



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

National Council of Women Queensland Inc. December 2018 Newsletter

NCWQ Triennial Conference, Canberra

- By Kathy Cavanagh

NCWQ delegates were Noela O'Donnell, NCWA Board member; Pat Pepper, NCWQ State Coordinator, NCWQ Adviser for the Environment and NCWA Adviser, Environment and Habitat; Georgina Pickers, NCWQ Adviser Human Rights and International Relations and Peace and NCWA adviser on International Relations and Peace; Kathy Cavanagh, MC Member, Bursary Program Coordinator.

With the conference opened by NCWA President Barbara Baikie, the attention of the conference turned to the 14 Resolutions put forward by the constituent states. Chaired by Genevieve Jacobs, former ABC journalist and radio presenter, procedural issues were chaired in a timely and efficient manner. Resolution 8 (Job Security) was withdrawn. Resolution 9 (Review of VET system) was lost. All other Resolutions were passed unanimously. These ranged from the environmental and health issues associated with plastics; the census to identify kinship carers (often grandparents); the Hague Convention in its implications in parental childhood abductions; and cyber bullying

This day concluded with training sessions for the young women involved with NCYWA. Focussing on young women 18 – 35 years old, the various states, including Queensland, are establishing these groups, with the regular, national teleconferences providing support and networking to their leaders.

Themed "Finding Solutions", the conference program commenced on 18th October, with the opening address by Minister for Women, Hon Kelly O'Dwyer, MP. Over the two days of speakers, and keeping the required balance, Senator the Hon Michaela Cash, Minister for Small Business, Skills and Vocational Education; Senator Jenny McAllister, Shadow Assistant Minister for Families and Communities; and Sharon Claydon, MP, Member for Newcastle; addressed the conference.

Other speakers ranged from Trish Bergin, First Assistant Secretary of the Office for Women; Sally Loane, CEO Financial Services Council; Libby Lyons, Director, Workplace Gender Equity Agency; Bonnie Millen, President, People with Disability Australia; Kirsty Parker, Director, Aboriginal Affairs and Reconciliation, SA Government; Sarah Moran, Director, Girl Geek Academy; Tina Dixon, Australian Women Against Violence Alliance policy Officer; and Scott Rankin, CEO BIGhART.



NCWQ Conference Delegates

Common themes to emerge were the gender equity, increasing homelessness for older women, and the concept of intersectionality, or the multi-faceted nature of many social issues.

The Conference Dinner was a highlight, with the attendance by Patron of NCWQ, Lady Cosgrove and Sir Peter. The inaugural NCWA awards were presented by Lady Cosgrove, with Noela O'Donnell accepting the encouragement award on behalf of recipient Erin Cunningham. We were 'chuffed' that Erin received national recognition for her work – as detailed in the next article in this newsletter.

The conference concluded with reports from the Constituent Councils, with Kathy Cavanagh presenting the NCWQ report on behalf of Amy Henderson. This was followed by the AGM, with the election of Robyn Nolan, NCWWA, as President of NCWA for the next three years.

We wish Robyn and her executive well as they lead the national body for the next three years.

NCWQ's Erin Cunningham – recipient, inaugural NCWQ Encouragement Award

- By Noela O'Donnell

The inaugural National Council of Women of Australia (NCWA) awards were presented at the recent NCWA Triennial Conference, held in Canberra. The awards covered three categories: NCWA Woman of the Year Award, NCWA Senior Service Award and NCWA Encouragement Award.

Erin Cunningham is the recipient of the NCWA Encouragement Award for a woman who is making a significant contribution to the success of NCWA through her Constituent (State) Council, who demonstrates that she is devoting time and effort to the advancement of women, families and the community and has held membership of NCWA for less than five (5) years.

At the 2017 National Council of Women of Queensland Inc. (NCWQ) AGM, Erin Cunningham was elected to the Management Committee. In December of that same year, due to the resignation of the Secretary for health reasons, Erin was appointed as NCWQ Secretary, a role she filled with both efficiency and enthusiasm. At the 2018 Annual General Meeting, Erin took on the role of NCWQ Vice-President.



Erin Cunningham

The NCWQ bursary program, in partnership with sponsors, assists Queensland women with their educational expenses. NCWQ first met Erin as the 2014 inaugural recipient of the NCWQ Moreton



Erin's NCWA Encouragement Award

Bay Regional Council (MBRC) bursary. In the previous year, Erin received an International Young Leaders in Service Award after almost 500 hours of community service.

As all bursary recipients, Erin was an honorary member that year, subsequently maintaining her associate membership.

Later in 2014, Erin organised a team of seven (7) volunteers from her Leo Club, to assist with the Children's Conference, convened by NCWQ. These

young people supported workshops for the children. Erin coordinated this again for the conference the following year.

Erin has contributed many articles to the NCWQ Newsletter including a response to the G20 Leaders' Conference communique and details of her time at the University of Glasgow in Scotland studying law. Erin is leading up to her final year of study in a Bachelor of Business/Law (Honours) double degree whilst working in a national law firm full time.

NCWQ isn't the only organisation to which Erin contributes. Five years ago, Erin completed her high school studies at the Queensland Academy for Creative Industries. With a volunteering component of the International Baccalaureate Diploma Program, Erin formed a Leo Club, standing for Leadership, Experience and Opportunity. Leos is a youth program of Lions Clubs International, and Erin was the founding President of the Leo Club Samford and is now a mentor to the current members. She has also held the positions of Secretary and Treasurer and has been honoured with Life Membership.

Leo Projects instigated by Erin include

- assisting in feeding the homeless. On a monthly basis Leo members, in conjunction with the Uniting Church, head into Brisbane CBD to volunteer in feeding and engaging with the homeless.
- sponsorship of a horse at Riding for the Disabled Association (RSA) Samford.
- The Club's signature annual event - the English Rose High Tea – raises funds for the Children's Cancer Foundation
- face painting at the Samford Show, child care centres open days and local schools
- sausage sizzles, raffles and the yearly photographic calendar featuring photographs of Samford landscapes.

These fundraising events continue today, supporting sick children, local families facing challenges and the Lions Medical Research Foundation.

Currently Erin is the driving force of the foundation team in forming a Campus Lions Club at QUT (Queensland University of Technology). Another first!

Back to NCWQ, Erin is not only the Vice-President, she is also a coordinator in the bursary program. Erin leads selection panels of three to determine the recipients of bursaries on offer in 2018 having previously been a member of selection panels in 2017. In May 2018, Erin coordinated a very successful inaugural event for NCWQ – a High Tea with a focus on younger women. The guest speaker spoke of *"The Experience of Women Domestic Violence Victims as Respondents in International Parental Child Abduction Cases"*. Erin is planning on this being an annual event in an effort for NCWQ to better engage with young women.

She is currently continuing to organise events and meetings with the NCYWQ group.

NCWQ has been enriched by the contribution of Erin Cunningham and it was our honour to nominate her for the inaugural NCWA Encouragement Award for a woman who is making a significant contribution for the success of NCWA through her Constituent Council, She is a person who is substantiating her commitment through the time and effort she gives to the advancement of women, families and the community.

NSW members. Michelle Pederson was awarded the NCWA Senior Service Award, for a woman who has made or is making a significant and lasting contribution to the success of NCWA through her Constituent Council and has held membership of NCW for a minimum of ten (10) years; and Doreen Todd, the NCWA Woman of the Year Award for a woman who has made or is making a major contribution to the success of NCWA through her Constituent Council and given service to NCW beyond the "normal call of duty". NCWQ Honorary Life Member and Consumer Affairs and Nutrition Adviser, Val Cocksedge OAM was a nominee in the Senior Service category.

The awards were presented at the NCWA Conference Dinner by NCWA Patron Lady Cosgrove. As Erin was unable to attend the conference, Noela O'Donnell accepted the award on behalf of Erin.

Erin said "I am thrilled to be recognised by the National Council of Women on a large scale. The organisation, and its constituent councils, do such wonderful things for women and families across Australia, and I am excited to be one of the leaders of the younger driving force of the National Council of Young Women."

National Council of Young Women of QLD (NCYWQ), December update

- By Erin Cunningham

Recent Events

On Saturday 6 October, four energetic NCYWQ members met over a coffee at QUT Gardens Point to discuss potential future projects and activities for NCYWQ. There was great interest around Domestic and Family Violence, and for NCYWQ to be involved in the education of not only what D&FV is, but also the types of support services available. We also discussed being involved in the education around contraception and women's reproductive health, in particular focussing on younger women, where in the future we could work alongside organisations who are already established in this area.

Since the NCWA Conference, NCYWQ hosted a Morning Tea at the University of Queensland Women's College, on Saturday 24 November. The focus of the Morning Tea was to support the organisation Share the Dignity, where attendees were encouraged to donate bags and items to Share the Dignity's *Its In The Bag* Christmas appeal. This project supports women and families in need by requesting donations of pre-loved handbags which are filled with beauty, sanitary and baby essentials. The filled bags are then checked by Share the Dignity representatives and passed on to local organisations to distribute the bags directly to women, young girls, and new mothers who are doing it tough. NCYWQ were delighted to donate 37 filled bags to Share the Dignity this year.



NCYWQ members Vicky Cartwright, Erin Cunningham and Supre Ponnappa at the Young Women's Morning Tea.

Looking Forward - 2019

NCYWQ will be taking a short break over the remainder of 2018 and the first few weeks of 2019, in order to give our members a well-deserved rest. With our next meeting scheduled for late January 2019, NCYWQ are excited to head into the New Year with an abundance of ideas and opportunities for growth.

NCYWQ invite ladies aged between 18 to 35 to join this sub-group of NCWQ Inc. If you are interested in taking part and helping carry the International Council of Women objectives forward into the future, plus

socialising with a group of likeminded women who are passionate about volunteering, please email Erin at info@ncwq.org.au.

Bursary recipient Madison Birtchnell adds finalist in the Young People's Human Rights Medal, Australian Human Rights Commission to her credentials.

- By Kathy Cavanagh

The Australian Human Rights Commission considers its Human Rights Awards as the pinnacle of human rights recognition in Australia. Held annually, these awards recognise the outstanding contribution of individuals and organisations in promoting and protecting human rights and freedoms.

Within these awards, The Young People's Human Rights Medal is awarded to an individual, under the age of 25 years, who has made an outstanding contribution to advancing human rights in Australia.

Bursary recipient in 2017 and 2018, Madison Birtchnell, was one of five finalists for this award. Her citation reads: "Madison is a passionate young advocate for human rights and freedoms particularly gender equality and the rights of people with a disability. Madison holds multiple community-based volunteer roles in Queensland and this year she held a series of events to raise awareness about mental health issues in young people. Madison also champions equal access to public spaces in her community for people with a disability." The winner of the award was Saxon Mullins.

We are thrilled for you, Madison – Congratulations!

2019 NCWQ Bursary Program

Planning is underway for the 2019 Bursary Program.

Significant dates are:

- **Applications Open** Monday 25 March 2019
- **Applications Close** Monday 20 May 2019
- **Selection of Recipients** Saturday 22 June 2019
- **Bursary Presentation** Tuesday 23 July 2019, 5:30pm, BGGS

Negotiations with sponsors are ongoing; the members of Team Bursary are being confirmed.

Further details will be progressively available on the NCWQ website –

www.ncwq.org.au/bursaries Applications will be set to open at the next issue of the NCWQ newsletter.

If you have been involved with the bursary program in previous years, you will understand why we are so enthusiastic in confirming the details for the 2019 program.

Are you – or your organisation – interested in sponsoring a bursary? Would you like to be part of Team Bursary 2019?

For more information contact Kathy Cavanagh, Bursary Program Coordinator at bursaries@ncwq.org.au

2019 NCWQ Christmas Luncheon

- By Kathy Cavanagh

The NCWQ Christmas function was held on Thursday, 6 December, at Women's College, University of Queensland. NCWQ members Irene Cayas OAM shared information about the observance of the Christmas season in her Greek culture, and Yvonne Matta from her Lebanese experience. It was interesting how both had made some adaptations to the Australian context, whilst maintaining and passing on their other traditions.



As NCWQ's usual custom, one of its affiliated organisations shared with us aspects of their work and received gifts from NCWQ members and guests at the function. Sandy O'Donohue from the Catholic Women's League spoke of their work, and especially the work she does in conjunction with their Aged Care facilities on the Redcliffe Peninsular.

Thanks to those attending for their generosity in filling the table with gifts for Sandy. Thanks also to Noela O'Donnell for being MC; to Avril "The Raffle Queen" Kent for filling this role with her usual

aplomb; to Paula Ivanovic and Kirsty Levis for their behind-the-scenes work; and to the donors of raffle prizes.



Noela O'Donnell and Sandy O'Donohue

We welcomed the sharing of customs from Irene and Yvonne, adding to our shared understanding of the Christmas season. NCWQ has its own tradition of Christmas at Women's College. We thank them for their service and providing us with this venue – the shared journey of the two organisations is steeped with our joint history.

The NCWQ executive wish you a joyful Christmas Season with your loved ones, and that holiday time over New Year brings time for reflecting, restoring and revitalising for a wonderful 2019.

Quota International of Redcliffe Festival of Christmas Trees

- Avril Kent, Chair, Festival of Trees Committee, Quota International Redcliffe

Unless you grew up in the USA, you probably have no idea what a Festival of Christmas Trees is all about. I was certainly very much in the dark when the project was first proposed at one of the Business Meetings for Redcliffe Quota International. Once explained, a committee has run with the idea with great success.



The Festival of Trees

Our Festival of Christmas Trees is now in its third year, expanding from the previous Friday night and Saturday to the whole weekend.

If you are still wondering what the Festival is all about, our Registration Form states that "the challenge is to decorate a themed tree in a creative fashion which embodies the spirit of Christmas and promotes your business, organisation or group". The word 'tree' is somewhat misleading as we have had a tree made from pizza boxes; books; newspapers; blue surgical gloves (very inventive); tinned goods; golf clubs and balls, thongs (of the foot

variety!); mannequins; and many others. We never know what to expect until the entries turn up on the Friday afternoon.

We have a formal judging on Friday prior to the public being invited to cast their votes for their favourite trees. Entries come from local schools, community groups, Library, Historical Group, Museum and businesses on the Redcliffe Peninsula. The idea is for the entrants to encourage as many to come as possible to vote for their tree so that they can scoop the prize pool.

This year all proceeds from our Festival will go to Queensland Drought Relief where it will be spent on farmers in need within their local community.

Held the first weekend in December, this article will be too late for you to attend the 2018 Festival. However I would love to see you next year, at Webb Hall in Redcliffe Showgrounds. We will remind you in the Quota September Newsletter!



From right: Noela O'Donnell, Avril Kent, Paula Ivanovic

Australian Women in Music Awards blog

- Jo Davie, 2018 NCWQ Bursary Fundraiser Morning Tea Guest Vocalist

Most of the publicity following the 2018 AWMA's has proclaimed that the awards were a long time coming. Finally, when everything came to fruition this year, the timing felt especially right, given the current push for line-up equality and diversity. Vicki Gordon was the mastermind behind the event, designing it as a platform to hold women up, highlighting their significant and often unnoticed contribution. Alongside the awards night itself, the AWMA's also co-hosted a series of relevant events surrounding the celebration: panels, keynotes and a premiere Brisbane screening of the documentary film, "Her Sound, Her Story".

I feel that attending the AWMA's and associated events had a strong impact on me. Perhaps my most poignant takeaway was that; while the industry can so often feel like a despairing competition (where another's success can mean your failure) we don't need to see it this way. Each woman can consider herself as part of the force that is women in music, where we can work with each other, not against.

The first panel I attended was entitled "Singing Our Stories, Our Place", where Shellie Morris, Emily Wurramara and Ancestress discussed empowerment and voice, as an eager audience watched on. The conversation explored how the women felt their identity as Aboriginal and Torres Strait Islander people was expressed through their music. Topics of colonialism, language preservation and cultural appreciation through music were also touched upon. I wish more people could have witnessed this conversation. Listening to Shellie, Emily and Ancestress talk about their experiences as Aboriginal and Torres Strait Islander women in



Jo Davie, a vocalist, composer and teacher, entertained guests at this year's Bursaries fund-raising Morning Tea held in September.

music, I found myself amazed at how little I had heard their perspectives represented in the media before. The importance of diversity on music line-ups became even clearer to me during this panel, and I felt very lucky to have attended.

That night, the AWMAs hosted the Brisbane premiere of the documentary film "Her Sound, Her Story" by filmmakers Michelle Grace Hunder and Claudia Sangiorgi Dalimore. I had been eagerly awaiting the premiere of this film, and now having seen it I deem it essential viewing! It held interviews with dozens of iconic Australian female musicians, including but not limited to; Tina Arena, Kate Ceberano, Clare Bowditch, Katie Noonan, Julia Stone and Jen Cloher. The interviews delve into a wide range of important subjects, many of which caused the women at the screening to yell out at the relatability of so many situations. Viewing this documentary made me feel connected to and supported by the musicians that I idolize, through shared experience, and I think this is at the crux of "Her Sound, Her Story". What a powerful thing for the women in music community.

Now of course, the awards night! The awards themselves were a triumph, a celebration and an emotional outpouring. I felt that some of the most special awards were those given to women in lesser publicised and extremely male dominated industry facets, like Studio Production, Live Production and Music Photography. All the nominees were so deserving, and the live performances throughout the night were wonderful. As this was the awards' first year, there was no shortage of women to recognize, allowing for Renée Geyer, Patricia 'Little Patty' Amphlett and Margret Roadknight to each receive a Lifetime Achievement Award.

Attending the AWMAs this year was such an inspiring experience. It made me feel more connected to other women in the music industry than I did before, more informed about the experiences of Aboriginal and Torres Strait Islander women in music, and much more optimistic about the future of the industry. I would love to thank Noela O'Donnell and Kathy Cavanagh from the National Council of Women of Queensland, and Norah Pearson from the Office for Women, for providing me the opportunity to attend. I can't wait for next year!

Nicole Penman Receives Award

- *Hean Bee Wee AM, ICW Asia Pacific Regional Council*

At the International Council of Women General Assembly held in Yogyakarta, Nicole Penman from Queensland, Australia was presented with the Mechta van den Boogert Award. This Award of 3,000 Euros is presented at each ICW General Assembly to fund a project preferably undertaken by a young a woman. The Award is funded by Louise van Egan Lady Aberdeen Foundation (LELAF).

Nicole's Project (The Susu & Meli Project) focuses on Nofotane women in Samoa. This project is built on the foundation of believing that all women were born with the innate ability to create. This Project embodies the birthplace of a new community of women who are creators and partakers of authentic and beautiful pieces hand made with love for other women. The Project values women, from all corners of the Earth, all shapes and sizes and all roles and responsibilities.

Phase One of the Susu & Meli Project will aim to build the capacity of 20 Nofotane women to create products that are marketable to a young, feminine Australian market through building design and quality control skills.

Phase Two of the project will aim to develop an online marketplace that attracts sales of Nofotane products, not based on charity or tourism, but because the products themselves are pieces of durable and authentic wearable art and coveted items.

On behalf of the International Council of Women, Asia Pacific Regional Council I congratulate Nicole on winning this Award and wish her very success for the Susu & Meli Project.



Nicole Penman (right)

Social Housing Needs in Australia

- Wendy Rainbird, NCWA Standing Committee on Wellbeing Convenor

For about the last 25 years the Federal Government has invested very little money into social housing that is provided by state and territory governments, while the existing backlog of need and on-going need is not being addressed.

On November 15, 2018, a group of university researchers led by J. Lawson et al, in "Australia needs to triple its social housing by 2036. This is the best way to do it." said: "Australia needs to triple its [small stock of social housing](#) over the next 20 years to cover both the [existing backlog](#) and newly emerging need. That is the central finding of our [new research report](#) on the housing infrastructure needs of low-income earners, published by the Australian Housing and Urban Research Institute (AHURI). By our reckoning, 25 years of inadequate investment has left Australia facing a shortfall of 433,000 social housing dwellings. The current construction rate – little more than 3,000 dwellings a year – does not even keep pace with rising need, let alone make inroads into today's backlog. (Ref The Conversation)

The report also shows that Australia needs to avoid overly complex private financing "innovations". These have proven ineffective elsewhere and were recently [abolished](#) by the UK Treasury.

Our modelling of household need and procurement costs shows that direct public investment, coupled with more efficient financing through the [National Housing Finance Investment Corporation](#), is the best way to tackle this policy challenge. Compared with subsidising the operating income of a commercially financed program, the lifetime cost of the first year of house building is A\$1.6 billion less. That's a 24% saving to the public purse."

Estimating the level of need, the researchers found: "The 2016 census counted [116,000 homeless people across Australia](#). Recognising that some would choose not to live alone, we estimate that our homeless population implies a need for about 47,000 extra dwellings." Plus "the group whose housing needs are not being met by the market, are on very low incomes (excluding student households), in private rental housing, and in rental stress – where rent is more than 30% of their earnings. If you are on a very low income, housing costs of this order mean going without other essentials. Collectively, these components imply a current backlog of 433,000 social housing dwellings."

"To eliminate the backlog as well would require an annual program averaging 36,000 units. This would need to begin gradually to build capacity and avoid inflating costs. This would represent around a tenfold increase in current social housing construction rates. The output would be similar to the [14% public housing share](#) of Australia's total house building in the decade to 1955."

"For comparison, housing providers with a social purpose today account for 20-31% of all house building in the UK, Finland, France and Austria, and much more in some Asian countries such as Singapore. England's not-for-profit housing associations, for example, completed [some 42,000 homes in 2017-18](#), out of [161,000 homes built](#) in total.'

The cost would be about \$5 billion in the first year under a capital grant program, which was estimated by the researchers to be the most cost-effective option.

What are NCWQ advisers doing?

- By Dr Pat Pepper, State Coordinator, NCWQ

The NCWQ Advisers' November/December Reports are briefly summarised below. The full reports are available on the NCWQ website, at www.ncwq.org.au listed under Recent Posts

NUTRITION:

Diet: Val Cocksedge OAM, NCWQ Nutrition Adviser gave depressing statistics on the impact of poor diet on health and alerted the reader to little known risks. She covers measures the Government and Organisations were taking to combat the issue. Val Cocksedge also reported on research using gene technology which could have far reaching effects as well as on other forward-thinking projects. [NCWQ Nutrition Adviser's Report, November 2018](#)

HABITAT:

CHOGM Women's forum: Donnell Davis, NCWQ Habitat Adviser reported that the forum reinforces that Commonwealth women are:

- the barometer for healthy society capable of improving quality of life for all
- the best contributor to multiplying GDP
- the key to a 50/50 planet as defined by the UN
- the innovators and early adopters of inclusive reforms
- the keys to finding options for a safer future in the face of climate change and
- the instruments to nurture young women and men for a shared future with inclusive (gender) sensitive policies and practices. [180419 Reflections on Commonwealth.pdf](#)

ENVIRONMENT:

Climate Change: Dr Pat Pepper, NCWQ Environment Adviser has written many reports and submissions on climate change. The latest covers the Intergovernmental Panel on Climate Change (IPCC) Special Report which detailed the impacts and risks of different levels of global warming for people, economies and ecosystems across sectors and regions. [NCWQ Environment Adviser's Report, November 2018](#)

Plastics: Following the Resolution "The NCWA urges the Federal Government through the Council of Australian Governments (COAG) to develop policies which encourage new or different packaging material, the participation of the public in sorting their plastic waste by resin type, the development and expansion of businesses converting plastic waste to a useful product in a manner which safeguards human health and the environment" being passed at the NCWA Conference, Pat Pepper has further investigated effects of plastics on health. Two issues arose. Should Australia be concerned about the other phthalates which have more than 0.1 percent in children's toys that can be placed in a child's mouth or child care articles and

which the USA have banned? Australia has banned the phthalate, DEHP, in those circumstances. The other issue is the public concern about chemicals migrating from packaging into food. Both sides of the ongoing dispute about Bisphenol A (BPA) are given. [**NCWQ Environment Adviser's Reports, November 2018**](#)

Waste: Dr Pat Pepper provided input into updating the National Waste Policy. [**NCWQ Environment Adviser's Reports, September 2018**](#)

ARTS & LETTERS:

Jennifer Ann Davies, NCWQ Arts & Letters Adviser critiqued several publications which explore aspects of life: "21 lessons for the 21st Century"; "This Changes Everything", "The Children's House"; "The Unseeing" and "Ladies in Black". She alerted us of Dick Roughsey's exhibition of Goobalathaldin: "Stories of this Land" which is preserving his tribal stories and culture in art. [**NCWQ Arts & Letters Adviser's Report, November 2018**](#)

CONSUMER AFFAIRS:

Val Cocksedge OAM, NCWQ Consumer Affairs Adviser warned about a number of issues:

- inflated electricity bills;
- inadequacy of voluntary Industry Code for consumer goods containing button batteries;
- lack of protection for Australians from faulty products and
- pollution of humans from plastic.

Val Cocksedge also advised on

- Consumer Data Right (CDR);
- situation with the recall of faulty airbags;
- situation with cladding on buildings;
- steps to limit plastic and food waste;
- advances in drought proof crops and soil repairing fertiliser and
- prospects for native plant products, algae products and powdered banana products.

[**NCWQ Consumer Affairs Adviser's Report, November 2018**](#)

HUMAN RIGHTS AND INTERNATIONAL RELATIONS & PEACE:

Georgina Pickers NCWQ Human Rights and International Relations & Peace Adviser advised of

- Introduction of Human Rights Bill in the Queensland Parliament and the protection provided;
- Effect of hate speech;
- Problems of border security

[**NCWQ Human Rights & IRP Adviser's Report November 2018**](#)

ECONOMICS:

Melanie O'Toole NCWQ Economic Adviser reported on

- Sanitary Products Tax;
- Housing Affordability & Renting (submissions due 30 November 2018) and
- Employment for Mature-aged Workers.

[**NCWQ Economics Adviser's Report November 2018**](#)

MUSIC:

Jennifer Ann Davies, NCWQ Music Adviser advised that the State-wide Film Scoring Competition "SCORE IT!" opens to all secondary students in January 2019. The challenge for the students is to create an original composition to accompany a short film produced by Griffith Film School [**qmf.org.au/score-it**](http://qmf.org.au/score-it). Jennifer also highlighted musical offerings throughout the State.

[**NCWQ Music Adviser's Report, December 2018**](#)

The symptoms of a heart attack in women are often different to those that occur in men.











Watch out for...

Pain, pressure, heaviness, or tightness in your chest, neck, jaw, arms, back or shoulders. Shortness of breath is a common symptom.

What to do if you think you are experiencing a heart attack...

- 1 STOP** and rest immediately.
- 2 TALK.** Tell someone how you feel.
- 3 CALL 000** without delay if your symptoms have lasted for more than 10 minutes and don't hang up – wait for the operator's instructions.

How to maintain a healthy heart...

-  **BLOOD PRESSURE:** Ask your GP for a Heart Health Check. High blood pressure needs to be treated and checked regularly. Know your blood pressure numbers.
-  **MANAGE YOUR CHOLESTEROL LEVEL:** Understand your levels and get regular checks. Take medication if prescribed by your GP and eat a well balanced, healthy diet.
-  **BE SMOKE FREE:** Smoking builds up plaque / atheroma that can build up over the years to clog and narrow the coronary arteries, reducing the blood flow to the heart and thereby increasing the risk of a heart attack.
-  **PHYSICAL ACTIVITY:** A moderate level is great for your heart health and it's never too late to start. Move more, sit less! Work with weights and experience the joy of walking.
-  **MAINTAIN A HEALTHY WEIGHT:** Eat less salt and drink plenty of water. Include fruit and vegetables, whole grains, beans and legumes, up to 6 eggs a week, fish, seafood, and for meat eaters: chicken and lean meat. Have fats and oils sourced from avocados, nuts, seeds and olives.
-  **MANAGE DIABETES** to help prevent heart attack or stroke since this condition increases the risk of heart disease. Several small changes in lifestyle can often manage the diabetes quite effectively.
-  **ALCOHOL INTAKE:** Don't have more than two standard alcoholic drinks a day. If you have high blood pressure or a heart condition, seek medical advice.
-  **SOCIAL WELL BEING:** Aim for a good social life with family and friends. If you suffer from depression or feel socially isolated, get professional help from a medical practitioner.

Spread the Word...

Tell friends about this important information and help save a life. Making the Invisible Visible – #women's hearts

Compiled by the National Council of Women Victoria www.ncwvic.org.au

Information sources: National Heart Foundation: www.heartfoundation.org.au Jean Hailes Foundation: www.jeanhailes.org.au

Welcome to our new members!

New members to be welcomed in our December newsletter edition include:

Samantha Kies-Ryan

Kirsty Miron



Acknowledging Senator Claire Moore

Saturday 16 February 2019 – NCWQ & Queensland Women's Historical Association (QWHA) are hosting an Afternoon Tea at Miegunyah, 35 Jordan Tce, Bowen Hills to acknowledge guest of honour, Senator Claire Moore who will be speaking about her time in the Australian Senate, and her involvement with many community groups. Details: Noela O'Donnell E: jodnod@bigpond.com M: 0414 771 736

2019 Bursary Program

Monday 25 March 2019 – Bursary applications open

Monday 20 May 2019 – Bursary applications close

Tuesday 23 July 2019 – Bursaries Presentation in the Barbara Fielding Room, Brisbane Girls Grammar School

Details: Kathy Cavanagh E: bursaries@ncwq.org.au M: 0407 117 378

Thursday 10 October 2019 – Bursaries fund-raising Morning Tea and Fashion Parade

Annual Dinner

Tuesday 30 April 2019 – Annual Dinner at the United Service Club Queensland, 183 Wickham Terrace, Brisbane



The NCWQ acknowledges the elders and traditional custodians, past and present, of the land on which we live. We recognise, respect and value Aboriginal and Torres Strait Islander peoples' role in and contribution to Australian life and culture.