

August 2020 Newsletter



PRESIDENT'S REPORT

Welcome to the NCWQ 2020 August Newsletter.

As I write this report, Queensland is one of the more fortunate States in Australia to record a low number of confirmed COVID-19 cases - 1,089 versus a national total of 22,029 and 6 deaths against a national total of 349. Our heartfelt condolences go to our southern States as they continue to battle an unimaginable number of new cases daily whilst tackling tragic economic and mental consequences.

At NCWQ, our monthly face-to-face committee meetings have been replaced by Zoom meetings with great success. The ability to record these meetings means that committee members who are unable to attend can now access the recording at their leisure.

Prior to COVID-19, your committee has been steadfastly working towards a holistic technological platform for the Council and I would like to report that the following initiatives have been achieved:

- Migration of our manual accounting records to the Wave Accounting System;

- Adoption of accrual accounting principles from a previous cash accounting system;
- Migration of our banking needs from Commonwealth Bank to Bendigo Bank;
- Electronic banking has replaced manual banking;
- Establishment of Google Suite for our emails and storage of documents.

The next 6 months will see your Council working on the following initiatives:

- Review of our Constitution and By Laws;
- Establishment of Sub-committees;
- Simplification of our meeting processes;
- Better collaboration with our Affiliates.

Due to COVID-19 restrictions placed by the Queensland Government, the Council has had to cancel a couple of planned events. These include the Bursary Presentation scheduled for the 4th August at Brisbane Girls Grammar School, and the fundraising Bursaries Morning Tea scheduled for the 1st October at Tattersalls Club. The National Council of Women Australia Executive had to also cancel the rescheduled October Mid-Term Conference in Adelaide.

Management Committee member and Young Women's Mentor, Saalihah Seedat, has been enthusiastic in hosting a couple of health and wellbeing workshops via Zoom, which some of you may have attended recently. Acting President of affiliate organisation, the Queensland Medical Women's Society, Dr Ira van der Steenstraten, conducted an online masterclass on mindfulness earlier this month, which was received very well by our members.

All of you should have received the Notice for NCWQ's AGM and Annual Dinner. A copy of the AGM notice is included in this newsletter. At this stage, the United Service Club is confident of hosting both the AGM and the Annual Dinner whilst adhering to COVID-19 restrictions, and we will continue to monitor the situation closely and provide updates to you as necessary.

Last month, a group of 11 NCWQ members met to discuss the future of our Council and to brainstorm how we can attract and retain members. I will share these ideas with you at our AGM and I welcome your input and feedback. One of the challenges we face as a Council is membership benefits, and I am delighted to advise that Gwinganna Retreat, a wellness retreat and spa located in Tallebudgera Valley, has agreed to provide a special discount to NCWQ members in recognition of the work that we do for women and families in our community. Details of this offer are in this newsletter.

On behalf of NCWQ, our State Coordinator Dr Pat Pepper and our Health Advisor Dr Kathryn Mainstone prepared a submission to the Inquiry into the Queensland Government's Economic response to COVID-19 in June 2020. As a result of this submission, NCWQ has been invited to attend a Parliamentary Hearing (via Zoom) on this matter and we will be represented by our Rural, Regional and Remote Adviser Tracey Martin and Habitat Adviser Dr Donnell Davis.

I welcome back Erin Cunningham to the Management Committee after a short break to complete her tertiary studies. Erin has been a valued member of NCWQ since 2014 when she was the inaugural Moreton Bay Regional Council bursary recipient, and has served on the Committee since 2017. Erin was appointed onto the Committee in June and holds the role of Chair of the Publicity sub-committee.

A list of bursary recipients is provided in this newsletter and on behalf of the NCWQ, I would like to congratulate the recipients and thank the many sponsors and coordinators of the bursary subcommittee for promoting the importance of education in changing lives.

*President
Chiou See Anderson*

Patron
His Excellency the Honourable
Paul de Jersey AC

President
Chiou See Anderson

Vice Presidents
Noela O'Donnell
Kirsty Miron

Secretary
Avril Kent

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Paula
Ivanovic

Recording Secretary
Noela O'Donnell AM

State Co-ordinator
Pat
Pepper

Newsletter Editor
Steph Carter

2020 NCWQ Bursary Program

COVID 19 – A personal perspective



As with so many things, the bursary program for 2020 has provided us with the opportunity to be flexible, while we take in the changing landscape of COVID-19.

Overall, the submission of applications has continued as usual. We really weren't sure of the response – we recognised that the need would likely be greater. Many students would be affected by the loss of hospitality and other part-time work opportunities. We were also aware that routines were turned upside down, and students were adapting to online learning, different support networks, possibly returning home to regional and country areas.

Initially we were concerned by the low numbers of applications. We increased the promotion through Facebook and Instagram – thanks to Taylor and Madison Birtchnell for their creativity in presenting the information. We repeated our contacts with the universities. And then with the deadline approaching, we were inundated. The 250 applications received in the last 36 hours created a record.

The selection processes are currently underway, and there are changes to the logistics. We usually hold a meeting to make those final decisions. But with a cast of 30, that is not feasible. So individual panel members are continuing their work, and then each bursary coordinator will work with their panel members and their collated results, utilising electronic means, and possibly a few, smaller face-to-face meetings now that we have those options.

Selection processes will be finalised by early July. Team Bursary has seen many members return in 2020 after quite a few years in the role. We have also welcomed some

new members. The success of the bursary program depends on the generosity of our sponsors and the hard-working members of Team Bursary. On behalf of all our recipients over the years, thank you.

The bursary presentation is still under consideration. We know that the usual format won't be the format for 2020. Once we have determined the recipients and know their locations, we will organise their presentation. Possible scenarios include Zoom, small groups with sponsors and recipients, and individual recipient and sponsor, along with some Team Bursary representation.

We will try to compensate for the inspiration from the large presentation by electronically introducing you to our recipients – we know that each will have a story to warm your hearts.

For any further information, please contact me on 0407 117 378.

*Story contributed in June 2020 by
Kathy Cavanagh
NCWQ Bursary Program Coordinator*



COVID 19 – A PERSONAL PERSPECTIVE

When I was asked if I would like to put something on paper regarding my experiences with COVID19 I must say I thought "why me I am no different to anyone else", but of course this pandemic has affected people in many different ways.

As a retired person with a husband who is on the very high end of the "at high risk" spectrum, my first thoughts were that I must stay away from everyone and everything just in case I brought it home – just look at what was happening elsewhere in the world! I realised quite soon that this was perhaps rather an alarmist attitude because, let's face it, Australia is an island and the only way it was going to come in was from outside and we were stopping the planes and putting people into quarantine – enter The Ruby Princess!! The world went mad but we here in Australia kept our heads – thanks to good Governance and people willing to listen to those in the know.

Besides all of this I must say we have quite enjoyed our time "in isolation", it has been quite interesting spending more time at home and in each other's company – mind you if I watch another episode of *Midsummer Murders* I think I might scream!! It has made me shop only once a week instead of popping into the shop every few days,

organise my cooking on a weekly rather than daily basis, do some of the jobs I have been putting off (mind you there is still a long list). We are lucky that we are retired and have a steady income (well the stock market isn't exactly helping that at the moment) but my thoughts are with those families struggling to make ends meet, this is going to be a very long struggle for them.

On a much brighter note – thank the Lord that they didn't shut the golf course – kept me sane and I actually have played rather well over the past few weeks! I really hope that continues once we get back to 'normal' whatever that may be. Hopefully I will not do all the rushing around I used to and perhaps others will slow down and enjoy those things most dear to us all, family and friends.

*Story contributed by
Avril Kent
Hon Secretary*

COVID-19 Experiences

For the July 2020 newsletter edition, we asked some NCWQ members about their experience during the COVID-19 lockdown. It has been a unique and different year, full of challenges and opportunities to do things differently.

*In conversation with RAMONA
MCGREGOR and KATHY CAVANAGH:*



What was your reaction to the reality of the Corona Virus affecting us at home in Australia, rather than restricted to 'other' places like China and Italy?

RM: It was daunting when the first real implications hit (being lots of cancelled events and shows). It was tough not knowing how hard it would hit, and what the impact on jobs would be for us, friends, family, everyone.

KC: With these other examples of the effects of COVID-19 brought regularly into our lounge rooms, I certainly thought that Australia could feasibly be in for something similar – as much as I was hoping that we wouldn't! Those early days of infections of the Australia really made me sit up and take notice.

What was the biggest change for you in every-day life, and how did you adapt to it?

RM: The biggest change in my every-day life was the working from home aspect. It took a few weeks of trial and error to work out how to run a team remotely, however we all fell into the rhythm of it fairly quickly. Then it was just a matter of getting used to a new routine for myself, and working out how to get my dose of social interactions and exercise to keep my mental health fighting fit.

KC: "Iso" was for me, partial. As a regular user of physio services, I was relieved that these were deemed an essential service. So, access continued, albeit with different procedures in place and stringent cleaning practices. That part of my life stayed the same, and while I was out, I could quickly pick up a few grocery items etc. I finally 'cracked' the priority service for online grocery delivery about the time it re-opened generally.

What positive impacts were there for you?

RM: I was very lucky timing-wise as we had just gotten two kittens, so having the extra time during the day with them was really wonderful. It helped ease the sadness of all the cancelled events and holidays – you can't be sad with a kitten in your lap! It was also very interesting to see how different workplaces dealt with the downturn in business, and to compare to how my workplace reacted. This was quite a positive comparison, and strengthened my respect and loyalty for my employers.

KC: To some extent there was a slowing down – "smelling the roses". And gratitude for living in Australia. I had been booked to go to New York in March, so perhaps that fortunate cancellation reinforced being home, happily tucked up in the safest place in the world.

How did you cope with the challenges?

RM: In a work sense, keeping up communication was the most critical piece for us, and then being flexible in dealing with the new challenges that we faced.

Personal challenges were a bit harder without the motivation of team exercise sessions or organised social outings. It took a bit more commitment on the exercise front, and I found yoga was a great outlet for this. For

the social side, we managed to keep regular visits with family, and replaced other social gatherings with some online murder mystery sessions via Zoom (surprisingly fun!).

KC: Communication took on a whole new meaning, I think quite generally. Telephone conversations took place, either initiated by me, or received, with a range of friends and family – checking if you (and they) were ok, and generally having a bit of a chat. Social media was buzzing of course too, but I think that the phone calls were particularly beneficial, and it was so lovely to catch up with people who, in normal circumstances, you don't contact so regularly.

What positive outcomes do you think there will be in the 'new normal' for you personally, and for our wider society?

RM: I believe that working from home will become a more viable option in the eyes of employers (where possible of course). There could be so many benefits if implemented correctly and for the right people/businesses: lower environmental footprint, increased mental health, better caregiver/career role balance for parents etc.

KC: The impact of home schooling was a real eye-opener. Not directly affected, perhaps my thoughts are naïve or unknowing, but I couldn't help thinking about the rural women who have home-schooled their children, for very many years. Their assistance was firstly the pedal radio, then mailed lessons and now a strong technology base, but the women also helped run the property, likely cooked for the staff, did the books etc. Perhaps we will now give more recognition to the teaching profession and to the women of the outback.

NCYWQ Report

Message from Governor of Queensland



NCYWQ REPORT

As we have been taking things a little slower over the past two months, we look forward to restarting our events

and projects in some form over the next three months, collaborating with our energetic members. This year, NCYWQ have five of our members sitting on a Bursary Selection Panel, as either Coordinators or Selection Panellists. Good luck to those women who have applied for a bursary this year!

With EOFY upon us and many of our members finalising their university assessments and examinations for the semester, we would like to take the opportunity to thank each and every one of our young women who take the time out of their busy schedules to give back to NCYWQ. A big congratulations to those students who are graduating this semester!

As we have been taking things a little slower over the past two months, we look forward to restarting our events and projects in July and collaborating with our energetic members. If you, or someone you know, would be interested in being involved with a young womens-focussed organisation, attending professional and personal development events, and networking with like-minded women, please encourage them to discover more by emailing us at youngwomen@ncwq.org.au or visiting ncwq.org.au/portfolio/young-women/.

*Story contributed in June 2020 by
Kirsty Miron
NCWQ Vice-President,
NCYWQ Chairperson/President*

MESSAGE FROM NCWQ PATRON, GOVERNOR OF QUEENSLAND

When 2020 arrived, many Queenslanders had been recently affected by natural disasters. Then ongoing measures were taken to counter COVID-19. We have had to adapt our lifestyles to keep everyone safe and well. For people in some communities, the challenges have been ongoing, difficult and distressing.

As Governor of Queensland and your Patron, I convey my sincere appreciation of the community effort displayed to protect our most vulnerable citizens. At challenging times like these, the important work of organisations, such as the National Council of Women of Queensland, becomes even more valuable.

I was delighted to read in your latest newsletter the Council's frenetic activity has not abated during this time of community disruption. I am especially pleased the Bursary Program continues. It is a fine example of what it means to empower women. At this very moment, applicants from

diverse backgrounds are actively compiling their applications. Receiving a bursary opens a door for a young woman to follow her passions and obtain the education she desires. The knowledge and skills gained enable bursary recipients to become leaders and advocates for the needs of women throughout Queensland.

I extend my gratitude to members, many of whom are responsible for sponsoring the bursaries, and to the staff, volunteers and supporters of the Council and all affiliate organisations.

On behalf of all Queenslanders, Kaye and I thank you for your commitment to women across this great State.

*His Excellency the Honourable Paul de Jersey AC
Governor of Queensland*

WELCOME TO OUR NEW MEMBERS!

AFFILIATES

QENDO

Of One Mind

ASSOCIATES

Caitlin Smith

Ashlee Lagstrom

Suzie Wing

Tanya Carter

Lorraine Hardgrave

Dana Voyle

Jing Qi

Sahar Amsalem

Chelsea Bennett

Taylor Birtchnell

Member Showcase with QENDO



Inaugurated in 1988, the Endometriosis Association of Queensland Inc (QENDO) offers support to those affected by endometriosis, adenomyosis, PCOS or infertility. We have been supporting sufferers, their support networks and the wider community for over 30 years and provide on the ground support to those in need. We aim to provide education, support and awareness for the conditions in our scope.

We have the only 24/7 support line in the world dedicated to providing support for endometriosis, adenomyosis, PCOS or infertility. We also host regular face to face support sessions, called 'QENDOMeets', as



well as education and awareness events too! Our mentoring and support programs ensures people across Australia receive the best practice in support and education for this condition. We also have a range of professionally developed resources to help patients make informed decisions about their health care and be empowered in their choices and treatment.

Recently, as a Queensland first, we brought a pilot school program to ten schools in the South East Queensland corner. We have received a lot of positive feedback from this, and hope to continue this work.

Following a successful launch of the national action plan for endometriosis, QENDO continues to representing the voices of those affected by the disease. In 2019, QENDO received financial support from the Queensland Government to develop a communication tool in the way of a mobile application to support the communication of management and care for those impacted.

QENDO's President, Jessica Taylor, has been working closely with the NCWQ Management Committee and NCYWQ over the past few months to unite together QENDO's wealth of knowledge and networks, with NCWQ's vast experience in lobbying. We are excited to be gaining some traction with QENDO's "An Hour with QENDO" spotlight education in Queensland schools, which you can read more here www.qendo.org.au/our-programs-1

To read more about QENDO's projects, ambassadors and members, please visit the website: www.qendo.org.au/blog

QENDO



How to help patients contemplating a pregnancy this year



Authored by Magda Simonis, from the Australian Federation of Medical Women. This article was originally published in May 2020 here: <https://insightplus.mja.com.au/2020/18/how-to-help-patients-contemplating-a-pregnancy-this-year/>

A NEWLY pregnant patient of mine with pre-existing mental health issues recently told me she was considering a termination. Despite previously wanting a baby, she was feeling distressed and ambivalent due to the coronavirus disease 2019 (COVID-19) pandemic.

Her fears were real, understandable and sufficient to destabilise her condition. How would she protect herself from COVID-19? Would she and her baby be safe? How would she be cared for in a health system obsessed with the virus? And what would happen if she and her partner lost their jobs? How would she cope if physical distancing continued until after the baby was born?

Similar concerns have been expressed by my patients without pre-existing mental health issues. Despite jokes about an expected baby boom following months of isolation, many people may be rethinking their plans for a pregnancy due to COVID-19. So, what can we tell patients contemplating a pregnancy if they ask for our advice?

Research to date

Due to the recency of COVID-19, there is a dearth of information about how it affects both male and female fertility, pregnant women, fetuses, and babies. However, a summary of what is known so far was published on 16 April in the journal *Fertility and Sterility*. Here are some of the key points:

- The limited existing evidence shows that the fever associated with COVID-19 can affect the quality of a man's sperm for about 3 months, so may reduce fertility.
- Pregnant women are not more likely to get infected by the severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2) than other women, nor are they at higher risk for severe illness.
- Women who become seriously ill in late pregnancy are more likely than other pregnant women to deliver their babies prematurely.
- Postpartum neonatal transmission from mother to child has been reported, but there has been no indication that infants born to COVID-19-positive mothers experience any significant morbidity or mortality.

The researchers conclude that while data are limited and incomplete, "there is justifiable concern that reproductive consequences of the novel coronavirus may have lasting effects for male reproduction and for some pregnant women and children".

In Australia, no authorities, including the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), have told women to put off pregnancy, but there is still a cautious feeling in the air. The latest RANZCOG advice for pregnant women, issued on 29 April 2020, states that pregnant women should be considered a vulnerable group; however, this is based on limited knowledge of COVID-19 outcomes in pregnancy and is based on our knowledge of the 2003 outbreak of severe acute respiratory syndrome (SARS) and of influenza in pregnancy.

Other considerations

If patients are keen to start trying for a baby, it may be worth asking a few extra questions in addition to the usual pre-conception health discussion to prepare them for what may be ahead. While Australia has successfully "flattened the curve" for the moment, infection rates may still rise and may continue to fluctuate for some time. Some patients' age may determine their decision, and that

is a very important consideration for women aged over 35 years. I suggest asking patients the following questions:

- Is your mental health robust at the moment?
- Are you comfortable seeking care, including emergency care, in a hospital environment that will be very focused on COVID-19 during your pregnancy?
- Are you confident you will have the support you need throughout a pregnancy and with a newborn while maintaining physical distancing from relatives and friends?
- Have you discussed pre-natal testing and learned how to improve your health prior to pregnancy?

For patients wanting to delay pregnancy

If people want to delay their plans to conceive, seize the moment to discuss evidence-based ways they can improve their fertility and chance of a healthy pregnancy and child. With most people working from home and cutting out commutes, it's a great time to encourage lifestyle changes that will improve pre-conception health. Here are my top five recommendations:

1. Exercise more

2. Eat well

3. Limit alcohol intake

4. Quit smoking

5. Take your supplements

6. Where there are no contraindications, influenza vaccination is recommended.

If patients want more practical tips to improve their pre-conception health, they can visit the government-funded website yourfertility.org.au.

Dr Magdalena Simonis is a GP and Senior Research Fellow at the University of Melbourne, and the Royal Australian College of General Practitioners Representative to the Victorian Assisted Reproductive Treatment Authority and Your Fertility with a special interest in reproductive health.

Coronavirus: Myths, open questions and overhyped treatments



GP Dr Magdalena Simonis sifts through the sea of information on the coronavirus and separates facts from fiction.

As the global coronavirus crisis deepens, misinformation, exaggerated breakthroughs and over-hyped 'cures' are circulating widely. For GP and medical educator Dr Magdalena Simonis, it's not an abstraction. Her patients bring in all kinds of theories and anxieties picked up on social media. 'There are all sorts of peculiar things circulating, coming in from dribs and drabs from various patients,' she told newsGP. She's not alone.

RACGP President Dr Harry Nespolon has been taking on pseudoscience, antivaxxers and 'cures', by calling on Australians to be sceptical of what they read on social media. Meanwhile, Chair of the RACGP Expert Committee – Quality Care (REC–QC) Professor Mark Morgan told newsGP that it is hard to identify all of the 'quack remedies and myths that are circulating through social media'.

Dr Simonis has gone through some of the most common myths, open questions, and overhyped treatments to sift the truth from falsehood – or to say that we simply don't know enough yet one way or another.

MYTHS

Myth: 5G mobile phone networks spread the virus by affecting human immune systems

GP response: This one is really important.

The World Health Organization has addressed it because it is so widespread. This myth is propaganda about the potential radiation emitted by these phone towers. The difference between 5G and previous generations of mobile services (4G, 3G) is that the earlier generations use lower radio

frequencies (in the range of 6 gigahertz), while 5G uses frequencies in the range of 30–300 gigahertz, which gives the increased speed of communication. In the range of 30–300 gigahertz, there is not enough energy to break chemical bonds, or impact the human immune system. This technology, 5G, has been approved by the Australian Government's Radiation Protection and Nuclear Safety Service, which is on record as stating that 5G does not have the negative health effects of more intense radiation.

The very widespread fear that has circulated has resulted in the vandalism of telecommunications systems at a time when we really need access to the internet to work from home. That vandalism can interfere with our ability to manage this pandemic in this difficult time.

Myth: The coronavirus is an escaped bioweapon, not a naturally occurring virus

GP response: Pandemics will always occur. Coronavirus epidemics have occurred three times in the past twenty years: in 2003, with severe acute respiratory syndrome (SARS); in 2012, Middle East respiratory syndrome (MERS-CoV); and now COVID-19.

The SARS-CoV-2 strain that causes COVID-19 that has now been identified and spread in humans is the seventh coronavirus able to infect humans and the third able to cause serious disease, following the viruses that cause SARS and MERS. What we need to understand is that when a disease develops in a human population it usually has more to do with our behaviour on the planet than deliberate engineering. Viruses such as the COVID-19 strain we are seeing have existed in animals such as pangolins and bats for generations. Whenever humans come into close contact with animals, either through destroying wild habitats to expand our farming, or hunting for bushmeat, the risk of transmission to humans is increased.

Very often, these viruses are novel to humans and therefore deadlier, as we have no immune memory that can mount an appropriate response to them.

The tendency to accuse other nations for these diseases, I believe, results from a

human tendency to externalise whatever threats arise. This is often politicised and becomes counterproductive to the international collaboration required to finding the solutions urgently needed for this pandemic.

Myth: People needing healthcare should stay at home to avoid overloading the health system or contacting the virus in a clinic or hospital

GP response: This is a major concern under discussion in all medical circles as the disruption caused by the coronavirus is leading to widespread difficulties, such as caring for cancer patients, and screening for cancer, or even ensuring people with cardiac conditions seek emergency care. Elective screening procedures such as breast screening and colonoscopies have been ceased temporarily, and follow up of abnormal screening results is also being delayed.

The regular cancer screening programs will be under enormous strain when this all ends, which means it's important for GPs to have systems to track their patients to ensure they attend their follow-up appointments, especially where there has been a positive result. Recall systems needs to be put in place to prevent patients from missing key follow up appointments.

Another very important issue that of glycaemic control for people with diabetes. Older, diabetic people with poor glycaemic control who contract the virus are more at risk of being overwhelmed by the infection and dying, with a 7% risk of death according to the Centers for Disease Control and Prevention. The mechanisms considered to be the catalyst for this are related to the elevated blood sugars, which can render the immune system weaker or encourage replication of the virus, or both.

You can continue this story at vic.afmw.org.au/coronavirus-myths-open-questions-and-overhyped-treatments/

*Story contributed by
Dr Magdalena Simonis
GP and Senior Research Fellow,
University of Melbourne & Royal Australian College of
General Practitioners Representative*

2020 NCWQ Bursary Recipients

Sponsor	Overview	Recipient
1 Claire Moore	Demonstrated commitment to the needs of special education students.	JOHNS, Vicky
2 Councillor Vicki Howard	Demonstrated community involvement in empowering others	SMITH, Georgia (Gidget)
3 David Littleproud MP	Demonstrated involvement in your home community and in your present study context	WYLIE, Georgia
4 DiH Health and Wellbeing Diane Hickey	Demonstrated previous achievements in your studies Demonstrated community involvement	LOVE, Savannah
5 Elements Living	Demonstrated commitment to leadership through active participation in a group with the aim of improving the lives of seniors	BOOKALL, Eliza
6 Elsie Byth Dr Susan Byth	Current involvement with school and local community, planning to commence an education degree in 2020	BAINES, Sophia
7 ESA International	Demonstrated commitment to leadership through active community participation; reporting to ESA on how the bursary assisted you	SPARROW, Madelyn (Maddy)
8 Forum Communicators	Demonstrated record of achievement in the field of communication and leadership in your local community	AINSCOW, Chloe
9 Helen Ovens Memorial Bursary	Balance in maintaining your own identity goals with your family responsibilities	VANDENBERG, Roslyn (Ros)
10 Lady Justice Snr Sergeant Anna Dwyer and Joanne Robinson	Interested in working with children in the Early Years (Birth to Grade 3) focussing on the "whole" child – emotional, physical and educational care	DEVINE, Laura

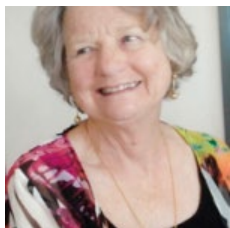
Sponsor	Overview	Recipient
11 Lavis/Wilson Child Watch Committee	A female full-time student beginning at least your second-year studies of Bachelor of Education (Early Childhood Education), or a Major in Early Childhood Education at a Queensland Tertiary Institution, with the desire to work with children in the Early Years (Birth to Grade 3) and seeking support to assist you in your studies	Name Withheld
12 Logan City Council	Demonstrated commitment to leadership in your local community	RYAN, Isobel
13 Moreton Bay Regional Council	Demonstrated commitment to leadership in your local community	PATTERSON, Rebecca
14 Narelle Townsend Urban Design	Committed to a career in urban design, as shown by an early trailblazer in this field	RDUCH, Synthia
15 National Council of Jewish Women Brisbane Section	Commitment to education and the advancement of women	BROWN, Katie
16 NCWQ Refugee	Capacity to achieve educational outcomes and involvement in school or local community	MANAK, Romina
17 NCWQ Regional / Rural	Involvement in your local home community and planned involvement at your tertiary institution	MUGFORD, Emilia
18 NCWQ Regional / Rural	Involvement in your local home community and planned involvement at your tertiary institution	SHOOTER, Bridie
19 Office for Women (Aboriginal and Torres Strait Islander)	Demonstrated leadership within local community	KUKOYI, Kulkarawa
20 Office for Women (Aboriginal and Torres Strait Islander)	Demonstrated leadership within local community	WALMSLEY, Phoebe

2020 NCWQ Bursary Recipients

Sponsor	Overview	Recipient
21 Office for Women (Leadership)	Documented mentoring relationship and progress to date	BOX, Annette
22 Office for Women (Leadership)	Documented mentoring relationship and progress to date	DIXON, Julia
23 Office for Women (Return to Work)	A female over 25 years of age, studying to prepare for a return to the workforce after a break from employment	JOHNS, Mishell
24 Office for Women (Return to Work)	A female over 25 years of age, studying to prepare for a return to the workforce after a break from employment	SCUDERI, Kathryn
25 Office for Women (STEM)	Demonstrated previous success in the STEM area of study and career goals in the STEM field	DUDGEON, Thea
26 Office for Women (STEM)	Demonstrated previous success in the STEM area of study and career goals in the STEM field	MILLERD, Mikaela
27 PhD Student (anonymous)	Demonstrated articulation of research focus and its anticipated practical benefits	BHYAN, Salma
28 Queensland Medical Women's Society	Intending to assist you to attend a Medical Women's International Society event, documented interest in the field of medicine and your career aspirations	RATHOD, Alvina
29 AMAQ Professor Tess Cramond Memorial	Intending to assist you to attend a Medical Women's International Society event, documented interest in the field of medicine and your career aspirations	CHEQUER de SOUZA, Julia
30 Science Bursary June McNicol	Demonstrated record of achievement in the science field, through school or university studies or science-related project	GAYDON, Emerald
31 SIMNI	Detailed use of bursary in staging production, performance or exhibition within the creative arts industry	De VOS, Nadya

Sponsor	Overview	Recipient
32 Soroptimist International	Documented examples of leadership within your local community	MOTTRAM, Jodie
33 South Burnett Regional Council	Demonstrated contribution to your local community	TAYLOR, Breanna
34 The Boyce Disability Sue Boyce	Detailed achievements in your studies, your goals and involvement in your local community	PATTERSON, Lakeisha (Lucky)
35 The Boyce Disability	Description of what you hope to achieve from your study program and how the bursary will help you to do so	REYNOLDS, Krystal
36 The Hajera Bibi Seedat Bursary For An Emerging Female Leader Saalihah Seedat	Documented examples of leadership through empowering others, your personal growth and maximising mentoring opportunity	CHAKORI, Sabrina
37 TMR Women in Engineering (SEQ)	Demonstrated love of maths and physics and their practical application to Engineering, and examples of your leadership	Van der WINDEN, Adele
38 TMR Women in Engineering (Regional)	Demonstrated love of maths and physics and their practical application to Engineering, and examples of your leadership	JADAN, Dima
39 Val French AM Bursary for Journalism OPSO	Demonstrated involvement in local community and career aspirations	BENSLEY, Rosie
40 Young Women Thinking Globally Steph Carter	Demonstrated passion and commitment to international development and volunteering, with the desire to articulate and inform the public on the aims and outcomes of these activities	REED, Matisse

What NCWQ Advisers are doing



Firstly, congratulations to NCWQ Child, Youth and Family Adviser, Leanne Francia, who has attained her PhD from the

University of the Sunshine Coast. Leanne has been awarded her doctorate for her research into entrenched co-parenting conflict and family violence with special emphasis on separated parent's experiences within the Australian family law system. Congratulations also to Deslyn Taylor, NCWQ Education Adviser, who has been elected President of U3A (University of the Third Age), Brisbane. Leading this totally volunteer organisation which provides 282 leisure and educational courses to stimulate over 4000 mature aged students on their lifelong learning journey is no small task.

The NCWQ Advisers' May Reports are briefly summarised below. Please read the full reports on the NCWQ website. I'm sure you will find something of interest.

SOCIAL ISSUES:

CHILD, YOUTH and FAMILY:

Leanne Francia, NCWQ Child, Youth and Family Adviser, reported on

- life at home in the midst of the COVID-19 pandemic,
- additional marginalisation and risks for families already experiencing family violence,
- new Australian website for disabled women and girls and
- suggestions on how parents can foster their child's engagement in learning and physical fitness during this period of isolation.

NCWQ Child, Youth and Family Adviser's Report, April 2020.

GENERAL WELL BEING:

HEALTH:

Dr Kathryn Mainstone, NCWQ Health Adviser's report concentrated on the unease over personal protective equipment (PPE) during the COVID-19 pandemic. This included

- a survey revealing half of 350 health workers in WA did not have access to sufficient PPE,
- situations where surgical masks and masks with respirators are suitable and
- initial short supply of PPE in Australia and the need for the country to be self sufficient

NCWQ Health Adviser's Report, April 2020.

HABITAT:

Dr Donnell Davis, NCWQ Habitat Adviser is currently preparing

- an invited paper on Urban Design for Pandemics, sharing lessons learned, articulating principles, and making several broad recommendations for how cities and communities can prepare better for pandemics.
- a draft on Feminist Futures Post Corona for the Equality Rights Alliance session of The Status of Women Network to be held on May 21. She will be recommending women's participation in decision making and strengthening other vulnerable areas systematically.

With Kathy Cavanagh, Donnell has been instrumental in bringing the Narelle Townsend Urban Design Bursary for a female, full-time student in a tertiary urban design course, to fruition.

ENVIRONMENT:

Dr Pat Pepper, NCWQ Environment Adviser reported on the environmental issues of two major recent occurrences and discussed why they occurred, the consequences and some actions being taken or that have potential.

- the 2019-20 bushfires and
- the coral bleaching of reefs in the Great Barrier Reef Marine Park.

NCWQ Environment Adviser's Report, April 2020.

Wild life wet markets:

In light of the possible transmission of the COVID-19 virus from bats to an intermediary animal host to a human, Pat is currently researching wild life wet markets. These, as

distinct from wet markets where thousands of people shop for their meat and vegetables every day in Asia, pose significant health risks. Just as civet cats were the intermediate host for SARS and dromedary camels for MERS-CoV, the pangolin is postulated as the intermediate host for COVID-19. Large amount of virus in bodily fluids (blood, faeces, urine and saliva) shed from stressed wildlife in these wet markets can be transmitted from animals to humans. Measures taken by Government and organisations such as the World Organisation for Animal Health to prevent further emergence of zoonotic diseases which can result in pandemics are being investigated.

COMMUNICATION: EDUCATION:

Deslyn Taylor's NCWQ Education Adviser reported on the issues arising from the temporary closure of Educational Institutions and steps being taken to provide online learning:-

- Queensland Education Department (QED) online tools and resources to support students
- Resources for teachers to conduct online classes
- Impact on students and schools without adequate facilities
- Impact on Year12 and University students

NCWQ Education Adviser's Report, March 2020.

ARTS, LETTERS and MUSIC:

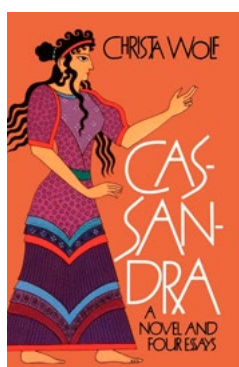
Jennifer Ann Davies, NCWQ Arts, Letters and Music Adviser drew attention to the importance of the Arts, Letters and Music to people's well being during lockdown e.g. QAGOMA's virtual art visits, new publications available at K-Mart when book stores are closed, UQ's podcasts and webinars. Jennifer Ann also gave us an insight into the effect of the lockdown on the audio-visual industry with the reflections of Anna Davies, an Australian audio-visual technician.

What NCWQ Advisers are doing

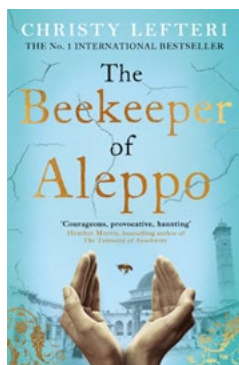
BOOKS REVIEWED INCLUDE



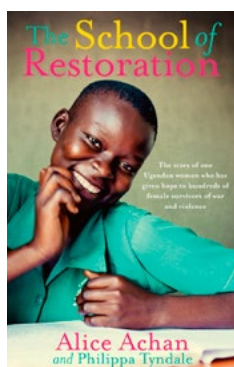
Women: The National Geographic Image Collection, a powerful photography collection of the lives of women from around the globe over the past 130 years, includes revelatory interviews and portraits of contemporary trailblazers e.g. Melinda Gates, Christiane Amanpour, Chief International Correspondent for CNN.



Cassandra by East German writer, Christa Wolf who retells the story of the fall of Troy, but from the point of view of the woman whose visionary powers earned her contempt and scorn. Jennifer Ann finds relevance in today's world.



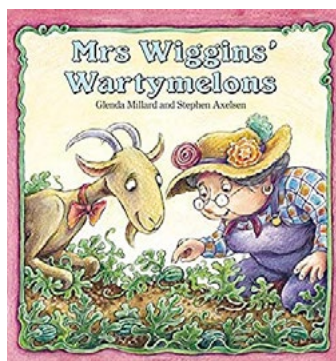
The Beekeeper of Aleppo by Christy Lefteri, a child of Cypriot refugees who worked as a volunteer at a UNICEF supported refugee centre in Athens



The School of Restoration by Alice Achan & Philippa Tyndale: Alice, the Founder of the Pader Girls' Academy, helped hundreds of girls left with babies and HIV as a result of their enslavement by the Lord's Resistance Army's during their 20 year campaign of terror in Uganda.



Resistance by Jennifer A. Nielsen tells the story of Jewish girls in Poland, the history of underground movements and occupation, and the Warsaw Ghetto Uprising.



Mrs. Wiggins' Wartymelons, a funny picture book with the tale told by Glenda Millard and illustrated by Stephen Axelsen.



The first book in the 'Carly Mills Pioneer Girl' series, **New World** by Jane Smith. Carly Mills, a young, and sometimes, brave adventurer recounts Caroline Chisholm's life in a way that should inspire young readers.



A Year of Marvellous Ways by Sarah Winman who cleverly combines the literal and the metaphorical.

The exhibition of Sidney Nolan's Ned Kelly Series of paintings, together with a well informed talk by Head of Australian Art and Senior Curator of Australian Painting and Sculpture, National Gallery of Australia, was appreciated by Cairns patrons.

In her reports, Jennifer Ann has reviewed several interesting books to whet your literary appetite.

NCWQ Arts, Letters and Music Adviser's Reports, April 2020 & May 2020.

*Story contributed by
Pat Pepper
NCWQ State Coordinator*



Did you know..
Hugh Jackmans' first visit to Gwinganna was so transformative that he purchased a stake in the wellness resort

"Brendan and I recently spent 7 days at Gwinganna. The absence of technology and the chance to connect with nature, gave us the opportunity to treat our bodies and minds to a holistic experience. Food was amazing, exercise was restorative and the seminars educational. Let's not mention the spa in our room, and sitting on meditation cushions with only candles lighting our faces. Of course, we came back totally refreshed and looking much younger" 😊

Chiou See

Gwinganna
Lifestyle Retreat

Ecotourism
certified
www.gwinganna.com

Gwinganna Lifestyle Retreat – a refreshing break

If you need something more from your next holiday break, it's likely that a wellness destination may be on your radar. More and more people are choosing to spend time each year in a supportive, nurturing, health focused environment helping them to slow down, recharge and get some quality rest. The growth of wellness spas worldwide is testament to the need for us to slow down and be taken care of, to switch off and press pause for a few days.

A spa and wellness break can help ensure that you return home feeling rested and nourished rather than feeling tired and in need of a true break. Often we spend our holiday time rushing around doing all manner of things and while travelling is an inspiring and rewarding activity, sometimes what we really need is to rest and refocus.

If life has become a blur of commitments, responsibilities and the days roll into each other far too quickly, some quality time out can help restore your energy and reduce your stress levels.

A popular option is a retreat stay which is essentially an investment in you and your family's health and wellbeing. Packages are usually fully inclusive in a retreat which means you can just relax and enjoy all that is on offer once you have arrived. Choosing an Australian destination simplifies the experience even further by removing the need to travel internationally and worry about flight delays, foreign currencies and travel warnings. Australian spas are being recognised more internationally with Gwinganna Lifestyle Retreat the recipient of countless awards both in Australia and across the globe.

Gwinganna is easily accessible as it is located just 30 minutes from Queensland's Gold Coast airport and 15 minutes from the Gold Coast beaches. Along with an extensive range of innovative programs, it provides a truly unique Australian spa design, the largest in the Southern Hemisphere. The spa incorporates the surrounding local bushland and several internationally renowned spa therapies exclusive to Gwinganna along with the life changing Equine Therapy working with one of the horses on site.

Using only organic skincare and foods, with Ecotourism certification and one of the most self sustaining spas in the world for water usage, a stay at Gwinganna Lifestyle Retreat will also remind us how important it is and what we can do to care for our planet. Two organic gardeners are part of the team who help manage the 200 hectares of land and help educate and inspire guests each week.

Opened in 2006 by Sydney native, Tony de Leede Gwinganna remains privately owned. The seed was first planted after Tony's father died 40 years ago and his mother gave up smoking, drinking, eating bad food and started exercising regularly. She was also one of the first people in Australia to embrace the Pritikin diet and started to do Tai Chi. She also started going to places called 'fat farms' as 35 years ago, the main result people wanted was weight loss. These facilities evolved into the lifestyle / health retreats that we know today. As he watched his mother transform her life, Tony determined that when he got to around her age, his aim was to have his own retreat and open up a place where he could live when he slowed down from whatever else he was doing. That dream became a reality when he bought the property and opened Gwinganna.

Choosing from the range of package options and how long you should stay depends on what you want to achieve. For first timers looking to relax in a healthy environment with a focus on wellbeing, 2-4 nights is ideal and a Wellness Weekend is a popular choice for busy working parents. You will leave feeling rested after just a few days.

To make changes to your behaviours and beliefs, a minimum 5 night stay is ideal, with the ultimate option being a 7 night detox program as the most powerful agent for change. These longer stays are able to deliver greater depth of information particularly through the lifestyle seminars. These are a core component in offering solutions and helping guests understand our mind, our body and the challenges we continue to face in a busy technology driven world.

A team of over 150 staff help ensure that a stay at Gwinganna delivers exactly what you need whether that be about rest and recovery, dealing with life transition or grief, regaining fitness or simply refocusing your health priorities. So often we take our health for granted and push ourselves to limits that are unsustainable long term. By stepping away from our daily routines and distractions, we can re evaluate our long term health goals while enjoying quality time out from being busy.

The silence and stillness of this mountain retreat revitalises tired souls and allows guests to rest and recover. Gwinganna simply provides you with the perfect environment to help your body return to the balance that is essential for optimum wellbeing. The longer you stay on this magical mountain cocooned from the outside world, the sooner you will return to your natural state of abundant energy and vitality. Gwinganna Lifestyle Retreat.

SPECIAL OFFER

Mention NCWQ when you book and receive 15% off regular rates for stays in 2020, some conditions apply.

Past Events

What's On



Workshop 1: From Surviving to Thriving During Covid19

Online via Zoom

This global pandemic brings with it opportunities to embrace challenges and uncertainty. "Unprecedented" has become the buzz word overnight! Join us for this masterclass about why struggles and setbacks are the keys to living a profoundly satisfying life that fosters true happiness. Learn about how striving towards a goal is vital to achieving fulfilment, and that struggling and failing is the only way to get there.

*Presented by
Saalihah Seedat
Consultant Clinical Pharmacist &
Personal Development Coach*

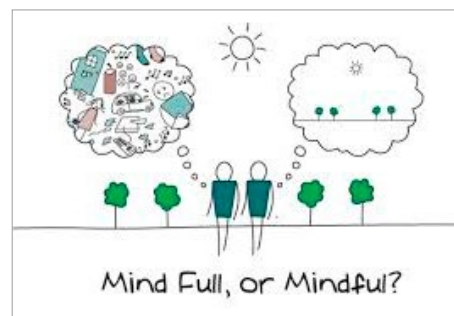


Workshop 2: Stop the World, I want to get off!

Online via Zoom

During this global pandemic, we have little down time to apply the brakes and our nervous systems are expected to continue firing with no rest. Just as we need to nurture our immune systems to support physical health, it's vital that we recognise our bodies need to 'control-alt-delete' from the physical and emotional impacts of stress and to apply the brakes.

*Presented by
Saalihah Seedat
Consultant Clinical Pharmacist &
Personal Development Coach*



Mindfulness Masterclass (Online via Zoom)

Online via Zoom

Mindfulness has become a bit of a buzz word recently, but do you really know what it stands for and how it could help you? Current research shows that by training your attention through selected Mindfulness and meditative exercises, you can reduce stress, anxiety and depression, boost your immune system and strengthen your ability to focus your attention to where you want it to be.

*Presented by
Dr Ira van der Steenstraten
Acting President - Qld Medical Women's Society*

WHAT'S ON

15 September 2020

Annual General Meeting
United Service Club
5:00pm Start

15 September 2020

Annual Dinner
United Service Club
6:00pm for 6:30pm start

3 December 2020

Christmas Luncheon
Women's College
University of Queensland
Time: TBA



AGM Notice The Annual Dinner

NOTICE OF 115TH ANNUAL GENERAL MEETING

Tuesday 15th September 2020

**at the United Service Club
183 Wickham Terrace
SPRING HILL 4000**

Presidents, delegates and members of affiliated organisations, Associate/Student members, honorary members and friends are invited to attend.

Please RSVP by 7th September 2020

To: Avril Kent

5 Winchcombe Av

MURRUMBA DOWNS

Ph: 3886 0045/0407 378 340

Email: info@ncwq.org.au

NCWQ NATIONAL
COUNCIL
OF WOMEN
QUEENSLAND

THE PRESIDENT OF NATIONAL COUNCIL
OF WOMEN QUEENSLAND INC,
CHIOU SEE ANDERSON,
INVITES YOU, YOUR COLLEAGUES AND
FRIENDS TO ATTEND

THE ANNUAL DINNER

TO BE HELD ON

Tuesday, September 15th

6:00PM FOR 6:30PM START

AT UNITED SERVICE CLUB
183 WICKHAM TERRACE, BRISBANE
(FREE PARKING AVAILABLE - ENTER VIA
UPPER EDWARD STREET)

COST: \$70 PER PERSON

INCLUDES A WELCOME DRINK AND
TWO COURSE MEAL

PLEASE RSVP BY 8TH SEPTEMBER
events@ncwq.org.au

115

YEARS

Anniversary

1905-2020