



Info-Link Sheet

Older Women's Wisdom

**Women's Information
and Referral Service**

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



Body, Mind and Soul

Alone I may appear Powerless
Alone - I may lose my voice.
But as a member of the
Older Women's Circle
I again have found my voice...

Gathered here as women
united in our cause,
Encouraging each other
to open up new doors.

Let our 'light' of knowledge
become a flame so bright
From this moment on,
our aim to 'win' the fight...

The sharing and the giving
of 'wellness'
- attitudes of 'beingness',
Living as Women in our trueness,
Aiming to reach for the
unreachable -
focus on our goal.

Just to be, who we are...
Women - a BODY, a MIND, a
SOUL

*written by Marnie Williamson and
re-printed from the Older Women's
Wellness Forum Report*

The average life expectancy in Australia is amongst the highest in the world and has improved markedly over this century. Life expectancy is 75.2 years for men and 81.0 years for women. Furthermore, women who were 65 in 1996 can expect to live another 19.6 years, and men another 15.8 years (Ageing and Disability Department, 1999). There is a lot of wisdom out there that isn't being tapped into.

Age adds Value, the older the better, the older the wiser... all these sayings conjure up a positive outlook for our older years. Talking to younger people and sharing your wisdom can be a way of passing on family stories. And if they won't listen, then put it on tape because be assured there will probably come a time when they WILL want to know all about your life.

You can start developing your storytelling today. Jot down some ideas of what you remember about your early childhood, your school years, the house you lived in while growing up, your friends and neighbours. This will start you

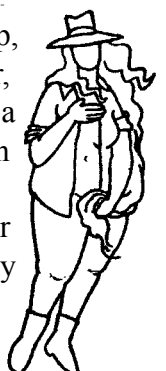
thinking about your life and the pearls of wisdom will start to form - you may find you are a writer and storyteller after all... as they say everyone has at least one book in them!

Daylight Saving

Why have daylight saving? You're old enough to know
Everything must be saved, your mother told you so.
When I was a small child my mother used to say,
"Eat up all your dinner or I'll give it away
To a starving child." 'Save it, I don't mind
If the little girl in China wants to think I'm kind.'

Always keep the wrapping, paper, card and string
Nothing must be wasted, recycle everything.
Smooth it out, roll it up, no matter what it's for,
String rolled neatly in a bag behind the kitchen door.

In squares, the book or paper was on the dunny



wall

Matched again to make sense and
reread by us all.

Bread too stale to butter becomes
stuffing or a pud.

You never know when you'll need
that little bit of wood.

Wax to seal the jam jars, washed,
reused and then,

Toys, and clothes and relics, saved
for who knows when.

Ribbons, bows and binding,
elastic, flour bags,

Save material and patches, any sort
of rags.

Sheets turned sides to middle when
they got thin and worn,

Pieces kept for patches when
someone's pants are torn

'Those who waste will want' we
were always taught

Wasting is a sin and is with danger
fraught

We must save precious daylight an
hour a day or more

But when do we get to use it I'm
not really sure.

by Mavis Appleyard, Warren

More Information

The University of the Third Age

is a great model for sharing
wisdom. U3A ~ is a world wide
autonomous educational
movement for older people. It is a
self-help, voluntary organisation
with members who are encouraged
to participate by teaching, learning
or assisting with planning or
administration. There are over 20
U3A groups in regional NSW.
Betty Heaton, Bathurst University
of the Third Age (U3A) Ph 02
6331 1226 (ah).

The Older Women's Network

(OWN) is another way you can use
your wisdom to help others. OWN
is an association of older women
supporting the rights and interests
of all older women. Branches
throughout Australia. OWN 87
Lower Fort St, Sydney, NSW
Millers Point, Sydney, NSW 2000
Ph 02 9247 7046 Fax 02 9247
4202. ownnsw@zip.com.au
www.zip.com.au/~ownnsw

Women's Information and Referral
Service (WIRS) freecall 1800 817
227

WIRS is a free & confidential
telephone service for all women in
New South Wales and is part of the
Department for Women. WIRS can
help you find information that you,
your family or friends may need
from anywhere in NSW from
Monday to Friday between 9.00am
and 5.00pm. If you ring after hours
or on the weekend you can leave a
message and someone will phone
you back. If you are deaf or
hearing impaired you can contact
WIRS on their TTY number 1800
673 304. For their translating and
interpreting service call 131 450.

*This info-link sheet has been
compiled by NSW Agriculture's
Rural Women's Network as part of
the Older Women Out There
project. For more information
contact the Rural Women's
Network on Ph (02) 6391 3620,
Fax (02) 6391 3650, Email
allison.windus@agric.nsw.gov.au*

Past Achievements

Older women have the knowledge

Gained from former years

Experience their teacher

Sometimes fraught with tears.

Hard work no deterrent

Achievement was their aim

To make a better future

Strong convictions must not wane.

Not only run a household

They let their vision spread

From politics in the kitchen

To finance in the milking shed.

Major cuts to minor scratches

Almost a medical degree

Was needed in the country

With snake bites and falling trees.

And so, with knowledge gathered

Put to use across the years

We salute our older ladies

With respect to their past careers.

By Jean Opperman, Pascoe Vale

