

NCWACT Newsletter

Issue 322

August 2014

PRESIDENT'S LETTER

Dear Members

What a bitter winter we are experiencing – in more ways than one! Nevertheless we soldier on and have at last joined the online media age . We have a website – www.ncwact.org. Please have a look if you have not already done so. Over time more articles will be added. If there is anything you think should be there, please let us know

Also, our amended Constitution is now official. It is available on the website.

The President's Lunch was as usual a most enjoyable occasion. The Southern Cross Yacht Club was a lovely venue and the Club continued its generosity to us by way of waiving the hiring fee and donating a dinner and cruise which became the lucky door prize.

Assoc Prof Jenny Browne gave a very enjoyable and informative speech.

We sponsored Teletha Elmes, a project officer from Aboriginal and Torres Strait Islander Women's Access to Justice programme to go to the Generation Next Conference. She has said she found the Conference interesting and helpful and will come and tell us about it at a Council meeting.

Via the website we have been contacted by an African women's group . Margaret Findlater-Smith met the President some time ago and says they are doing great work for women and girls and well worth supporting. At the July Council meeting you will recall we voted to donate lunch and raffle money towards their projects .

Monica Glenn was our representative at the Alice Springs Conference and she brought us up to date on what had happened. there.

The Executive was fortunate in being able to have a session with Mary Kirk, the CEO of Canberra Mothercraft Society. She is a veteran of organisations like ours which try to improve life for people in the community in which we live and she gave us some insights into how best to further the aims of NCWACT in the current climate.

The AGM is in September and a new Executive will be up for election. Please give some thought to this – would be great to see some new faces there.

Kind regards

Sue Schreiner



CWA Canberra Day Branch

This year the country of study has been Botswana. 38 % of the total land area is devoted to National Parks, reserves and wildlife management areas. Tourism is a necessary part of the economy of Botswana with Wild life safaris are popular and also visits to village to experience their rich cultural heritage and lifestyle.

The international luncheon was very well attended.

Phoebe Bischoff

NCWA Conference in Alice Springs

Monica Glenn was the representative of ACT NCW, and has written a comprehensive report, which is available from the secretary. Some excerpts are below.

The ACT resolution was passed - Leonie Christopherson AM made the presentation. The NSW resolution on Agribank was discussed and referred back to NSW for later presentation. All other resolutions were passed.

Reports were tabled/given by all States and Territories and National advisors. It is great to see the NC'sW tackling difficult questions which affect us all. These reports are available in full from the secretary.

I.C.W Report – Elizabeth Newman, our representative for Health on the World Board, delivered her report. Elizabeth is quietly spoken but is a tireless worker for I.C.W. We should use this area more with our concerns, as access to world level is hard to achieve. Well done Elizabeth.

One of the most gifted speakers I have ever heard was our next speaker, Senator the Honorable Michaelia Cash (representing the Prime Minister of Australia) she is: a) Minister Assisting the PM for Women; and b) Assistant Minister for Immigration and Border Protection. There were some early questions re the Budget – she answered honestly and was friendly but did not budge from the party position. A vivacious, funny and interesting person, she made a big effort to personally talk to many and lots of photos were taken with some of us at the meeting. She was a popular choice. Paper available).

The Conference Dinner

A much needed break from the heavy long sessions of the day. We started in the bush and drove into the bush dark and starry. What lay ahead? We arrived at a huge steel shed that suddenly came alive with bright lights and a clear voice calling “Welcome to the National Road Transport Hall of Fame”. This was Liz Martin, a legend in her own right.

We went into the huge building and there were the largest trucks you could see. They were so high to get into that you would need a ladder. When asked how drivers got in the cabin, the answer was ‘you have to be athletic’.

Twenty male truck drivers, decked out in their uniform served the drinks and dinner. They were so happy and cheerful – and the food was great.

Liz Martin gave a speech on a ‘Australian Women at the Wheel’ and it was most enlightening on how early women started driving in 1929. Carolyn Chisholm used a dray for her work. Collecting abandoned women at the wharves.

Finally, Julie Morris National President NCWA gave a talk on “Conference Reflections”. We were on information overload but a very thought provoking, interesting and a wonderful host of women. Thank you ACT for nominating me as your delegate.

Monica Glenn

CONSUMER AFFAIRS REPORT

In all the time I have been reporting on Consumer Affairs, I don't think there has ever been as many issues to report on as there are at this present time.

Firstly, the Star Rating System.

What confusion Senator Nash caused over this project.

The Canberra Times reported on June 21st that after discussion with Michael Moore it was hoped the web site would be reinstated. It published this comment –

“She is the Minister responsible for Preventive Health who has presided over a cut of \$370 million to the National Partnership Agreement on Preventive Health, abolished the Preventive Health Agency, cut \$3 million from the National Tobacco Strategy and abolished the Alcohol and Other Drugs Council.”

Pensions.

Changing the way pensions are calculated means pensioners will have a cut in their income.

Medicare Co-payments.

There has been much adverse comment on this matter in the press. I assume this co-payment only applies to those doctors who bulk bill. My G.P. charges \$70 for a fifteen minute consultation. I receive \$36.30 Medicare rebate. That's a very large co-payment !

Financial Advisers.

80% of Financial Advisers are attached to the big four Banks. The government is intending to remove the legislation that requires that all advice must be in the best interests of the customer.

Asbestos.

This problem has caused distress and inconvenience to many families in the ACT. It is hoped the Federal Government will respond generously as the ACT was under federal jurisdiction when this problem developed.

ABC/SBS.

There are many threats being made concerning the financing of our beloved public broadcasters.

Income Tax.

The latest tax statistics show 75 ultra-earning Australians paid no tax at all in 2011/12 – ZERO – no income tax, no Medicare levy. Their combined taxable income was \$82 - \$1.10 each. How unfair is that ? ?

Jenny Jarvis

A dentist and a manicurist married. They fought tooth and nail.

A Mid-Year Nutrition Report on the Australian Dietary Guidelines 2013

Reference www.eatforhealth.gov.au

These guidelines provide the scientific evidence for healthier Australian diets

.....
The challenge for all NCWA Members is to understand the importance of evidence based information; even if it looks 'too simple' ! Then to apply it and promote it practically .
The Promotion of the Evidence Based Facts is the challenge !

We need to discuss this topic in our Assemblies / Seminars; especially regarding vulnerable groups, children & the elderly etc... We need to request that Accredited Practicing Dietitians (APDs) advise us & answer any questions we may have regarding 'Food and Health'.

I'm sure that Members of NCWACT know the basics for the > 70 year olds re the Food Groups

.....
I will give an example of how one family applies the simple formula for well > 70 yr olds....

Gp 1 Vegetables (salad & cooked)..5 portions / day minimum for women (W) & men (M).
We aim at 8 portions per day as they are high in fibre, mostly low in calories and delicious ! We also grow vegies and swap with neighbours and friends.

Gp2 Fruit 2 portions / day min for W & M. I have 2 portions usually, my husband has 3-4 by choice. Mostly we eat fruit in Season; we like home cooked fruit and tinned fruit in natural juice sometimes.

Gp 3 Grains (cereal) foods – mostly wholegrain and/or high cereal fibre varieties. The min amt. for Women is 3 portions; for Men it is 4 ½ portions. Personal choices here / variety is advised. Some people cut this Group out if trying to lose weight? They must not do this as all Food Groups are important. (Appropriate & Regular Exercise is the key to weight control).

Gp 4 I call this 'the protein rich group'; lean meat & lean poultry, fish, eggs, tofu, nuts & seeds and legumes & beans. Women 2 portions /day minimum and Men 2 ½ portions / day. I serve my husband a larger portion at the main meal; or he serves me a smaller one when he cooks!

Gp 5 Milk, yoghurt, cheese and/or alternatives –mostly reduced fat recommended. Women need 4 portions/day & Men 3 ½ portions/day. Here, often personal preferences prevail. My husband enjoys yoghurt as a snack 2x per day and lite milk at night. I have, at present, a liking for low sodium bocconcini cheese for lunch & hot skim milk at night (I add ¼ tsp milo!). When I was working for the World Health Organisation in Jordan, years ago, I developed a liking for plain yoghurt. This can be served with salad or with fruit or with vegetable soup etc...

An allowance for unsaturated spreads & oils can be included. Minimum amounts 14-20g / day.
A small serve of unsalted mixed nuts /2-3xper week is a good idea for the > 70 yr olds if their teeth can cope with that!

To better understand special dietary needs with chronic conditions & portion sizes recommended; I suggest NCWACT invite an Accredited Practicing Dietitian as a Guest Speaker to answer any questions Members / Associates have.... At least 1/year. "We cannot have good health without good nutrition. "

Wendy Gray APD Nutrition Adviser to NCWACT.

When fish are in schools, they sometimes take debate.

Yarralumla Uniting Church Fellowship

warmly invites members of your group to attend our

Winter Luncheon

at 12 midday on Tuesday 12 August 2014
at the Church Centre, Denman St, Yarralumla

Our special guest will be

Barrie Virtue with Barbara Hall

His topic: **"How to Knit Two Socks at Once"**,
painting a nostalgic picture in words and music
of life in Australia during WWII

Donation: \$10.00

r.s.v.p. by Tues 5 August Margaret 6281 1529 Jean 6281 3396

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 11 September 2014 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 2014-2015 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 28th 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 next page. 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 28th August 2013

EXECUTIVE 2013 – 2014

President: Wendy Saclier, Sue Schreiner
Immediate Past President Wendy Saclier
Vice Presidents: Helen Raymond, Margaret Smith.
Treasurer: Jessie Middlemiss,
Secretary: Roslyn Dixon,
Assistant Secretary: Laurayne Bowler,
Committee Women: Sue Schreiner, Wendy Gray,
Roll Secretary: Jean Hodgkinson.
Convenor of Standing Committees: Roslyn Dixon.

ACT AFFILIATES 2013-2014

ORGANISATIONS

Anglican Women’s Diocesan Council, Australian Church Women ACT Unit,; Australian Federation of Graduate Women ACT Branch,; Canberra Baptist Ladies Fellowship, Canberra Mothercraft Society,; Country Women’s Association Canberra Branch, National Council of Jewish Women of Australia Canberra Section, Pan Pacific & SE Asia Women’s Association ACT Inc, St Andrew’s Presbyterian Women’s Association Evening Fellowship, Salvation Army ACT & South N.S.W. Region, Soroptimist International of Canberra Inc, Yarralumla Uniting Church Adult Fellowship.

ASSOCIATE MEMBERS

Constance Aronsen, Helen Baker, Christine Belcher, Molly Bailkowski, Jan Brown, Frances Bulbrook, Jane Craig, Patricia Dart,OAM, Wendy Gray, Pauline Haldane, Jean Hodgkinson, Viola Kalokerinos, Ged Kierney, Patricia Liddiard, Roslyn Lilburn, Rae Mann OAM, Anne MacDonald, Julie Morris, Barbara Murray, Wendy Rainbird, Helen Raymond, Sue Schreiner, Jane Smyth, Dr Helen Wiles, Dr Patricia Wood.

LIFE MEMBERS

Julie Biles OAM, Rita Dodson, Alice Engel, Beryl Evans, Coral Fleming, Monica Glenn OAM, Jenny Jarvis, Margaret Findlater Smith; Margery Smyth OAM, Jean Thomson OA

National Council of Women of ACT Inc. Nomination Form 2014-2015

I nominate.....for the position of

Signed (Nominator)

I second the above nomination Signed (Secunder)

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

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

Signed Nominee)(Date)

Strategic Analysis Paper

Welcome to the latest edition of the [Strategic Weekly Analysis](#).

This week, FDI analyses the following:

[Malaysia: 700,000 Households Face Water Cuts in Selangor State](#)

Since March 2014, hundreds of thousands of households in the Malaysian state of Selangor have faced acute water insecurity, caused by significant population growth and climate change induced reductions in water availability.

[Iran Nuclear Negotiations Extended: Short-Term Compromises for Long-Term Ambitions](#)

A conditional four-month extension to the P5+1 nuclear negotiations with Iran was reached just one day before the 20 July deadline, entailing a temporary relief on current sanctions in exchange for Iran's continued compliance with its Geneva agreements.

[Indonesian Democracy Takes Major Step Forward as Jokowi Declared Winner](#)

With the announcement that Joko Widodo has won the recent presidential election, Indonesia's young democracy has taken a major step forward. Despite the prospect of some unrest, the election marks the first transfer of power between two directly-elected presidents and bodes well for the future.

Future Directions International (FDI) is an independent, not-for-profit Perth-based research institute. Chaired by former Governor General, Major

General the Hon. Michael Jeffery, it analyses the opportunities and challenges that Australia faces in the Indian Ocean region, in Northern Australia, in minerals and energy exploration and the nature of a global food and water crisis and how that might have an impact on Australia

The Global Food & Water Crises Research Programme is pleased to release its latest *Strategic Analysis Paper*, [Market Power in the Australian Food System.](#)

In this paper, FDI Research Assistant Natazsa Bariacto and Research Analyst Jack Di Nunzio investigate the current environment of the food market in Australia. The paper discusses the domination of a few supermarket chains in the domestic market and the implications such market concentration will have on food security.

The paper can also be downloaded directly from the Future Directions International website at: <http://futuredirections.org.au/publications.html>

If you have any comments on the paper, or would like to contribute to the work of FDI, please feel free to contact me on [+61 8 9389 9831](tel:+61893899831) or email slehane@futuredirections.org.au.

Sinéad Lehane
Acting Research Manager
Global Food and Water Crises Research Programme
Future Directions International (FDI) Pty Ltd

You Have to Laugh

*While looking at a house, my brother asked the
Estate agent which direction was north because
He didn't want the sun waking him up every morning.
She asked, 'Does the sun rise in the north?'
My brother explained that the sun rises in the east
And has for sometime. She shook her head and said,
'Oh, I don't keep up with all that stuff.....'*

Climate change and economic disasters provide opportunities to focus on women's health

The Australian Women's Health Network (AWHN) has released a position paper which identifies the effects on women's rights and women's health during periods of intense climatic and economic change. The paper titled *The Impact on Women's Health of Climate and Economic Disaster* explains the effects and challenges of climate change and economic instability on women, and provides a series of recommendations for governments, organisations and individuals.

AWHN CEO Kelly Banister said:

For many Australian women, consequences of economic disasters can include loss of employment, employment instability, decrease in wages, high levels of stress related illness and increased male violence.'

Studies have suggested that in Australia the effects of climatic disaster impacts on women more than men. In the aftermath of the Black Saturday bushfires in Victoria, there was an increase in violence against women from men struggling to deal with the psychological effects of the disaster.' Job losses during times of economic hardship can have many serious effects on the health of women. Some of these effects include increased financial stress on women solely responsible for dependants, lower take up of health-promoting activities, increased male violence against women and women's reduced financial capacity to leave unsafe relationships.'

This is a critical time for the women's health sector to engage with global politics. This will ensure continued improvements in women's rights and ultimately improvements in women's health on a global scale.'

The position paper provides a clear focus on the importance of understanding economic and political systems as a prerequisite for action on climate change and women's inequality.

The position paper can be accessed here or from the Australian Women Health Network's website www.awhn.org.au

For media enquiries, contact:

Kelly Banister

Chief Executive Officer / 0408 061 901 / ceo@awhn.org.au

AWHN stands up to advance women's health and well-being.

With our partners, we bring our expertise to influence policy and reform.

-

Results of the Presidents' Lunch Raffle

First Prize: Shirley Sutton

Second Prize: Beryl Evans

Third Prize: Jenny Jarvis

Fourth Prize: Jean Thomson

Lucky Door Prize: Margaret Findlater-Smith

Dates for the diary

Oaks Day Luncheon at the home of Laurayne Bowler
will be on Thursday November 6 at 12 noon for 12,30 pm
\$30.00 per person, proceeds to the Canberra Mothercraft Scholarship Fund
For more information contact Laurayne.

NCW ACT Meeting Dates 2014

Executive August 4
 September 1*
 October 6 *
 November 3
 December 1

Please contact Sue or Roslyn for details of venue

Assembly August 14
 September 11 AGM
 October 9
 November 13

All Assemblies are held at Yarralumla Uniting Church Centre Denman Street, Yarralumla
Meetings commence with Lunch at 12 noon
followed by the meeting, usually over by 2.30 pm

NCW Adviser's Meetings Contact Ros Dixon

NCW NEWSLETTER - October 2014 - CLOSING DATE 20.10.14
The next newsletter will be produced in October 2014 for November 2014

Please send items to the editor Jean Thomson OAM before 20 October 2014
Email: elabeach@thomzone.com