



THE NATIONAL COUNCIL OF WOMEN OF QUEENSLAND INC.

Affiliated with the National Council of Women of Australia Inc. Ltd
And The International Council of Women

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Governor of Queensland

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On a hot Sunday afternoon in Brisbane, an excited buzz of anticipation filled the State Library Auditorium as 200 people, mostly women, gathered for the start of the United States Studies Centre at the University of Sydney and Griffith University G20 "International Dialogue on Women in Leadership".

Paragraph 9 of the G20 Leaders Summit communique formed the basis for the dialogue. "Our actions to increase investment, trade and competition will deliver quality jobs. But we must do more to address unemployment, raise participation and create quality jobs. We agree to the goal of reducing the gap in the participation rates between men and women in our countries by 25 per cent by 2025, taking into account national circumstances, to bring more than 100 million women into the labour force, significantly increase global growth and reduce poverty and inequality."

Professor Ian O'Connor, Vice Chancellor, Griffith University stepped up to the lectern to tell us of the program to follow. And what an inspiring, thought provoking program it was.

I was one of the delegates attending. We came from Brisbane, interstate and overseas and represented business, academia, NFP organisations and schools. My heart was warmed by my perception of the median age of those attending which I estimated to be about 40 years of age. It was so pleasing to see these younger women immersing themselves in this dialogue. They are our today and our tomorrow.

On Day One, after Professor O'Connor's welcome, Dialogue Convenor Melissa Grah-McIntosh, Director, W21 – the 21st Century Global Women's Initiative at the United States Studies Centre whet our appetite for what was to come. The Honourable Dame Quentin Bryce AD CVO encouraged us to consider possibilities and opportunities. The Honourable Michaelia Cash, Minister Assisting the Prime Minister for Women, Assistant Minister for Immigration and Border Protection reminded us an investment in women is an investment in society as a whole.

The first of the interesting, challenging and inspiring panel discussions featured leaders including Winnie Byanyima, Chief Executive, Oxfam International who reinforced that political leadership is a basic human right. Born in Uganda, Winnie was elected for three terms and served 11 years in the Ugandan Parliament. Sandra Polaski from the United States said we need to eliminate all discrimination in the workforce; need an effective public institution; and need to promote enabling to gain gender equality. Sandra is the Deputy Director-General for Policy of the International Labour Organisation (ILO).

Over drinks and canapés delegates and presenters talked; we caught up with people we knew and spoke with others we didn't. All were thrilled to be a part of this event and after the highs of the first day eagerly looked forward to a full day on Monday.



And we weren't disappointed. The high quality presentations and panels continued after a welcome from Professor Bates Gill, the CEO of the United States Studies Centre at the University of Sydney. An amusing and engaging address by The Honourable Leneen Ford AC, was followed by the first panel of the day focussed on 'Women on the G20 Agenda: Looking Ahead to Turkey'.

Via a video linkup the author of 'Why Women Still Can't Have It All', Dr Anne-Marie Slaughter, spoke of the change of roles with men and women sharing household chores and child rearing.

Other presenters and panellists spoke of the power of coalitions; making tax systems gender neutral; that caring is as important as competing; flexibility is required in the work place; changing the social norms is necessary; unconscious gender bias must be removed; women make less risky decisions under stress; suggested the terminology 'part time' in relation to employment be changed to 'flexible'; 21 million slaves in the world today; things are changing; women are leading the charge; affordable child care is necessary; need for innovative solutions,- entrepreneurs.

The panel focussing on 'Global Issues and Opportunities, including for young women and girls', included Yassmin Abdel-Magied, the Queensland Young Australian of the Year 2015, who in 2012 was named Young Leader in the Australian Financial Review and Westpac's inaugural 100 Women of Influence Awards. Born in Sudan and moving to Australia at the age of two, Yassmin graduated top of her university year in 2011 with a Bachelor of Mechanical Engineering (First Class Honours); Jordan Archer, Queensland's Young Australian of the Year 2014, who founded the community fundraising event The Rescue Movement, which raises overseas aid funds for charities including Destiny Rescue and Holly Ransom, the Chair of the G20 Youth Summit. These three young women amazed us with their achievements and their outstanding contribution to our community.

As we gathered for a drink, cards were exchanged; discussion on the Dialogue took place; with the overall focus on the empowerment of women, our achievements and challenges. All left with a smile on their face and so many thoughts, ideas and challenges in their mind.

To the United States Studies Centre at the University of Sydney and Griffith University, and especially Michelle Grah-McIntosh, thank you for creating this wonderful experience for us.

A couple of the take outs from the Dialogue:

If you don't have a seat at the table, you are probably on the menu.

Maybe we women should look at our lives like interval training not a ladder.

Noela O'Donnell

President, NCWQ

2015 NCWQ Bursary Program

Planning for 2015 is already underway, with the program looking to be bigger and better than ever.

You may like to set these dates into your new year's diary:

- ◇ **Monday 16 February 2015 – Applications open**
- ◇ **Wednesday 8 April 2015 – applications close.**
- ◇ **Tuesday 5 May – All applicants will be advised of the selection panels' decisions after 5th May 2015.**
- ◇ **Wednesday 27 May 2015 – The Presentation of the bursaries is at Brisbane Girls Grammar School.**

Details of the bursaries will be on the website from mid-February. As each bursary has different criteria, this is the best source of information, with criteria changing from year to year, and the addition of several new bursaries in 2015.

Although information is emailed to all educational institutions across the secondary and tertiary sectors, word-of-mouth promotion from our affiliated organisations and members is invaluable and we look forward to your support.

The bursary program has only expanded over these last few years because of the generosity of the sponsors. This is much appreciated, not only by NCWQ but also by the recipients – those inspiring young women who maintain our enthusiasm for this program.

Kathy Cavanagh

Bursary Coordinator, NCWQ

FUN, FASHION AND INSPIRING YOUNG WOMEN

The annual bursaries fund-raiser morning tea and fashion parade was again a great success with nearly 170 guests enjoying a scrumptious morning tea; the marvel of real women showcasing clothes from Cosmopolitan Boutique, Alderley; the entertainment provided by Holly Tollis; the inspirational story of 2014 bursary recipient Sonya Sas; raffles, lucky door prizes and time spent with friends.

Holly, www.hollytollis.com, aged 20, is a singer and a songwriter. Currently studying a Bachelor of Music, we were delighted Holly shared with us songs from her recently released debut EP 'Grace'.

In 2008 Holly moved with her family from New Zealand to Brisbane. She attended Redcliffe State High School and for four consecutive years performed in the Creative Generation – State Schools on Stage. We look forward to hearing more of Holly as her career develops.

Sonya shared with us some of her life. She is studying at Griffith University - a double degree in law and criminology and criminal justice, attaining the Griffith award for academic excellence within her degree in 2012 as she was placed in the top 5% of students.

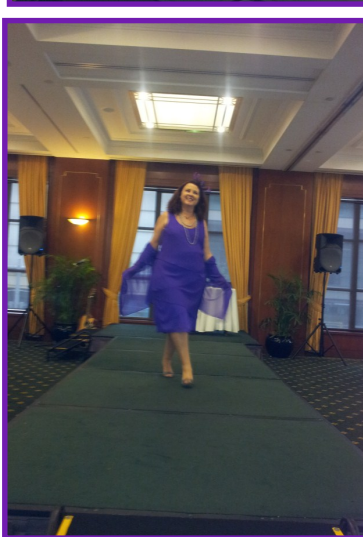
As well as studying she mentors and supports first year students to help them transition from school to university. She also works in the Uni-Reach programme where she mentors students from years 11 and 12 in the more disadvantaged schools in Logan City. At the end of each year, Sonya mentors for the Launch into Life at Logan programme for year 6's.

These school programmes aid in promoting university as an option for all students – regardless of their background or financial standing.

As well as her work with the university Sonya is a committed community volunteer with Multilink and visits the elderly in nursing homes a few times a month. She visits as a friend and someone they can talk to, particularly to those who no longer have family to visit them.

She is a committed member of her local Romanian Orthodox Church where she is a Sunday School leader.

Whilst we all enjoy the opportunity to review current fashions within the wonderful ambience and service of Tattersall's, it is the inspiration of these young women that makes the function such a success. The funds raised will ensure other Queensland women again have the opportunity to receive financial assistance for their educational expenses through the NCWQ bursary program.



CHILDREN WITH POTENTIAL CONFERENCE

The 2014 Parents & Children with Potential conference, convened by The Lakes College in partnership with the NCWQ, was held over two days during the September school holidays. This is the fifth year of the conference, the fourth consecutive year it has been held at the Lakes College.

Peggy van Beusekom, Learning Enhancement Coordinator for the school, sourced interesting and informative speakers. Seminars for both children, and their parents, included Rodney Lovell's *Top of the Class to School Drop Out*, *Being me: Knowing me* presented by Michele Juratowitch and Moira Andrews speaking on *Growing in Grandma's Garden*.

The children then attended workshops according to their school year level. These covered diverse subjects such as *Fun First Aid for Kids*, *Science Energy: Light, Heat, Sound and Electrical Energy*, *Creative Writing – Word Birds* and *Drama*.

Each child received a welcome bag and enjoyed the contents. NCWQ members and friends, including members of Leo Clubs from Samford, Golden Valley Keperra and Aspley, provided support for the workshop presenters.

Examples of feedback included one of our members asking her great niece what was the best thing she had done over the holiday with the reply 'Creative Writing'; and a hand-written card had these words 'Dear Noela and all of the NCWQ Ladies, Thank you for the workshops we really liked them all.' The card included a hand-drawn butterfly with 'thank you' written on each wing.

All in all, a very worthwhile exercise!



YARN BOMBING, yarnbombing, yarn storming, guerrilla knitting, kniffiti, urban knitting or graffiti knitting is a type of graffiti or street art that employs colourful displays of knitted or crocheted yarn or fibre rather than paint or chalk. While other forms of graffiti may be expressive, decorative, territorial, socio-political commentary, advertising or vandalism, yarn bombing was initially almost exclusively about reclaiming and personalizing sterile or cold public places. It has since developed with groups graffiti knitting and crocheting worldwide, each with their own agendas and public graffiti knitting projects being run. Here is an example of it outside the NCWQ Office on George Street.

* Source: http://en.wikipedia.org/wiki/Yarn_bombing



Leos Club



On the 23rd and 24th of September, members of Leo Clubs from Samford, Golden Valley Keperra and Aspley, volunteered at the Children With Potential Conference at The Lakes College, North Lakes.

Six Leo members took part to channel our previous primary school lives for a day; Erin and Millie helped with the First Aid workshop, Olivia helped at the Drama workshop, Eleanor with Calligraphy, Alicia with Will You Survive? and Jess with Creative Writing – Word Birds. All Leos thoroughly enjoyed the experience of working with such talented children in areas that they were passionate about. The workshop instructors were very knowledgeable, and we were very thankful to be able to spend a full day with these wise people. We are really looking forward to helping out again next year!

A Leo Club is a school or community based group for young people between the age of 12-30 years of age; a junior version of Lions Clubs. There are around 5500 Leo Clubs worldwide, and the first Club was chartered back in 1957 in America. Leo stands for Leadership, Experience, Opportunity - or some like to call it, Lets Enjoy Ourselves. The main objective of a Leo Club is to help out the community when in need and raise awareness of this problem (either financially or by directly volunteering), and whilst doing so members strengthen their leadership, team building and organisational skills. Some examples of Leo Club projects are: Holding raffles and sausage sizzles to raise money for a charity, organisation or local family in need, cleaning our local park and surrounds (part of Clean Up Australia Day), making Strawberry Sundaes at the Ekka each year, helping out at Soup Kitchens to feed the homeless, helping out the Days for Girls charity organisation, sponsoring horses at our local Riding for the Disabled Association, and many many more.

If you are interested in finding out more about Leo Clubs, please visit these links:

<https://www.facebook.com/samfordleoclub>

<https://www.facebook.com/TheGoldenValleyKeperraLeosClub>

<https://www.facebook.com/AspleyLeoClub>

A NOTE FROM ALICIA:

The rainy weather meant we had to stay indoors to crack codes and solve the mystery of where our stuck 'colleagues' were in order to save their lives. It was great to watch the children's thought processes as they cracked each code with some lateral thinking early on being the key to success. It was also great to see their creative minds in action when they created their machines to carry the lifesaving items to the location to save the day. Thanks to everyone for the great day and well done to all!



It is only when we truly know and understand that we have a limited time on Earth and that we have no way of knowing when our time is up that we will begin to live each day to the fullest, as if it were the only one we had.

- Elisabeth Kubler-Ross

Following on from our last edition we feature another extract from 'Stirrers with Style' this time featuring Anne Hamilton, another woman on whose shoulders we stand.

Anne Hamilton

Anne Hamilton was the second Queensland president of the Australian National Council of Women. She held office between 1964 and 1967, having already served as president of the Queensland Council from 1961 to 1964. Her period as state president was notable for successfully hosting the ANCW triennial conference and the International Council of Women regional seminar on international understanding in Brisbane in 1964. As national president in the ensuing 3 years, she set up the twinning relationship between the Australian and Thailand NCWs-a program initiated by the ICW to encourage 'reciprocal relationships between N.C.Ws of contrasting patterns'. Her period in office saw continuing lobbying of the federal government for the lifting of the marriage bar on the employment of women in the Commonwealth public service (achieved in 1967), for equal pay, and for seeking Australia's re-election to the UN Status of Women Commission (achieved in 1967). As president, she also encouraged state NCWs to include welfare of Aborigines in the considerations of their standing committees, succeeded in persuading the government to include the portrait of an outstanding Australian woman on the new \$5 note, and agitated for liberalising the means test for pensions with the aim of its eventual abolition. Hamilton represented ANCW and the ICW at the International Federation of University of University Women conference in Brisbane in 1965, and led the ANCW delegation to the ICW triennial conference in Tehran in 1966.



Hamilton's other major interest was the propagation and growth of Australian plants, and she served as president of the Society for Growing Australian Plants, Queensland from 1965 to 1966.

Annie Dorothy Hamilton was born on 22 June 1910 in Kerang, Victoria, daughter of William James Norwood McConnell of Barham, NSW, hotel manager, and his second wife, Eliza Anne Hobbs of Strathbogie, Victoria. Anne (as she preferred to be known) was educated at Esperance Girls' School in Victoria before embarking on a business course. She subsequently engaged in office work, apart from a short period as a dressmaker in partnership with an aunt in Swan Hill. On her return to Melbourne she met and subsequently married Charles A. Hamilton, architect, at the Gardiner Presbyterian Church, on 27 March 1936; they had 1 son, Peter (born 1938) and 1 daughter, Prudence (born 1947).

Anne Hamilton's first public activism occurred in the immediate post-war period when, in opposition to continuing wartime rationing, she joined other women in campaigning to elect the first Liberal Party member for the Victorian federal seat of Balaclava in 1946. The family shifted to Brisbane in 1947 when Charles was appointed deputy city architect to the Brisbane City Council. To overcome her sense of isolation and constriction at home, she joined Forum, a group for encouraging women in public speaking. It was as this club's delegate that she joined the National Council of Women of Queensland. Like many women leaders of her generation, Hamilton found the domestic routine unstimulating, and NCW activities provided a more satisfying outlet for her talents and energies. She was elected state president in 1960. Her desire for effective and meaningful work is evident in her summation of the role as 'trying to stir NCW women to logical, informed mental processes and consequent action towards community welfare', and 'to attract women of spirit and intelligence to work with an organisation of some significance...by persuading them that what they did had some real effect'. Her energetic leadership was focused first on finding solutions to the parlous state of the Council's finances, and, second, on shifting its headquarters from the 'squalid rooms in Celtic Chambers' to more comfortable accommodation in Ann Street. She was also responsible for beginning NCWQ's news-sheet, *NCW News*, in 1961, for using NCW auspices to inaugurate the Children's Film and Television Council and the Consumers' Association of Queensland, and for establishing a Townsville branch of NCWQ. The Council's new rooms were used to host the International Council of Women's regional seminar on international understanding in Brisbane in September 1964, and Hamilton's home and gardens in Bardon were made available for a luncheon for delegates both to the seminar and to the Australian National Council of Women triennial conference led in conjunction with the ICW meeting. It was at this ANCW conference that Hamilton was elected president for the ensuing triennium.

As national president in the ensuing 3 years, Hamilton extended her interests into the international arena and was responsible for overseeing the setting up the long-mooted twinning relationship between the Australian and Thailand NCWs-a program initiated by the ICW to encourage 'reciprocal relationships between N.C.Ws of contrasting economic patterns'. As Hamilton reported to the 1967 ANCW conference, the joint association was bit slow to get off the ground' owing to communication problems, but face-to-face meetings helped overcome initial difficulties. In 1965, Hamilton's ANCW Board set up a fund to help the Thai Council with developmental education programs enabling small numbers of village children in the north of the country to be brought to the city for a course of training at the University of Agriculture, so they could take necessary skills back to their communities, and for 40 village women to be taught to sew to provide school children with uniforms, among other things. Both programs were supervised by project committees established in the village, thus providing their members with administrative skills and experience. Hamilton visited the Thai NCW in 1966 and reported back that, as a result of these initiatives, the idea of education had been encouraged, and also the development of 'self respect, independence and cooperation'. ANCW would continue to provide funds, she said, including for a scholarship to educate a Thai student in her own country. ANCW also hoped to continue its participation in UNESCO's Study Tours for Women Educational Leaders and Leaders of Women's Voluntary Organisations, having in 1965 sponsored a 3-month tour of Australia by Mrs Tameno, a teacher and member of the Kenyan NCW.

Hamilton represented the ANCW and the ICW at the International Federation of University Women conference in Brisbane in 1965, and led the ANCW delegation to the ICW triennial conference in Tehran in 1966, where she attended the seminar on literacy held in conjunction with the conference. The main message she brought back to ANCW was that 'the true development of nations depends on the state of advancement of women and their participation in their communities', and that literacy, understanding and skills of communication formed the bedrock of the ability to participate. Like her predecessors, she had come to see support for the work of the United Nations as crucial for women everywhere, and her Board lobbied the federal government to seek Australia's re-election to the UN Status of Women Commission (CSW), achieved in 1967. She also put consideration of CSW's Draft *Declaration on the Elimination of Discrimination against Women* on the agenda for discussion at the 1967 ANCW conference in Melbourne.

At the national level, Hamilton, like her predecessor Dorothy Edwards, was concerned to 'to streamline methods of working'-If A.N.C.W. is to tackle social problems, our lines of communication have to flow still more smoothly, administration has to be firmer'. But she was forced to admit, as other Boards had also found, that progress was 'slow and difficult', largely because of the limitations on continuity imposed by reliance of voluntary workers and the inevitable high turnover of personnel.

On policy matters, Hamilton's period in office saw continued lobbying of the federal government for the lifting of the marriage bar on the employment of women in the Commonwealth public service (achieved in 1967) and for equal pay. As president, she also encouraged state NCWs to include the welfare of Aborigines in the considerations of their standing committees, succeeded in persuading the government to include the portrait of an outstanding Australian woman on the new \$5 note, and agitated for liberalising the means test of pensions with the aim of its eventual abolition.

Her term in office is also notable for the evidence it provides of anxieties about changes taking place in social mores; in her 1967 presidential address, Hamilton expressed concern about an apparent growth in 'selfish egoism', 'reckless self-indulgence' and 'callous disregard for human life and for the rights of others', reflected in problems as diverse as the rising road toll, offences against girls and women, and 'the rising rate of illegitimate births'. Conference resolutions and standing committee reports also reflected this anxiety, protesting against smoking in public places, lowering of censorship standards, and an evident rise in 'sexual promiscuity' and venereal disease. These and other matters were the focus of a seminar, *Ethical Standards for Modern Living*, which followed the 1967 conference and at which it was admitted that: 'Uneasiness and concern had been felt by NCW about the changing pattern of society'. Participants in the end fell back on old verities in confirming 'the importance of the family unit for stability in society and the principle of one moral standard for both men and women'.

In the years following her national presidency, Anne Hamilton began to withdraw from NCW activities as a consequence of a series of family crises including hospitalisation of her daughter for several months after a car accident in 1967, her own increasing incapacity from an old back injury and arthritis, and husband Charles's severe heart attack in the mid-1970s. She focused her activities more on the Society for Growing Australian Plants (of which she had been president from 1965 to 1966, at the same time as she presided over ANCW) and, after Charles's recovery, on the investment portfolio she started as part of the family company Charles set up to fund their retirement. After Charles's death in 1986, Anne was able to continue living at home with the support of her daughter and son and their families until the mid-1990s. When the level of care she required increased beyond what the family was able to provide, she agreed to sell up and move to a retirement village at Taringa, then, as she deteriorated further, to the Tricare Nursing Home at Jindalee where she was still able to maintain a modicum of independence. She died there, aged 94, on 25 July 2002.

'Stirrers with Style' Copyright National Council of Women of Australia 2013 published by the Australian Women's Archive Project. Work on this project was generously funded by an Australian Research Council Linkage Grant LP088371 in collaboration with the University of Melbourne. It uses the Online Resource Manager, a tool developed by the eScholarship Research Centre, part of the University of Melbourne Library.

Prayer for Peace

There are two quotes and one ideal that have always stirred my soul. The quotes are "bad things happen, when good people do nothing" and "from little things, big things grow"; the ideal is that you can cast a stone and create a ripple effect of change. Each are philosophies that can change the path of the world, the values of a community and the ideas of an individual, they are the philosophies behind NCWQ's United Gathering of Women in Prayer for Peace that was held on October 2 at St John's Anglican Cathedral, Brisbane.

When the idea of holding the Prayer for Peace was first discussed we had a hope of saying to the world and possibly the media, that as women we would unite with our sisters from all race, colours and creeds and show the world that in our little neck of the woods we valued the diversity of others and understood the beauty in difference. In amongst the madness of scare tactic media we would hold a prayer for peace and create something positive- as good people, we were not going to sit around and let negative press dominate our passion for tolerance and understanding.

The little seed of the idea for the Prayer for Peace quickly became a mighty oak and a firm statement of women united as it weaved its way through the friends and affiliates of NCWQ as women from different traditions, religions and cultural backgrounds agreed to offer a prayer and light a flame for hope on the night. Word about the night travelled from Brisbane to Berlin; people who could not join us let us know that they would light a candle on the night so they could help us light a flame of hope across the globe.

On the night of October 2 (this was also Gandhi's Birthday) over 100 people gathered at St John's to throw their stone into the oceans for humanity. The women who offered the prayers passed a flame from different faiths and beliefs to show us that the same threads of peace and love weave through the scriptures of all faiths. A young boy shared that he hoped we could do it again and would we do it to show people that bullying was not right. A lady shared that she had felt the prayer as she held the hand of a young Iranian man and they became united in the moment.

Did we change the path of the world on October 2, not really the bombs still drop, Ebola still rampages through the innocent and the thoughts of children are still perverted by power hungry war mongers. However, we changed the world of individuals; we demonstrated that people of all race, colours and creed can be united in the vision for a better world. We came together as good people, in the global scheme of life we only did something small, though we cast our stones for peace and the ripple effect will have a lasting effect as we continue to share what we learned about each other that night.

Writers footnote- Dear Reader this has been one of the most difficult articles to write as the Prayer for Peace and the sharing of the candle light for hope truly moved my soul and has had a very personal effect on me. If you would like to see a short section of what was shared on the night you can have a look at the YouTube clip made by Patty Beecham <http://www.youtube.com/watch?v=080fX4pSgAQ&sns=em>. So many people are responsible for making the night beautiful and many reasons made the night needed, I will forever humbled that the women of NCWQ and the Very Rev Dr Peter Catt trusted me to bring it all together.



Member Profile

Irene Cayas (nee Makris) NCWQ Management Committee Member

Irene came to Sydney Australia with her family from the small island of Lipsos in the Dodecanese of Greece in 1954 - she was then 6 years old.

Irene's volunteer work started when she was still at high school and got involved in fund-raising activities for the Red Cross, and in helping out at (as it was then known) the Cripple Children Society of NSW.

She completed the High School Certificate in 1965 and got married to Dennis Cayas the next year and they settled in Wollongong (NSW) where they eventually had two children. In 1974 Dennis was transferred with his job to Melbourne, where the family moved and later had their third child there.

The family moved again, this time to Brisbane in 1980, and Irene immediately became involved in her children's school tuckshop and the mothers' club, and later the school P&C.



She commenced her involvement with the Ladies' Auxiliary of the Greek Orthodox Church at Mt. Gravatt in 1981, where she was elected Treasurer, and later held the position of President for many years. She was also elected a member of the Main Committee for two terms.

Two of the highlights of her involvement at the Greek Community of Mt. Gravatt were –

The introduction in 1997 of Greek cooking classes for the general public, that culminated in the publication of a very successful cookbook which has sold thousands of copies all over Australia in the ensuing years, and

The commencement in 1997 of weekly gatherings of a Senior Citizens Social Group at the church hall. Irene is currently the President of this group which has grown considerably in recent years.

In 1998 Irene joined the Ethnic Communities Council (ECCQ) and subsequently held the positions of Deputy Chairperson and Convenor of the Women's Ethnic Network.

She represented ECCQ in the Queensland National Council of Women (NCWQ), the Older People Speak Out (OPSO) and the Queensland Council of Grandparents (QCOGs).

Irene has been a committee member of the ESTIA Disability Support Group of Qld since its inception, and she is a volunteer helper at the St. Nicholas Nursing Home.

In 2001, Irene was awarded a "Multicultural Medal for Service to the Community of Mt. Gravatt" by the then Ministers – Judy Spence MP and Phil Reeves MP, and in 2008 she received the "Professor Ian Fraser Humanitarian Award for Service to the Community".

Irene's ongoing passion is in the care of the elderly, the disabled and the disadvantaged in the community.

Her love is for her family – especially her seven grandchildren.

WOMEN'S HEALTH IN FOCUS

On 18th October 2014 Soroptimist International Brisbane South, an affiliate of National Council of Women Queensland, hosted an afternoon seminar attended by more than 30 women, focussing on three important aspects of women's health. The first speaker was Fiona Simpson, a senior research scientist who works closely with Professor Ian Frazer, the co-inventor of the Gardasil vaccine, who spoke of the dangers of cervical cancer and the need for its prevention. Second was Ashley Watson who is a volunteer community presenter for the Black Dog Institute which provides support for those fighting the effects of mental illness. The third speaker was Kate Lye who works for Medicare Local, which sponsors free health and wellbeing programs, accessible to all.

The Gardasil vaccine is available free to boys and girls 12 and 13 years of age, in the form of three vaccinations over six months. The Human Papilloma Virus (HPV) causes abnormal cells in the lining of the cervix – also known as genital warts. This can cause penile, anal and throat cancer in men, and 10% of men die from HPV related cancers. This is the only cancer that can be prevented by a vaccine. Fiona listed four important factors in preventing HPV: have the Gardasil vaccine, don't smoke, have safe sex with fewer partners, and for women, a pap smear every two years. The death rate in developing countries from the disease is very high but this can be changed where the vaccine, which costs only \$20 for three vaccinations, is provided.

Information on the help available to sufferers of depression and bi-polar condition was provided by Ashley Watson, who declared she was a bi-polar sufferer. She explained that people needing help can access it through their GP who can recommend them for a Mood Assessment Program. Information is available on the internet by going to map@blackdog.org.au. Her advice was to help sufferers take things at their own pace, to validate them, offer support, and ask R U O K? Her advice to the sufferer is to exercise, have good mood food, form good friendships, be the gatekeeper of your thoughts, keep a level head, help others, find what gives you meaning, and appreciate little things. There is more information on the website: www.blackdog.org.au.

The third speaker, Kate Lye, a representative from Medicare Local, told her audience to be aware of modifiable conditions or risk factors: smoking, alcohol, nutrition and physical activities. Obesity, high blood pressure and high cholesterol threaten good health, but these can be modified through health and wellbeing programs. **Positive Impact** is a free program of coaching for health and wellbeing, offered with support from the Australian Government Department of Health under the auspices of Medicare Local. These are free of charge and are offered across the local region. For more information go to www.gmsbml.org.au.



A team of advisers covering many fields including Arts and Letters, Education, Environment, Youth, Human Rights and Nutrition supports the work of NCWQ. Mrs Val Cocksedge OAM, DipHSc, Honorary Life Vice-President NCWA and Honorary Life Member NCWQ is the Adviser for Nutrition. Here is her latest report:

The early childhood years are important in laying the foundation for future health and well-being. Eating patterns, preferences and behaviours learnt in early childhood may be sustained into adult life. Recent reports, however, suggest that in general, children's diets are not meeting the healthy guidelines due to inadequate consumption of fruit and vegetables and excessive consumption of saturated fat, sugar and salt (Ros Sambel, Dr Amanda Devine and Dr Johnny Leo) – paper presented at the 2014 HEIA Conference.

The Dieticians Association of Australia (DAA) maintains breakfast helps you maintain a healthy weight. Eating a healthy breakfast means you are less likely to snack on high-energy, high fat foods. A healthy breakfast provides energy and leads to a higher intake of essential nutrients (carbohydrates, dietary fibre, certain vitamins and minerals). Eating breakfast has been linked to an improvement in literacy and numeracy in school children.

Many people eat badly because far too much of their energy is provided by nutritionally worthless junk food and drinks. Of course, we must take responsibility for what we choose but when sugary, salty, fatty items dominate what is offered in supermarkets, school and work canteens, sporting venues, service stations, motel dining rooms, clubs and even hospitals, they become an easy choice. The food industry uses advertising and promotions to “normalise” the consumption of highly processed foods and drinks and its lobbying power to resist regulation.

Nutrition Australia (Aloysa Hourigan) said an ideal breakfast included protein and calcium. In this busy world, liquid breakfast in a carton can seem to be a perfect choice. According to the packaging they're nutritious as well as easy to “grab and go”. Some health experts aren't convinced they should replace breakfast on a regular basis. They should be considered an occasional food. They have some nutritional value but mostly are too high in sugar, low in fat and kilojoules to constitute a healthy breakfast. One in seven children are not eating breakfast before going to school (Dr Rosemary Stanton and Dr Christina Pollard – (The Conversation 2014). Foodbank's Social Return on Investment Report shows breakfast cereal was most in demand for those struggling financially. Foodbank Australia has joined with Kellogg's Australia to provide six million serves of breakfast cereal for children going without.

The State Government will give at least \$2 million to the QCWA to spread healthy cooking and eating to the most remote parts of the state. The QCWA volunteers and staff will drive across Queensland in vehicles two at a time, spreading the message at local shows, cooking demonstrations and other community forums.

The typical supermarket now stocks about 30,000 items up from between 600-800 in the 60's. Companies are in the business to make a profit. Sugar, refined starches and fat are cheap additives used to dilute more nutritious e.g. many fruit drinks contain just 25% juice with added sugar and water.

Sugars, added starches, saturated fat and salt are cheap, so the more added, the more budget benefit left for persuading customers, including children to choose their product.

Marketing costs are tax deductible in Australia. Basic foods such as fruits and vegetables which have little or no packaging or value padding have only a small budget for promotion so their consumption is correspondingly low (Dr R Stanton and Dr C Pollard).

A Deakin University study provides evidence that sugary drinks and fatty foods are linked to the growing rate of obesity in Australian children, more than half Australian toddlers have excessive salt intake, putting them at risk of high blood pressure and stroke.

Because salt is added to many of our basic foods, parents are unintentionally feeding them diets too high in salt. Taste preferences are set in early life, so acquiring preference for salty foods then, leads to preferences in adult life.

Increasing portion size make an offering more attractive to many, but then competitors do the same. All offerings become large, leading to health problems and obesity.

50% of office workers, working through lunch hours are eating, drinking readily available food rather than eating a healthy lunch in a healthier atmosphere outdoors.

The Cancer Council is addressing foods with questionable health claims including those promoted by prominent sports people. On pack promotions such as celebrity endorsements and nutrient claims such as "rich in protein", "packed with fibre", "lunch box friendly", and "baked not fried" can sway parents and children's food preferences. Dr Paul Bates from the Bupa Health Foundation said, "Counter advertising could encourage parents of young children to make healthier food choices"

The Obesity Policy Coalition made up of peak health groups including the Cancer Council and Diabetes Australia, raised concerns after a Food Standards Australia New Zealand (FSANZ) proposal to allow electrolyte drinks to carry health claims. Sports drinks are generally too sugary and salty for non-athletes. The Australian Institute of Sport states carbohydrate replenishment is not needed during exercise less than 45 minutes duration and only small amounts are required for sustained high intense exercise of up to 75 minutes.

Consumer watchdogs are fighting to stop grocery firms hiding details of product sizes on the back of packaging. The Australian Food and Grocery Council is advocating for the rules of front of packets, boxes and bottles to be scrapped in favour of more flexible requirements currently in force in Europe. Consumer organisations draw attention to companies quietly shrinking the size of products but not price.

Some food companies are dodging television advertising restrictions by targeting children on social media. More than 13 million Australians a month are engaging in the Facebook pages of foods such as ice cream, chocolate, pizza, burgers, fried chicken according to a study. These consumers are able to order some of the products on line, to be delivered to their door. Photographs, logos, trademarks and brand colours are used. Celebrity photos, videos, competitions, polls and quizzes, discounting vouchers are used to attract Facebook users. Many sites ask consumers to photograph themselves using the products which are then shared on the company's Facebook page.

McDonalds Australia will begin home delivery in the greater Brisbane area next month as a trial. Customers wanting to use the service will be able to choose from an almost full list of menu items, placing the order through the company's website with a minimum order of \$25.



Date marking provides a guide to the shelf life of a food. "Use by" indicates the last date on which the food may be safely eaten and "Best before" indicating the food may be safe to eat provided it has been stored according to stated storage conditions and the package is unopened / damaged.

Ancient grains such as quinoa (pronounced Keen-wah), amaranth, buckwheat, freekah, ferro and millet are being promoted. As well as providing a variety to meals, these grains are bursting with essential nutrients for health and well-being. These grains are available at local supermarkets as well as speciality stores. For more information visit the "Grains and Legumes Nutrition Council" www.ginc.com.au and for information and recipes check Catherine Saxelby's book – "Ancient Grains-Whole Food Recipes for Modern Table".

Val Cocksedge OAM

UPCOMING EVENTS

NCWQ Christmas Luncheon
The Women's College, University of Queensland, St Lucia
Supporting the Lady Musgrave Trust

Youth Adviser – Kirsty Levis

In 2007 I was asked at a Girls' Brigade Queensland State Council Meeting to represent the organisation at the National Council of Women Queensland after the previous Leader resigned. After attending some NCWQ meetings I was asked to do a presentation in uniform about Girls' Brigade, this lead to being asked to be the Youth Adviser. During the years I have attended regular meetings and had yummy afternoon teas at Margaret's, Georgina's, Roma Street and Harris Terrace as well as other venues.

As a working Mum (fulltime to four days a week) and volunteering for six organisations, I am grateful for the support of my husband, members of NCWQ, other family and friends. I thank the NCWQ for the flexibility in the role to accommodate children starting with Henry in May 2010 and Alice since August 2014.

As Youth Adviser since 2008, I hope that I have provided NCWQ with an insight into Queensland Youth. I have reported on various issues, good and bad news, decisions made by Queensland Government and various organisations that support and provide opportunities for youth to grow. In 2013 I organised a Suicide Seminar with four guest speakers.

All humans but especially Youth require love and support. With this anything can be achieved. Sadly the media reports on what they think you will read so negativity overpowers good works. May all organisations that support Youth be recognised and appreciated for how they are changing their lives, one at a time.

Finally, thank you for opportunity to serve the NCWQ in such an important position. I have resigned from 2015 and hope that you find someone with passion to fill the 'Youth Adviser' role.



International Year of the Family Farmers



2014
International Year of
Family Farming

We recognise another farming family to acknowledge the UN declared 2014 International Year of Family Farming and to remind us of how much we need our farmers. Thank you Georgie for sharing your story with us. Ed

Family farms are the vast majority of Australian farms and our family is just one of these.

We have 3 generations living on the properties about one hour west of Kingaroy in the South Burnett region. We grow cattle, with our aim being to provide fabulous tasting beef for people!

My husband's parents have lived on their property since the early 1950s, and before that learnt their skills from their parents. Our children spend their work, university and school holidays working with us too.

We have taught our children farming skills since they were small, with my mother in law caring for my babies while I mustered the cattle on my horse. We would then swap at the cattle yards, and I was happy to sit with the baby or toddler under the trees. A portacot is a fabulous playpen when out working!



As the children grew older, they had their jobs and one of our great joys is to have our whole family working together. It isn't always simple to achieve, but it is incredibly rewarding!

Now each of our children contributes in their own way, taking on responsibilities, working as a team, and often unsupervised. Farming provides life skills - there are always problems to solve, practical skills to apply and a sense of humour is essential.

Growing cattle on natural grasslands is a business that involves incredible flexibility - a calf is born, and then its life and journey will be dictated by the seasons and our management skills. No two years are the same, and we adjust our work and 'routine' to suit the seasons - currently in these extremely dry conditions, we are busy feeding out supplement - minerals for the breeder cows feeding calves, and a palm kernel extract to the growing cattle who will go to market soon.

We have native grasses and some introduced species, and we have also planted a fodder tree that is a legume. It traps the carbon in the air and returns it to the soil as nitrogen, making this available to the grasses growing between the rows - it is a wonderful energy cycle, and makes our system much more sustainable too. Our aim is to make the very best use of any rain that falls, so we try to have some groundcover - in a drought this becomes very hard. Ground cover works just like mulch in a garden, helping rain to soak in and reducing evaporation. Our farms are really just very big gardens!

It is wonderful to be able to have multiple generations pass on their wisdom on our business and also our community. Living an hour from town, we treasure our community and we have wonderful people who share their skills generously - we have tai chi, pilates and weights classes held each week, and at various times, we have a silver smithing group, a community choir, a book club and our local bowls club is where many functions are held!

Farming IS a way of life, but it is also a great business model, and it has also given me the opportunity to be involved in so many areas of interest - industry matters, education, local leadership, health advocacy and mentoring others.

It is about a three year process from when a cow gets in calf to when it is beef in the butcher shop, so next time you are enjoying roast beef, a succulent steak, or even mince and sausages, remember there has been years of flexible management and systems so you can enjoy great tasting beef!



If you are on Facebook don't forget to like us at

<https://www.facebook.com/pages/National-Council-of-Women-of-Queensland-NCWQ/214692805227841>

Have a peaceful and safe Christmas & Summer.

NCWQ wish to thank Mr Robert Cavallucci MP, Brisbane Central, for the printing of this newsletter from his office as a service to a local community organisation.

WELCOME TO OUR NEW MEMBERS

Maureen Stapleton

Celia Giumelli

THIS NEWSLETTER IS
PROUDLY SUPPORTED BY



NAME BADGES

Would you like an NCWQ Name Badge?
Membership Secretary, Kirsty Levis, is currently taking orders. The cost per badge is \$12.50.
To order one, please contact Kirsty at klevi24@bigpond.net.au

Advertising in the NCWQ Newsletter

Affiliated organisations and small businesses are invited to place advertisements with logo into the NCWQ Newsletter issues bi-monthly from end of January.

- ♦ **Business card size** including logo per advertisement per edition **\$50**
- ♦ To secure an advertisement in each of 6 editions per year a discount of \$20 applies **\$280**
- ♦ **Quarter page** including logo per advertisement per edition **\$70**
- ♦ To secure an advertisement in each of 6 editions per year a discount of \$20 applies **\$400**
- ♦ **Half page** including logo per advertisement per edition **\$150**

This Newsletter is sent to 127 Associates and 53 Affiliated Organisations with their own members and networks.

Contact the editor at newsletter@ncwq.org.au for further information.