

NCW ACT Newsletter

Issue 314

July / August 2012

PRESIDENT'S LETTER

Copyright © 2012
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage or retrieval system, without the prior written permission of the publisher.

This is my last letter as President of NCW ACT. It has been a very interesting experience but I must say I am looking forward to having more spare time to catch up on other interests that have been neglected over the last three years.

Since our last Newsletter there have been a number of events on which to report.

In May we held our Presidents' Lunch at the Canberra Southern Cross Yacht Club. It was a lovely autumn day and the Lotus Room overlooking the lake was an ideal venue. Ms Gai Brodtmann, Member for Canberra in the Federal Parliament was our guest speaker. She spoke of her background and her motivation to enter politics and then she spoke very personally to us about the "toxic" atmosphere pervading the Parliament at present. "Misogyny is rife", were her words. It is a very worrying and damaging workplace.

On 5th June I attended a Seminar organised by U3A/Cota entitled "If no one takes up the job – who will grow our food?" The presenter was Mr Geoff Bell, Managing Director, "Year of the Farmer". His statistics on food production were quite sobering. The group is aiming to raise the profile of the whole Agri-Business so as to encourage more young people to realise the opportunities available in Agri-Business. My Report is in this Newsletter.

On 8th June I attended the Generation Next Seminar on "The Mental Health and Wellbeing of Young People in Canberra." It was a very full day with 13 presentations, some of which were quite confronting. A full Report is in this Newsletter.

Our Annual General Meeting will be held on 13th September. In this Newsletter you will also find a Nomination Form for positions on the Executive.

The Application Form for anyone wishing to attend the next "Know your Assembly" Seminar is also enclosed.

A reminder too that our Triennial Conference is to be held here in Canberra on the 5th, 6th, 7th of October. An interesting program has been arranged which includes a day at Parliament House on the Friday, a series of public lectures on the Saturday and Sunday morning reserved for business matters. A Registration Form is enclosed.

Jenny Jarvis President

New ACT Government Website

The ACT Government has developed a new one stop website called ACT Assistance for clients needing support to help with cost of living pressures. ACT Assistance is one source of ACT and Commonwealth funded programs. It helps people discover what's available and where they can find further details. The website was developed for use by the community and has been designed to be used as a tool for community sector workers when supporting clients in financial stress. More Information: Visit www.assistance.act.gov.au

Anna John - Senior Policy Officer Policy and Organisational Services, Community Services Directorate ACT Government Level 4 / 11 Moore St Canberra City GPO Box 158 Canberra ACT 2601 www.act.gov.au



About the project...

The Canberra Centenary Community Tapestry is an 18 month project to design and make a large-scale woven tapestry with input from the Canberra community. The project has been funded through the Canberra 100 Community Initiatives Fund and supported by the Legislative Assembly for the ACT. The tapestry will be woven by Tapestry Coordinator Dan Edwards, with help from the Canberra community and, when finished, will be part of the permanent art collection of the Legislative Assembly of the ACT.

Contribute your photos and other visual records of Canberra

During May, June and July 2012 we will be collecting materials to form a visual 'archive' from which designer Annie Trevillian will develop the design for the final tapestry.

We are seeking photos, objects, maps, memorabilia or mementos that illustrate Canberra, its history and community over the last 100 years. These can be supplied to us as a digital photo (e.g. take a photo of your old school crest or some Canberra Raiders memorabilia) with a short accompanying description.

You can send these to us by email or you can call in to the CCCT Studio in the Textiles Workshop of the ANU and we will photograph your photo or object for you. You can also send us your drawings or design ideas to add to our project archive. Our email address is communitycentenarytapestry@anu.edu.au

Design Workshop – Sunday 27 June

Come along to the Textiles Workshop at the ANU School of Art on Sunday 27 May from 1-4pm and join in a design workshop focusing on Canberra's centenary. This is a free workshop for all ages and no design experience is required. You can also bring along your photos and other Canberra memorabilia and we will photograph it for inclusion in our design archive. RSVP attendance to communitycentenarytapestry@anu.edu.au

Tapestry Weaving Short Course - four Sundays from 17 June to 8 July

Ever wanted to learn loom-based tapestry weaving? Interested in learning to weave so you can assist with weaving the Canberra 100 Community Tapestry? Then enroll for our free Tapestry Weaving Workshop running on four Sundays from 17 June to 8 July. Email communitycentenarytapestry@anu.edu.au for more information or to enrol.

Find out more

Email us at communitycentenarytapestry@anu.edu.au to join our mailing list of events and news, or visit our blog at www.canberra100communitytapestry.com to find out more about the project and opportunities to join in.



This project is made possible by Canberra Centenary Community Initiatives funding. Supported by the Legislative Assembly for the ACT and the Australian National University School of Art

100
CANBERRA





National Council of Women of Australia Ltd

Patron: Her Excellency Ms Quentin Bryce AC CVO



TRIENNIAL CONFERENCE Friday 5TH, Saturday 6TH and Sunday 7TH October 2012

Theme: **WOMEN♀ON THE WAY...STILL WORK TO DO**

NAME: _____		EMAIL:.....	
PHONE: _____		DIETARY REQUIREMENTS:.....	
ADDRESS: _____		
SUBURB: _____ P/CODE: _____			
Attending as a: Delegate Coordinator Adviser		Which State/Territory?	
FULL REGISTRATION: <i>(Please read Program for all inclusions)</i>		Per Registrant ticket price (incl 10% GST)	\$
EARLY BIRD RATE (5, 6* & 7 OCTOBER) Form & payment received from 1 July to 31 August		\$195	
STANDARD RATE – (5, 6* & 7 OCTOBER) Form & payment received from 1 Sept to 4 October		\$230	
CIVIC RECEPTION – Venue (tbc) Friday, 5 October 2012 6.00pm – 7.00pm Reception Partner/Guest Name: (1 guest per Triennial Conference Registrant allowed)		Included in Full Registration NO CHARGE	
CONFERENCE DINNER - The Terrace Restaurant (tbc) 6.30PM Saturday, 6 October 2012 3 Course Meal, Refreshments, Entertainment and Guest Speaker DINNER GUESTS Please list names of guests: Name:		\$110	
		\$110	
DAY REGISTRATION: Friday 5 th 10am-3pm Australian Parliament House only		\$110	
Saturday 6 th (Conference) 9am-5pm Canberra Rex		\$110	
Sunday 7 th (NCWA Mtg Day) 9am-3pm Canberra Rex		\$110	
TOTAL			
<p>Cancellation Policy:- A full refund will be made if cancellation is 1 month before the event. No refunds for cancellations within 1 month of start date. A substitution will be allowed. *Early Bird, Standard & Day Registration do not include dinner. Interested observers are welcome at the NCWA Meeting Day. All forms & payments should be sent to NCWA Office.</p>			

Payment Options – Only form becomes a Tax Invoice on completion of Payment – ABN 46 061 777 937

Visa or MasterCard: Card Number: _____ Expiry Date: / CVV (3 digits): _____ Name on Card: Signature: Amount: \$	EFT: Name of Account: NCWA BSB: 015 311 Account #: 2602 34665 Ref: (Surname) 2012 Cheques: Payable to NCWA Money Order: Payable to NCWA
National Council of Women of Australia (NCWA) Unit 2, 39-41 Geils Court DEAKIN WBST ACT 2600 Ph: (02) 6285 2337 Fax: (02) 6282 7191 Email: info@ncwa.org.au	

**PLEASE DO NOT PAY
ANYTHING UNTIL AFTER
1 JULY 2012**

Public Liability Insurance (PLI) changes for Albert Hall

This newsletter has been printed with the kind assistance of the office of Gai Brodtmann, Member for Canberra. The views expressed in this newsletter may not reflect those of the member.

In the web address below is an announcement about new arrangements on PLI requirements for the use of Albert Hall from 1 July 2012. It will be of very considerable interest to all Friends of the Albert Hall and the wider Canberra community.

www.cmd.act.gov.au/open_government/inform/act_government_media_releases/gallagher/2012/albert_hall_and_yarralumla_woolshed_now_more_accessible_to_the_community

The Friends warmly welcomes this new ACT government policy on PLI. The new arrangements will make Albert Hall very much more accessible and affordable to individual users and to unincorporated community groups. It is a very good outcome for the community and for far wider community use of Albert Hall.

With these new arrangements, individual hirers and unincorporated groups will be able use the Hall without the onerous requirement for \$20m cover of PLI. For an additional approximately \$150 (ex-GST) on the hiring fee the cost of the PLI will be covered!

We encourage you to let your friends and other potential users know about this change. The options for individual community use are extensive – and could include weddings, birthdays, dinners, small concerts, musical evenings, book launches, lectures, memorial services etc, which are now possible at a very much lesser cost.

We would also like this new approach to be extended a bit further - to a wider range of incorporated community groups - and we will be talking to the ACT government about this during the year long trial period.

ACT Budget funds for Albert Hall

The Friends also warmly welcomes the \$130,000 in the most recent ACT Budget to upgrade to the main entrance of Albert Hall. The Friends is a member of the Capital Works Reference Group that will be involved in the design for the upgrade.

Di Johnstone

Secretary, Friends of the Albert Hall Inc PO Box 9453 Deakin ACT 2600
www.ouralberthall.com < info@ouralberthall.com

Friends of the Albert Hall Inc is an organization for groups and individuals interested in the future of Canberra's historic Albert Hall. Please advise if you know someone who would like to be on the list.

RAFFLE RESULTS - Presidents ' Lunch held in May .

We made \$440 which was great

Congratulations to all the winners and a BIG thank you to those who donated prizes.

1st Prize Patchwork Quilt -Donated by The Thursday Friendship Group at Addicted to Fabric -
Ticket OrangeA 68- **Jacqueline Ingarfield**

2nd Prize Gift Voucher-Value \$90 -Donated by The Southern Cross Club-
Ticket OrangeA28- **Wendy Gray**

3rd Prize- Joan Prince Painting-Donated by Roslyn Dixon
Ticket OrangeA27- **Wendy Gray**

4th Prize-Royal Doulton Teacup saucer and plate-Donated by Laurayne Bowler
Ticket OrangeA80 -**Sally Davis**

5th Prize - Glass necklace and earrings -Donated by Wendy Saclier
Ticket PurpleD23-**Pamela Rothman**

Thank you to David and Julie Biles for donating bottles of wine for the lucky door prize

RISKS AND BENEFITS OF SUN EXPOSURE

A balance is required between avoiding an increase in the risk of skin cancer by excessive sun exposure and achieving enough sun exposure to maintain adequate vitamin D levels.

Sun exposure is the cause of around 99% of non-melanoma skin cancers and 95% of melanomas in Australia, however, exposure to small amounts of sunlight is also essential to good health. Ultraviolet radiation B (UVB) is the component

*This newsletter has been printed with the kind assistance of the office of Gai Brodtmann, Member for Canberra.
The views expressed in this newsletter may not reflect those of the member.*

of sunlight that is most likely to be responsible for both its beneficial and its harmful health effects. In Australia, where UVB levels are in the high to extreme range for much of the year, sun protective measures to reduce the incidence of skin cancer must continue to be a high public health priority.

The majority of Australians are thought to have sufficient UVB exposure from sunlight to ensure adequate vitamin D production ñ serum 25-hydroxy vitamin D levels >50 nanomoles/Litre (nmol/L) ñ to form and maintain healthy, strong bones.

Vitamin D forms in the skin as a result of UVB exposure, but few studies have investigated the amount of UVB that people require to make enough vitamin D. There is evidence to suggest that prolonged sun exposure does not cause Vitamin D levels to continue to increase. Therefore, people should continue to protect themselves from overexposure, especially during peak ultraviolet radiation periods (10 am to 3 pm). Further scientific investigation of the amount of ultraviolet radiation exposure required to ensure adequate vitamin D levels for people of different skin types in Australia is needed.

People who are at risk of vitamin D deficiency may need vitamin D supplementation if their exposure to ultraviolet radiation is not adequate. People living in the southern regions of Australia have a higher risk of vitamin D deficiency, particularly during the winter months.

General information on vitamins, from the DAA website: <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/vitamins/>

- More detailed information on vitamins can be found from the Nutrient Reference Value documents: <http://www.nrv.gov.au/nutrients/index.htm> (this contains information on requirements for all of the different nutrients – just click on the ones you’re after).
- On vitamin D. -some useful information on the Cancer Council of Australia’s website: <http://www.cancer.org.au/cancersmartlifestyle/SunSmart/VitaminD.htm>

Beryl Evans

AGEING ADVISER’S REPORT

National level: Low paid employees in aged care were omitted from Fair Work Australia’s minimum wage case last February, that delivered wage increases from 26-43%. At the NSW ALP annual conference (July 2012), the Prime Minister announced a commonwealth allocation of \$1 billion to help redress this inequality for the excluded work categories. However, that fact that a successful outcome depends on budget allocations from the states suggests further prolonged delays.

Householders expect their budgets to be affected adversely as a result of the introduction of carbon pricing on 1 July, but the extent is largely guesswork. As far as age pensioners are concerned, and people on similar incomes, the federal government has allocated cash grants and adjusted income tax rates and thresholds to ease the pressure. As a result many people in this group will no longer pay income tax or need to submit a tax return. The depressed retail sector is already reporting a boost to trading attributed to the cash grants made to low and middle wage earners. Furthermore, the private health insurance rebate for people with low to middle incomes will not be reduced in 2012-13.

Media reports that banks are keen to do away with cheques have resurfaced, with the elderly, disabled people and residents of remote areas identified as potentially the most severely disadvantaged clients. NCW.A has already registered concern about this idea, and we need to remain vigilant for attempts by the banking industry to make such as change. At least one medical research foundation has also condemned the suggestion, noting that many of their donations are made as cheques.

Local level: Earthworks on the section formerly occupied by Griffith Primary School have begun, with residential aged care facilities to occupy part of the site.

The psychology of ageing is not well understood, but a researcher at Charles Sturt University has confirmed the popular image of long-winded, older storytellers. In contrast with 96% of a group of participants aged 18-49 years, only 50% of a sample of healthy people aged 65 + years were able to condense their stories on repetition while returning salient details. Half the older group was perceived as unable to form a mental representation of the story or its overall point. In

the light of these results, the researcher suggested some older people might have a corresponding difficulty when receiving detail, for example, during medical consultations.

Anne MacDonald

ARTS AND LETTERS

The Renaissance Exhibition at the National Gallery of Australia (December 2011-April 2012) was an outstanding and very popular exhibition of 15th and 16th Italian paintings which was attended by thousands of people including many visitors from overseas and interstate.

This summer the gallery will be host to works by the French artist Henri de Toulouse-Lautrec.

The ACT Arts Policy Framework in its draft form was announced in February 2012 for public comment and closed in April.

The vision aims "To encourage a high level of interest and innovation in the Arts - central to the cultural richness of the ACT"(The ACT has the highest attendance at cultural venues and events-93%-than any other jurisdiction in Australia-Bureau of Statistics 2010)

The Goals as stated are as follows:

- 1.To increase community participation and access to the Arts.
- 2.To support artistic excellence and artistic diversity in the ACT.
- 3.To strengthen the capacity of the Arts to contribute to social and economic outcomes in the ACT.
- 4.To foster artistic innovation, creative thinking and sustainability.

The Policy is to be announced in the near future.

The renowned poet Rosemary Dobson died at age 92 in June 2012 here in Canberra where she had resided since 1971. She had a long and prolific career as a poet and her works were recognised through many awards including the Age Book of the Year Award in 2001 for her 'Untold Lives and Later Poems' She received her first literary award in 1948 and published a total of fourteen volumes of poetry - a wonderful legacy for Australian literature.

Wendy Saclier

Vale Freda Stephenson 11. 8.1923 - 19. 7.2012 . With sorrow we note the passing of Freda, the author of the first History of NCW ACT ' **Capital Women NCW 1939 - 1979**' Our sincere condolences are given to her husband Eric and family. Freda's funeral is on 27 July.

RIO+20 UNITED NATIONS EARTH SUMMIT, JUNE 2012.

Generally the media described the June Rio+20 Earth summit as a failure, but closer reading indicates that quite significant changes were being made.

The Sydney Morning Herald, 23/6/12, reported: "It reached a non-binding political agreement, which was so denuded of any concrete commitments many observers labelled it meaningless. Which is not to say that there was no progress, but that the most interesting things were happening on the sidelines.

Increasingly, governments and lobbyists are working around the faltering international talks, rather than through them, and using the formal UN negotiating sessions as a convenient gathering of experts interested in achieving similar ends. The talks failed to strike a grand bargain on new "sustainable development goals", for example.

But Korean President Lee Myung-bak persuaded scores of countries to contribute money to expanding his Global Green Growth Institute, a body that provides developing countries with practical financial and technical information to make informed policy decisions. Australia was one of the largest donors with \$15 million. (Also, Australia has significantly increased its marine protection areas. See: <http://www.environment.gov.au/marinereserves>). One of the conference's biggest failures was its inability to even start talks on rules governing the exploitation of the high seas.

But Indonesian President Bambang Yudhoyono attracted both money and political support for his "coral triangle" - oceans between Indonesia, Malaysia, the Philippines and Papua New Guinea that contain 76 per cent of the world's coral species and 37 per cent of coral fish. Australia gave \$8 million.

And a new focus for campaigners is to abandon efforts to get governments to agree on worldwide changes, and to instead focus on persuading financial institutions to change how they invest money. Dr Wolfgang Engshuber chairs the Principles for Responsible Investment - a UN-founded body that has persuaded 1000 institutional investors, with more than \$32 trillion under management, to agree to consider social and environmental costs when they make investment

*This newsletter has been printed with the kind assistance of the office of Gai Brodtmann, Member for Canberra.
The views expressed in this newsletter may not reflect those of the member.*

decisions. "Over time we think it will change how they invest," says the former senior executive (SMH 23/6/12)

Sustainable development was described by the former Norwegian Prime Minister, Gro Brundtland as "to meet the needs of the present without compromising the ability of future generations to meet their needs."

Todd Stern : "We have done some important things institutionally, including significantly strengthening UNEP in the UN system, also establishing a new high-level forum on sustainable development in the UN in New York focusing on a variety of ways to manage our vital natural resources more effectively and efficiently. (USA Negotiator at Rio+20, Todd Stern, reported The Guardian, June 2012.)

Another change was: "The International Human Dimensions Programme on Global Environmental Change (IHDP) proudly announces the launch of the Inclusive Wealth Report 2012 (IWR 2012) (See: www.ihdp.unu.edu/article/iwr)

The report presents a framework that offers a long-term perspective on human well-being and sustainability, based on a comprehensive analysis of nations' productive base and their link to economic development.

The IWR 2012 was developed on the notion that current economic production indicators such as gross domestic product (GDP) and the Human Development Index (HDI) are insufficient, as they fail to reflect the state of natural resources or ecological conditions, and focus exclusively on the short term, without indicating whether national policies are sustainable. They fail to reflect the state of natural resources or ecological conditions, and focus exclusively on the short term without indicating whether national policies are sustainable over time. Without this information we will not know if short-term GDP growth comes at the expense of our natural assets.

In response to this urgent need for new methods of wealth accounting, the Inclusive Wealth Report 2012 (IWR 2012) presents a promising economic index that offers a comprehensive analysis of a nation's progress, well-being, and long-term sustainability. The Inclusive Wealth Index (IWI) assesses changes in a country's productive base, including produced, human, and natural capital over time.

Most importantly, as the IWI takes a more holistic approach to calculating a country's wealth, it provides national governments and planning authorities with a valuable tool to inform their macroeconomic planning and to determine if investments are targeted towards increasing society's well-being and sustainability."

"Among others, it assesses countries' investments for manufactured capital, education and wages for human capital, and renewable and non-renewable natural resources such as forest resources, fossil fuels, and minerals for natural capital."

Grounded in theory and research, the IWI is based on a theoretical model of inclusive wealth developed by Nobel Laureate Kenneth Arrow and colleagues and was developed under the scientific advice of Sir Partha Dasgupta, Frank Ramsey Professor Emeritus of Economics at the University of Cambridge.

In the New Scientist, according to Fred Pearce at Rio de Janeiro, 27.6.2012) reported:" UNEP launched its pilot Inclusive Wealth Index, which lumps together the manufactured, natural and human wealth of 20 nations to deduce the sustainability of their growth. This suggests that China badly needs its ecocompensation schemes. Its GDP grew fourfold in the past 20 years but the index estimated that its natural capital declined by 17 per cent in that time. Its "inclusive wealth" has in consequence risen only 42 per cent. Russia, Venezuela, Saudi Arabia, South Africa and Nigeria all showed declining inclusive wealth."

"The final summit declaration did endorse green economics, but only as an adjunct to economic development... Despite this, UN agencies, international bodies like the World Bank, and western corporations and governments all appeared convinced here that green economics was the only way to achieve the goals of environmental sustainability and social progress. Gone are the days of grand declarations orchestrated by the UN to save the world. The feeling was that businesses and national interests are the key levers."

Report by Will Steffen. Will Steffen is a Climate Commissioner with the Climate Commission, a Government-funded but independent body. He is on the panel of experts supporting the Multi-Party Climate Change Committee, has served as the Science Adviser to the Australian Department of Climate Change and Energy Efficiency, and is a guest researcher at the Stockholm Resilience Centre.

"At Rio+20, a group of more than 25 Nobel Laureates – prize winners in physics, chemistry, medicine, and economics – has been working over the past four years with some of the world's leading Earth System scientists to explore the implications for our future of the growing human pressure on the earth's environment. Their message was clear, simple and powerful. A healthy and well functioning global environment underpins the economy and is essential for our well-being, and yet our current development pathways are eroding our own life support system from under our feet. Climate change is the most well-known symptom, but the rapid loss of biodiversity is just as serious.

While the draft Rio+20 conference statement put forward many extremely important goals for sustainable development, such as eliminating poverty, achieving gender equity and reducing the inequalities between countries, the global environment was shoved into the background, virtually invisible in a mass of words that seemed to capture every country's and interest group's favourite issue."

"Australia's pricing of carbon pollution and its recent significant increase in marine protected areas, which incidentally address two of the most important planetary boundaries, did not go unnoticed. It was good to go to Rio from a country that is walking the talk."

This newsletter has been printed with the kind assistance of the office of Gai Brodtmann, Member for Canberra. The views expressed in this newsletter may not reflect those of the member.

“Many of the scientists at the Rio+20 conference were dismayed to see references to planetary boundaries disappear from the [official conference statement](#). Last-ditch efforts were made to get the concept reinstated. But, in fact, the dropping of planetary boundaries from the statement is, ironically, a good sign that the transformation to a low-carbon, biodiversity-friendly future is gathering momentum.

Conference statements like that from Rio+20 invariably contain long lists of goals, aspirations and exhortations. The list is long because the items are either already well known and universally accepted – like eliminating poverty – or are non-threatening to the current development approach.

The concept of planetary boundaries challenges the belief that resources are either limitless or infinitely substitutable. It threatens the business-as-usual approach to economic growth.

Planetary boundaries will not go away. The intrinsic limits to the amount of resources and environmental services that humanity can extract safely from the Earth System cannot be eliminated by wishful thinking, denial, or omission from official sustainable development conference statements. It is simply the nature of the planet we inhabit. Science will continue to improve our understanding of the planet’s boundaries. But rather than retarding further human development, the concept can help to redirect the creative and innovative human spirit towards continuing advances in prosperity and well-being, but now within the safe operating space defined by Earth itself.”(Ref: www.theconversation.edu.au)

Wendy Rainbird, NCW Australia, Environment Advisor. July, 2012.

From The Nutrition Advisers

WOMEN & HEARTt DISEASE ; the importance of a Well Balanced Diet & Exercise Program.

EGGS On a low cholesterol diet; now 6 eggs / week allowed. (was 2/week years ago).

MONOUNSATURATED & POLYUNSATURATED OILS Include them daily in moderation; examples are; olive oil, canola oil, safflower, sunflower and sesame oils.

FRUIT (2) & VEGETABLES (5) minimum per day. Home grown is best; can grow in pots. Cut fruit up after a family meal and enjoy conversation. (TV off !)

SALT Take the salt pot off the table and out of the kitchen. Substitute with a variety of fresh pepper in pots and fresh lemon juice. In cooking, try fresh curry & fresh herbs.

SALT Encourage the local Technical College, Trainee Chefs to offer ‘Double Tick Luncheons /Food with Flair Occasions’. Have an interested Doctor and a Dietitian to speak about ‘Salt & Health’ and enjoy conversation around the table. The NCW (ACT) have helped support local Apprentice Chefs with serving ‘Heart Healthy’ & ‘Menieres Friendly’ Lunches to > 250 people (on 7 occasions) at The Canberra Institute of Technology (CIT). Guest Speaker, GP Dr. Tom Gavranic OAM and Accredited Practicing Dietitian, Wendy Gray assist with questions and answers. Afterwards the Culinary Skills Teacher/Chef, Harry Stevenson and his Apprentices (8-13 no.) explain about their choice of menu items and how they were prepared. Attendees complete a questionnaire (designed by Dr Trevor Beard OA). So far > 85% have said they would pay for a meal like this, in a Restaurant.

AGEING WELL in the ACT; a Research Seminar Day organized by The Australian Association of Gerontology (Canberra Branch) included a Presentation by the new Professor of Nutrition and Dietetics at the University of Canberra, Lauren Williams:-She stated ‘There are half a billion obese people in the world’ ‘The prevalence of obesity has more than doubled since 1980’. Obesity means a BMI > 30 & maximum waist measurements of 80- 88 cm (F) & 94-102 cm (M). (World Health Organisation 1995). Professor Williams says ‘Obesity Treatment is expensive and disheartening; it may be more effective to prevent excessive weight gain. Population weight gain is a problem of genetics & the environment (physical and social). Regarding the 86-91 age group; Dietitians are more concerned with malnutrition and underweight. The optimal weight for this group is in the ‘overweight’ range (BMI > 30). This group have to get to a BMI of >35 before they are at the same risk as the Underweight Group.

Wendy Gray APD AN & Beryl Evans MDAA

NCW ACT ENVIRONMENT REPORT

Transport: The ACT Government has been installing Charge Spots around Canberra for electric cars. Recently their scheme Better Place has teamed with the Holden built “Volt” , which says it is one of the first, in Australia which can go a long distance. The specifications state that due to a small petrol engine, it can boost the electric motor to travel for about 600 kms. Better Place states:” we'll offer Volt customers a range of membership packages that will help maximise their electric kilometres and charge their Volt more quickly. The packages will include the installation of a Charge Spot unit at home or work, and zero emissions charging, provided through the purchase of renewable energy or 100% Government certified renewable energy certificates.” (Email 11/7/12.)

- Education: Now that sustainability is a National Across Curricula Priority, the SEE Change group has been developing the 2020 Vision Project, and engaging with more schools. It is to run, with the ACT Education and Training Directorate, a Professional Development Course for teachers on 24th July.

It plans to have another Festival of Young Ideas about living more sustainably, in 2013, and to hold a Parliament of Youth at Parliament House in July 2013, about these issues, as part of the “Centenary 2020 Vision” project. Each ACT School will be invited to send 2 representatives from five year bands to Parliament House for two days of sharing ideas about how to achieve a sustainable Canberra and celebrating the innovation and spirit of our young people.

- * **Home heating:** SEE Change groups offer members workshops on easy ways, for example, to draught-proof your home, thus saving on heating costs:

“In early June our Canberra Clean Energy Connection team braved the elements to put on an information stall at Bunnings store in Fyshwick. They were so popular that they've been invited back. This Saturday 21st July you can find out for yourself why they were such a hit by getting along to the Bunnings store in Fyshwick to see our display including electric cars, portable solar panels and all the latest information on community solar projects in Canberra.

- * **Electricity prices in the ACT:** I sent a submission to ACTEWAGL about the increased costs of electricity being the same for fossil fuel power as for renewable power. So instead of charging the 14.2% attributed to the carbon price, those in Greenchoice (renewable power sourced electricity), should no longer be paying the 7.5kWh extra nor should they be paying for the extra 14.2% charge. The whole point of a price on carbon-emitting sources, is to reduce the use of power from those polluting sources and to make renewable energy sources more attractive.

Wendy Rainbird.

GENERATION NEXT SEMINAR 2012 THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE

This was a day filled with 13 presentations on the topic of mental health focussing on young people. I must say I found parts of it very distressing. It was introduced by Doctor Ramesh Manocha, the Chairman of Generation Next, who stressed the need to understand the causes of mental health problems in young people e.g. the cultural, social influences, the childhood issues, the issues surrounding a changing society and the social media that can ruin lives.

Prof. Deborah Rickwood – Headspace.

Headspace caters for the 12 – 25 year age group. It is run by the National Youth Mental Health Foundation. It provides in person, on line and telephone services. The ACT unit is situated at Canberra University. Some statistics;- 1 in 4 young people live with a mental illness, 75% of mental health problems emerge before age 25, suicide is the leading cause of death in young people, only 13% of males and 31% of females aged 16 – 24 seek help. Young people present with a broad range of issues affecting their mental health e.g. depression, anxiety, homelessness, bullying, abuse, relationship difficulties.

Prof. Michael Nagel – Re-Understanding the Brain.

You really needed a medical background to follow much of this lecture. In short the brain develops as we grow and age – deprived environments hamper growth considerably. The brain is plastic, ever changing. Adolescents use less

prefrontal cortex than adults when reading emotions. The prefrontal lobe is responsible for planning, anticipation, attention, concentration, empathy and analysis. Does this help to understand your teenager?

Dr. Wayne Warburton – Violent Video Games & Violent Behaviour.

The main message from this lecture was – “Just as you are what you eat” so “you are what you watch”. The jury is not still out on violent games. There is very little controversy by researchers on the effects of watching violence. Research indicates the more violence you watch, there is an increase in aggressive behaviour, children become more fearful, there develops emotional desensitisation to violence. Because this issue is unpopular with both right wing politicians [media is big business] and left wing politicians [civil liberty issues], it gets very little political traction and attracts considerable uncorrected misinformation. We need to increase both public and political awareness.

Dr. Rick Kausman – If not Dieting, then what?

There is very little evidence that “Dieting” lasts long term. Weight loss dieting increases the chance of weight gain and is often the path to eating disorders. We need to encourage healthy eating and a positive attitude towards food. Don’t use “good” or “bad” labels. Instead use “everyday food” and “sometimes food”. Eat slowly, savour and enjoy your food. [We did a Mars Bar experiment]. Physical exercise is very important.

Susan McLean – Cyberbullying.

It is a criminal offence, is pervasive, is occurring among the very young, is psychologically damaging and can have catastrophic consequences. Sexting – trades images, used by web sites as pornography, encourages on line grooming by paedophiles. Safety update – Technology is fabulous but can cause real problems e.g. on Facebook nothing is private, nothing can be deleted, never anonymous, always leaves a footprint. Never share your password, change it regularly. Your digital reputation is your currency – protect it. Under 13 – not allowed on Facebook, however mums often set it up for them. “Be responsible digital citizens.”

Jill Pearman – Whole School Approaches to Mental Health.

This lecture mainly directed towards Teachers. It showed an interesting exercise with a set of stairs right beside an escalator. The stairs were painted as a piano keyboard. The camera observed the participants. Which was the most fun? The session focussed on having fun, promoting healthy effort, developing an ethos of resilience, using multiple strategies, having a unifying purpose, creating a protective environment and increasing social and emotional skills. Resources quoted were Mind Matter and Kids Matter

Andrew Fuller – Suicide and Self Harm.

Steps to help avoid both of these :-* Increase Belonging – the sense of belonging is the most powerful antidote to suicide, violence and substance abuse. * Meaningful Employment – creates a sense of being valued. *Affirmation – ensure every child receives affirmation. *Time – busier lives come at a great cost and that cost is seen often in our children. * Reduce economic inequality – create balance. * Protect Childhood – human rights issue. * Make better use of the fact that we are spiritual beings. * Teach resilience

Prof. Michael Bernard – Helping Young People Thrive and Flourish.

This session evolved into 4 parts:-

Discovery – Student wellbeing, social and emotional factors.

The Role of Thinking – Positive versus Negative. The role of thinking was found to be very important e.g.

HAPPENING	THINKING	FEELING	BEHAVIOUR
Teasing	No one likes me Lonely	Withdrawn	Worthless

Self Acceptance – appreciate who you are, positive emotional life satisfaction.

The PERMA model for flourishing.

P- positive emotion; E- engagement; R – relationships; M – meaningful activity; A – accomplishment.

Dr. Ramish Manocha – Meditation in the Classroom.

Mental stillness is an evidence based meditation strategy aimed at providing young people in schools with a simplified, secular adaptation of meditation suitable for the school environment to enhance resilience and wellbeing. Recently a quality Audit was completed of a 12 month program conducted on a class of third grade children who had been taught mental stillness skills for ten minutes every day. The results were very encouraging. We were then treated to a similar ten minute session of meditation.

Dr. John Irvine – Dealing with Dysfunctional Families & Disengaged Parents.

Teachers are dealing more and more with children from dysfunctional families and disengaged parents. “Community” has disappeared for many in our modern society. The model suggested needs a correlation of services from – School to School Resources to Home: School to Community Resources to Home It needs a Home, School, Community partnership. Some schools have experimented by asking parents to list their interests and skills on the child’s Enrolment Form. This way some parents may be called on to assist other parents with similar problems, thus creating a better functioning School Community.

Melinda Tankard Reist – Porn and its Impact on Young People. A very disturbing topic to finish the day with. Porn sites are attracting more and more younger people. They use names such as Dorothy the Dinosaur, The Simpsons and other children's programs but these programs contain X Rated pornographic material. 12 – 17 year olds watch more porn than any other age group. 70% of boys have viewed pornography by age 15. Both boys and girls are being shaped in their sex education by what they observe on these programs – violence and abuse is considered “sexy”. It's “cool” to experiment with various forms of sexual behaviour. Girls are more liable to finish up with throat cancer, incontinence, pregnant or even dead.

Jenny Jarvis

SOME PERKS OF BEING OLDER

*Your joints are more accurate meteorologists than the weather bureau.
Your secrets are safe with your friends because they can't remember them either.
You quit holding in your stomach no matter who walks into the room.
You enjoy hearing about other people's operations.
You have a party and the neighbours don't even realize it.
There is nothing left to learn the hard way.*

EXECUTIVE 2011 – 2012

President:	Jenny Jarvis
Vice Presidents	Wendy Saclier, Jacqueline Hipwell
Secretariers	Roslyn Dixon, Laurayne Bowler
Treasurer	Coral Fleming
Roll Secretary	Jean Hodgkinson
Convenor of Standing Committees	Julie Biles
Committee Women	Wendy Gray, Margaret Smith

ACT AFFILIATES 2011-2012

ORGANISATIONS

Anglican Women's Diocesan Council, Jane Walsh; Australian Church Women ACT Unit, Angela Devlin; Australian Federation of Graduate Women ACT Branch, Beryl Evans; Canberra Baptist Ladies Fellowship, In Abrahamffy; Canberra Mothercraft Society, Wendy Saclier; Catholic Women's League Central Region, Jacqueline Hipwell; Country Women's Association Canberra Branch, Phoebe Bischoff; Morling Lodge Auxiliary, Dorothy Mc Master; National Council of Jewish Women of Australia Canberra Section, Pam Rothman; Pan Pacific & SE Asia Women's Association ACT Inc, Jean Bennett; St Andrew's Presbyterian Women's Association Evening Fellowship, Jessie Middlemiss; Salvation Army ACT & South N.S.W. Region, Soroptimist International of Canberra Inc, Laurayne Bowler; View Clubs of Australia, Susan Groenhout; Yarralumla Uniting Church Adult Fellowship., Margaret Lawton.

ASSOCIATE MEMBERS

Constance Aronsen, Helen Baker, Molly Bailkowski, Jan Brown, Frances Bulbrook, Jane Craig, Patricia Dart, Wendy Gray, Pauline Haldane, Jean Hodgkinson, Viola Kalokerinos, Rae Mann OAM, Anne MacDonald, Julie Morris, Barbara Murray, Wendy Rainbird, Helen Raymond, Margaret Smith, Dr Helen Wiles, Dr Patricia Wood.

LIFE MEMBERS

Julie Biles OAM, Robin Davis, Rita Dodson, Alice Engel, Beryl Evans, Coral Fleming, Monica Glenn OAM, Jenny Jarvis, June Laszlo, Margery Smyth OAM, Jean Thomson OAM

CONSUMER AFFAIRS REPORT

New Credit Card Laws came into operation on July 1st.

According to a Reserve Bank Survey, Credit Card debt has blown out to \$49 billion and borrowers will be slugged with a record \$1.31 billion in fees.

Demand for Financial Advice Services has increased by 25% in the last year.

With the new laws Card lenders;

*are banned from offering limit increases on cards without customer approval.

*must provide monthly statements that show how long it will take to repay the entire balance if only the minimum amount is paid.

*must provide clearer details on interest free periods.

There are also changes in procedures when issuing new Credit Cards.

Food Worries.

There are accusations that Woolworths is making "brutal" demands on suppliers to lower their prices. As a result, food production may become unviable for many farmers. This will, in the long term, have drastic repercussions for Australia's food security.

The big chains, as a consequence, will import a lot of their products at a much cheaper price.

Coles and Woolworths are at least Australian owned, but they are competing with foreign owned companies such as Aldi and Cosco who sell at lower prices.

The message from the "Year of the Farmer" group is BUY AUSTRALIAN- even if it costs a little more. It becomes an investment in Australia's farming industry.

Australian Food Statistics 2010-11. [Canberra Times 16/07/12]

*Australia's food imports rose by \$500 million [5%] over the previous year.

*Australia dropped from 14th to 16th on the list of world food exporters.

*Employment on farm and fisheries sector has dropped by 1/3 since 2000-01.

Another problem is the loss of productive land. Interestingly much of the best farming land is lost to urban development and hobby farms. The mining industry is also to blame, however some of the land reclaimed for mining is "marginal" land.

Jenny Jarvis. Adviser

YEAR OF THE FARMER – OUR FARMERS, OUR FUTURE

This Seminar was conducted by U3A/COTA in conjunction with a representative from the "Year of the Farmer".

It is a year long celebration of the vital role Farmers play in feeding, clothing and housing us all. It is hoped to raise the profile of farming and show how Australia's farmers are leading the world in innovation and technology.

It also aims to raise the profile of the whole "agri-business", which encompasses so much of our daily lives, and also to highlight the exciting opportunities available for young men and women to pursue a career in this growth industry.

Agriculture is big business. It contributes \$400 billion or 30% of our Gross Domestic Product.

We produce more than 93% of Australia's fresh food and export twice as much again. [enough to feed 60 million people]. The major exports are grain and beef.

Farming can be a demanding business, with many obstacles – drought, bush fires, locusts, at the mercy of markets, hard work and living in areas with limited infrastructure.

How can we find people to work in this business?

1. Change the image of farming.
2. Have whole of Government, bipartisan approach to support future food production.
3. Find ways to ensure Farmers receive a fair days pay for a fair days work plus a return on their investment.
4. Minimise red tape and regulation.
5. Encourage young people in cities to look outwards.
6. Retain people in country areas by improving "life style" areas such as health, education and infrastructure.
7. Go looking for workers both short term and long term.

Year of the Farmer representatives are working with Careers Advisors in schools and holding career expo days to encourage participation in the farming industry.

With a growing world population Australia must be prepared to play a leading role in feeding the extra population.

We must not let our rural industries and services continue to decline.

Our food security is vital.

Their final plea – buy Australian fresh food .

N.B. Price wars between supermarkets at the retail level can be so damaging as to make growing some foods unsustainable.

Jenny Jarvis

On one flight with a very "senior" flight attendant crew, the pilot said,

"Ladies and gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."

NATIONAL COUNCIL OF WOMEN OF ACT INC

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the National Council of Women of Australian Capital Territory Inc. will be held at the Yarralumla Uniting Church Rooms, Denman Street, Yarralumla, on Thursday 13 September 2012 at 12 noon when a light lunch will be served, and the meeting will commence at 12.30pm.

All affiliated organizations are reminded that their two delegates will be eligible to vote at the normal business of the AGM but only if organizations are financial. All Associates are also urged to attend as you now have an individual vote.

The printed Annual Report will be available at the meeting.

Nominations for 2012-2013 Executive.

Nomination for all officers and executive of the Council are now called for and are required to be in the hands of the Secretary not later than 29 August. The positions to be filled are: President, two Vice Presidents, Secretary, Assistant Secretary, Treasurer, Co-ordinator of Standing Committees, Roll Secretary and two Committeewomen.

The present office holders are listed on the back page of the newsletter. All delegates and associate members are eligible for nomination to any position.

The nomination form below may be used for any of the positions mentioned. Please complete and return to the Secretary, NCW ACT, PO Box 3028, Manuka ACT 2603 by 29 August 2012.

National Council of Women of ACT Inc.

Nomination Form 2012-2013

I nominate..... for the position of

Signed (Nominator)

I second the above nomination Signed(Seconder)

I consent to the above nomination. I am a delegate for

I am an Associate member.(delete whichever is inapplicable)

Signed Nominee)(Date)

DATES FOR THE DIARY

- 13 August International Left handed day
- Thursday 23 August **Know your Assembly** - see flier in thjs newsletter
- 27 Aug Meal on wheels Day
- 30 August international Day of the Disappeared
- September 10 International Gynaecological Awareness Day Information at
<http://www.gain.org.au/int.gynae.day>
www.kathmazzella.com
- October 26 ACW World Community Day - details later.

NCW ACT Meeting Dates 2012

- Executive** Monday 6 August 2012 at 10 a.m.
Monday 3 September 2012 at 10 a.m.
Monday 1 October 2012 at 10 a.m.
- Assembly** Thursday 9 August 2012 – 12 noon for Lunch
- AGM** Thursday 13 September AGM 12 noon for Lunch
Each Organisation has two delegates All welcome
- Thursday 11 October 2012 – 12 noon for Lunch
Thursday 8 November 2012 – 12 noon for Lunch

All Assemblies are held at Yarralumla Uniting Church Centre Denman Street, Yarralumla
Meetings commence with Lunch , followed by the meeting, usually over by 2.30 pm

NCW Adviser's Meeting Contact Julie Biles OAM on 6281 5637

NCW NEWSLETTER - November 2012 CLOSING DATE

The next newsletter will be produced in October 2012 for November 2012
Please send items to the editor

Jean Thomson OAM before 15 October 2012 to elabeach@thomzone.com