

# NCW ACT Newsletter

Issue 313

April / May 2012

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## PRESIDENT'S LETTER

The leaves are turning, that means winter is approaching, and yet it seems we have only just begun the year 2012.

We have put in a comprehensive submission to the ACT Budget. The main items are as follows –

**Housing** – particularly low cost housing and/or accommodation for women. In 2011 construction of almost 300 public housing units for older Canberrans was completed.

This does not cater for younger women who find they need low cost accommodation. For example, women coming out of prison or women leaving abusive relationships etc.

**Health** – ACT has a strategic plan for healthy ageing. Preventative measures right across age groups need to be vigorously encouraged. **Transport** - Our bus system is inadequate for a fast growing city. So many people drive cars to work and this in turn creates huge parking problems. **Ambulance** – The cost of using an ambulance is very high and out of range of low income earners who are not covered by Health Insurance or Concession cards. **Motor Registration** – Costs for Registration and Insurance are very high and yet cars are almost essential for most families. **Green Waste Collection** – We are still asking for a garden waste collection service. We must be the only major city in Australia that does not have one!

**Kerbside Collection** – A scheme for Concession Card holders has been implemented but a collection yearly or twice yearly for the whole community would be beneficial.

For those who weren't able to attend our March Assembly, which was held on International Women's Day, you missed a real treat. Wendy Saclier brought along a selection of her beautiful quilts and explained how each of these represented some part of her life story. The variety of designs and techniques used in making the quilts was amazing. Thanks very much Wendy.

Wendy Gray, Jean Hodgkinson and Helen Raymond attended the "Know Your Assembly" day in March. They would highly recommend it. I attended one last year and found it very interesting. The second presentation for the year is on 23<sup>rd</sup> August. I will include the Application Form in the August Newsletter.

I have been chairing a small National Board Committee trying to work out a more simplified structure for our Standing Committees and Voting System at Conference. An interim Report was presented at the Board Meeting on April 2<sup>nd</sup>. This will be circulated and I'm sure much discussion will follow. Once we have settled on the Structure, major changes to the Constitution will probably need to be made.

Presidents' Lunch – This will be held on Friday 18<sup>th</sup> May at the Yacht Club. Our Speaker will be Ms Gai Brodtmann MP, Member for Canberra. Attached is an Invitation. Gai has registered interest in the activities of National Council of Women so I would encourage you all to support this Occasion.

Jenny Jarvis

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## A Seat at the Table

UNAA is holding a Free Public Lecture with Professors Hugh White and Ramesh Thakur at The National Library Conference Room on Monday 7 May at 6 00pm The Topic - 'A seat at the Table?' presents Australia's bid for a seat at the UN Security Council

Contact 6247 4499 or [unaaact@cyberone.com.au](mailto:unaaact@cyberone.com.au)

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## 56<sup>TH</sup> COMMISSION ON THE STATUS OF WOMEN

I was privileged to attend the 56<sup>th</sup> session of the Commission on the Status of Women in New York in February /March 2012 as part of the International Council of Women delegation and participate in the non-government component. I am grateful to the National Council of Women of Australia for supporting me to attend.

Some background information on the history of CSW might be helpful as some NGOs are unaware of the importance of this Commission and the annual gathering of NGOs. The Commission on the Status of Women is a functional commission of the United National Economic and Social Council (ECOSOC) It is the principal global policy making body dedicated exclusively to gender equality and advancement of women. Every year representatives of Member States gather at United Nations Headquarters in New York to evaluate progress on gender equality, identify challenges, set global standards and formulate concrete policies to promote gender equality and women's empowerment worldwide.

The Commission was established by ECOSOC Resolution 11 (II) of 21 June 1946 with the aim to prepare recommendations and reports to the Council on promoting women's rights in political, economic, civil, social and educational fields. The Commission also makes recommendations to the Council on urgent problems requiring immediate attention in the field of women's rights.

Each session has three themes:

1. **Priority theme:** The empowerment of rural women and their role in poverty and hunger eradication, development and current challenges
2. **Review theme:** Financing for gender equality and the empowerment of women ([agreed conclusions](#) from the fifty-second session)
3. **Emerging issue:**  
Engaging young women and men, girls and boys, to advance gender equality.

Rural women (and mostly poor rural women) make up a large proportion of the female population and the 56th session attracted a record number of NGOs with an interest in this theme. 1,598 NGO representatives from 358 NGOs were present.

The CSW is in two parts. The "official" discussions and negotiations which are held on the United Nations site and attended by the official delegations from those Member States who are part of CSW, and the "parallel" events (presentations, learning circles, caucuses and briefings - over 300 this year) are held off site in the UN Church Centre and other nearby venues. These parallel events are presented by the NGOs. Anything that could be considered vaguely "rural" was discussed, with 30 or so events held each day.

I think that the Church Centre, across First Avenue from the UN has outlived its usefulness. It is not really suitable – the seven or so available meeting rooms vary in size but are generally small and in a warm New York winter with the heating on and sun streaming through the windows were very uncomfortable at times. The most popular presentations were usually full to overcrowded and it was not always possible to attend the presentations of choice. However attend we did, in large numbers. There were also what are called "side events" which are held on the UN site and presented by various governments. Australia presented three "side events" focussing on domestic violence and women with disabilities and I was able to obtain tickets for one on domestic violence, and the UN Women presentation on International Women's Day.

All attendees were issued with a UN Grounds Pass which gets you through security into the main building which houses the UN shop, post office, bookshop and a small cafeteria. The most precious pass was the secondary pass which enabled you to enter the North Lawn building where all the official negotiations took place and to attend some of the sessions. Unfortunately only one pass per delegation was issued which restricted access and I was unable to attend any of these sessions due to conflicting "parallel events".

Was CSW56 a success? Not this year it seems. No agreed conclusions were reached, there were no resolutions on rural women and many of the oral presentations were unheard due to time restrictions. However draft "agreed conclusions" have now been issued and no doubt will be finalised in due course. Australia did manage to get included some excellent words on domestic violence, the plight of migrant workers and women with disabilities.

What did the NGO participants leave with? A feeling of goodwill, that the discussions in the main were worth while, but that we will never solve all the problems unless governments are willing to make it happen. It was an exciting introduction to the hands on work being done around the world by hundreds of NGOs large and small with a common goal – the empowerment of women and children.

**Highlights** included the IWD march of 250 or so women along 42<sup>nd</sup> Street and up Second Avenue to Dag Hammerskold Plaza; The speech by UN Women chief Michelle Bachelet at the “induction day” preceding CSW; and the presentation on domestic violence by the Australian government, chaired by Elizabeth Broderick and featuring Catherine and Vicki, two women personally affect by 30 years of domestic violence. **Disappointments**. The lack of women from the South Pacific who were under-represented (possibly not by choice), and certainly greatly outnumbered by the women from Africa and Europe. We need to make sure that all voices are heard, not those who can most afford to be represented.

It was very exciting to meet women from the US, Canada, Taiwan, Korea, PNG and Germany who were also part of the ICW delegation and to meet our International President Cosima Schenck who was able to attend CSW for a few days. Elisabeth Newman did an excellent job of organising the delegation and keeping us informed of what was happening before and during the CSW.

Margaret Findlater-Smith  
President NCWA  
April 5, 2012

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## Art, Craft, Music and more

The Midwinter Arts and Crafts Show will bring together over 140 local artists and craftspersons this winter showcasing paintings, pottery, photography, fashions, jewellery, wood work, glass work, and much more.

The show will be held over three days from Friday 29 June 2012 at the Yarralumla Uniting Church. The official opening will be held at 6 .30 pm on the Friday night with refreshments to follow.

With concerts featuring a number of local groups and musicians on both Saturday and Sunday, the Midwinter Arts and Crafts Show is the only place better than under your doona this winter.

**Yarralumla Uniting Church Centre**, Denman St, Yarralumla

### **Friday** 29 June

10am to 8pm - refreshments available all day  
6.30pm Official Opening,  
followed by fashion parade of some of the featured exhibits

### **Saturday** 30 June

10am to 5pm - refreshments available all day  
2pm Concert featuring local groups, choirs and musicians

### **Sunday** 1 July

12pm to 5pm - refreshments available all day  
2pm Concert featuring local groups, choirs and musicians

Inquiries please contact Jean Thomson - Midwinter Arts and Crafts Committee Convenor  
on 6281 3396

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*I rear-ended my car this morning...the start of a REALLY bad day!  
The driver got out of the other car, and he was a DWARF!!  
He looked up at me and said 'I am NOT Happy!'  
So I said, 'Well, which one ARE you then?'*

*That's how the fight started.*

*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.*

## ENVIRONMENT ADVISOR'S REPORT Wendy Rainbird

### ACTIONS ON RENEWABLE ENERGY

“Over the past few years, groups across Australia have started developing visionary plans to invest in their own clean energy future. Hepburn Wind is Australia's very first community owned renewable energy company, near Daylesford, Victoria. It is owned by ordinary people, generates 100% renewable energy equivalent to the total electricity demand of Daylesford and Hepburn and puts more funding back into the community (per turbine) than any other wind farm. But while Hepburn Wind has been an inspiration to others, there are many unfair barriers that make it hard for other communities to follow. In 2011 the Government, Greens and Independents agreed to create a new \$10 billion Clean Energy Finance Corporation (CEFC). For everyone who dreams of owning and producing their own power, this new body poses a huge opportunity.” ([www.100percent.org.au](http://www.100percent.org.au)) Over the past few years thousands of people have formed or joined groups around Australia and are deciding to take actions themselves for a cleaner energy future. ([100percent.org.au/groups](http://100percent.org.au/groups)) The CEFC as of April, 2012, is yet to be legislated.

“Globally, more renewable energy was built in 2011 than fossil fuel energy, and \$260 billion was invested in renewable energy.” Prices for solar power are falling, and countries like China are leading the way on solar energy, often using innovative technologies developed in Australian universities. ( Habitat, April 2012,p.12)

**OPPORTUNITIES FOR RENEWABLE ENERGY** Australia has an abundance of sun, wind, oceanic and geothermal resources, which could support 100% renewable energy, and which are slowly beginning to be developed. Australia increased its spending on renewable energy by 60% from 2010, but that was \$5 billion. ( Habitat, April 2012, p 12) Often missing from discussion is the use of geothermal energy. Australian geothermal energy consultancy, Hot Dry Rocks has stated that enhanced geothermal energy which is accessible with existing drilling technologies, could provide 10 times more than Australia's current coal and gas power generation of 40.6 GW. This is an abundant source of renewable energy. ([canberratimes.com.au](http://canberratimes.com.au), 14/11/11).

### CREATING JOBS\_ CUTTING POLLUTION

The National Institute of Economic and Industry Research has provided modelling examining the costs and benefits for Australia of reducing pollution over the period 2010 -2030.

The Report refers to: The impacts on jobs and economic indicators for strong action to put a price on pollution, invest in a clean energy future, improve household energy efficiency, commercial building and industrial energy efficiency. Rapid expansion of low pollution-intensive energy infrastructure, targeted regional investment and industry planning, investment in a cleaner vehicle fleet, and improve land management practices.( p.13-14 Creating Jobs \_Cutting pollution: A Roadmap for a Cleaner, Stronger Economy”) “Growing evidence that the world is moving towards dangerous changes in climate has motivated many countries to take action:

\* Governments from around the world have supported the Copenhagen Accord to keep temperatures from rising more than two degrees Celsius – more than 120 countries now support the Accord;

\* Fifty-five countries, accounting for over 78% of global greenhouse pollution emissions, have submitted targets to the United Nations to limit their pollution ;\_

\* Targets to cut greenhouse pollution by 2020 have been made by Japan (25 per cent), the EU (20-30 percent), the UK (34 per cent), and Norway (40 per cent); the United States has pledged a 17 per cent reduction from 2005 levels by 2020 and 30 per cent by 2025;

\* Major developing countries, including Mexico, China, India, Indonesia and Brazil, have demonstrated that they are on target to significantly reduce their greenhouse pollution below business as usual by the 2020s.

Many countries see reducing pollution as an opportunity, not just a necessary cost. Globally, governments committed US\$432 billion for green stimulus investments in 2009 (including more than US\$128 billion in the US).( HSBC (2009), The Green Rebound: clean energy to become an important component of global recovery plans,19 January 2009). North Asian economies, China in particular, are spending hundreds of billions of dollars annually to gain a competitive advantage in a wide range of energy efficient & lower pollution intensity technologies such as renewable energy, public transport & electric vehicles.”(p 12)

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The opportunity is further evidenced by projections that, in 2020, clean energy will be one of the world's largest industries, totalling as much as US\$2.3 trillion.<sup>12</sup> (p.12) The report estimated 3.7 million jobs would be created by 2030 if there were strong actions taken.(p.15) See: [www.nieir.com.au](http://www.nieir.com.au)

## **AROUND AUSTRALIA**

\* Queensland's new State government has pulled out of the co-funded (with the federal government) \$75 million Solar Dawn project, and removal of support for renewable energy programs.

\*The New South Wales State government, on April 12, 2012, called for the closure of the Renewable Energy Target scheme in view of the proposed Federal carbon tax; closed the Solar Bonus Scheme to new customers to reduce impacts on energy prices; and announced the closure of the Greenhouse Gas Reduction Scheme (GGAS) upon the commencement of Federal Labor's carbon tax. ( Minister Chris Hartcher, Media release, 12/4/12). Yet, Geoff Bragg from the Solar Energy industries Association said: "Half of the coming electricity price rises are a result of infrastructure upgrades required to keep the aging electricity grid operating. The IPART release clearly states 0% rises from wind and solar green schemes. The NSW government blaming the national Renewable Energy Target is side-stepping the real issue. We need to transform our energy system to be more efficient and take full advantage of distributed generation from solar and other renewables."

The national Renewable Energy Target was introduced by the Howard government in 2001 and is scheduled to come to an end in 2030. Until now it has enjoyed bi-partisan support. "Billions of dollars of investment in clean energy projects are at risk by suggesting the scheme be scrapped. It's irresponsible for Minister Hartcher to promote the idea." he said. "It is becoming apparent that those who oppose the transition to a clean energy economy have a vested interest in the creation and sale of black energy. The NSW government still clings to policies that will hand cheap subsidised coal to generators for the next 15 years. They're living in the past." ([www.newsmaker.com.au/news/16152](http://www.newsmaker.com.au/news/16152))

\*The Victorian State government has announced plans to expand brown coal mining and to scrap carbon reduction targets. ( ABC News, 3/4/12)

\* Western Australia has solar power for its desalination plant south of Perth, and Geraldton has a 10 megawatt solar facility.

\* South Australia was the first State to introduce domestic solar feed-into-the grid, and by August 2011, 127 megawatts were installed. Solar installations are on government buildings like the Adelaide Showgrounds, Adelaide airport, State Library, Art Gallery, SA Museum, and State Parliament House. ([www.sa.gov.au](http://www.sa.gov.au)) The SA government commissioned a detailed report into renewable energy on the Eyre peninsula, which focussed on the huge wind power potential in that area, connected through a better grid, transmission system. ([www.renewablessa.sa.gov.au](http://www.renewablessa.sa.gov.au))

\* "Tasmania is currently the leader of renewable energy generation in Australia and is well known for its impressive hydro electricity system. Tasmania also has one of the best performing wind farms in the world at Woolnorth on the North West coast of Tasmania. Renewable hydro and wind power currently represents 87 per cent of mainland Tasmania's installed electricity generation capacity." Making the most of the Roaring Forties, there is a wind farm on King Island, and a proposed one at Musselroe. King Island has solar panels integrated with the wind farm. "The geology in Tasmania is very favourable for 'hot rocks' geothermal energy, which is supported by drilling done to date by companies like KUThEnergy." ([www.dier.tas.gov.au/energy/renewable\\_energy](http://www.dier.tas.gov.au/energy/renewable_energy))

\* The ACT government is fast-tracking assessment of 27 out of 49 submissions for a large scale solar farm to provide up to 20 megawatts, to be decided by mid 2012.( [canberratimes.com.au](http://canberratimes.com.au) April15, 2012)

\* Also in the ACT, SEE Change's "Clean Energy Connection" is promoting 3 projects:

- 1.Bulk buying for cheaper, yet sound solar PV for residences.
2. Fund-raising for not-for-profit community groups, by installing solar panels on their roof tops.
- 3.To link the community in with the ACT government's proposed large solar power suppliers, allowing community members to invest in a low-risk, industrial scale solar farm. ( [www.canberracleanenergy.org.au](http://www.canberracleanenergy.org.au))

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## INFORMATION ON DIET

### MULTIVITAMIN SUPPLEMENTS AND BREAST CANCER

A recently published Swedish study has suggested the use of multivitamin supplements may increase the incidence of breast cancer in women. Experts say that the studies are inconclusive and more research is necessary but the relationship between breast cancer and overweight, obesity and inadequate exercise is established. The Dietetic Association of Australia reminds us all that vitamin supplements are not necessary when people eat a well balanced diet with plenty of vegetables both green, red and others along with weight control and increased physical activity.

### IODINE

Iodine is an essential mineral the body needs for good health. It has many functions in the body including regulation of metabolism and ensuring healthy brain development. Though the need is in small amounts the diet can be deficient.

Sources of Iodine are salt water sea foods, iodised salt, fruit and vegetables grown near the ocean. Iodine used to be in milk when they were washed with iodised solution but in the ACT this is no longer done. Because much of Australia is low in Iodine the compulsory inclusion of iodised salt in bread is now mandatory.

### ORGANIC FOODS

Recent studies at the University of Sydney have shown that organic food does not have a greater nutritional value than any other food.

Beryl Evans                      DIETETIC ASSOCIATION OF AUSTRALIA

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### 'CIT' Double Tick 3 Course Luncheon.

Date:- Thursday 24th May 2012 Time:- 12 noon to 2pm at the - Canberra Institute of Technology (CIT);  
Cost:- Only \$25.00 for 3 courses - pay by cheque or money order c/- The Treasurer, Saltskip Canberra Inc;  
12 McKeahnie Street, Weetangera ACT 2614.(receipts given on the day).

To book a table for 8-10 people please ring (02) 62543129.

Guest Speaker is GP Dr. Tom Gavranic OAM; President of Saltskip Canberra Inc.

It is so important for Apprentice Chefs to learn how to prepare and cook healthy meals and serve them with flair. Harry is an outstanding Teacher. Each Course is low in sodium, low in sucrose and low in saturated fats.

At our last Luncheon (December 2011); we took up a Petition requesting support for Traffic Light Labelling of Foods (Green and Amber only) to make choosing foods in Supermarkets easier for everyone. This was introduced in the UK in 2003. Dr. Gavranic took the Petition to the LA and now our Chief Minister is interested. This is GREAT. Please come (& bring friends) to support the Students with this very worthwhile venture. See flier in this newsletter

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### Watch the Bar Codes

A few weeks or so ago Current Affair did a documentary on frozen vegetables imported from New Zealand. As it turns out if it is a Coles or Woolies home brand there is a more than good chance that the product has come from China. Products made by McCain's, Birdseye and other supposedly reputable companies from New Zealand are now purchasing vegetable products from China and selling those products under their names. The following is an excerpt from the Current Affair report:

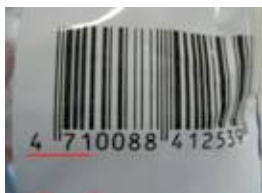
#### **n.b. The Australian barcode prefix is 93**

**There are no food inspection regulations of foods grown or processed in China, Vietnam, Hong Kong or Thailand.**

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Other world countries are scared of China making 'black hearted goods', but can you differentiate which one is made in Australia, the USA, Philippines, Taiwan or China? For your information ... the first 3 digits of the barcode are the country code where-in the product was made.



Example: if the first 3 digits are 690 through to 695, then it is Made in China

All 480 Codes are Made in the Philippines

**4 71 is Made in Taiwan**

<b>00 ~ 13 USA and Canada</b>	<b>50 ~ UK</b>	<b>76 ~ Switzerland and Liechtenstein</b>	<b>628 ~ Saudi-Arabia</b>
<b>30 ~ 37 France</b>	<b>57 ~ Denmark</b>	<b>88 Thailand</b>	<b>629 ~ United Arab Emirates</b>
<b>40 ~ 44 Germany</b>	<b>64 ~ Finland</b>	<b>93 ~ Australia</b>	<b>740 ~ 745 - Central America</b>
<b>49 ~ Japan</b>			

We all must now read the labels on the goods we purchase much more carefully!

## Ageing Adviser's Report, February 2012

**National level** In a cabinet reshuffle announced in December last year, Mark Butler MP (South Australia) was promoted to cabinet as Minister for Mental Health and Ageing, Minister for Social Inclusion, and Minister Assisting the Prime Minister on Mental Health Reforms. When interviewed on TV later, the minister seemed unaware of the meaning of social inclusion and hence the difficulties confronting those Australian residents enduring social exclusion. It would seem obvious that some people do not engage fully in Australian society because they have problems related to their physical and/or mental health, housing, financial status, geographic location and English language skills. While official efforts have been made towards social inclusion in the past (without necessarily using the term), the minister's task will be to enable people to fulfil their potential and maximise their social contribution.

Newspoll conducted a survey on people's preferred sources of funding increasing costs in of care facilities for the elderly (Weekend Australian, 1-2 October 2011, p.20 Inquirer section). 'Increase taxes' were the preferred source for 69% of the sample overall, ahead of 'individuals, families' for 19% of respondents. In the 50+ age group, 74% favoured 'increased taxes' compared with 14% supporting 'individuals, families' as a source. The lowest level of support for 'increased taxes' lay in the 35-49 age group. Women as a group were more in favour of sourcing 'increased taxes' than men (67%), whereas 22% of male respondents preferred 'individuals, families) compared with 16% of female respondents. Government funding through increased taxation gained more support from respondents on lower incomes (76%), compared with respondents on higher incomes (67%). While these results are probably predictable in terms of sex, income and age, the report is a useful record of attitudes to aged care funding in 2011. **Recommendations** arising from the recent minimum wage case provoked contrasting statements from employees and employers in aged care. Attention was drawn, once again, to the unfavourable wage structure of RNs and other aged care workers compared with their colleagues employed elsewhere. Employers were reported as making comments unsympathetic to the goal of wage equality in aged care. Clearly, this is a contest requiring future resolution.

While mortgage holders welcome reductions in interest rates (where these are passed on in full), it is surprising how seldom politicians and economic commentators note the adverse effect on retirees using interest-bearing products as a source of income.

**Local level** The ACT seems to be undergoing a boom in housing construction, especially in the private sector. While housing is less expensive than in some state capitals, rent is dearer, ranking second only to Darwin. Thus renting is an expensive option for older residents ineligible for public housing. Affordable housing remains an important issue – not only for older Canberrans.

Anne MacDonald

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## **156,000 Australian Kids at risk of Social Exclusion**

More than one in every 25 Australian children live in areas that have a high risk of social exclusion, new research from the University of Canberra has found. Researchers at the University's National Centre for Social and Economic Modelling (NATSEM) have mapped the degree to which Australian children are experiencing disadvantage in five domains of socio-economic, education, connectedness, health services and housing, using Australian communities.

NATSEM found that about 156,000 children aged 0-15 years old live in 'high risk' areas. And that 9 out of the top 10 areas with children's highest risk of social exclusion in Australia are Aboriginal communities in the Northern Territory. "Areas with a large proportion of children living in families where no adult is in paid employment, family income is relatively low, no adult in the family has completed year 12, there is no access to the internet or a vehicle in the household, and there are relatively low numbers of doctors and dentists in the area relative to total population, are considered as being at risk of social exclusion," **Professor Anne Daly**, lead chief investigator of the research project, said in the NATSEM press release of 6. 3. 12

The index also includes information on educational achievement and early childhood development of children within an area. Area-based NAPLAN (numeracy and literacy scores) & early childhood development scores provided by the Australian Early Development Index (AEDI) have also been factored into the overall measure of child social exclusion.

Findings show that about 17,000 children live in the top 50 small areas with the highest risk of social exclusion. From these, 32 are in the Northern Territory, 13 in Queensland, four in Western Australia and one in South Australia and none are in capital cities. Children living in these areas are likely to be experiencing multiple factors related to disadvantage.

On the other hand, 90 per cent of the 50 small areas with the lowest risk are in capital cities in New South Wales, Victoria, Western Australia and South Australia. According to Professor Daly, these results show a strong geographical dimension associated with the risk of social exclusion and highlight the disparity between capital cities and regional areas.

"A child that grows up at risk of social exclusion is not only likely to be disadvantaged now, but also in the future," Professor Daly said. "There are strong links between child disadvantage and poorer outcomes in adulthood including an increased likelihood of living in poverty and being in receipt of welfare as well as poor health and relationship outcomes," she said.



This index will help draw a more sophisticated map of where children at risk of disadvantage are located becoming an invaluable tool for policy makers, who will then be able to focus in strengthening areas such as health services, access to technology, and educational support.

Interactive maps that showcase these new research findings can be found here:

[http://web.natsem.canberra.edu.au/maps/AUST\\_CSE/atlas.html](http://web.natsem.canberra.edu.au/maps/AUST_CSE/atlas.html)

- Professor Anne Daly is available for interview. M: 0405 167 114. Co-author Rebecca Cassells is also available for interview. M: 0438 070 528.
- These are the areas at highest risk of social exclusion for children within the country's capital cities:
  - Ø Adelaide: Playford (Elizabeth and West Central) and Port Adelaide (Inner and Park).
  - Ø Brisbane: Deception Bay, Kingston, Marsden, Redland (S) Bal, Richlands, Waterford West and Woodridge.
  - Ø Darwin: Gray and Moulden.
  - Ø Hobart: Brighton
  - Ø Melbourne: Broadmeadows.
  - Ø Sydney: Blacktown (South-West) and Fairfield East

Contact the University of Canberra media team. Ed O'Daly M: 0408 829 618 T: 02 6201 2441 Amanda Powell M: 0408 826 362 T: 02 6201 5422

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*I took my wife to a restaurant.*

*The waiter, for some reason, took my order first.*

*"I'll have the rump steak, rare, please."*

*He said, "Aren't you worried about the mad cow?"*

*"Nah, she can order for herself."*

*And that's when the fight started.....*

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**Red Cross**

At the April meeting of NCW of ACT the interesting guest speaker was Ms **Jill Parsons** Senior Community Visitors Scheme Coordinator for the Red Cross in the ACT & South East NSW

Jill told us something of the work that the Community Visitors Scheme does in our area, with some very interesting case studies of visitors who had forged ongoing friendships with the people they visited regularly

The CVS aims to enrich the quality of life of residents of aged care facilities who are isolated or lonely and would benefit from a friendly visitor. The Red Cross office in the ACT manages CVS in the ACT and S E NSW. Facility staff identify residents who may benefit from the service and they are then registered. CVS Co-Ordinators provide support to both volunteers and residents with their involvement .

Volunteers usually visit for an hour or so each week or fortnight. If the resident is able to, they might take a walk or go on an outing. Having a visitor can help a person feel more valued and respected; it can increase their sense of well being and strengthen their connection to the community. If you would like information on volunteering for this service, please contact: Human Resources, 1300 388 620

<ACT\_SENSWVolunteering@redcross.org.au> The CVS is funded by the Dept of Health and Ageing

Jill enthused us all with the need for this service, and I am sure that the Red Cross would welcome more volunteers. Of course, the proper checks have to be done to ensure that any volunteer is genuine.

For more information on CVS or to make a referral, please contact :

Client Assessment Unit, 1300 388 620

[caurx@redcross.org.au](mailto:caurx@redcross.org.au)

At the April meeting of NCW of ACT, Ms Jill Parsons the



# The National Council of Women of the Australian Capital Territory Inc

Established in 1939

## Invitation

### Presidents' Luncheon

The President and Members of the Executive cordially invite you to share lunch with

### Ms Gai Brodtmann MP

Member for Canberra

Former public servant and small business owner.  
Member for Canberra succeeding Annette Ellis MP from 2010

Venue: The Lotus Room, Canberra Southern Cross Yacht Club,  
Marina Place, Yarralumla.

When: Friday, 18 May 2012, 12 for 12:30 pm

Bookings: \$40.00 per person.

Bookings with payment please to:  
Hon. Treasurer, PO Box 3028, Manuka ACT 2603 by 13 May 2012

Enquiries to Roslyn 6169 3506 or Jenny 6288 2636 or  
[kenjen.jarvis@netspeed.com.au](mailto:kenjen.jarvis@netspeed.com.au)

Please detach and return form below:



Enclosed, please find payment of \$.....for..... person/s for the  
President's Lunch on Friday, 18 May 2012.

Please indicate any dietary requirements on this form.

Signed: .....

Please print name here:.....

