Welcome to the NCWQ 2020 March Quarter Newsletter. Queensland started the year nursing the heart-breaking consequences of a rampant bushfire to be followed quickly with flooding across the State. Just as some drought-stricken communities were working through a recovery phase, news from across the globe about a contagious virus made their way to Australia in late January. In fewer than 4 weeks, leaders around the world started implementing containment strategies to limit the spread of this virus and we witnessed country after country closing their borders. Over the past month, Australia has joined the rest of the world in closing restaurants, cafes, public facilities. Major retail, travel, aviation and hospitality businesses have either closed or significantly downsized and for the first time in history, we face an uncertain future that has completely changed the way we live, work, travel and play.

News of the severity of the virus outbreak hit close to home when the Commission on the Status of Women conference in New York was cancelled. Many members of NCWQ and our affiliate organisations have intended to attend this event and arrangements have already been made to work and family commitments to facilitate this. I, for one, know so many women who were disappointed to not be part of the intended 20,000 attendees and we remain hopeful that it will be rescheduled soon.

At NCWQ, we were fortunate to be able to host a couple of very successful International Women’s Day events in the week leading to PM Morrison’s first declaration on rules of social isolation. Defined limits on size and types of gatherings and strict rules around venturing outside your home has now become common place. Concerns around a spiking of domestic violence incidents and deteriorating mental health are now real issues that confront us. Fears about unemployment has somewhat been allayed by the government’s generous economic stimulus packages directed at helping employers retain their workers. Whilst there has been much written about the negative impact of social isolation, we are also hearing wonderful stories of how people are spending their new found allocation of time at home. There has been an increase in sales of home gym equipment and musical instruments, an increase in googling recipes online, a boom for home renovation supplies as people now have time to tackle the jobs at home without the temptation of fleeing to a different destination for time out. Parents are spending more time with their children as families are forced to self-isolate and Kindle sales have also gone up as there is only so much screen time that one can negotiate across multi-generation family members.

I am very hopeful that the human race will emerge from this calmer, nicer and healthier. On behalf of the NCWQ, I wish you and your family well. Do stay safe and stay connected with your loved ones.

President
Chiou See Anderson
EVOLVE, ELEVATE, EMPOWER - IN CELEBRATION OF QUEENSLAND WOMEN’S WEEK 2020

Hosted by the National Council of Young Women of Queensland

On Saturday 14 March, over sixty women (ages 14 to over 70!), from a diverse range of backgrounds and cultures, came together at the heritage-listed Hanworth House, East Brisbane, to celebrate Queensland Women’s Week. The event showcased four empowering speakers, an inspiring Q&A panel with female leaders from the Queensland community and a delicious afternoon tea catered by Events by Aysha. The sold out event was also an opportunity to mingle, network and create connections.

Saalihah Seedat, NCYWQ Mentor, kicked off the afternoon with the “It’s your time to shine” workshop focused on personal empowerment, Ikigai exploration, prioritising personal values, communicating effectively, resilience building, being bold and confident. Shar Moore, the CEO and Editor in Chief of YMag, shared an engaging story of her background as an Indian orphan and her journey to becoming the successful businesswoman that she is. Dr Ira van der Steenstraten, psychiatrist and psychotherapist, and Priscilla Jean, a local art therapist, broadened our knowledge to the impacts of stress on the human body and provided us with some fun and creative stress-management techniques.

The afternoon concluded with the Changemaker Q&A panel followed by drinks and networking opportunities. Panelists included Cathy Hunt (CEO of Women of the World Australia), Councillor Kara Cook (Councillor for Morningside Ward), Marisa Vecchio AM (Founder of Hanworth House) and Dr Mellissa Naidoo (Chief Medical Officer of nib Health Funds). Facilitated by NCWQ President Chiou See Anderson, there was very engaging discussion including themes across women in leadership, striving for work-life balance, following your passion, giving back to community and finding your tribe.

We would like to extend a sincere thank you to each of our sponsors for supporting Evolve, Elevate, Empower:

- Women of the World (WOW) Australia (giveaway prize)
- City Cave Australia (voucher)
- Nancy Evans Organic Rosehip Skincare for the samples
- Priscilla Jean for the handmade cards for each attendee
- Sweet Pea Creations for the delicious cupcakes
- Anna Lukyanova and Giant Flowers Australia for making our event space beautifully colourful
- Naadirah Seadat, Arianah and Noarah for photographing the special moments of the afternoon

We would like to thank each attendee for doing your part to make our inaugural Queensland Women’s Week event successful.

To browse the official photographs from the afternoon, please visit the NCWQ Facebook or NCWQ Instagram pages.

Story contributed by Erin Cunningham
Vice President - NCYWQ
Soroptimist International of Logan - International Women’s Day

Soroptimist International of Logan together with National Council of Women Qld and Elements Retirement Living, recently hosted our very successful International Women’s Day Event.

Members, residents, family and friends heard guest speaker Gail Ker OAM, and CEO of Access Community Services, speak of her work in the community which includes settlement, employment, training, youth support services, housing and social enterprise opportunities for migrants, refugees and Australian born clients. Thank you to everyone who helped to make the evening a success.

International Women’s Day – A Word from our Bursary Recipients

Bursary recipients were asked how the bursaries had assisted them – responses ranged from assisting with costs associated with student placements; continue with studies; purchase of new computer; conference attendance; and student exchange.

Their goals were, as expected, mostly study-related, but included community/professional involvement – a balance of giving back too.

We asked about their mantra or ‘self-talk’ tools to help keep motivated and on-track. We could all learn from the five by five rule; will it matter in five years, and if not, don’t waste more than five minutes on it. Or “Don’t fake it until you make it; know it so you will grow”. Or “Believe in yourself, work even harder”. And setting small, achievable goals for each day. A keen Harry Potter fan thinks about what Hermione would do.

Role models featured a lot of Mums, along with Dame Quentin Bryce; US Supreme Court Judge Ruth Bader Ginsburg; Hermione Grainger; Dr Anita Heiss; Dani Harmer; Jessica Mauboy; and various female educators who had made a difference.

With thanks to Olivia Hargroder, Beth Madsen, Morgan Lynch, Jess Honan and Leah Zandonadi
SHARE THE DIGNITY – ITS IN THE BAG

Christmas time each year, the project calls for donations of handbags and backpacks filled with hygiene, beauty and sanitary essentials which are donated to teens girls, women and mothers who are doing it tough.

On 7 December 2019, NCYWQ hosted an end-of-year Christmas Brunch for its members, and collected donations for a local project called It’s In The Bag. Facilitated by Share the Dignity at Christmas time each year, the project calls for donations of handbags and backpacks filled with hygiene, beauty and sanitary essentials which are donated to teens girls, women and mothers who are doing it tough.

After the brunch, President Kirsty and Vice President Erin made the donation of 40 filled bags to the donation point at a local Bunnings store. Saalihah Seedat NCWQ Management Committee Member, Mentor to NCYWQ and Share The Dignity ‘Shero’/Volunteer dropped off a collection of bags to The Centre For Women & Co in Beenleigh. NCYWQ sincerely thank those who made generous donations to project – we know that each and every bag will be going to a worthy cause!

Story contributed by
Erin Cunningham
Vice President - NCYWQ

NCWQ CHRISTMAS DONATION DRIVE – ROMERO CENTRE (MERCY COMMUNITY)

Each year for its Christmas Luncheon, NCWQ chooses to support an organisation close to our members, and calls for donations to be made at the Luncheon. At the 2019 Christmas Luncheon, held at The Womens’ College UQ, NCWQ chose to support the Romero Asylum Centre.

Pictured is Saalihah Seedat, NCWQ Management Committee Member and Mentor to NCYWQ, dropping off donations to Beata Ostapiej-Piatkowski, Manager of Romero Centre.

Saalihah collected $850 worth of donations from her local community in just a few days – what a tremendous act of giving!

A sincere thank you to everyone who made donations to the Romero Centre on our behalf in 2019.

Story contributed by
Erin Cunningham
Vice President - NCYWQ
FORUM COMMUNICATORS WORKSHOP

On Saturday 5 October 2019, NCYWQ partnered with Forum Communicators to hold a workshop in which President Kirsty, Vice President Erin, Secretary Sarah, a few current NCYWQ members, and an NCWQ Management Committee member were all very excited to attend.

How to write an effective, appropriate speech, tips on how to deal with public speaking nerves, running a modern meeting and the role of leaders were presented in a refreshing format which was easy to follow. All topics had practical application in daily life, and the skills learned will be applied for the future of NCYWQ.

NCYWQ are very grateful to have made this connection with Forum Communicators and plan to host another workshop with Forum Communicators in 2020.

Story contributed by Kirsty Miron
President - NCYWQ

PERSONAL AND PROFESSIONAL DEVELOPMENT WORKSHOP BY SAALIHAH SEEDAT

On Saturday, 21 September 2019 Saalihah Seedat, NCWQ Management Committee Member and Mentor to NCYWQ, hosted an intimate personal and professional development workshop at Extraction Artisan Coffee in Slacks Creek.

President Kirsty and Secretary Sarah attended with a very special group of women, who all had varied backgrounds and knew Saalihah either through their own personal networks, being a bursary applicant or winner, or through NCWQ.

Saalihah introduced herself and her background, experiences and qualifications and how she came to be leading the mentoring session. Topics discussed included unspoken business and professional skills, self-esteem, confidence, sleep and stress management.

The presentation was interesting and interactive, and the women really felt like they learned new information and mechanisms to implement in their daily lives, and to live life by design rather than by default. It was exciting and enriching to have women with such different perspectives and experiences in a session together where they learned new skills and expanded their personal networks.

Thank you Saalihah for your time in organising and facilitating this amazing workshop!

Story contributed by Kirsty Miron
President - NCYWQ
2020 NCWQ BURSARY PROGRAM

Although COVID-19 is impacting on us all, we can minimise its influence on the 2020 NCWQ Bursary Program. Sponsorships are being finalised, so the list of bursaries will soon be available. These details will be posted to the web prior to the opening of applications.

The significant dates are:

• Monday 27 April
  Applications Open
• Monday 1 June
  Applications Close
• Tuesday 4 August
  Presentation at Brisbane Girls’ Grammar School, 5:30pm

Potential applicants will continue to access information and to download application forms through our website – www.ncwq.org.au Completed application forms will still be submitted through the relevant Gmail account.

Promotion of the bursary program is primarily electronic, through the vast bursary network of contacts, including all tertiary institutions, etc.

Behind the scenes, some of the selection processes have involved face-to-face meetings. However, these can be managed electronically and with phone hook-ups.

The big event is the bursary presentation, currently scheduled for Tuesday 4 August. We will need to wait closer to the time to assess the options. Issuing the financial payment of the bursary can certainly happen at that time. Rescheduling the actual presentation may be a possibility. We all know what an important aspect this is of the bursary program, as we meet the recipients and are inspired by their successes, often despite life’s challenges along the way.

My thanks to the members of Team Bursary 2020 for their involvement, especially to the hard-working coordinators – we have been meeting regularly since the end of 2019 as we work to make the 2020 bursary program the “Best ever”. Our work will now be without the coffee!

We will do the very best we can for the bursary sponsors, recipients and members of Team Bursary 2020. Please contact me on bursaries@ncwq.org.au or phone me on 0407 117 378 with any queries

Contributed by
Kathy Cavanagh
NCWQ Bursary Program Coordinator

VALE VAL FRENCH

We were saddened to hear of the passing of Val French AM, aged 92, on 12 March 2020 surrounded by her family.

Val has been described as a “mentor to a generation of journalists, passionate advocate for older people and champion of those without a voice”. Val, as a professional journalist, advocated for the rights of women working in the media. She subsequently was instrumental in the formation of Older People Speak Out, and their annual positive ageing media awards.

Sponsored by Older People Speak Out, an organisation with the goal of accepting positive ageing, and to give older people the skills and a voice to address the issues affecting seniors, the Val French AM bursary for a female student of journalism, is an ongoing tribute to Val. The NCWQ Bursary Program is proud of this ongoing association. Val presented these bursaries in the first few years of this sponsorship to the recipients – something to be treasured.

RIP Val French AM, you will be sadly missed but never forgotten.

Story contributed by
Noela O’Donnell AM
Vice President - NCWQ

Contributed by
Kathy Cavanagh
NCWQ Bursary Program Coordinator
HEARING FROM MAJOR GENERAL SUSAN COYLE

Major General Susan Coyle CSC, DSM was the guest speaker at the 2019 NCWQ dinner. Major General Coyle has assumed command of the Joint Task Force 633 in the Middle East.

Commander Major General Coyle is responsible for in-theatre command and control of all AFD operations in the Middle East region, including the oversight of 1,200 Defence personnel.

Susan has worked at the tactical, operational and strategic level in a variety of command and staff appointments in the Australian Army.

Prior to this appointment, Susan has seen operational service in East Timor, the Solomon Islands and Afghanistan.

Congratulations Major General Susan Coyle and thank you for speaking at the NCWQ dinner last year.

LOGAN CITY COUNCIL AUSTRALIA DAY AWARDS NOMINATION

On Sunday 26 January 2020, President Kirsty and Vice President Erin were thrilled to attend the awards ceremony for the City of Logan 2020 Australia Day Awards at the Logan Entertainment Centre, to support NCYWQ Mentor, Saalihah Seedat.

Saalihah was nominated for the City of Logan Citizen of the Year, as a member of the local community who presented outstanding achievements and involvement to her local community. Saalihah was nominated for her exemplary work as a leader and mentor for emerging young female leaders, focusing on encouraging and supporting women from culturally and linguistically diverse backgrounds. Saalihah was also recognised for her role as NCYWQ Mentor and in the start-up of the UQ Muslimah Society.

Congratulations on your nomination Saalihah!

Story contributed by Erin Cunningham
Vice President - NCYWQ

DID YOU KNOW?

Susan is married to Colonel Mark Coyle. They are both graduates of the Australian Defence Force Academy and the Royal Military College, Duntroon. Mark served in the Royal Australian Engineers and has seen operational deployments to Bosnia (with the British Army) and the Middle East. Mark is currently serving in UNMISS (United Nations’ Mission in South Sudan) as a Senior Military Observer and Commander Australian Contingent. The role involves the military liaison between the UN, government of South Sudan and the rebel factions. Together they have three children, all grown up, and minding their house in Australia while Susan and Mark are both deployed.

Story contributed by Noela O’Donnell AM
Vice President - NCWQ
WHAT ARE NCWQ ADVISERS DOING?

Firstly, a warm welcome to our new NCWQ Health Adviser, Dr Kathryn Mainstone, who has served the community as a Hospital doctor or in private practice for many years. The NCWQ Advisers’ February Reports are briefly summarised below. Please read the full reports on the NCWQ website. I’m sure you will find something of interest.

COMMUNICATIONS:

ARTS, LETTERS and MUSIC:

Jennifer Ann Davies, NCWQ Arts, Letters and Music Adviser paid tribute to

- exhibitions at the National Gallery of Australia - Monet’s 1872 work ‘Impression Sunrise’; the artistic relationship between Matisse & Picasso; works of early Women Artists and Sculptors;
- work of Vanishing Pictures Productions founded by Miranda Darling and Viola Raikhel-Bolot to explicitly tell the stories of women who have wielded soft power to change the course of history e.g. their book Iran Modern: The Empress of Art, about a $US3bn lost art collection assembled by the former empress, Farah Pahlavi in the 1970s;
- the poetry and writing of Maleny poet, Stefanie Bennett; who had been mentored by the great Australian Poet, Judith Wright;
- the musical achievements of Cairns born and London based Soprano, Cassandra Wright;
- the work of Bloom Asia supporting young girls and women who have suffered through human trafficking and inhumane sexual abuses. This group helps the young girls and women find a new future, and critiqued
  - David Zindell ‘s novel, “An epic tale of a quest for a new way of life on earth” about the human race as seen through an orca’s perspective. Arjuna, the orca hero, ponders “What has gone wrong with the human race?”, and observes humanity to determine how he might help us see ourselves as we really are, so that we might be able heal ourselves and our planet;
  - The Subtle Art of Not Giving a F* by Mark Manson who argues that life’s struggles give it meaning. There is lots of wise and serious advice in this book.
  - a theatrical reimagining of Joan Didion’s 1979 collection of essays about the counterculture of the late 1960s with young people expecting to change the world;
  - Never Never, a detective novel exposing the underbelly and personalities of FIFO mining camps in Western Australia - a collaboration between American bestseller, James Patterson and Sunshine Coast graduate Candice Fox;
  - Wearing Paper Dress, by Anne Brinsden - a heartbreaking, melancholy but beautifully written novel full of inventive and haunting imagery about the tough life of women in the Mallee in the 1950s;
  - The ceramic and photographic works of Emily Puxty, and
  - Art of Courtney Coombs.


Jennifer Ann Davies is compiling a paper on Research on Revised Law and Constitutional Changes relating to Domestic Abuse/Domestic Violence in Argentina and Brazil, and advocates changing Australian Law and perhaps establishing Police Stations for Women as in Argentina and Brazil.

NCWQ Research on Revised Law Domestic Abuse Jess Hill.docx

EDUCATION:

Deslyn Taylor, NCWQ Education Adviser updated the Council with the situation of females in STEM (Science, Technology, Engineering and Mathematics) fields and reported on the experiences of women in research organisations and the workforce. She discussed the seven most important Stem skills needed for success.
What are NCWQ Advisers Doing?

1. Statistics
2. Problem-Solving Creativity
3. Creativity
4. Argumentation
5. Intellectual Curiosity
6. Data Driven Decision making
7. Flexibility

Deslyn advocated a combination of two approaches, Constructivism and Cognitive Load Theory, to acquire these skills.


SOCIAL ISSUES:
CHILD, YOUTH and FAMILY:
Leanne Francia, Child, Youth and Family Adviser, alerted us to
- how disasters like the recent bushfires can affect women and families. If already experiencing violence, the additional problems can exacerbate the situation. In her report Leanne details many resources which could help the women,
- how sexual violence is not taken seriously by many in our society and what measures the Government is taking to change this,
- how family violence can lead to homelessness.

Leanne prepared a submission to the Queensland Government advocating the implementation of the National Action Plan for Endometriosis which entails a “Periods, Pain, Endometriosis Program Talk” being implemented in Years 9 and 10 in all high schools across the State.


GENERAL WELL BEING:
HABITAT:
Dr Donnell Davis, NCWQ Habitat Adviser reported on the impact of
- climate change of the livelihood and family life of people in rural and coastal districts,
- the impact of code assessment for development in Brisbane and the privatisation of public land in the Redlands district and
- on a happier note the deliberations of
  - the World Urban Forum which focussed on technology for smarter cities, the practical innovations for planning for climate change and for affordable and adequate housing for vulnerable populations and
  - 15 teams of urban design professionals, community members and ageing advocates, who designed futures for living longer in the Redlands district.


ENVIRONMENT:
Dr Pat Pepper, NCWQ Environment Adviser continued research into the impact of lack of reliable water on regional communities and industries and the environment, and reported on:
- Rainfall projections by CSIRO and the Bureau of Meteorology in the near future (2030) and late in the century (2090) for clusters of Natural Resource Management Regions including the Wet Tropics, the Monsoonal North East, the Central Slopes and the Murray Basin clusters
- Environmental impacts of dams and some mitigating measures.
- Infrastructure Australia (IA; an independent advisory body) listing of a National Water Strategy (strategic planning for water capture, use and management) and an allied initiative Town and City Water Security as High Priority Initiatives for the first time.

NCWQ Environment Adviser’s Report, February 2020. Supporting information on impact of lack of reliable water on regional communities and industries and the environment;
Pat prepared a follow up submission about the impact of Carmichael coal mine on the environment to the Queensland Government urging
- vigilance in ensuring the environmental issues (the flaws in Adani’s groundwater models exposed by CSIRO and Geoscience Australia, the doubt about which underground aquifers feed Doongmabulla Springs, and the lack of substantive corrective measures for reversing future spring-flow impacts from mining) be addressed, given the company’s history of environmental offences,
- the Government to reconsider the granting of critical infrastructure status and an unlimited 60-year water licence to the Company, questioning why preference was given over producers of the country’s food and fibre and the environment.
ORDER OF AUSTRALIA - NCWQ

The Order of Australia is an order of chivalry established on 14 February 1975 by Elizabeth II, Queen of Australia, to recognise Australian citizens and other persons for achievement or meritorious service. Recipients are named twice a year – on Australia Day and the Queen’s Birthday. NCWQ members honoured in January include:

Dr The Honourable Mary Crawford AM. Mary was appointed as a Member of the Order of Australia. Mary has been a contributor to NCWQ over many years: firstly through the Australian Federation University Women (AFUW), and then through Graduate Women. The citation for Mary reads “For significant service to women, and to the people and Parliament of Australia”.

Mary is currently the Vice-President of the Australian Federation of Graduate Women; president of Graduate Women Queensland; a former President and Board Member and current policy analyst for the National Foundation for Australian Women; the Executive Director and Chair of the T J Ryan Foundation; a Visiting Scholar, School of Management at the Queensland University of Technology, School of Management, Faculty of Business and was the Member for Forde in the Australian Parliament from 1987 – 1996.

Georgie Somerset AM. Georgie was appointed as a Member of the Order of Australia “For significant service to primary industry, to women, and to the community”. Georgie is a past President of the Queensland Rural Regional and Remote Women (QRRRWN), an NCWQ affiliated organisation; an Associate member since 1995 and was Adviser for Agriculture 1996 – 1997. Georgie has coordinated joint QRRRWN/NCWQ forums in regional Queensland; spoken at our seminars etc. including about education today for regional families at the 2014 AGM & Conference.

Georgie is also General President of Agforce; has served as a member of the National Rural Advisory Council; Director QRAA (now Queensland Rural and Industry Development Authority) and as a Committee Member of the Rural Skilling and Labour Industry Advisory Group.

She is currently a Director of the Royal Flying Doctor Service and of the Children’s Health Queensland; a Board Member of the Australian Broadcasting Corporation. Georgie has also contributed to the Red Earth Community Foundation, Regional Telecommunications Independent Review, National Foundation for Australian Women as a Chair, Committee Member or office bearer.

Faiza El-Higzi OAM. Faiza served as the NCWQ Economics Adviser from 2008 to 2009. She also filled the role of NCWA Human Rights Adviser. Many times Faiza has given her time as a guest speaker including the 2011 Reinventing Futures Forum at Parliament House.

Faiza has extensive experience in the government and community sector as a board member, manager and volunteer focussing on emerging African, Arab and Islamic communities working with youth, women and refugees.
Currently Faiza is a member of the Queensland Government Multicultural Advisory Council; Board Member of the Queensland Council of Social Service; a member of the Queensland Domestic and Family Violence Implementation Council; the Metro South Health Advisory Council; and is an Executive Board Member of the Islamic Women’s Association of Queensland.

Currently she is a director at the Queensland Council for Social Services, Women Health Queensland and Queensland Ethnic Broadcaster Radio 4EB. Faiza is a member of the Queensland Domestic and Family Violence Implementation Council. She has also worked in strategic policy at both state and federal levels and has completed four post graduate qualifications. She is currently completing a PhD at the University for Queensland focussing on gender studies.

Faiza was recently announced the winner of 2018 Queensland Multicultural Award for Outstanding Individual Achievement.

She was honoured with a Medal of the Order of Australia for service to the community through social welfare organisations.

Victoria Zografos OAM. “For service to the multicultural community of Queensland” Victoria is a long term member of the Women’s Ethnic Network (WEN) and the Ethnic Communities Council Queensland (ECCQ). From 2014 to 2017, Victoria was the delegate to NCWQ and was involved in many WEN/NCWQ meetings and seminars.

Congratulations to all!

The 2020 Australia Day Honours List includes the highest ever percentage of women recipients in the General Division of the Order of Australia – 41.6%
We live in uncertain times, with the restrictions and recommended safeguards changing from day to day. Some organisations have already cancelled meetings and functions with many more considering their options.

NCWQ has already cancelled a bursary coordinators’ meeting – we can accomplish all that we need to electronically. We just miss out on the coffee and chat.

Postponements as of the time of going to print include:

- NCWQ Annual Dinner on 20th May, with guest speaker Police Service Commissioner Katarina Carroll APM – TBA
- The National Council of Women of Australia conference in Adelaide in May – to October

But regardless of the inconveniences along the way, the most important factor is for all of us to stay safe and well; to follow the guidelines as we protect ourselves, our friends and loved ones; and to give a hand to those more vulnerable in our communities.