



## THE NATIONAL COUNCIL OF WOMEN OF QUEENSLAND INC.

### *Celebrating 110 years*

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

Patron: His Excellency Paul de Jersey AC  
Governor of Queensland

Postal Address: The Honorary Secretary, NCWQ,  
Harris Terrace, 46 George St. Brisbane, Qld 4000.

**November 2015**  
**Newsletter 233**

#### **President**

Annette Lourigan  
[president@ncwq.org.au](mailto:president@ncwq.org.au)

#### **Vice-Presidents**

Caroline Snow &  
Lyn Buckley

#### **Secretary**

Avril Kent

#### **Treasurer**

Paula Ivanovic

#### **Recording Secretary**

Kathy Cavanagh

#### **State Coordinator**

Marilyn Oulds

#### **Membership Secretary**

Kirsty Levis

#### **Newsletter Editor**

Lisa Pring  
[ncwqnewsletter@gmail.com](mailto:ncwqnewsletter@gmail.com)

#### **Website**

[www.ncwq.org.au](http://www.ncwq.org.au)



#### **President Telephone**

0409 793 818

**ABN 43 025 349 777**

Opinions expressed in this  
publication do not  
necessarily coincide with  
those of the NCWQ.



I actually never thought or even assumed when I joined NCWQ some 11/12 years ago that I would one day be writing the President's Report for the newsletter, nor did I ever think that such an amazing group of women would nominate me for the role; so I have been a little awestruck and slightly overwhelmed since my dear friend and mentor Noela O'Donnell pinned the President's badge on me in September.

Several times since the AGM I have started to write to all of you; a letter of introduction, a thank you, something that hopefully inspired and maybe even confronted, though with the dawn of each day my thoughts go to a different beginning as the world as it currently sits changes the very thread of all our thoughts. We live in both exciting and tragic times. The exciting is watching all the conversation and action that is taking place around the elimination of gender violence; the tragic, as we absorb that the world has got smaller and lives on a dangerous curve of perceived ideas and prejudices. In amongst those two very obvious comparisons of exciting and tragic are too many other comparisons as we celebrate the advancement of gender equality in some areas and accept that it does not exist in every home, every town, and every country and in the life of every woman and girl child born. I wonder how history will write about this era of humanity.

A little about me: Hopefully during my time as President we will actually learn a little about each other as we explore the reasons why we are members of NCWQ. I should share with you now though that my perception of this world is coloured through being the daughter of a Sole Parent, being a Single Mother myself and working as an Undertaker since 1997. I can be held guilty of seeing the world through "rose coloured glasses" though I often sit with the reality of this world and each reality weaves a thread through my own tapestry

A little about the NCWQ Committee: There are a couple of new faces amongst those who have shared the NCWQ Management table for a while. All are women who each time I have sat and listened to them, have given me something to think about, some new thread of learning that comes from the beliefs and experiences of another. Together each of us will work towards our combined ideals and ideas of what exactly brought us all together at the NCWQ table. Together we will keep the values that NCWQ has been focused on since 1905, empowering and educating women; collectively working towards a world where gender and social equality is seen as normal, and not an issue. Over the next couple of newsletters we will include a little bit on our committee members.

*Next Page*

Our plans so far - "not to fix what is not broken!" Once we have finalised the calendar for next year you will see the dates and places for our Bursary Presentations, Morning Tea and Fashion Parade, Young Women's Forum, Parents and Children's Conference, Creators of Change and all the other events that you have supported us in the past. We are hoping that in amongst it all we will hold a couple of forums and possibly an event that showcases all our affiliates and members - so watch this space.

We want to hear from YOU! We want you to fill our newsletter with what your organisation is achieving both locally and globally; we want to share your projects; hear what concerns you and collectively be part of the voice that your organisation is. We want the framework of the NCWQ umbrella to be the telegraph lines that keeps people connected and shares ideas, thoughts, successes and concerns.

Last but not least, for those of you who know Noela O'Donnell well, matching her stride as the President who follows her will be impossible. Though her advice to me was, do it your way, share the load and be yourself, it is possible advice that we should all take. This our last newsletter for 2015 continues with a journey that Noela has shared with us during 2015 as we have learned about the Nurses of WWI. Helen McBride MA (Psychol) Dip Occ Thy JP whom I had the delightful pleasure of meeting at this year's Women's College Valedictory Dinner on the 27th October shared with me that she hand writes and hand illustrates books and that she had put together a book to commemorate the 100 years of our ANZAC's called Dragon Sings. Helen has shared a little of her journey in this newsletter, I know you will get lost in her words.

This newsletter will also introduce you to our new Health Adviser Dr Erin Waters; one of our newest members Virginia Nelson has shared with us a story on leadership; and our new Affiliate Children by Choice have provided us with the first of the their Six Myths of Safe Sex articles. The Immediate Past President of NCWA shared with in a taxi ride that we should always be "frank and fearless when we come together at the table of conversation."

Dear NCWQ Members and Friends I do hope that our newsletter will inspire and confront for it is in valuing the opinions of others that we can truly value those of our own.

May this festive season be safe and kind to you and all of yours,

**Annette Lourigan, President, NCWQ**

---

## 2016 BURSARY PROGRAM

Planning is already underway for the 2016 NCWQ Bursary program. With several new bursaries already in place, it seems that the 23 bursaries offered this year will again be exceeded in next year's program. Further details of all bursaries will be available in the January 2016 NCWQ Newsletter.

Significant dates are:

**Monday 15 February 2016** – Applications open

**Monday 4 April 2016** – Applications close

**Saturday 7 May** – Moderation meeting for selection panel members



Details of the Presentation evening are to be confirmed, but it is expected to be held in early June.

We are already responding to emails from potential applicants, who must be 'finding' our program via their Google searches. We certainly found this year that there was an increased use of internet searches and Facebook as communication tools.

Full details of the 2016 bursary program will be available through the NCWQ website prior to the opening day, with progressive updates from January. Our affiliated organisations and associate members are vital to the successful spreading of the word to potential applicants.

**Kathy Cavanagh - Bursary Coordinator**

[bursaries@ncwq.org.au](mailto:bursaries@ncwq.org.au)

## MEET YOUR 2015-2016 EXECUTIVE AND MANAGEMENT COMMITTEE

### VICE PRESIDENT- LYN BUCKLEY

For 30 years Lyn had a career in the nonprofit sector as a professional fundraiser for a diverse range of organisations in the areas of disability, medical research, cancer support, youth, drug and alcohol abuse, homelessness and ageing, giving her an insight to the issues facing many in the community. Lyn worked in her own business as a Fundraising Consultant specialising in grant seeking and project development from 2004 to her retirement in 2012. Lyn is a Fellow Emeritus of the Fundraising Institute, having previously held positions as FIA's Queensland Secretariat manager as well as other positions on the Qld FIA Board.



To continue her community involvement, Lyn has been a member of ESA International Alpha Pi (Redcliffe Branch) for over 25 years. She has held many positions including Branch President, District President and State President Treasurer and Secretary during those years. ESA International is an organisation member of NCWQ and as one of ESA's representatives, Lyn involvement with NCWQ commenced in 2013. Lyn sees her involvement in NCWQ as being of part of the chorus of women's voices to encourage women to be the best that they can be and bring about change for those at risk of homelessness, poverty and domestic violence.

### VICE PRESIDENT- CAROLINE SNOW

Caroline is a practicing lawyer, specialising in mergers and acquisitions, capital markets and corporate governance and is Special Counsel at HWL Ebsworth Lawyers, Australia's largest legal partnership. She has a keen interest in improving access to education and support for at risk, disadvantaged and underprivileged women and children through the formal education system and early education. As mother to two energetic boys, Caroline understands the challenges of juggling a professional corporate career with distance education, postgraduate study and motherhood. Caroline is also member of the Women Lawyers Association Queensland, the Australian Institute of Management and the Governance Institute of Australia.



### SECRETARY – AVRIL KENT

Avril arrived in Australia with her husband and two young children in January 1976. Since then she has worked in Kindergarten, a lecturer for Weight Watchers, worked in the family Business Consultancy until her husband's retirement. and has recently herself retired from her position in the Exams Section of QUT. She is a past Governor of Quota International 30th District and has been a member of NCWQ for a few years.



### TREASURER – PAULA IVANOVIC

Paula Ivanovic has remarried since she became Treasurer and is the proud mother of 2 adult children and step-mother to 5 more as well as a grandmother of 2. Her new husband is very supportive of her community service involvement. Paula spent most of the 70s living overseas with her first husband, living in Ecuador, Malaysia and the Philippines. She started studying for an accounting degree in 1978, studying externally for 5 years before deciding the finish full time at the University of Queensland. After her graduation, Paula stayed on in Brisbane and began work in the Accounting Department of Telecom, now Telstra. She retired from there in mid – 2014 after nearly 35 years, and is busier than ever. Paula has been a member of Quota International for 27 years where she was also Treasurer a number of times. This is how she became involved with NCWQ. She was also, for a number of years, the Treasurer of the Valley Senior Citizens Club.



### RECORDING SECRETARY – KATHY CAVANAGH

Kathy has been involved with NCWQ since 2011, and has been associated with ESA for many years. Now 'mostly' retired, Kathy has worked in a variety of contexts, both overseas and inter-state, in roles ranging from small business to writing and photography, but the main focus has been in adult education. Her experience as a part-time, distance education student, for more years than worth counting, has given an understanding of the difficulties in achieving educational goals whilst dealing with work and the various other complexities of family and life. Kathy was naturally drawn to being involved with the NCWQ Bursary program, which she now coordinates. Kathy sees the need for generational change against the background of technology-based communication as the NCWQ faces the challenge of being as relevant today as the organisation has been throughout its proud history.



## HONOURED TO REPRESENT NCWQ

At the 110<sup>th</sup> Annual General Meeting of the National Council of Women of Queensland Inc. held on September 29, my four consecutive years as President of this organisation ceased. I congratulate Annette Lourigan as she takes on this role.

One of the many delights of the role has been interaction with our member organisations, and the broader community, and I have been pleased to attend many events, AGM's, Conferences etc. hosted by you. I have also been privileged to highlight some of the work you do via our Facebook, website, emails and our newsletter.

In my new role I have continued that valued relationship.



With other NCWQ Members I was honoured to attend the presentation of the United Nations Association Queensland (**UNAAQ**) Community Awards at Government House. The awards were presented by His Excellency the Honourable Paul de Jersey AC, Administrator of the Government of the Commonwealth of Australia in the presence of Mrs Kaye de Jersey.

The award recipients were Annette Brownlie, James Cummins, Peter Arndt, Judith Kearney, Shea Spierling, Adele Rice, Friends of HEAL Foundation and QCWA.

Both Adele Rice and Friends of HEAL Foundation were nominated by me with referees Senator Claire Moore and Sharon Orapoleng. Adele was nominated in recognition of her dedication for many years supporting young refugees and in particular as part of the team and Chairperson in developing the FHeal Foundation leading to '*Songs of Hope and Healing*' a gala event featuring young talented performers all coming together for a great cause.

Friends of Heal Foundation (Home of Expressive Arts in Learning) formed in 2012, support and provide direct relief from distress and enhance education and cultural integration especially for refugee adolescents.

The **QCWA**, an organisation affiliated with NCWQ, received the Meritorious Award recognising a group who achieved at an exceptionally high level through their project or activities, in recognition of women, who, since 1922, have improved the conditions of women and children, made life better for families, especially those living in rural and remote Australia and overseas. Currently QCWA support Pacific Islands in the form of birthing kits to Papua New Guinea, primary school books and school supplies and providing financial assistance and support for drought stricken areas Toowoomba, Miles, Roma, Rolleston, Emerald, Alpha, Barcaldine, Ilfracombe, Longreach, Winton, Blackall and Charleville.

Congratulations to all recipients – Well done! And thank you to UNAA Q for making these awards available.

Irene Cayas and I supported the fund-raising dinner hosted by the **Wanwod Association**. This association is affiliated with NCWQ and guided by their President, Sallymatu Kuyateh, they do much to support the women and children back in Sierra Leone.

Stationery for school children orphaned by the Ebola Epidemic and children from poor families living in densely populated areas of Freetown, some recently affected by floods was accepted by Sallymatu.

The entertainment was provided by the Hmong Australia Performing Arts and the colourful fashion parade featured designs by local African women.



With NCWQ President Annette Lourigan I was inspired by the young women at the **Women's College** Valedictory Dinner. The Women's College and NCWQ have a long association.

In the publication 'The First Fifty Years in the history of the NCWQ', in the chapter dedication to the work of the Council between the years of 1911 to 1915, it is recorded:

"This period also saw the commencement of work for a residential college for women within the University of Queensland. Mrs Alan Dakin, the first woman to take out a Bachelor of Arts Degree at the Queensland University, addressed a general meeting of the Council, and a resolution was carried that 'As delegates of the National Council of Women we will do all in our power to assist this movement and further the establishment of a home in Brisbane for University women students'.

A Carnival of Nations Festival in His Majesty's Theatre, organised by Mrs Mason-Beatty, a Vice President of NCW, raised over 200 pounds for the funds. With this money, the College Committee furnished nine rooms and the Common Room at the College, with a 'small brass plaque' to commemorate the gift".





For a period of time, NCWQ has actively advocated for supervised accommodation for people living with mental illness. Both Pat Burgess and the late Helen Ovens contributed much to bringing this to fruition. With Helen's daughter, Nea, and other friends I was thrilled to witness the official opening of Clear Breeze Apartments. Clear Breeze, as named by residents, is a new purpose-built residential living environment for adults living with an enduring mental illness who have been supported by their families. Wesley Mission Brisbane who have been working with **Mantle Housing**, an advocacy group of concerned parents and carers, developed this new model of supported accommodation. Professor Alan Fels AO, Chair of the National Mental Health Commission, performed the opening.



Prior to the opening an arts project "What Will the Neighbours Think" featured the voices and stories of the three groups most closely involved in the development of the Mantle initiative; the future residents; their parents/carers and residents in the local area who are their new neighbours.



The recipient of the inaugural Val French AM bursary, Bianca Banchetti, was presented with her bursary at the **OPSO** Media Awards held at the State Library. OPSO (Older People Speak Out) acknowledge members of the media who portray older people positively and sponsor the NCWQ bursary for a Queensland woman studying journalism and contributing to her community. Bianca was honoured to receive the award and is enthusiastic about her future career. During the presentation I said I believe Bianca will receive further awards as her career progresses. Congratulations Bianca!



**WILPF** (Women's International League for Peace and Freedom) held their annual Peacewomen Awards. The award recipients were Dr Joan Hendriks, Quandamooka elder, for her advocacy for peace, justice and reconciliation; Professor Carole Ferrier, for her contribution to feminist scholarship, gender studies and the Brisbane antiwar movement; Ms May Lamont, for her long-standing participation at local, national and international levels in campaigns for improve the lives of women around the world and Sr Nora Amath, for her leadership in the interfaith and human rights advocacy. I was honoured to speak about May Lamont and her work. May was not able to attend the award ceremony as she was in PNG where she has done, and continues to do, much work. May's award was accepted by Gayle Carrick from Soroptimist International Brisbane Inc.



The Catholic Women's League (**CWL**) held their Christmas luncheon in their rooms in the City. With a male choir singing Christmas Carols and plum pudding served, we know Christmas is very close. Thank you to all organisers of these events for the warm welcome and hospitality.

Member organisations of NCWQ cover many diverse fields, interests and activities. All contribute to our community and particularly to women and women's issues. It is an honour to support them in any way I can.

**Noela O'Donnell - Immediate Past President**



## MANTLE / CLEAR BREEZE APARTMENTS

In 2004 The National Council of Women of Qld started conversations with the then State Government about the lack of permanent accommodation for psychiatric patients who were at that time being cared for by ageing parents. (Since then 2 of those parents have died, and another has had to move into care for herself.) The Government were not interested and even refused to register our adult children as 'disabled' and because they were still being cared for by parents, they were not even eligible to be placed on the Public Housing register. (They need to be homeless for that.)



Pat Burgess, the then President of NCWQ, approached Michelle Skinner of Wesley Mission for help in October 2006. From that has come MANTLE. It didn't happen overnight. With the help of Michelle Hildebrand in Jan 2008 a company called MINDCARE was formed which later changed its name to MANTLE. Many meetings later, Wesley Mission agreed to find and finance the land. This was finally found at Mitchelton and purchased in September 2013. (2 neighbouring houses just happened to be for sale at the same time). Conversations were held with the BCC in October and the neighbours from then until February 2014. WMB petitioned the government for funds from the QLD Government under its Elderly Parent Carer Innovation Trial in February 2014. Many more meetings later, the plans were approved, and building commenced in January 2015. There are 14 apartments for residents, and 1 for 24 hour recovery support workers.

As well as the MANTLE board, there is also a Parent Support Group who meet once a month, and spend a lot of their time fundraising to help with the running costs. The National Council of Women of Qld has continued to supply support from the side lines.

The CLEAR BREEZE APARTMENTS at University Road, Mitchelton were officially opened on Wednesday afternoon the 21<sup>st</sup> October, with a large audience of residents, parents, carers and friends. Those who spoke were Shane Becall the Community Services Operations Manager, Professor Ross Young CEO of MANTLE, Conrad Sanders one of the incoming residents, Mark Furner MP, Member for Ferny Grove, Michelle Hildebrand, Manager –Service Dept of WMB, Professor Allan Fels, Chair of the National Mental Health Commission (who has a daughter of his own, living in a similar complex in Melbourne), The Reverend Lyn Burden, Superintendent Minister, Wesley Mission, who provided a short blessing, and Geoff Batkin the Executive Director, WMB.

This was followed by afternoon tea and a tour of the apartments. There are 3 different floor plans, (on 3 different levels) and the residents were given the chance to select the one that suited them best. The first residents began moving in the following week. All were keen to do so.

**Pat Burgess**



*"Suffragette" is the story of Maud, a working class mother who finds herself in the middle of the first wave women's movement's campaign for women's votes. A skillful blend of real and fictional characters and events, the story follows the early members of the Women's Social and Political Union and their radicalisation from peaceful protesters to law breakers.*

The stories of the women who have gone before us are frequently ignored, glossed over or re-written. *Suffragette* will give you pause for thought, leave you deeply in awe of the extremes women had to go to be heard, appalled at how far we still have to go one hundred years on, and rally you to action.

It is intense, riveting and bleak, with an urgency that reminds you how raw and violent the time was. It is ultimately necessary reminder of how far our society has come, and how much is still yet to be done in terms of gender equality and human rights. Take you daughters and granddaughters (and your sons and grandsons!) for a history lesson you will never forget.

View The Trailer here: <http://www.transmissionfilms.com.au/films/suffragette>

## **Prevention of Poverty and Homelessness of Older Women**

**On any night in Australia approximately one in every 200 people are homeless. 44% are women. In Queensland there are approximately 19,831 people are homeless in Queensland (Bureau of Statistics 2011 census).**

The Homelessness Australia and Equality Rights Alliance submission, titled Ending and Preventing Older Women's Experiences in Homelessness in Australia, to the Senate Inquiry into the Economic Security of Older Women, highlights the increasing number of older women experiencing homelessness for the first time in their lives. The impact of older women leaving the workforce early, lack of superannuation, death of a partner, separation and divorce, domestic violence, the lack of affordable housing, places older women at greater risk of homelessness and poverty. The full HA and ERA submission is available at <http://www.homelessnessaustralia.org.au/index.php/research-resources/policy-sub>. NCWA is a member of the Equality Rights Alliance.

In response to this growing concern, NCWQ has established its Prevention of Poverty and Homelessness of Older Women project. The project will bring together a team of representatives from the NCWQ committee and affiliates with the aim, not only, to formulate responses to advocate for changes to improve services and support for older women who are at risk of living in poverty and facing homelessness, but also, provide support to other organisations in their quest to bring about change. Currently, the NCWQ project advisory group has -

- Provided a letter of support for the Government's Letter of support for the Government's Violence Against Women Prevention Plan.

- Reviewed and sought advice on the proposed amendments to Domestic and Family Violence Protection and Another Act Amendment Bill 2015.

- Promoting the Queensland Government's Queensland Women's Strategy and its on-line survey. The Government is seeking views on gender equality, safety, health and wellbeing, leadership, employment and economic security. We encourage readers to complete the survey at <https://www.communities.qld.gov.au/communityservices/women/queensland-womens-strategy>

- Developing the NCWQ Women's Strategy and make submission to the Qld Government's Queensland Women's Strategy.

- Promoting the Security4Women (eS4W) organisation's on-line survey which is gathering information on women's views on their lifelong economic wellbeing. The results of the survey will highlight the priorities for government and business in regard to wage equality and overcome the gender gap in retirement incomes. . We encourage all readers to complete the online survey at [www.security4women.org.au/economic-wellbeing](http://www.security4women.org.au/economic-wellbeing).

NCWQ would welcome any comments or feedback from members on any of these important issues. Please contact us by letter to the Hon Secretary, NCWQ, Harris Terrace, 46 George Street, Brisbane 4000, or email: [president@ncwq.org.au](mailto:president@ncwq.org.au) or: [info@ncwq.org.au](mailto:info@ncwq.org.au)

## NEWS FROM THE TRIENNIAL CONFERENCE

RADISSON ON FLAGSTAFF GARDENS, MELBOURNE

Our Queensland members met at the Radisson on Sunday 11 October, 2015.

Although the programme had stated Registration opening at 8.30am, chatter, coffee and chuckling occupied us before a start at 10.35am, when we were grouped at tables, and were able to hold informal discussions, having introduced ourselves, states, roles and status of our particular 'portfolios'.

Groupings were:      COMMUNICATIONS                      GENERAL WELLBEING  
                         SOCIAL ISSUES                              STATUS OF WOMEN  
                         SUSTAINABLE DEVELOPMENT

This was a thoroughly enjoyable segment for a conference 'new chum' and provided a great opportunity for us to have a voice.

VOTING ON RESOLUTIONS – This was genuinely 'serious Women's Business', with critical, relevant issues having been discussed at a range of levels, including our Management Committee, with both the proposed Resolution and a reasonable Rationale for each provided by the NCWA.

There was an opportunity for further discussion and elaboration on each Resolution.

Voting, however, was elongated and messy and it may, perhaps, be discussed in the future for a more streamlined process, which would be more efficient but maintaining a strong focus on the issues themselves.

Resolution 1 Greenhouse Gas Emissions                      Resolution 2                      Microplastics

Resolution 3 Foetal Alcohol Spectrum Disorder                      Resolution 4                      Surrogacy

Resolution 5 Mental Health Management

Resolution 6 Referendum for Recognition of Aboriginals and Torres Straits Islanders as the First Australians

Resolution 7 Medical Use of Cannabis                      Resolution 8                      Domestic Violence Orders \*

Resolution 9 Housing Homeless Young People                      Resolution 10                      Safe Housing for Women \*

*\*These resolutions were withdrawn, as both issues have currently progressed significantly on the Government's agenda.*

Most Resolutions were passed, some with change and/or editing.

Queensland members expressed considerable concern about Resolution 4 on SURROGACY, determining that the Resolution must be much more specific; that the Issue must consider, include and make explicit the best interests of the child and the mother, and consequently, chose to Abstain from either a Yes or No vote for this hugely important Issue, which will inevitably be permeated by myriad legalities, and which, we believed, needed further robust discussion.

BOOK LAUNCH!

*"Respectable Radicals"*

This was an exciting event! – Everyone dressed beautifully, enjoyed the ambience, excitement and anticipation in the gardens.....and proud smiles were in abundance as guests hushed, and we were welcomed to Melbourne and the Launch, and....finally....this wonderful Histoire was launched! This informative history is that of the National Council of Women of Australia from 1896 to 2006 and was co-authored by Marian Quartly and Judith Smart, both of whom made themselves available to sign our copies after the initiating formalities! Thank you!

Our own beautiful and illustrious Annette Lourigan, now NCWQ President, impressed friends and strangers alike, with her heartfelt and candid words in the Foreword.....

*".....(At first)....I did not know that, in amongst the pages, I would find moments that personally affected me as I started to see that these stirrers, these respectable radicals, had been hugely influential in my own life, women like my own mother, who have allowed myself and many others to stand on their shoulders and walk on the many paths they illuminated for us....."*

**Jennifer Ann Davies - NCWQ Arts and Letters Adviser**



Photo – left to right, Caroline Snow & Elifabeth NewMann, Vice President of ICW



Photo – left to right, Retiring NCWA President Julie Morris with incoming Barbara Baikie



### **NATIONAL 2016 ANTI-TRAFFICKING RESOURCE CALENDAR LAUNCHED**

National and international efforts to combat human trafficking and forced labour in Australia are showcased in ACRATH's 2016 calendar produced by long time ACRATH (Australian Catholic Religious Against Trafficking in Humans) member Sr Janine Bliss fmm. The calendar illustrates the range of projects and people collaborating to combat the problem, described by Pope Frances as 'a crime against humanity'.

The calendar was first produced in 2015 and was used by organisations, NGO's and Church and school communities around the country as a referral point and to gain an understanding of the issues. This year's calendar was designed to show the extent of advocacy, policy reform, funding initiatives and practical support being given to people trafficked in Australia. As well, the calendar touches on global links and how NGOs worldwide are working together.

The calendar includes comprehensive campaign and program information from the following people and organisations:

ACRATH (Australian Catholic Religious Against Trafficking in Humans)

Anti-Slavery Australia

Attorney-General's Department

Baptist World Aid Australia

Franciscans International

Irin – Humanitarian News and Analysis

National Farmers' Federation

Red Cross Australia

Salvation Army – Trafficking & Slavery Safe House

Salvation Army – The Freedom Partnership

Shalom College, Bundaberg

Stop the Traffik

Sr Angela Reed RSM, PhD and social worker Mrs Marietta Latonio

"It is helpful to those of us working in this space, to get a sense of who else is doing what. The calendar does that and it also illustrates how many groups are working together and not just working in silos. It's a great example of justice organisations finding common ground and joining forces for a better outcome for the people they aim to serve," Sr Janine said.

"For many of us who work against human trafficking, it is difficult to get a full picture of what is going on in Australia amongst the government and NGOs. I have tried to explore that and the calendar is a useful vehicle to use."

This year's calendar features 15 projects or profiles, including Government, school, church, NGO and ACRATH initiatives. As well, it alerts people to some important anti-trafficking days of the year such as February 8 – the Feast of St Josephine Bakhita, the World Day of Prayer, Reflection and Action Against Human Trafficking and March 25 International Day of Remembrance for Victims of Slavery and Transatlantic Slave Trade.

Janine, ACRATH Queensland Coordinator, said the calendar was also a call to action, urging people to join one of the many campaigns highlighted. She said in her talks she encouraged people to:

*Join a campaign to fight trafficking in your community*

*Fight trafficking by buying from companies that have transparent and slave-free supply chains*

*Raise awareness of human trafficking issues*

*Talk to your friends and family about the issue*

*Volunteer for, or donate to ACRATH, or other organisations fighting trafficking.*

"The groups featured in the 2016 calendar are working together in the belief that we can make things better, but we need more people to join the fight, doing what they can in their own families, community or workplace," Janine said.

**The calendars cost \$10 and can be ordered at [acrath.org.au](http://acrath.org.au)**

**Contact: For more information contact Sr Janine Bliss on 0412 185 026**

**OR [jbliss@fmm.org.au](mailto:jbliss@fmm.org.au)**

**News Release ... November 2015 ACRATH**



[www.acrath.org.au](http://www.acrath.org.au)  
**People are NOT for sale**

# Making A Difference

Since 2009 70 Queensland women's lives have been changed by the receipt of an NCWQ bursary.

Many of the 23 bursaries on offer in 2015 were sponsored. However from the inception of the bursary program NCWQ have funded at least two bursaries as a result of the annual fund-raising morning tea and fashion parade.

On Thursday 22 October, nearly 170 guests gathered to enjoy morning tea; a fashion parade with the outfits provided by Cosmopolitan Boutique, Alderley and modelled by NCWQ members; to hear the musical entertainment provided by Hear and Now, an all-female a Capella group whose love of singing is infectious; to support the raffle and maybe be a recipient of a lucky door prize honouring women who have served and are serving our country, including Sister Jessie Tomlins, Matron Grace Wilson, Royal Australian Air Force Squadron Leader Samantha Freebairn, a C17 Globemaster pilot and Wing Commander Linda Mary Corbold OAM and the highlight to meet and hear 2015 bursary recipient Jacinta Phillips share her story and of the difference the awarding of a bursary made to her life.



Jacinta told us "In May this year, I was awarded the ESA International Bursary at the annual Bursaries Presentation Ceremony. Attending the awards night was a fantastic experience. It was very inspiring to listen to the unique stories of my fellow bursary recipients, and hear of how the Bursary program has grown immensely since 2009. Thank you to the members of ESA International for initially considering my application, and deciding I was worthy of receiving this year's ESA International Bursary. Earlier this year my mother was diagnosed with cancer, and I also began my first year of university. It was these two events that led me to this award, of which I am extremely grateful for. I believe it has removed a huge burden of university costs, which has allowed me to achieve my full potential during my first year of tertiary studies. My education has always been incredibly important to me, and the goals I have already been able to achieve this year as a result of the Bursary Program, have opened

numerous doors for my future. Specifically, the award has funded aspects such as required course textbooks, and technology, which have made a fundamental impact upon my studies every single day."

NCWQ thanks all who supported this fund-raising morning tea – you have ensured that our two bursaries will be included in the 2016 bursary program, ensuring that we make a difference to the lives of more Queensland women next year.

**Noela O'Donnell**  
**Immediate Past President**



## DR ERIN WATERS, NCWQ HEALTH ADVISOR



It's a privilege to have been appointed to the role of Health Advisor for the NCWQ. In way of introduction, I have been asked to write a little about myself.

My name is Erin Waters (nee Mackle). I live in Annerley with my husband, Dave, two children Juliana and Laurence and Buzz the beagle. I was born in Brisbane, went to school at All Hallows, and then went on to study Medicine at the University of Queensland. Since Graduating in 2003 I've worked as a junior doctor at the PA Hospital; A senior House Officer in Obstetrics and Gynaecology at Logan hospital and as a Senior Medical Officer at the Greenslopes Private Hospital Emergency Centre. I've now worked as a GP at Wellers Hill Medical Centre for the past seven

years. I also teach for the the University of Qld, Griffith and Bond University Medical Schools. Outside of medicine, I love getting outside with my kids, music, singing and swimming.

I have additional training and experience in Women's and Children's Health but enjoy the variety and challenges practising as a generalised family doctor - you never know what you are going to see next. As a student, I never contemplated becoming a GP, and while some people might think I've compromised my career for my family, I actually feel lucky to have fallen into a fantastic job that I love. I get to chat to people for a living, and try to help them with the challenges that they face on their life journeys. I get to watch babies grow into amazing children, help people to achieve their potential to live a full life with good health and emotional well being, and when it comes time, to care for those who are dying, help them to live and die with dignity, and then be there to support the families that they leave behind.

As a female GP I've fallen into the role of GP counsellor and have sought training in mindfulness and Acceptance and Commitment Therapy (ACT). The mental health difficulties and burden of stress, depression and anxiety on teenagers and adults in our community is a little talked about big issue. Many people do not have close families or belong to any community groups so that when they are struggling, they have no-one to turn to, and this isolation compounds the challenges of treating their anxiety and depression. I see the breakdown of families, and lack of connectedness with neighbours, church and community groups, as a major cause for the increasing rates of depression, anxiety and suicide.

I'm inspired by the NCWQ mission statement "to raise the awareness of members as to their rights and responsibilities as citizens and encourage their participation in all aspects of community life." As well as the goal to work for the empowerment of women and families and to promote equal status for women in law and fact.

Thank you for warmly welcoming me to the NCWQ fold. I feel inspired and empowered by all of the women that have gone before us, the long proud history of the NCWQ and the energy of the current executive and membership.

I hope to contribute my energy to advance the cause for women generally and personally see Domestic Violence as a priority for the NCWQ as a women's issue finally some exposure and momentum with the opportunity for change. Domestic Violence has no place in a civilised society. It is major issue facing many families with intergenerational implications. Change is needed to ensure that it is no longer tolerated or accepted as a private issue.

I will be writing an article on health issues (no more on myself!) for each of the NCWQ newsletters. If you have any health questions or ideas of issues relating to health that you would like me to address as the NCWQ health advisor, please contact me by email. [erinwaters@internode.on.net](mailto:erinwaters@internode.on.net)

**Dr Erin Waters**

**MBBS BSc FRACGP Dip Child Health**



## ISABEL TEACHES ME A LEADERSHIP LESSON — VIRGINIA NELSON

Today I heard the most amazing story that brought with it a wonderful leadership learning, or indeed a life learning, for me. We sometimes get these from the most extraordinary sources and when we least expect them, mine came from my niece Isabel, who is 5 years old and in prep school.

I read a lot of leadership articles, journals and books, I subscribe to a wide range of newsletters and follow everyone I can on [twitter](#) that might have an inkling of leadership advice or information for me, from the Harvard Business Review to the Australian Institute of Police Management or the Women's Agenda to Cambridge. I have even ventured onto LinkedIn to soak up all I can. So you might be wondering what Isabel could teach me?

A few weeks ago Isabel was at home at the dinner table, the night before the school athletics day. Isabel's big brother Jackson (10) is an outstanding athlete having won every age championship for cross country and athletics since he started school. So Isabel piped up, 'I'm going to win all my races and be age champion tomorrow', referring to the upcoming Athletics Day. Dutifully her parents shared with her the importance of participating, *'It's not all about winning Isabel'. 'It's important to participate Isabel and give your best effort', 'It doesn't matter if you don't win', 'As long as you try you hardest and do your best we will be proud of you. 'Winning the trophy is just a bonus'.*

The next morning Isabel got dressed into her sports uniform and went into her parents' bedroom. Her father walked past and saw her pulling strange faces in the mirror with her fists clenched. Curious, he asked, 'What are you doing Isabel?' Isabel responded, 'I'm practising my fierce face, I'm getting ready'. Her dad kept walking.

Off they went to school. First up were the prep sprint races. And Isabel put on her fierce face, waited for the starter's gun. Got her feet ready on the line, looked her competition up and down then focused forward to the finish line. The starter's gun went off and so did Isabel. 80 meters is a long race for a little 5 year old and she did not give up. She had the fiercest determination on her face, she kept her eye on the prize, peering only slightly to her left then her right to gauge the pace of her competition before clearly smashing the finishing line.

That day Isabel went on to win the hurdles and run second in the long jump and was awarded the trophy for age champion.

**So what is the leadership learning?** Isabel is 5. Isabel wasn't discouraged when her parents were carefully trying to protect her feelings (in case she didn't win), to teach her that winning wasn't everything. True it's not. We know it's the journey that gives us the greatest satisfaction. But you see, Isabel's journey didn't start when she got to the race line or even the night before at the dinner table.

It started years ago, when she first saw her brother racing and competing in various sports. When she saw his prizes. Unknowingly Jackson has been a **mentor** to Isabel. He is someone she trusts and whose behaviour she models. He is someone she looks up to and someone who gives her advice and shares stories with her. This relationship no doubt played a part in Isabel setting her plan. For years she has been taken to every football game, cricket game and every athletics and cross country day to watch her brother. Not participating, just observing. She saw the joy when he won, the reaction of parents, grandparents, teachers and the other children.

Isabel set her sights on a **goal**. She stated her goal out loud to her family at the dinner table. She did some running practice with Jackson to get ready. She made sure she was dressed in the right uniform with the right sports shoes. She stood in front of the mirror **'visioning'** her power - not unlike the message Amy Cuddy shares about the power of body language in her TED Talk.

At no time did she waiver or go off her path. She has ambition, and was driven to succeed. Even after a fall in her hurdles practice, with her pride hurt after falling in front of older children, she got back up. She had a goal and had purpose she was fearless and prepared to give her best effort. She did not forget her hurdles failure but used it on the Athletics Day as motivation, telling her mother me that if she fell over it would be ok, she would just jump up and keep going. What **resilience** and determination.

This year was Isabel's brothers turn to watch. Jackson stood at the finish line and waited for his little sister to cross the line. He encouraged her as she headed over to the long jump. He was there with her when she won the hurdles and he cheered her when she was presented with her trophy.

What struck me about Isabel was her confidence; you see research tells us young girls start losing their confidence after they are about 10 years old. Historically there is an expectation we will be soft and nice. We are not meant to be tough and determined. Isabel is all of these: soft and nice, tough and determined.



Many studies have found women's lack of confidence is a major hindrance to our ability to lead. Evidence shows we are less self-assured than men and if you want to succeed, **confidence matters**.

Lean in (Sheryl Sandberg's book) quotes the often touted statistic that women apply for jobs only if they meet 100% of the criteria and men will apply if they meet 60%. This has been confirmed again and again in my readings and in the women I mentor. Where, when and why do we lose our confidence and self-belief?

We worry about being liked and what we look like - famously referred to by Laurel Thatcher Ulrich as a woman's curse. We hold back to be nice which does nothing to advance our effort for equality. Respect and subsequent promotions come from being who you are not who you ought to be. While our family priorities, or in some cases cultural or institutional barriers to success impact our leadership opportunities, the acute lack of confidence women have continues to hold us back. A study in *Womenomics* gave many examples of well accomplished, credentialed women who were clearly held back by what the authors describe as the **dark spot** - confidence, or a lack of it.

To become **influential**, to make a difference, to be who we want to be, we need to banish our **self-doubt**. We need to realise our promotions and opportunities are not 'just luck' or because we were 'in the right place at the right time'. It's because we deserved it, because we set our sights on a goal and worked hard to achieve it - just as Isabel did. Yes we had our mentors, sponsors, coaches and supporters as did Isabel, but it was Isabel who did it. Isabel banished any self-doubt, visioned herself winning, she showed magnificent confidence, persistence and passion to be the best she could be. Let us all take a step this week to do 'an Isabel'. **Stand in front of the mirror, make the 'fierce face' and go out there and win!**

**Virginia Nelson - Associate Member**

**A/Superintendent | Visiting Fellow | QPS**

[https://www.linkedin.com/home?trk=nav\\_responsive\\_tab\\_home](https://www.linkedin.com/home?trk=nav_responsive_tab_home)

**KATHY, YOU'RE JUST SPECIAL**  
(And you have breast cancer)



**Kathy Cavanagh**

It was a privilege to have the opportunity to launch my booklet "Kathy, You're Just Special", as part of the NCWQ Conference and AGM on 29 September, coincidentally on the first anniversary of my surgery for breast cancer. Yes, a somewhat daunting privilege. As evident in the stories by Alison Taaffe of her sister's experience, Annette's and mine, every story is unique.

For me, underlying medical issues reduced my treatment options, so no radiation, chemo or general anaesthetic for me. And yes, a mastectomy can be done under local anaesthetic.

A local launch of the booklet followed at Bribie Island on Friday 2 October, where I was surprised to also welcome an NCWQ "Cheer Squad". As a self-funded project, initially with the focus on my own healing, and sharing the story with those who supported me, I also wanted to make the booklet available to other breast cancer patients and their supporters. As with most curve balls in life, you don't have a clue until one heads your way. Nor do those who love and support you really know how to deal with it. I have endeavoured to tell it how it is, but mostly in a light-hearted way. My hope is that something of my experience will be a help to others and their loved ones.

Isabelle Christie, Clinical Nurse Manager, Breast Care Nurse Service at the Wesley Hospital, has instigated the booklet now being given to each of their newly diagnosed breast cancer patients.

Although the booklet has no retail price, donations already received will assist in enabling me to print further copies as required to continue to expand its distribution.

Please contact me at [kathycav2015@gmail.com](mailto:kathycav2015@gmail.com) or on 0407117378 if you would like further information or a copy of the booklet.



Photo - left to right, Noela O'Donnell, Kathy Cavanagh, Annette Lourigan, Isabelle Christie.



Photo - Jim O'Donnell, Avril Kent, Kathy Cavanagh, Noela O'Donnell, Marjorie Voss.

*'All night the flares go up; the Dragon sings  
And beats upon the dark with furious wings.'*

So begins *'the journey that is war'*, told through the voices of the young men and women poets of World War I, presented in a hand-scripted and illuminated book *'THE DRAGON SINGS – Poets voices 1914-1918'*. The journey narrative was chosen to lift the reader's focus beyond the context of WWI to consider more broadly the journey that is every terrible war: the national excitement, brash confidence, through dawning reality, horror, grief, regrets and reflections on the outcomes and costs of war.

Creating this book led me into an unexpected adventure and personal journey; I thank Annette your President for inviting me to share my journey with you. Perhaps others will be encouraged to follow their dreams or "the path less travelled". Already a watercolourist and, building on a life-long interest in medieval manuscripts, I acquired the skills of calligraphy and illumination after retirement from a deeply satisfying academic career. So to my journey.

As a birthday gift I decided to create a relative's favourite poem as a framed piece. She loved the WWI genre, and with very little exposure to this genre, I set about finding 'the poem'. Quickly I realised my naïveté and decided on several poems presented in a small hand-made book. This little journey set me thinking and I began to see possibilities of contributing to public discourse on war and peace through a new treatment of WWI poems. Selecting poems to carry the narrative became my first adventure. The poets' words were often difficult and challenging; I determined to capture and reflect each poem's emotion through art-work pages that would engage the reader through their beauty — to keep pages turning.

Armed with sample pages and a book plan I asked a friend, herself an author and publisher in an unrelated field, if my project had a future. She was encouraging, with the qualifier that I would probably not attract a publisher because the work was risky and I was unknown. She suggested further consultation with an artist friend with extensive publishing experience — in Melbourne! I made the investment and was rewarded with considered, positive professional advice. She agreed to guide me through the process to publication, whether traditional or independent and we became friends as a result. I strongly endorse the value of seeking advice early on and engaging those who might help and support you throughout a project. There is a point where 'turning back' will challenge even the most courageous.

'What's the link between dragons and war?' I was asked. Rich and surprising answers emerged. Humans have used the dragon symbol from time immemorial and across all cultures to represent destruction, conflict, war, but also life, rebirth and regeneration. A new dimension was added to my poem journey, resulting in a brief scholarly essay in the book.

More adventures lay in meeting people of all ages with strong links to World War I. How? As 2015 drew alarmingly nearer I decided to take my work with me on our cruises. People would occasionally stop to ask what I was doing and conversations would begin — and continue. Elderly men engaged me in thoughtful, almost philosophical conversations about war. Others focused on great-grandfathers, grandfathers and in one case a father. Most were killed but the father had returned and his elderly daughter still felt the pain he carried. Not uncommonly, family members had unpublished poems written by their relatives.

Once, a gaggle of teenage boys swooped into 'my' room, clearly expecting it to be empty. After our mutual shock they asked what I was doing? I told them and they became all excitement. A babbled conversation ensued: Had I done 'In Flanders Fields'? A full and fast recitation ensued. Had I done ...? Fortunately I had! They told me about studying World War I and associated poetry in school. They watched me work (slightly unnerving for me) for a time and one lad continued to turn up, as interested in the process of creating as in the poems. And there were more encounters, some amusing, others very touching.

Finally it was publishing time. I had made a considered decision to leave approaches until the work was complete, for publishers would need to assess both artistic quality and book content. As anticipated, my book did not fit publisher's lists, though most provided very pleasing endorsements. With a launch date of ANZAC Day 2015 in sight, my supportive friends urged me to self-publish. And so began perhaps the most challenging adventure! There seemed no end to essential decisions and the details of costing. 'How much?' became my mantra! A whole new vocabulary emerged and my wonderfully patient printer's consultant became skilled at translating into plain English for me. Obtaining copyright clearance was a frustrating endeavour; that milestone was reached with great relief!

Finally, what excitement to see my labours reflected in beautiful books — a soft cover edition with flaps and an especially beautiful limited edition restricted to 50 copies. *The Dragon Sings* was launched by Elizabeth Morgan AM with a concert presented by Camerata of St John's, Queensland's Chamber Orchestra, in St John's Cathedral, Brisbane on ANZAC Day 2015. Surrounded by family and dear friends, with the whole congregation we reflected on ANZAC and war as we shared in a magnificent celebration of journey's end. At least I thought that it was the end of my adventures...

A relative in Canberra called to persuade me to visit the newly purchased 'Kerry Stokes' illuminated manuscript at The National Library. 'Canberra... in mid-winter ... when I've seen so many illuminated manuscripts?' I thought! However, interesting possibilities suggested that I should go. Emails were sent and appointments made, unrelated to the exhibition. Two wonderful outcomes resulted: The majority artwork pages are to be housed with The National Library Collections. A limited edition book copy is to be presented by the Australian Government to the Mayor of Fromelles in 2016, when the centenary of the Western Front battles commemorations commence in earnest. And I did get to marvel at the newly acquired manuscript and to reflect on the sensitivity and foresight of its donor.

From birthday gift to a serious endeavour to provoke and encourage reflection and thoughtful conversations about 'war' and 'peace' — what an unimaginable journey! Perhaps a testament to the idea that dreams can spring from the most surprising beginnings. So, if you capture a dream, follow it with courage. Who knows where it may lead you? And remember to enjoy the journey! *The Dragon Sings* has become my contribution to our commemoration of World War I. As our world once again contemplates the terrible and literal journey that is war, I throw to you my young poets' challenges: Must this terrible journey be never-ending in human history? What can convince us that war as a solution to human conflict is no solution?

**Helen McBride**

**Book Details: *THE DRAGON SINGS***

Grace Books Maroochydore 2015 ISBN 978 0 9942164 0 3

Available for purchase online @ [www.thedragonsings.com.au](http://www.thedragonsings.com.au)



## THE SIX MYTHS OF SAFE SEX (AND AVOIDING PREGNANCY, IF THAT'S WHAT YOU WANT).

*This article is part one of a six part series by Amanda Bradley, Manager at Children by Choice, an Affiliate Member of NCWQ. Each article will focus on a different sexual and reproductive health myth.*

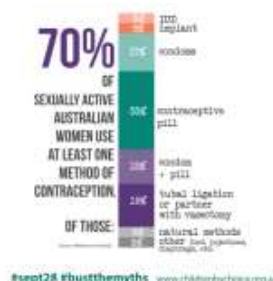
### MYTH ONE: EVERY WOMAN COULD PREVENT AN UNINTENDED PREGNANCY IF SHE REALLY WANTED TO.

Many years ago, I was part of a group of health practitioners designing a health promotion program for pregnant women. This group was made up of educated, informed women in leadership roles in the health and education sectors. At one point we were having a robust discussion about how to reach women before they became pregnant and someone raised the question “but how many of us have had an unplanned pregnancy?” Almost every woman in the room put up her hand (including me – 5 pregnancies including a teen pregnancy, 2 planned, 3 unplanned, 1 abortion – 4 amazing, wonderful sons). Pregnancy isn't always as controllable as we think it is.

It is estimated that almost half of Australian pregnancies are unintended. Unintended pregnancies are defined as mistimed, unplanned or unwanted. This includes a wide spectrum of pregnancy experiences from the stable couple who intended to start or add to their family “but not just yet” through to a woman who experiences pregnancy as a result of sexual assault.

The myth of pregnancy avoidance being easy, weaves together a few misconceptions and presumptions which I will break down.

The first obvious one is the reliability of contraception. No contraception method is 100% reliable. Back in 2003, the World Health Organization estimated that if every couple used their preferred choice of contraception, perfectly, every time, there would still be six million unintended pregnancies every year. Women have fought long and hard to improve access to contraception and without doubt it has contributed to significant improvements in women's economic, educational, and sexual equality. But no contraceptive method is infallible and the most commonly used methods often have the highest failure rates or are reliant on (near) perfect daily use over many years of sexual activity for around 30 years of her life.



There is also a strong belief that contraception is accessible; cheap enough for anyone to afford, available locally, in a culturally acceptable and safe place. But is it really?

Condoms are everywhere, supermarkets, public toilet vending machines, pharmacies. But they aren't fantastically reliable at preventing pregnancy and they also depend on one critical factor for women; we don't use them.

We can go onto the contraceptive pill of which there are a variety of types. If I have a health care card and can attend a bulk billing doctor, the cost to me could be as little as \$5 for the prescription depending on the type I'm prescribed, which is pretty cheap. But it also relies on my life being stable enough that I can take it every day at the same time and to be prepared for possible failure e.g. a few days of tummy bug can make it null and void and you will need a backup plan. If you are in a controlling or violent relationship, struggling with housing and job security or addiction, doing something every day at the same time can be tough. And yet it is the most commonly used contraception method.

Long Acting Reversible Contraception (or LARCs) includes methods that offer extended contraceptive coverage without user action. They are the more reliable methods, but are the least used, more expensive and harder to access. As a challenge, check with your GP, do they provide any form of LARC method? Which ones? Do they offer a choice of LARC? If they don't offer them, who is the nearest provider they can refer you to? How much are the upfront costs? Then think about a university student, a young woman in her first job after leaving school, the woman whose husband watches her every move and controls her spending, the single mother on a benefit only just making ends meet to ensure her children's health and wellbeing. And then help me bust the myth that every pregnancy is avoidable (presuming women are permitted an active sex life for enjoyment, but that is a-whole-nother myth!).

*Children by Choice offers pro-choice, all-options pregnancy counselling, information and referrals Queensland-wide, for pregnant women. We provide face-to-face and Queensland wide telephone counselling and referral services on all pregnancy options - abortion, parenting and adoption - as well as post-abortion support. We also deliver evidence based sexuality education to young people and training to health and community professionals around pregnancy options and best practice counselling skills.*

*We are committed to supporting women to make the decisions best for them, and have been doing so for 40 years.*

Want to stay up-to-date? Subscribe to the quarterly Repro-Wrap e-newsletter.



## SNIPPETS AND TEASERS.

If we put words to every NCWQ moment, highlight and thought our newsletter would go on for pages! Our Facebook Page and Website are regularly updated with information and reports from our Engine Room- Our Advisers! If you have something that you would like to see us share through our Facebook or Website please just drop me a line and I will pass it on for you.

At the NCWA Triennial Conference Dr Pat Pepper's Resolution of requesting that the Federal Government ensure that Microplastics are prevented from entering our water ways through their prolific use in our cosmetics and cleaning products causing great damage to our environment was passed. You can find Pat's full rationale for the Resolution on our website. Through out 2016 we will share with you all Resolutions that were passed at the AGM.

More then likely you are all aware of the Queensland Women's Strategy and Survey; we are busy getting our submission together and must thank Dr Erin Waters and Virginia Nelson for everything that they have contributed. The Queensland Government website's <http://www.qld.gov.au/community/women/> is a great resource and well worth the time navigating.

Between each function and newsletter our Management Committee and Advisers can turn up anywhere from symposiums to forums and they each come back to the table sharing what they have learned on the journey. They are an incredible group of women who cover from Coolangatta to Cairns. As Volunteers they contribute what they can and with a Management Committee that ranges in ages from 20 something- 80 something there is much balancing of life, families, roles and duties but their commitment to NCWQ is pure.

It was exciting to see our member Mark McDonnell, founder of Community Friends receive a Pride of Australia Award for Care and Compassion, his contribution to the homeless in Brisbane makes a difference to the lives of many every day.

It was very exciting to see the doors of Mantle House become a home; many of us have been witnesses on the journey of Mantle house from an idea to a home. It is amazing what happens when the purpose behind a passion becomes a reality- Congratulations Mark and the Entire Mantle House Visionaries, you have made the world a better place!

It would be remiss of us to not mention the AGM - Noela O'Donnell and her husband Jim served the values and ideals of NCWQ for 4 years as President, many years before that as a member of NCWQ and we know they will continue to be part of NCWQ's commitment to the advancement of women. Noela, thank you, you have held the torch high; Jim thank you for everything that you have contributed.

For those of you who have never been involved with an AGM there is much to do from the setting of dates, finding venues; adhering to constitutions, by laws and legislation; advising members gathering reports, finalising financials, getting audits, sending out invites, getting speakers for the conference component, sorting out catering, getting voting cards together and hoping that people will nominate! (I have to confess, I did none of the organising - Noela O'Donnell, Kathy Cavanagh, Avril Kent , Paula Ivanovic take a well deserved bow!)

This year's AGM was a celebration of 110 years of NCWQ in Queensland and the sisterhood of women on a combined journey. For me it was very personal on several levels, the sharing of different journey's on the cancer train ( I had only had my second breast removed 20 days before the AGM) and stretching up to take the torch and standing in a room of women who have inspired me, mentor me, corrected me and called me a friend.

Annette Lourigan - President



Annette Lourigan, Noela O'Donnell and Mrs Val Cocksedge OAM



### Queensland Delegates at the Triennial Conference October

From Left Dr Pat Pepper, Caroline Snow, Jennifer Ann Davies, Marjorie Voss, Georgina Pickers, Kathy Cavanagh, Noela O'Donnell and Annette Lourigan

Annette Lourigan & Jung Sook Kim, ICW President





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>

THIS NEWSLETTER IS PROUDLY SUPPORTED BY



NCWQ wish to thank Ms Grace Grace MP, Brisbane Central, for the printing of this newsletter from her office as a service to a local community organisation.

## Advertising in the NCWQ Newsletter

Affiliated organisations and small businesses are invited to place advertisements with logo in the NCWQ Newsletter issued bi-monthly.

- ◇ Business card size including logo \$50 per advertisement per edition.  
To secure an advertisement in each of 6 editions per year a discount of \$20 applies.
- ◇ Quarter page including logo \$70 per advertisement per edition  
To secure an advertisement in each of 6 editions per year a discount of \$20 applies.
- ◇ Half page including logo and 500 word editorial provided by the organisation and relating to women \$150 in one edition only.

The newsletter is sent to 240 individuals and over 50 organisations with their own members and networks.

Contact the editor at [ncwqnewsletter@gmail.com](mailto:ncwqnewsletter@gmail.com) for further information.