

October 2018 Newsletter

UNICEF Quote: *...every child has the inherent right to life, and it is the responsibility of decision-makers to ensure they are provided every opportunity to develop and reach their potential.* Children’s Week, Oct 19-28, has theme: "A Caring World Shares" Details and activities: www.melbourne.vic.gov.au/community/health-support-services/for-my-family/childrens-week/Pages/

NCWV 115th Annual General Meeting: Held on Thursday 6 September, 4.2 Ross House, 247 Flinders Lane, with a Special General Meeting prior where resolution “That the constitution of 36 pages be adopted as the Constitution of Association in place of the present constitution” was passed by 100% of voters, with proviso that in 2019 a meeting be held to amend “secular” to “non-sectarian”. This was emailed to Consumer Affairs and accepted. The election of Executive followed: Elisabeth Newman, President; Janet Park and Freda Kaufman, Vic-Presidents; Hean Bee Wee, Treasurer; Pam Hammond, Secretary; Janice Latham, Regional President, Geelong; Coordinator of Standing Committees, May Hu; Executive member, Elida Brereton; Eleanor Holden representing Individual Members; and Diya John representing YoungNCWVic.

Speaker: Interim CEO Heart Foundation Victoria, Roni Beauchamp, joined the Heart Foundation five years ago as the Healthy Living Manager. Her talk: *The Heart Foundation—Toward an Australia Free of Heart Disease*, included the differences between men and women when it involves heart health. She particularly focused on understanding women’s heart disease, three times more common in women than breast cancer causing 1 in 8 premature deaths. Heart Foundation is celebrating 60 years of life saving research. It has recently merged nine companies, one in each state and one nationally, to have a consistent message. Its vision is an Australia free of heart disease. The Heart Foundation strategy includes: more Australians having heart health checks, routinely after 45; more on heart healthy diets with limited reliance on processed food; walking program; more Australians aware of warning signs of heart attack, 50% only have chest pain (for women it can be back or jaw pain or feeling odd); stopping smoking, which has reduced to 11% of the population. The Heart Foundation doesn’t support e-cigarettes as evidence of usefulness is sketchy. They write evidence-based guidelines for clinicians using research (approximately

\$50 mill. supporting young and emerging researchers). There is a need for a campaign on diet and exercise with increasing onset of heart disease in the 18 -45 age range. Individuals need to believe they can change behaviour. For longevity after heart surgery there must be a lifestyle change including comprehensive cardiac rehabilitation.

Freda Kaufman distributed NCWV Heart Health flyers which highlight the differences between female and male heart health. These were developed as NCWV wishes to increase women’s awareness of heart health to prevent women dying before they reach hospital. Freda appointed NCWV delegates as heart care ambassadors to distribute flyers to their organisations, communities such as GPs. Download flyer: www.ncwvic.org.au/publications

VALE

In the last month, we have lost two of our dear members:
 -Sylvia Gelman AM MBE, a highly respected and well-loved member of NCWV, as well as of NCJWV. Sylvia joined the NCWV Executive in 1982, was Vice President 1984-85, President 1986-88. During this time she was on the NCWA Executive. She was NCWV Adviser in Arts and Letters, Standing Committee Convenor and Hon. Life Member since 1998. Perhaps her most enduring gift to NCWA will be her work with the History Committee for a decade from 2003/4, fundraising for the 2015 publication by Monash University Press of the NCWA Centenary history 1896-2016, 'Respectable Radicals'. Sheila Byard and Leonie Christopherson represented NCWV at the funeral service. Sheila read a tribute based on a citation Leonie had written, with Sylvia’s blessing, for the Australian Women’s Register. A number of NCWV members were present and at the following Minyan, including Elisabeth. NCJWV commenced a Foundation in Sylvia’s name. NCWV will make a donation to the Foundation in her memory.



Sylvia



Morna

-Dr Morna Sturrock AM: As an Individual Member (2004-2009), Morna was very supportive of NCWV and created the lectern banner. She was a councillor in the City of Waverley (1984-90), National secretary of LGWA in 1975. She was Founder in 1960 and Life Member of the Embroiderers Guild, Vic, known for her ecclesiastical work.



NCWV's My Vote My Voice Friday 31 August was held in Legislative Council Chamber, Parliament of Victoria, with the 2018 theme: *Diversity in Community Organisations*. There were 64 students from 13 schools, with 25 making three-minute presentations. The League of Women Voters of Victoria (LWVV) again funded student catering, for which we thank them. Schools attending were: Al Siraat College, Epping; Lowther Hall Girls; MLC; Fintona Girls; Oberon HS, Geelong; Geelong College; Mullauna Sec College, Nunawading; Ivanhoe Girls; Westall Sec College; Melbourne Girls College, Richmond; St Monica's, Epping; University HS.

Ms Tina Hosseini, Chair of Red Cross Youth Advisory Commission, addressed us in the Queen's Hall. She was a past My Vote My Voice keynote speaker when she was Youth Commissioner for the Multicultural Commission. Ms Penny Scott, Adviser Workforce Branch Victorian Public Sector Commission spoke on her experiences as a Wiradjuri woman, researcher, employment lawyer focused on workplace diversity. Both speakers provided insights into Diversity in Organisations through their own experiences. Student speakers presented using a variety of contexts – all extremely well! Evaluations were completed by panel members: Hon Samantha Dunn MLC; Barbara Abley AM, Geelong's first woman mayor; Cr Cuc Lam, Mayor of Maribyrnong; Dr Deborah Towns as Adjudicator. Deciding awards - a very difficult task!



Oberon HS, Geelong



Geelong College



MLC



Westall Sec College



Al Siraat speakers with Tina Hosseini & Diya John, YoungNCWV



Fintona Girls

November NCWV meeting. Please note Ross House is setting up the room for us, but this is an extra \$50 each time! The meeting will include a Trading Table – so come prepared to stock up on presents and help our finances!

Next Council meeting 12.00 for 12.15 start Thursday 1 November, Ross House 247 Flinders Lane Melb., Room 4.1. **The speaker, Debra Saffrey-Collins, is head of Chaplaincy at the Brotherhood of St Laurence (BSL).** BSL programs and innovative services support disadvantaged people of all ages to build better lives for themselves. Debra will help us learn more about the work of BSL through the lens of kindness and compassion across all of life stages.

This will be a most informative talk which would appeal to many, not just delegates, but other members of your organisations and your friends, all of whom are welcome to join us. Please spread the word.

Other News

Victorian Women's Trust's Club Respect - Launch, 5:30-7pm, Wednesday 24 Oct., AAMI Park, Melb, VIC 3004

Register at: <https://www.eventbrite.com.au/e/club-respect-official-launch-tickets-49536557176> **Free event!**

"Sporting clubs play an incredibly important role in our lives. Doesn't matter whether you're in regional Mildura, up in Broome or the inner suburbs of Sydney. Local clubs are the backbone of our community. When clubs have a positive and respectful culture, our whole community benefits." Mary Crooks AO, Executive Director, Victorian Women's Trust. *We're so excited to be launching Club Respect, our new digital platform designed for sports clubs of all shapes and sizes who want a respectful and inclusive club culture.* Featuring **Shelley Ware**, Marngrook Footy Show; **Brent Silva**, NRL Victoria; and **Paul Zappa**, Director, Nirodah. Club Respect is perfect for all clubs, all codes, all levels. And it's free. To find out more about this important resource, join us at the launch.

Victorian tenancy reforms – report from Justice Connect

Recently, the Victorian Parliament passed amendments to the Residential Tenancies Act, a set of changes that represent a huge win for renters in Victoria, the result of years of hard work by organisations across the social justice sector. These changes will help everyone, from young families struggling to pay rent through to people in times of great vulnerability who may be facing family violence or eviction into homelessness. Based on the insights gained from providing intensive and holistic help to hundreds of people experiencing or at risk of homelessness each year, we've highlighted four key tenancy law changes that will make renting safer, better and fairer for all Victorians.

1. Strengthening vital family violence protections for tenants
2. Removing 'no reason' eviction notices
3. Improving power imbalance faced by tenants through a more reasonable, proportionate eviction process
4. Reducing avoidable evictions for rental arrears through a new five-stage approach

[Read Justice Connect's take on these changes.](#)

From the Victorian State Government: Gender Equality - let's legislate!

In Victoria, we want to make gender equality a priority through legislation that ensures that all Victorians have equal rights and opportunities. We are drafting a Gender Equality Bill to make this happen and want input. Despite recent gains made for women in our country, the [International Gender Gap Index](#) shows we're actually moving backwards. Go to this link if you wish to contribute to the development of legislation: engage.vic.gov.au/gender-equality

Holding the Light

St Peter's Eastern Hill, in partnership with *Think Prevent: A Bystander Intervention Program*, we would like to invite you to: Holding the Light, an ecumenical service to remember the women and children who have been killed this year by family violence. The service will be held on **Sunday 2nd December, from 2.30-3.30pm**. Our special guests will be those who have lost loved ones, as well as survivors of family violence. We will also be joined by representatives of faith-based groups, who are running prevention programs. The event is a faith-based contribution to the United Nations *16 Days of Activism against Gender-Based Violence* campaign.

Further information, feel free to contact the remembrance service organiser: Dr Ree Boddé, ph: 0450-039-288; e-mail: thinkprevent@gmail.com; or web: www.thinkprevent.com).

Creativity Australia presents 'With One BIG Voice' - 10th Anniversary Concert, Sunday 2nd December, 3:00-5:30pm in the Melbourne Town Hall. This will feature songs and inspiring stories from our *With One Voice* choirs from all around the country in the presence of Lord Mayor Sally Capp. Confirmed special guests are: Tania de Jong AM (*Creativity Australia Founder and International Soprano*), Alan Fletcher (*Dr Karl, Australian Soap Opera, 'Neighbours'*) & Lydia Griffiths (*Les Miserables and The Royal Variety Performance*).

Tickets: \$25 General Admission, \$15 Concession (plus booking fee): <https://events.humanitix.com.au/wobv>

For enquiries: lydia@creativityaustralia.org.au ph 03 8679 6088. Funds raised go towards supporting those in need.

Shrine of Remembrance

The Armistice of Mudros, Wednesday 31 October, 11.45am, Wreath Laying in the Sanctuary.

The cessation of hostilities between the Ottoman Empire and the Allied powers took place at noon on 31 October 1918. A special centenary talk will precede this service. [Full list of Services](#)

Flowers of War, Thursday 1 November, midday, Auditorium

Meet the artists behind the special centenary of Armistice exhibition, *Flowers of War*. In conversation with the Shrine's Director Access and Learning, Jean McAuslan, hear how this floral wreath project developed.



End of Year Festive Luncheon

This will be held on **Monday 26th November**, 12 Noon until 2:15 pm, at William Angliss Institute, Angliss Restaurant, Building E, 550 Little Lonsdale Street, (near Spencer Street) Melbourne. (No street parking available). In using this restaurant, we are supporting William Angliss catering students in their learning and work experience. Display and raffle of festive baskets from many nations generously provided by NCWV members.

Guest Speaker will be Roslyn Rogers OAM, founder of K.O.G.O. (Knit. One. Give. One).

Money collected will be donated to support **KOGO**, which provides knitted warm winter woollies that are distributed through over 250 community groups to the most vulnerable in our community. All Welcome!

Traditional three-Course Festive menu, including a complimentary drink on arrival and tea/coffee.

Cost – NCWV Members & Delegates - \$55.00 per person; Guests - \$65.00 per person

RSVP. Close of Business, 9th November 2018.

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Return slip for the NCWV End of Year Luncheon on November 26th, 2018

Name _____ Tel. No. _____

Email _____

Name/s of Guest/s _____

Special dietary requirements: The set menu includes a vegetarian alternative, if ordered in advance.

Please let us know in writing if you have other specific dietary requirements.

Payment <https://www.trybooking.com/YPNZ> or <https://www.trybooking.com/432327>

Cheque to – NCWV, PO Box 18186, Collins St. East, 8003.

Cash can be paid at Council Meeting.

Receipts will be issued.

Our mission statement: *National Council of Women of Victoria Inc. -is a non-party-political, non-sectarian, not-for-profit, umbrella organisation with broadly humanitarian and educational objectives. It seeks to raise the awareness of women as to their rights and responsibilities as citizens and encourages their participation in all aspects of community life.*

NCWV Dates for the rest of 2018

November

1st NCWV Council meeting, **including Trading Table**, 12.00 for 12.15pm

Speaker: **Debra Saffrey-Collins, head of Chaplaincy at the Brotherhood of St Laurence**

15th Executive meeting 12.00 – 2.00pm Royal Historical Society.

26th End of Year Festive Luncheon, 12.00 – Angliss Restaurant, 550 Little Lonsdale St Melbourne

Speaker: **Roslyn Rogers OAM, Founder of K.O.G.O. (Knit. One. Give. One).**

January, 2019

Monday 21 January: 58th Australia Day Pioneer Women's Ceremony, Women's Peace Garden, Kensington.

National Council of Women of Victoria Inc.

Regd. No.: AIA: A4465

ABN: 18227073059

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Registered office: Royal Historical Society of Victoria, 239 A'Beckett St, Melbourne.

Patron in Chief: Her Excellency the Honorable Linda Dessau AC, Governor of Victoria