THE NATIONAL COUNCIL OF WOMEN OF QUEENSLAND INC.

Celebrating 111 years

Affiliated with the National Council of Women of Australia Inc. Ltd
And The International Council of Women

Patron: His Excellency Paul de Jersey AC
Governor of Queensland

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January 2016
Newsletter 234

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Opinions expressed in this publication do not necessarily coincide with those of the NCWQ.

Dear NCWQ members and friends,

I trust that the new year sees you in good health and spirits after a joyous festive break full of family, good food and blessings.

I acknowledge that it may seem out of routine that this newsletter's introduction has not come from our President, Annette Lourigan. Annette has undergone some surgery in early January and is, we all hope, following the advice of her medical specialists and 'resting up' for the required period. She will be back on track during late February, and I know you will join me in wishing her a speedy recovery.

A new year is always an opportunity to face challenges, new and old, with renewed vigour. At NCWQ we find ourselves finalising an exciting syllabus for the year, with our bursary committee in full swing ensuring our flagship program is on track once again for applications to be received from potential recipients next month.

We ended 2015 at a pace, with NCWQ's submissions being made in support of the domestic violence legislation reforms, and also a submission in relation the state government's Queensland Women Strategy. Thank you to all who generously gave their time to make sure these submissions were submitted in a professional and timely manner. We eagerly await the outcome of the legislative reforms and consultation process which we believe is necessary to ensure that the maximum protections and supports are afforded to all persons suffering as a result of domestic violence .

We were most pleased to see so many of you at our Christmas lunch during December. Attendees' generosity in providing much needed toiletries and gifts to those in need was much appreciated by the end of life clients cared for by Lynne Megginson and the Footprints team. Acknowledging and assisting the vulnerable in our community is at the core of NCWQ. For those of you who were unable to attend, more on Footprints' wonderful work can be found at www.footprintsinc.org.au.

Events such as the Christmas lunch, bursaries, newsletters and general coordination of a volunteer organisation such as NCWQ do not happen without the hard work of many. With Annette away, there have been a number of committee members who have stepped up to the challenge. Without naming them individually, they indeed have our thanks to ensure the smooth running of NCWQ.

Our first event of the year is the Presidents Dinner to be held on 22 March. It promises to be an evening of frank discussion tempered by a glass of champagne, good food and even better company. In a change this year and as a practical way to contribute to our homelessness focus, we will be collecting sanitary items for Share the Dignity a non-profit organisation which distributes to homeless, vulnerable and at risk women. Further details will follow with the invitation. I do hope you can join us at this event. The invitation will be distributed shortly.

Thank you for the work you all do in our community. You are indeed invaluable and the management committee of NCWQ looks forward to working with you during what promises to be a busy 2016.

Warm regards
Caroline Snow
Vice President, NCWQ

2016 Bursary Program

Planning continues for the 2016 NCWQ Bursary Program, with applications open from **Monday 15th February**.

With most bursaries confirmed from the 2015 bursary program, we expect that the bursary program will be bigger than ever.

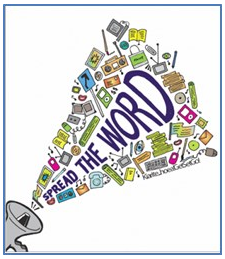
This year we welcome two new bursaries for post-graduate studies, at Masters or PhD level. This is an exciting expansion into new levels of studies. The new bursaries are:

⇒ **NCWQ Tracy Davis MP Bursary** for a female PhD student whose studies will lead to a direct benefit to women; and
⇒ **NCWQ Councillor Vicki Howard Bursary** for a female student studying at either Masters of PhD level where research will lead to a direct benefit of building a more inclusive community in the areas of LGBBTIQ, disability, ethnic or social minorities.

Another new bursary in an area previously not specifically catered for is the **NCWQ June McNicol Science Bursary** for students in at least their second year of a bachelor's degree in physical sciences, such as physic, chemistry, engineering or geology.

Full details will be listed on the NCWQ website over the next few weeks.

Our gratitude continues for our previous sponsors, without whom the current expansion would never have happened.



Spread the word!
Let's all as we read this Newsletter, think of female students in our family, work colleagues, members of our organisations, or wherever our broad networks take us, to pass on the information of this bursary program. Although we send out about 1,000 emails to tertiary institutes, secondary schools, local libraries etc, we also rely on all of us to spread the word.

Please contact me for any further information
Kathy Cavanagh, Bursary Program Coordinator
bursaries@ncwq.org.au

MEET YOUR 2015-2016 MANAGEMENT COMMITTEE

NOELA O'DONNELL—IMMEDIATE PAST PRESIDENT

Noela O'Donnell was the NCWQ President from 2011-2015. She now holds the position of Immediate Past President for a period of one year.

During the term of her presidency Noela focussed on ensuring the Council was more representative of today's Queensland women and was inclusive of women working full time, women from diverse faiths and cultures and younger women.

She also aimed at raising the profile of the organisation both amongst the members and the broader community. Noela is one of the two delegates of the Queensland Rural Regional and Remote Women's Network (QRRRWN).

PAT BURGESS

Pat has been a member of NCWQ since 1994, a delegate from the University of Qld Women's Club.

She has also served on the committee since 1997 and was Minute secretary in 1999 and 2001. Pat served as NCWQ President 2002-04 and 2008-11 and has been Convenor of the Children with Potential conferences 2010-2013.

STEPH CARTER

Steph Carter works in Strategic Communications for international development firm Palladium, based in Brisbane. She holds a Masters of Integrated Marketing Communications from QUT, and is also a past State Director and National Operations Manager of World Vision Australia's national youth movement 'Vision Generation'. Steph first joined NCWQ at the age of 19, after speaking at an NCWQ event. She is also the coordinator of the annual NCWQ/BGGSOGA Young Women's Forum, and manages NCWQ/s website.

IRENE CAYAS

Irene came to Sydney Australia with her family from the small island of Lipsos in the Dodecanese of Greece in 1954 – she was then 6 years old. Irene's volunteer work started when she was still at high school and got involved in fund-raising activities for the Red Cross, and in helping out at (as it was then known) the Cripple Children Society of NSW. She commenced her involvement with the Ladies' Auxiliary of the Greek Orthodox Church at Mt. Gravatt in 1981, where she was elected Treasurer, and later held the position of President for many years. She was also elected a member of the Main Committee for two terms.

In 1998 Irene joined the Ethnic Communities Council (ECCQ) and subsequently held the positions of Deputy Chairperson and Convenor of the Women's Ethnic Network. She represented ECCQ in the Queensland National Council of Women (NCWQ), the Older People Speak Out (OPSO) and the Queensland Council of Grandparents (QCOGs). Irene has been a committee member since the inception of the ESTIA Disability Support Group of Qld, and she is a volunteer helper at the St. Nicholas Nursing Home. Irene's ongoing passion is in the care of the elderly, the disabled and the disadvantaged in the community. Her love is for her family – especially her seven grandchildren.

MICHELLE EHMANN

Michelle is Executive Assistant at Carers Queensland Inc, the peak body representing the diverse needs of unpaid family carers. With skills honed working in finance, public service, small business management and multinational dotcoms, her current role acts as Personal Assistant to the CEO and

secretariat support to the Board of Governance, as well as mentoring, special project and event management. She moderates Carers Queensland online support group and has a keen interest in utilising social media to empower and educate.

Michelle is a working mother of two, has Diploma of Business and believes we have a responsibility to make every day part of a learning life.

YVONNE MATTA

Yvonne has been a member of Soroptimist International since 2000, and is currently a delegate to the NCWQ for the Region of South Queensland. She was born in Ballarat where she worked as a radio announcer, then married and lived in Lebanon from 1962 to 1975. At the start of the Civil War there she and her seven children came to Brisbane, while her husband commuted from his work in Saudi Arabia. Yvonne completed a Bachelor of Arts at University of Queensland as a mature age student, majoring in Journalism and English. She has also gained teaching qualifications to assist migrants and refugees to learn English. Yvonne is a firm believer in ongoing education and personal development and is currently undertaking a Graduate Diploma in Local, Family and Applied History through the University of New England.

PHILOMENA MURDOCH

Philomena Murdoch joined NCWQ as a delegate with Joie Dwyer from Forum Communicators in 2005. Some years later she served as Hon Secretary to President Pat Burgess and is now Resources Officer on the current committee and President Noela O'Donnell. She is Secretary of Backstop Respite Care Inc, for wheelchair dependent people with a disability; Secretary also to Ballymore Ladies Support Group, who initiated the purpose built Backstop House, and enjoys her membership of GOMA.

GEORGINA PICKERS

Georgina was a former travel agency owner and worked in the tourism and travel industry for over 35 years and was also a board member of the Queensland chapter of the Australian Federation of Travel Agents (AFTA). Now a self-funded retiree, Georgina is a member of Business and Professional Women Australia (BPW) Queensland Justices Association (QJA) International Peace through Tourism (IIPT) and UN Women Australia (formerly UNIFEM) and SAVE Wildlife Foundation. Georgina has been a NCWQ member since 1985 and is currently Adviser for International Relations & Peace and Human Rights. Interests are Current Affairs – National and International, Reading, travel and walking besides the wonderful Brisbane River.

MARGARET VALLANCE

Margaret Vallance is a retired secondary teacher, Head of Department English and LOTE. She is a member of Quota International and delegate for their 30th District and is State Secretary of Australian College of Educators (Qld) and the Clan Campbell Society.

MARJORIE VOSS OAM

Marjorie joined NCWQ in 2004 as one of two delegates from MU Australia. In 2006 she was elected to the Management Committee and from 2008 to 2012 she held the position of Vice-President. Marjorie has been a member of Guides Queensland for over 40 years as a Brownie Leader, Trainer, Assessor and more. She has also been a member of MU Australia for over 50 years holding many positions, including Metropolitan Vice-President; Australian Promotion & Development Coordinator & Caritas Leader and as an Education Department Speaker. In 2002 she resigned after 23 years, as Assistant Teacher at St. Lucia Kindergarten and joined the Queensland Watch Committee (part of ECA QLD.)

She held the position of Secretary/Treasurer for 6 years until March 2014 when the Committee disbanded, but she still remains a member of ECA QLD. Marjorie holds strong views regarding encouraging and supporting women and children to reach their full potential, free from abuse and harassment, and the Organisations in which she is involved support this view. Marjorie is at present NCWQ Child & Family Adviser and in the 2014 Queen's Birthday Honours she was awarded the Medal of the Order of Australia (OAM) for "Service to Women, and to Youth through the Guiding Movement".

SANDRA O'DONOHUE

[Profile to be provided in next newsletter]

And last, but not least, our very important members who keep order for the Management Committee!

KIRSTY LEVIS - MEMBERSHIP SECRETARY

Kirsty Levis is the delegate to NCWQ from The Girls Brigade Queensland Inc. She has been an adult member of Girls Brigade for over 15 years and is currently a 2nd Caboolture Cadet Leader, leading a group of girls each week. Kirsty, as NCWQ's Membership Secretary is responsible for the members register and ensuring all members details are correct. Kirsty is the youngest member of the Management Committee.

LISA PRING - NEWSLETTER EDITOR

Lisa Pring balances being a mum and a wife with full time employment epitomising the management skills of a modern woman. Since completing her studies at Griffith University Mt Gravatt, where she obtained a Bachelor of Arts in Criminology and Criminal Justice and a Bachelor of Behavioural Science, Lisa has been heading the multimedia department of InvoCare QLD.

Queensland Women's Strategy

Queensland Women's Strategy is the Queensland Government vision for women and girls with emphasis on gender equality and related issues across safety, economic security, health and wellbeing, and leadership and participation. In December, NCWQ took the opportunity to make a submission to the Queensland Government on its Queensland Women's Strategy, making recommendations and comments on areas of major importance including –

Domestic Violence
Economic Empowerment for Women
Gender inequality in retirement
Paid work participation and career advancement
Indigenous women
Women in leadership
Healthcare
Poverty and homelessness

In summary, the NCWQ submission recommended:

The need to achieve change to social attitudes that prevent equality of women through an education program championed by industry, community and government leaders, starting with our young people in schools promoting 'healthy relationships'. The release of the 'Not Now, Not Ever' Report and Recommendations regarding domestic violence provides considerable direction for areas of inclusion in the Women's Strategy.

Engaging business leaders and social researches to find solutions to address the disparity between the pay and superannuation accumulation that exists between men and women and providing compensation for the economic cost of women's unpaid work in domestic and caring roles. The Qld Women's Strategy must address all areas of women's employment, remuneration structure and pay scales.

The implementation of superannuation tax incentives in proportion to work hours lost for women and flexibility for women to have access to voluntary additional contributions to their superannuation to fund times of economic disadvantage during forced absences from the paid workforce.

Accessible, affordable child and respite care to enable greater participation for women in paid work.

Implementation of specific and measurable strategies to enhance economic and social participation of indigenous women.

Queensland Government, as a gender equality leader, should make an explicit commitment statement to gender equality, implement targets of 50/50 female/male representation on Government Board and Committees and target, recruit an develop women in leadership roles.

Implementation of reforms in relation to access to rapid diagnostic services for breast cancer diagnosis; legislative review and change to allow women to access medically necessary termination of pregnancy, and provision of inpatient mother and baby beds for women with severe postnatal depression and psychosis.

A copy of the full submission can be obtained by emailing info@ncwq.org.au

Microplastics in Australia – Progress?

Resolution 2 at the NCWQ 2015 Triennial Conference was put forward by Dr Pat Pepper to request that the Federal Government ensure that microplastics are prevented from entering our water ways through their prolific use in our cosmetics and cleaning products causing great damage to our environment was passed. The resolution was unanimously passed by all constituent councils and will be progressed by NCWA.

You can find Pat's full rationale for the Resolution on the NCWQ website.

Pleasing progress has been made in recent weeks on this issue at a national level, with the ABC 7.30 report focusing on the issue, and Coles and Woolworths pledging to remove products containing the tiny plastic beads from their shelves by 2017. This was followed by Aldi Australia announcing it is working with its supplier base with an aim to replacing microbeads with alternative natural ingredients in its exclusive brand products by 2016.

Environment Minister Mr Greg Hunt has publicly stated that the federal government is committed to voluntarily phasing out microbeads.

Whilst this is a step in the right direction, it does not follow the robust action being taken by the United States government, which has recently committed to legislate a formal ban of microbead production by 2018.

We will keep members updated as more news comes to hand.

If you wish to read more on this matter, the following articles may be of interest:

ABC News/7.30 report, 8 January 2016: http://www.abc.net.au/news/2016-01-07/coles-woolworths-support-ban-on-microbeads-in-australia/7073674

Aldi Statement, 14 January 2016: http://www.smh.com.au/business/consumer-affairs/aldi-joins-coles-and-woolies-in-microbead-ban-20160113-gm5hwk.html

WELCOME NEW MEMBER

Linda Wallace, Associate

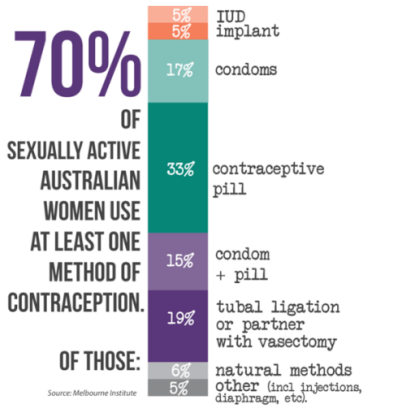
THE SIX MYTHS OF SAFE SEX
(AND AVOIDING PREGNANCY, IF THAT'S WHAT YOU WANT).

This article is part two of a six part series by Amanda Bradley, Manager at Children by Choice. Each article will focus on a different sexual and reproductive health myth.

MYTH TWO: Sex is just for reproduction (for women).

Forgive me if I repeat myself. I'm likely to do this several times in this series of articles. As Plato is famously quoted 'There is no harm in repeating a good thing.' These articles will overlap and interweave with each other, like real human stories. The messages in one will make sense when you read the next and so on.

My previous myth busting notion was that women can fully control their reproduction. You will now be well informed that no contraceptive is 100% effective and no woman could ever attest to using contraception perfectly every time she had sex in her life (well, I'm yet to find one). And the woman is only one half of the picture.



Modern western culture (because that is the dominant culture in which we live) was formed in a patriarchy; a culture of inherent sexism where women are lesser beings than men, worth less, and have less influence. It is a long standing system of sexism that is slowly being chipped away at (maybe a little too slowly for my liking) but in reality women are still sexually objectified.

We only need to open the latest women's magazine or social media platform (I dare you!) to find examples. One of my recent favourites was published under the heading of 'research' (well, it was technically) in a 'fitness' magazine. It stated with a sense of authority that women should wear stilettos because research showed that men were more willing to help women wearing high heels. Sadly someone actually did this research and this was the real outcome.

Women have historically been given the message that their purpose is to please men. This means at a cultural level that we dress for men, we say the things men want to hear (read Dale Spender for a comprehensive insight) and there has been a level of expectation that we please men sexually before our own sexual needs are met (if at all). It goes without saying that women have seen improvements in these attitudes, particularly since the second wave of feminism in the 60's and 70's. That's not so say that the work is done.

As recently as this month, a group called Return of Kings has arranged meetups across the globe including in Australia for men identifying as 'neomasculinists'. They publically advocate for legal rape on private property and base their tenants on the idea that women are biologically determined to follow the orders of men.

Inherently, a sexist society bases its education, laws and cultural norms on the idea that sex (for women) is for reproduction over pleasure. Common advice given to women to prevent unwanted pregnancy for years has been 'cross your legs' (or words to that effect).

The six myths of safe sex
(and avoiding pregnancy, if that's what you want).

The reality is that humans are sexual animals who engage in sex as part of healthy, tender, pleasurable relationships. Oh, surprise, surprise, women are humans too! In fact, sex for the purpose of getting pregnant is renowned for becoming tiresome and routine (without some careful consideration of how to keep it fun).

So if we acknowledge that women have sex for their own pleasure (not just men's), we have to sort out how to avoid getting pregnant (at least some of the time). A woman will ovulate somewhere between 300 and 500 times in her life. If we presume she is an average Australian, she will have sex about twice a week. If she wants two children that means she will have to actively avoid pregnancy in at least 574 sexual encounters, probably far more. With common contraception failure rates at about 2% you can instantly see why we have unplanned pregnancy.

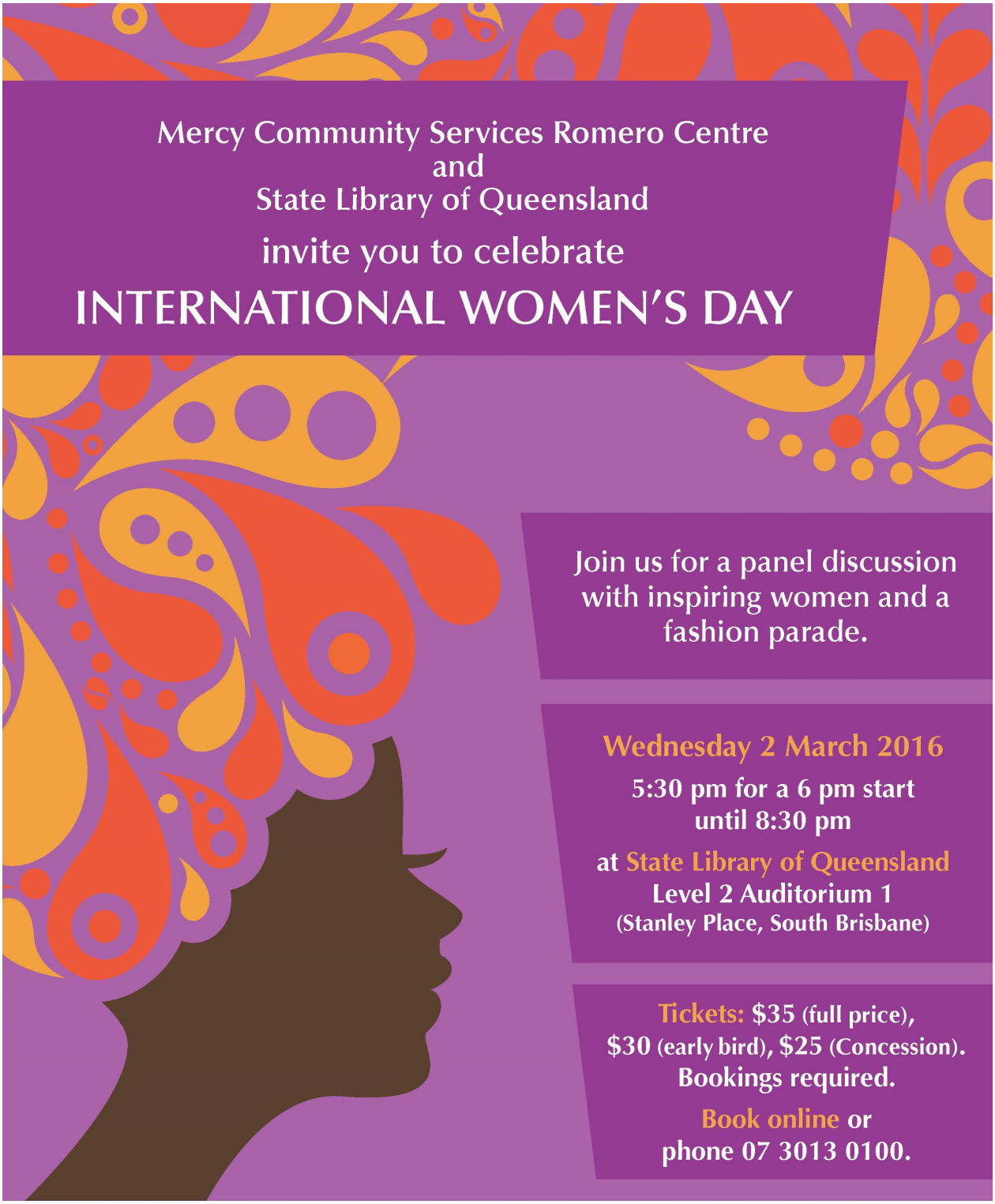
Which leads nicely into my next point; sexuality education in Queensland is sadly lacking. It's a case of one end not talking to the other – parents think it's happening in schools (or they secretly hope it is) and schools think the responsibility rests with parents (although they will cover some basics). The Queensland curriculum is excellent, but how it is delivered or what components are taught (or not) is largely left up to the school.

So, if I attend a particularly religious school (for example) I might come away with the understanding one young man recently discussed with one of our counsellors; '...but a woman can't get pregnant if she is raped because she has to orgasm to release an egg'. If there is one thing to take away from this it is to check with your kids or grandkids schools. What sex education are they teaching? Who is delivering it? Is it clinically accurate? It is up to date with the latest evidence on sexuality education e.g. gender diversity, contraception, pornography, sex for pleasure? And if you don't like the answers you get, you do need to take responsibility for it, no matter how uncomfortable you might find the discussions.

Children by Choice offers pro-choice, all-options pregnancy counselling, information and referrals Queensland-wide, for pregnant women. We provide face-to-face and Queensland wide telephone counselling and referral services on all pregnancy options - abortion, parenting and adoption - as well as post-abortion support. We also deliver evidence based sexuality education to young people and training to health and community professionals around pregnancy options and best practice counselling skills.

We are committed to supporting women to make the decisions best for them, and have been doing so for 40 years.

Want to stay up-to-date? *Subscribe to the quarterly Repro-Wrap e-newsletter.*



Mercy Community Services

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Upcoming Events

BURSARIES APPLICATIONS OPEN
15 February 2016

MERCY COMMUNITY SERVICES FASHION PARADE
2 March 2016 5.30pm for 6.00pm
Queensland Terrace, Auditorium 1, State Library of Queensland
$35 full price. ($30 early bird, $25 concession). Bookings required.
Opportunities available to sponsor a woman seeking asylum to attend.
Bookings
https://www.eventbrite.com.au/e/international-womens-day-tickets-20597078416

PRESIDENTS DINNER
Tuesday 22 March 2016 6.30pm for 7.00pm
Garden Marquee, Victoria Park Golf Course, Herston Road, Herston

If you are on Facebook don't forget to like us at
https://www.facebook.com/pages/National-Council-of-Women-of-Queensland-NCWQ/214692805227841

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NCWQ wish to thank Ms Grace Grace MP, Brisbane Central, for the printing of this newsletter from her office as a service to a local community organisation.

Advertising in the NCWQ Newsletter

Affiliated organisations and small businesses are invited to place advertisements with logo in the NCWQ Newsletter issued bi-monthly.

- Business card size including logo **$50 per advertisement per edition.**
  To secure an advertisement in each of 6 editions per year a discount of $20 applies.
- Quarter page including logo **$70 per advertisement per edition**
  To secure and advertisement in each of 6 editions per year a discount of $20 applies.
- Half page including logo and 500 word editorial provided by the organisation and relating to women **$150 in one edition only.**

The newsletter is sent to 240 individuals and over 50 organisations with their own members and networks.
Contact the editor at ncwqnewsletter@gmail.com for further information.