, to one another.

Wishes can be anything a choir member needs or has to offer, such as a free music lesson, assistance with learning a new language, writing a CV, finding a job, help with moving, or computer tuition. To date over 3000 wishes have been granted through the choirs. Perth, Western Australia launching will be in early 2019.

Ref:Connect 603 NSA

***"Goodness is the language which the deaf can hear and the blind can see"***

Wrote Mark Twain

## Celebrations

Our final meeting in December was a shared Xmas lunch, our amazing Xmas Raffles and entertainment by members of the Forest Lakes OWN Theatre Group.



Mary Crawford in charge of the Xmas Raffles



Doreen Miller, Lillian McLaren, Nora Goodall, Lois Stout, Barbara Blackburn, Angela Bartlett and Patricia Irving

## From Your Calendar of Events

### Easter Hamper Raffle:

- Wednesday 13<sup>th</sup> March - Shopping List distributed for items required
- Wednesday 27<sup>th</sup> March - Bring your grocery item to meeting & place in basket
- Wednesday 10<sup>th</sup> April - Drawing of the fund-raising Raffle - \$5 per ticket



## Australia Day at Gosnells

As we celebrated Australia Day on our Gosnells Meeting day with an Australian Sausage Sizzle we had time to reflect and to give thanks on how fortunate we are to live in this most wonderful country.

Even the full power disruption did not deter us from having an enjoyable time. Sincere thanks to Dallas Longhi who did all the preparation at home which saved the day and we were still able to have our sausage-in-a-roll warm. Three cheers for Dallas.



Sue Joslin and Dallas Longhi at work



Jean Hingley, Marion Newton and Pat Wyatt



Fay Baxter, Shirley Parkes, Jo Tedman and Lorraine Tobin

## What is the real picture on old age?

You know there's an election in the air when the talk turns to how well we are doing in old age.

Clearly, if that's the case, you don't need to worry.

But what's the real picture? If you're single, renting and on a pension, life is tough. A lot of people are in that situation. Women are particularly badly off, with around one in three living below the OECD poverty line.

In total, about one in four pensioners is living below the poverty line. That's hundreds of thousands of Australians.

You must remember although compulsory employer contributions to superannuation were introduced in 1992, they started at a low level of 3%. That figure was supposed to increase progressively to 12% by 1 July 2019, but super has been on hold at 9.5% since 2014.

A good number of self-funded retirees are not by any means wealthy. They are not pensioners and not rich. If they own shares—and the majority do – they are now facing the risk of losing their franking credits.

As well, a lot of older Australians have little or no superannuation. Many have been in and out of the workforce and others lost their jobs in later life and had to draw on their super to pay living costs.

So, the picture is much more complicated than sometimes portrayed.

Retirees are not as prosperous as some would have us believe. But you wouldn't know that if you read the commentary of late. In the last week there's been a lot of discussion about how well retirees are doing in Australia.

But one recent report on financial wellbeing says "on closer inspection, the data tell us that older people are over represented in the populations at

## Real picture on old age cont'd

risk of financial hardship. About one third (31%) have less than \$5000 in liquid assets."

This is one reason National Seniors has joined with the Benevolent Society to *Fix Pension Poverty*. We want the politics taken out of the pension and an independent tribunal to set the pension. We are pushing for this in the run-up to the 2019 election.

*By NSA Chief Advocate Ian Henschke*

## Senior of the Year 2019



Canberra paediatrician Dr Suzanne Packer AM, 76, (pictured above) was announced 2019 Senior Australian of the Year at the weekend.

Since starting her career in 1972, Dr Packer has worked tirelessly to advocate for the rights of children in the health care system and in the wider community.

Dr Packer has been involved in child abuse prevention through the National Association for Prevention of Child Abuse and Neglect since its early days and has treated child abuse victims.

A clinical senior lecturer at the Australian National University, she has also championed the importance of early childhood environments for the developing brain, leading to recognition by education and government agencies.

Dr Packer was one of the driving forces behind the acknowledgement of the importance of creating child-friendly spaces in hospitals and the value of play in recovery.

## Media Release

# 10,000 Extra Home Care Packages to Benefit Senior Australians

The rollout of an additional 10,000 new high-level home care packages begins this week, helping more senior Australians to remain living independently in their homes.

The home care expansion is part of the National Government's half-billion dollar (\$552.9 million) aged care funding increase announced in December.

All the additional 5,000 Level Three and 5,000 Level Four packages will be allocated by 30<sup>th</sup> June 2019, providing funding for up to \$50,000 of care services per person per year including nursing, home assistance, nutrition and meals preparation and transport support.

Along with the extra 20,000 packages funded in the past year, this will see a 40% increase in people receiving home care packages.

Our Government is also keeping more money in the pockets of 70,000 senior Australians, by reducing the maximum contribution they can be asked to make through the basic daily fee by up to \$400 per year for Level One packages, \$200 a year for Level Two packages and \$100 a year for Level Three packages.

These savings and part of our Government's unprecedented aged care reforms to help ensure senior Australians receive the care they want and deserve, where and when they need it.

### The Hon Ken Wyatt AM, MP is Minister for Seniors Australians and Aged Care

Media contact: Nick Way, Media Adviser 0419 835 449

## Older People's Rights Service



### Family Agreements

"Well son, I really am looking forward to moving in with you and your family and it will be a great opportunity to spend time with the grandkids. My first step, however, is to get legal information and advice, to ensure peace of mind, not only for me, but for you and your family."

For more information about 'Family Agreements' contact the Older People's Rights Service on (08) 9440 1663, the Seniors Housing Advisory Centre on 1300 367 057 or your own private lawyer.

### Going Guarantor

"I really want to help my son get a house but am worried about the consequences if he loses his job, I'd better get some legal and financial advice before signing anything at the bank."

For more information about 'Going Guarantor' contact the Consumer Credit Legal Service on (08) 9221 7066, the Financial Information Service on 132 300, your own private lawyer or financial advisor. See also the Australian Securities and Investments Commission website called 'Moneysmart'

[www.moneysmart.gov.au](http://www.moneysmart.gov.au)

### Safety Hints

Never tell anyone that you are home alone, for example, trades, delivery people or strangers.

Don't sit alone while on buses or trains and be sure you can be seen by the driver or other passengers.

## Older Women's Network NSW

We all proudly stood as one behind the OWN banner at the **Women's Wave March** in Sydney last week. Thank you to everyone who came and marched in solidarity towards ending violence against women. The march attracted 5000 people. It was good to see many men among those walking – their presence and support send a strong message and we need them to help change the narrative.

*"Australia's culture of violence against women is a crisis. It is rooted in a widespread cultural acceptance that the values, roles and rights of women are lesser than those of men. It is time to change this culture so that the next generation of women can live their lives to their fullest potential; free from intimidation, harassment and violence. Women have the right to be safe, claim their space, be respected and have their voices heard."*  
**Women's Wave March Sydney**



Congratulations to Older Women's Network NSW members who took part in the march on January 19<sup>th</sup> 2019.



Women's Health & Wellbeing Services is an organisation supporting all women and families within the South East Metro Area of Perth. We promote the overall wellbeing, self-esteem, independence, self-responsibility and health awareness of women in our community.

Suite 7, Level 1 Gosnells Community Lotteries House  
 2232c Albany Hwy Gosnells 6110  
 T: 9490 2258  
[www.whws.org.au](http://www.whws.org.au)

## Seniors Card

### MedicalAlert Foundation

The MedicAlert® Foundation has partnered with the Australian Government to offer seniors an exclusive discount on their MedicAlert membership and medical IDs.

Seniors card holders can save 20% off their MedicAlert membership and 10% off all products when they use the code SENIORS\* at the checkout.

This code can be used anytime throughout the year, on an unlimited number of new purchases or medical ID upgrades.

If you're a senior living with a medical condition, allergy or you take regular medications or have an implant/device, a MedicAlert membership could mean the difference between life and death.

As Australia's most trusted and recognised provider of medical ID's, the MedicAlert Foundation can provide you with full support in a medical emergency.  
 1800 88 22 22

[enquiry@medicalert.org.au](mailto:enquiry@medicalert.org.au)

[www.medicalert.org.au/seniors-card](http://www.medicalert.org.au/seniors-card)

## nbn Medical Alarms

To help with the transition to the nbn access network, eligible unmonitored medical alarm users may be able to purchase a new unmonitored medical alarm at reduced cost.

Unlike many existing unmonitored medical alarms, these new alarms will have the ability to call for help over a mobile network.

How to apply:

1. Call nbn on 1800 003 095 to request an eligibility assessment
2. If you are found to be eligible and decide to go ahead with the upgrade, you will be provided with a unique offer code and a list of participating alarm companies and devices.
3. You can then order a new unmonitored medical alarm from the list with your unique offer code.

## National Council of Women WA

Own Representative Lois Stout

NCWWA advised that the STEM Bursary for 2019 is open for applications. It is open to female students studying a STEM course in Western Australia at year 12, TAFE or University level in

- Science
- Technology
- Engineering
- Mathematics

Applicants must be Australian Citizens and the closing date is Monday 18<sup>th</sup> March 2019.

If you have a family member who would be eligible to apply for a STEM Bursary details are on the NCWWA website or more information at [robynmn@bigpond.net.au](mailto:robynmn@bigpond.net.au)

The NCWWA is a voluntary organisation formed in 1911 to advance the cause of women and the welfare of society. In awarding this Bursary NCWWA aims to

- Recognise academic excellence
- Address financial need
- Encourage study in areas non-traditional for women
- Recognise the extent to which studies will benefit women, families and the wider community.



## From Your Calendar of Events

**Mother's Day** celebration will be held on

Wednesday 8<sup>th</sup> May.

- Bring a Plate for Shared Lunch
- Bring a Friend
- Entertainment
- Raffle

***Important*** – *Don't forget to wear your Name Badge*

## Just for Fun

Compliments Cathie Cunningham

Three men were hiking through a forest when they came upon a large raging violent river. Needing to get on the other side, the first man prayed.

"God, please give me the strength to cross the river."

Poof! God gave him big arms and strong legs and he was able to swim across in about 2 hours, having almost drowned twice.

After witnessing that, the second man prayed.

"God, please give me the strength and the tools to cross the river."

Poof! God gave him a rowboat and strong arms and strong legs, and he was able to row across in about an hour after almost capsizing once.

Seeing what happened to the first two men, the third man prayed.

"God, please give me the strength, the tools and the intelligence to cross the river.

Poof! He was turned into a woman.

She checked the map, hiked one hundred yards up stream and walked across the bridge.



## Eating in the Fifties

Pasta was not eaten in Australia

Curry was a surname

A take-away was a mathematical problem

A pizza was something to do with a leaning tower

All potato crisps were plain, the only choice we had was whether to put the salt on or not

Rice was only eaten as a milk pudding

Calamari was called squid and we used it as fish bait

A Big Mac was what we wore when it was raining

Oil was for lubricating, fat was for cooking

Tea was made in a teapot using tea leaves and never green

Sugar enjoyed a good press in those days and was regarded as being white gold. Cubed sugar was regarded posh

Eating raw fish was called poverty, not sushi

None of us had ever heard of yoghurt

Healthy food consisted of anything edible

People who didn't peel potatoes were regarded as lazy

Indian restaurants were only found in India

Seaweed was not a recognised food

Water came out of a tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!!

The only thing that we never had on our table in the fifties....Elbows or Phones

## Smiling

*By the late Spike Milligan*

Smiling is infectious  
You catch it like the flu

When someone smiled at me today  
I started smiling too

I walked around the corner  
And someone saw me grin

When he smiled I realised  
I had passed it on to him

I thought about the smile  
And then realised its worth

A single smile like mine  
Could travel round the earth

So if you feel a smile begin  
Don't leave it undetected

Start an epidemic  
And get the world infected



## Did you know?

*APHORISM:*

*A SHORT, POINTED SENTENCE THAT EXPRESSES A WISE OR CLEVER OBSERVATION OR A GENERAL TRUTH*

The nicest thing about the future is . . .**that it always starts tomorrow.**

Money will buy a fine dog . . .**but only kindness will make him wag his tail.**

If you don't have a sense of humour . . .**you probably don't have any sense at all.**

Seat belts are not as confining . . .**as wheelchairs.**

## Feature–Hidden Women of History

### Hop Lin Jong, a Chinese immigrant in the early days of White Australia.

Author Antonia Finnane, Professor of Chinese History, University of Melbourne.



There are “hidden women” in history who deserve to be known for the same reasons as we know about “great men”. The film *Hidden Figures* showed us a few of them: African–American women who did the mathematics for the first US space program.

And then there are the rest of us: ordinary people who at first glance look more like products than producers of their times. Hop Lin Jong was one of these, or should I say one of us: a turn–of–the–century immigrant whose arrival in Western Australia in 1901 was remarkable only because she was Chinese. Her life might have passed in obscurity if her daughter Ruby had not been murdered in 1925.

Hop Lin Jong was born in Guangzhou according to immigration records, but arrived in Australia on the S.S. *Australind*, which plied the Singapore–Fremantle route. Singapore was a hub for human trafficking from China, a multi–million–dollar business that linked villages in South China to the world. Hop Lin Jong may have been a victim of this trade.

The year of her birth is uncertain: 1884 in the family genealogy, 1886 in her residential documents. When she disembarked in Fremantle, she was somewhere between 15 and 17 years of age. Her surname was Jong or Jung. In Australia she was known as Lin or Lucy, or more formally as Mrs Lee Wood, for on arrival she was wed to James Lee Wood, butcher, merchant and a prominent member of the local Chinese community. The instability of names resulting from poor English rendering is typical for this generation of Chinese migrants.

Lin arrived at the very dawn of the White Australia era, when restrictions directed mainly at preventing Chinese immigration had just been brought into force across the country. How she crossed this colour line is unknown, except that minors were treated differently from adults. Her youth may have been a factor.

#### Life in early 20<sup>th</sup> century Perth

Lin’s wedding photo, published on the Chinese–Australian Historical Images site, shows a well–dressed young woman in a ruffled blouse and tailored skirt. Ruffles must have been all the rage then. A second family photo shows her older daughters, May and Ruby, aged around two and three, dressed identically in ruffled dresses and little boots. She had five children in all, born between 1902 and 1910.

At that time there were few Chinese women in Perth. Census figures for 1901 show eighteen women of Chinese nationality in the whole of Western Australia. But the European wives of Chinese men and their children added to the size of the local community. Lin undoubtedly knew Elizabeth Gipp, the wife of Charlie Ah You, and mother of the Gipp boys of Anzac fame. (George, Leslie and Richard Gipp all served in the First World War.) These women must have supported each other during confinements: this was before the age of hospital births.

Lin was a seamstress and took in sewing. She may have passed her skills onto Ruby, who became a dressmaker. She also worked when needed in the butcher shop. The marriage, however, was not happy. By the 1920’s she and Lee Wood were living apart, she in Tiverton Street and he at the shop in James Street, Northbridge. Yet as an economic and social unit, the family remained intact. There were family photos, and

(Continued Page 10)

family notices in the local newspaper. Both parents were involved in the marriages of the children: May's to local merchant Timothy Chiew in 1922, and Ruby's to recent immigrant Leong Yen in 1924.

### **Death of a Daughter**

Ordinary life with its ordinary problems changed forever in the middle of 1925. On the morning of 13 July that year, a Monday, Lin was working in the shop when Ruby called in to leave the house key with her. That night, when her daughter failed to return home, Lin knew immediately that something must have happened. On the Thursday she went to the police. On the next Thursday again, Ruby's body was pulled from the harbour in Fremantle.

There followed a coronial inquest, the arrest of Leong Yen for the murder of his young wife, and a trial presided over by Chief Justice Robert McMillan. The case meant an unusual degree of public exposure for a Chinese-Australian family. Newspaper reporting was detailed, giving close to verbatim accounts of the evidence. Perth was glued to the events. During the trial, the public gallery was packed, with women making up a large percentage of onlookers.

From the court records we learn that a local Chinese pharmacist George Way, had served as matchmaker for Ruby's marriage; that Leong and Ruby had lived with Lin after their wedding in 1924; and that at one stage Lin had thrown him out of the house. We know from the forensic report that the marriage had not been consummated, and from Leong's evidence that the couple did not share the same bedroom. Perhaps due to these facts, the all-male jury felt sorry for Leong and while finding him guilty of manslaughter, recommended leniency. The judge obliged, with a sentence of two years hard labour. On expiry of the sentence, Long was deported.

### **After Ruby**

Between the obscurity of life as a Chinese working-class woman in a small Australian city and the glare of publicity surrounding her daughter's death, Lin is just dimly visible to history. At only five-foot-high, she was smaller than any of her Australian children. The West Australian reported on her appearance in court, describing "a slight, frail woman, in deep mourning and weeping quietly." But she was stalwart. According to her grandson Bill Chiew, she "used to work like hell."

She was barely if at all literate, finding it difficult to sign her immigration papers. Her spoken English, however, was quite good, according to immigration records. In middle age she spent much time minding her grandchildren. Her English may have benefited from time with these second-generation Australians, who could hardly speak Chinese at all; and she may have taken comfort from them.

From the public record we can see that she was swept along in the course of Australian history. With the outbreak of World War II, her youngest son, William ("Boy") joined the army. In the post-war years, the family enjoyed upward mobility. Granddaughter Irene graduated from University in 1952. By the time Lin died in 1970, the White Australia Policy had effectively been dismantled. Citizenship had become possible for someone like Lin.

The last photo of her in the public record (as shown) is attached to her application for renewal of residential status in 1948. By then she had lived in Perth for nearly 50 years.

*Reference: Photo of Lin Lee Wood, 1948 National Archives of Australia*

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theconversation.com*

## Forest Lakes OWN Theatre Group

The Uniting Church Hall,  
Cnr. Bert & Hicks Street, Gosnells  
[www.ownaustralia.org.au](http://www.ownaustralia.org.au)

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 2019 Calendar of Events for Bus Trips and Outings – All Welcome.



## Gosnells

Uniting Church Hall  
Cnr. Bert & Hicks Street, Gosnells  
[www.ownaustralia.org.au](http://www.ownaustralia.org.au)

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

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month 12 noon to 2.30 pm

Please refer to the Gosnells 2019 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.*