

June 2018 Newsletter

Quote: 'I am not free while any woman is unfree, even when her shackles are very different from my own.' *Audre Lorde*

NCWV Annual General Meeting: Thursday 6 September, Level 4 Ross House, 247 Flinders Lane, Melb., 12:00 for 12.15pm start. Speaker: Interim CEO Heart Foundation, Roni Beauchamp: Women's health.

NCWV became aware that the existing constitution did not reflect all matters that are required to be addressed under the *Associations Incorporation Reform Act 2012* (Vic). The proposed new constitution is based on the Model Rules for an Incorporated Association published by Consumer Affairs Victoria in accordance with the Act, with minor adjustments specific to the NCWV's purpose, Committee structure, and membership rules. This needs to be approved at the AGM. **See 'Constitution' at: www.ncwvic.org.au** It is vital that we have a good representation of membership for this approval to be valid. To vote, you or your organisation need to be financial member/s of NCWV. Forms: www.ncwvic.org.au

Some inspiring speakers at Council meetings

Jennie Russell: Africa 54+ Report

The Africa 54+ project commenced after the 2016 'Vulnerable Children's' Seminar at Royal Chn's Hospital, an eye opener about the vulnerability and disabilities of children in protective care and the justice system. Through the "Respect" Project we wanted to see NCWV do something for **all** Victorian women and their families. So our successful forum – "Troubled Youth in the Justice System" followed in May 2017 to find solutions to youth incarceration. Youth crimes have reduced considerably, however, numbers of children at "high level risk" have surged and if not checked they could be vulnerable to crime. The widely reported African violence is really a single country issue, with Sudan suffering from drought and wars since 1955, then splitting into two countries. South Sudan is comprised of 64 tribes with 60 languages spoken and cultural differences. From the 1990s there has been a refugee migration and family re-unification sponsorship system. Many more recent arrivals from refugee camps lacked education and have had poor acceptance in some schools by teachers and students. Memories from home of Police fear and corruption, meant the Australian system was not trusted.

Parts of the population, police and media were giving a very negative impression of SS groups and lumping all together, with no consultation with community elders. 'Africa 54+' started with 20 South Sudanese (SS) and Community Leaders, University Academics and NCWV members, aiming for Australian-SS community taking ownership of problems/issues and finding solutions:

1. SS Leaders attended public events in Melbourne since Oct 2016. If SS youth were there, they were counselled/encouraged into local sports, camps and small social gatherings.
2. Leaders visited families talking with their people about issues, solutions, gaining confidence/help.
3. Government's 'Victorian African Communities Action Plan' began earlier in 2018. Most SS leaders and community members were involved in the formation and implementation. Three Community Centres to be set up for use by African Youth.

At a 2018 'Africa 54+' meeting, the South Sudanese Community provided a priority list of 10 necessary areas required to improve settlement of the SS community in Australia. NCWV's Africa 54+ and members of Young NCWV selected three of these to progress into the future. They relate to 'Women and Empowerment', 'Family and parenting support especially within schools', and 'Youth mentoring programs'. Diya John, ZamZam Aden and the SS Community Youth Affairs Officer Achol Marial, have met and are in the process of creating interesting, productive plans and ideas to work with young SS women to find ways to engage and enhance the lives of them and their families. Elisabeth and I will be their mentors. Attitudes towards the police and of the police to the community have dramatically changed. Achol Marial outlined her role with Government and in collaborating with the Police African Action Plan. She works with young people in parks and elsewhere to keep them connected to community and out of trouble. Those who have been in trouble often dissociate from community due to fear of reprisals from family and leaders. They often don't know what support is available. Many women are single mothers due to husbands being killed in war. A BBQ is planned for mothers and children to listen to them, build trust.



Achol and Jennie

Jane Frawley, Interim CEO Prison Network Victoria, has been on the Board of Prison Network for 10 years and over the past 3 years was Board Chair. She now works part time as Company Secretary at the Australian Community Support Organisation, combining this with the Prison Network CEO responsibilities. Prison Network supports care and assistance to women who are, or have been, in Victorian prisons and their families since 1946. The aim is to inspire and encourage changes required to restore lives and reduce recidivism. From entry into the prison system, throughout their time in custody and beyond release, Prison Network supports women and their families. Unfortunately there are 97% more women in custody from 2007-2017, with recidivism up 20%. In the Dame Phyllis Frost Centre (high security prison), 50% are on remand only, exposed to the hardened offenders. Trauma is common, which the prison cannot address. Volunteers in the Prison Network conduct workshops in crafts, cooking, fitness and spiritual sessions to give women space and to accomplish something. They also have sports competitions and 'Fun with Mum' sessions. These help build self-esteem, self-valuing. The Network supports women on release to find housing, help them break drug addiction, even having them in their homes to model effective family life. They also hold discussion groups to continue relationships that were started inside prison and take children on camps. They are trying to gain funding to support women on remand (~250!). They rely on funding from Prisons Victoria and donations.

Young NCWVic

Diya John, Youth Adviser

The Young National Council of the Women of Victoria is the youth branch of the NCWV. Due to our increasingly diverse membership in 2018, especially in terms of age and ethnicity, our focus for this year is *Diversity and Inclusivity*; our core values and activities have specifically focused on this theme, as well as the values of intersectional feminism. Firstly, the establishment *The Diar Project*, a support group for culturally and linguistically diverse (CALD) women from the South Sudanese community, was born out of a common interest by team members to involve and help support CALD women and girls in Australia. Throughout the process, ZamZam Aden and I have been working with Ms Jennie Russell, past NCWV president and Achol Marial, Youth Affairs Officer for the South Sudanese Community Association. Our first event is scheduled for November 2018, featuring a barbeque at Fitzroy Park. Secondly, *My Vote My Voice* will take place on the 31st August, with the 2018 theme - *Diversity in Community Organisations*. This year will be the first in which we encourage active research. Melissa Keatley, Sarbari Ray, a YoungNCWV volunteer, and I have been revamping the NCWV and YoungNCWV website and Facebook pages.

Finally, YoungNCWV has partaken in three 2018 NCYWA teleconferences, represented by Melissa and myself. We have been updating other state/territory YoungNCWVs of our progress and given support to them, communicating via email. YoungNCWV is now actively participating in the 2018 NCYWA national research project and Triennial Conference.

NCWV's My Vote My Voice Friday 31 August in Legislative Council Chamber, Parliament of Victoria. The 2018 theme: *My Vote My Voice-Diversity in Community Organisations*. This event is designed to encourage students to investigate the level of diversity (gender, ethnicity, age, disability ...) in community workplaces by visits and interviews. Workplaces include local government, community groups, businesses... The focus can be on diversity of leadership, decision-making and/or composition. There will be 30 students from 12 schools making three-minute presentations to students, community members and panel of eminent women. Some YoungNCWVic members will be there to support speakers.

8:30 Enter via Spring Street entrance

9:00 Refreshments, photos, welcome in Queen's Hall

9:45 Move to the Legislative Council Chamber.

9:55 Welcome to guests and speakers

10:00 Keynote, Penny Scott, Workforce Diversity

10:10 Student presentations begin

11:35 Panel responses and plenary.

11:55 Thanks and close.

Pre-payments for adults attending: \$35.

Students free thanks to League of Women Voters Vic.

TryBooking: <https://www.trybooking.com/407768>



Geelong College – Award winners 2017 with Barbara Abley



Ivanhoe Girls' Grammar – Award winners 2017 with teacher Fiona Mulvaney & Hon. Samantha Dunn MLC

Other News

Ross House Association:

NCWV is a member of this amazing organisation, which houses many not-for-profit organisations. In July and August this year, NCWV were charged with creating a display in one of the windows facing Flinders Lane. A great job was done by Anne Parton, Janet Park and Eleanor Holden.



GOING TO THE HEART OF THE MATTER!

Freda Kaufman, NCWV Wellbeing Convenor



For the past two years, following several reports on the differences between men and women in relation to heart health, NCWV has noted that gender differences are alive and well in Australia. They continue to surface in the US, England, Sweden and as recently as February 2018 a most comprehensive report was issued from Canada illustrating those differences as an outcome of intensive research. Having researched this issue personally for almost three years, I have observed that little has changed. If anything, dimensions have been added to the situation. There are two aspects to be considered:

1. *Attitudes in health professionals:* Stereotypes still persist through the community and even today, some health professionals continue to see heart disease as a predominantly male condition. Research findings show that fewer women who suffer from heart attacks would die if they were given the same treatment as men. The Heart Foundation has revealed that Australian women have lower survival rates when compared with men and are more likely to die from a second or third heart attack than men, with women suffering from a 21% death rate compared to 14% for men.
2. *Lack of knowledge in women regarding heart health and gender differences during a heart attack.* Women numbering in the thousands do not realize that the signs and symptoms of a heart attack are often more subtle and can be different to those experienced by men. They may feel jaw, shoulder, neck or back pain when having a heart attack and must call 000 if the symptoms last for more than 10 minutes. Statistics show that only one in two women know what to do if they suspect they are having a heart attack and thousands of deaths have resulted when the ambulance is called too late or not at all.

This year, NCWV has undertaken to play an active part in promoting heart care in women by compiling a single page flyer offering a Heart Healthcare Guide for Women. The flyer includes emergency actions, maintenance of maximum heart health and links for learning more. Copies will be available at the AGM on Thursday 6 September and will be on our website after that. Let us spread the word by requesting that you, our Affiliates, distribute the flyer to your GP, local library, pharmacy, podiatrist, any other suitable practitioners and friends.

Although in vivid colour, it can be printed in black and white effectively. On a personal level, I am commencing regular distribution journeys to convey this essential message to as many women as possible. Beginning now! Please share this mission with all your heart!

2018 Women's Health Week: We're only a hop, skip and jump away! Get ready for an exciting week of health information and resources that will focus on silent conditions, happier hormones, pelvic power, mental wellbeing and fatigue. This year we're really turning up the volume on women's health. Check your inbox from 3 - 7 September for your daily dose of good health. We all know selfless women, whether it's your mum, a girlfriend or maybe a colleague and encourage them to start putting their good health first, so they can be part of Women's Health Week.

Featuring a stellar line-up of some of Australia's top comedians, including the fabulous Cal Wilson and Rachel Berger, this year's [Women's Health Week Comedy Gala](#) will be one hilarious night out, covering everything from menopause to mental health, dating to parenting and all the women's stuff from the top of your head to the tips of your toes. It's taking place in Melbourne on Saturday 1 September, 7.30pm at the National Theatre Melbourne.

All ticket holders receive a free Women's Health Week gift bag on the night. To book: [Save your seat!](#)

Jean Hailes newsletter: Not just calcium; the forgotten nutrient for bone health



Time to love your bones.

When it comes to protecting your bone health, we often hear about the importance of calcium and weight-bearing exercise. But there's another piece of the nutrient pie that's just as crucial as these two factors. The missing piece of the bone health puzzle is vitamin D. It has an essential role in bone health and that's largely because it increases calcium absorption from the intestine. It is also important for controlling calcium and phosphate levels in your blood, which aid muscle strength. For most women, most vitamin D comes from the sun. To produce enough vitamin D safely, you need 5-15 minutes of sun exposure 4-6 times a week outside the peak UV time of 10am-2pm by exposing the bare skin of hands, arms and face without sunscreen. The time of year and numerous other factors also affect how long you can safely stay in the sun without sunscreen or other protection. Accredited Dietitian Kim Menzies says that Vitamin D is also available through your diet, but diet alone cannot supply the recommended levels.

"We get about 5-10% of vitamin D from food," she says. "Sources of vitamin D include salmon, tuna, mackerel and herring; and smaller amounts are present in beef liver, cheese and egg yolk." With so many sources of vitamin D coming from animal products, this means that vegans in particular are potentially at higher risk of deficiency. Whether it's via sunshine, food or supplements, getting enough calcium and vitamin D is vital for protecting your bones, says Ms Menzies. "There's no point in focusing on one without the other," she says.

CONGRATULATIONS TO ACHRH VOLUNTEERS

ANTI-DOWRY BILL PASSED VICTORIAN PARLIAMENT (Justice Legislation Amendment Family Violence Protection and Other Matters) Bill 2018. It will now go to the Governor for Royal Assent

Definition of dowry abuse in Victorian Law will be as follows: "using coercion, threats, physical abuse or emotional or psychological abuse to demand or receive dowry, either before or after a marriage."

Well done to all involved in this struggle for justice.

UN International Day of Peace Conference: The Right to Peace & Legacy of Peace Builders for World Peace Australia Limited Seats! Entry \$30 Morning tea, lunch and afternoon tea included.

Saturday 22nd September 9:30am - 5:00pm, Victoria University Convention Cr. level 12, 300 Flinders St. Melb.

RSVP: www.wfwpaustralia.org/events Contact: 5968 2664

Keynote Speaker: Charles Allen Director of Partnerships Institute for Economics & Peace



Elisabeth Newman

As the A.G.M. draws near, I would like to thank everyone for their support over the past year which has enabled us to accomplish a fair bit as will be shown in the 2017-2018 Annual Report. I am particularly grateful to Pam Hammond and Janet Park for the effort they put into producing the newsletters which are full of interesting information relevant to the work of NCWV. The newsletters provide an excellent show case for the Council. It has been an honour to serve NCWV as President over this past year.

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

August

**31st My Vote My Voice-Diversity in Community Organisations,
9:00am Queen's Hall, Parliament of Victoria, then Legislative Council Chamber**

September

6th NCWV AGM 12.00 for 12.30pm, with light refreshments prior to the meeting.
20th Executive meeting 12.00 – 2.00pm Royal Historical Society.

October

4th Individual Members Meeting 10.15 -11.30am
NCWV Council meeting 12.00 for 12.15pm
8th Standing Committee meeting, 4:30pm, Room 3.2 Ross House
18th Executive meeting 12.00 – 2.00pm Royal Historical Society.

November

1st NCWV Council meeting, **including Trading Table**, 12.00 for 12.15pm
15th Executive meeting 12.00 – 2.00pm Royal Historical Society.
26th Christmas Luncheon 12.00 – Angliss Restaurant 550 Little Lonsdale St Melbourne

Note

- All Council meetings held at Level 4 Ross House, Room 4.1, Flinders Lane, Melbourne
- Individual Members' meetings begin at 10.15 – 11.30am in the same room
- Council meetings begin sharply at 12.15pm and finish no later than 2.15pm
- Trading Table – please bring items for sale. All food items to have all ingredients listed.
- Executive meetings held at the Royal Historical Society of Victoria, A'Beckett St Melbourne.
- Standing Committee meetings, 4:30pm, Room 3.2, Level 3 Ross House.