

Founded 1902 ~ Celebrated 120 years in 2022

Newsletter

September 2023

## Acknowledgement

*National Council of Women of Victoria acknowledges the Traditional Custodians of Country throughout Victoria and recognises the continuing connection to lands, waters and communities. NCWV pays its respects to Aboriginal and Torres Strait Islander cultures; and to Elders past, present and emerging.*



**QUOTE:** "In 1948, countries of the world came together & founded WHO to promote health, keep the world safe and serve the vulnerable – so everyone, everywhere can attain highest level of health and well-being. WHO's 75<sup>th</sup> year, 2023, gives an opportunity to look back at public health successes that have improved quality of life during the last seven decades and to tackle health challenges of today and tomorrow." World Health Organisation

## From the President, Elida Brereton



As President of this wonderful organisation for only a few days, my report will focus on the past and immediate present. I am honoured to follow in the steps of fabulous past Presidents and am aware that in our 120 years there have been great leaders who have made significant difference, including strong action and advocacy, to improve conditions for girls and women since 1902.

I thank our retiring President **Ronniel Milliken** for her three excellent years of leadership and hard work, particularly as Victoria went through privations and change brought on by the COVID pandemic. Our meetings face-to-face vanished, our fellowship and sharing in person disappeared, and life was much more difficult and removed from the familiar past. Ronniel kept us going, led us in celebrating our 120<sup>th</sup> anniversary, represented NCWV at numerous events remotely and more recently in person, and also took on the role of secretary while we were seeking a replacement for Pam Hammond. Well done Ronniel for your leadership, passion, and hard work, we appreciated this greatly.


Another Committee member I would like to acknowledge and thank is **Pam Hammond**, who produces the excellent monthly Newsletter, organises key events like My Vote My Voice and our annual gathering at the Pioneer Women's Garden, is an Adviser and now has been made an Honorary Life Member of NCWV --- well-deserved. NCWV has an admirable tradition of volunteers who serve without reward. I thank Elisabeth Newman AM for her leadership of the Individual Members, Dr Deborah Towns OAM for her leadership of the Standing Committee, the Advisers who work with her, and Alex Jeffrey who has led the active NCWV Geelong branch so faithfully.

To the Executive ---congratulations for ensuring that the work of NCWV continues legally, is financially sound, and operates with relevance and growth. Tracey Ahern (Hon Secretary), Deanne Baptista (Hon Treasurer), Hean Bee Wee, assisting the Treasurer so generously as the transition takes place, and the members of the Council in general, all are thanked warmly. The Committee has lost Elisabeth Newman, a past President and Adviser, June Anderson who has been a great supporter in various ways, Robyn Byrne, and Helen Bruckner, I thank you all for your valued contributions.

I am looking forward to seeing you ---longtime members, new members, less involved members who used to be involved ---in person at our end-of-year Luncheon on **Tuesday November 14<sup>th</sup>**. We all need to support this great organisation with our presence and shared wisdom.

My vision for NCWV is that we become even more relevant in our actions and advocacy, we grow in numbers with particularly younger women being attracted to join us, and the fellowship and friendships of pre-Covid days return so that we work as a unified, diverse organisation that makes a positive difference. Best wishes to you all.

## NCWV 120<sup>th</sup> AGM 7 September 1:00-2:00pm.

40 Members attended by ZOOM, with 10 apologies. The NCWV Annual Report 2022-2023 was approved; available at:  [NCWV Annual Report 22-23 PRINT.pdf](#)

## Election of Committee:

President: Elida Brereton

Vice-President: Guosheng Chen

Vice-President: Pam Hammond

Hon Secretary: Tracey Ahern

Hon. Treasurer: Deanne Baptista

General members: Deborah Towns OAM, Hean Bee Wee AM, Susannah Duncan

Individual Members Representative: Vacant

State Coordination Standing Committee: Vacant

Interested persons should contact the President on [info@ncwvic.org.au](mailto:info@ncwvic.org.au) with a copy of their CV.

Public Officer, Tracey Ahern



**Speaker: Helen Dalley-Fisher**, Convenor, Equality Rights Alliance (ERA), the peak body with which NCWA is involved in advocating with the Federal Government.

Helen has been convenor of ERA for around 12 years. ERA is one of six national women's alliances funded federally through the Department of Prime Minister and Cabinet. Two alliances are subject based: National Women's Safety Alliance and ERA, the Economic and Security & Women's Leadership Alliance, four are population based: National Rural Women's Coalition; Migrant women-Harmony Alliance; Women with Disabilities Australia and National Aboriginal and Torres Strait Islander Women's Alliance. ERA also has carriage of the interface between the alliances and the international sector.

ERA is a network of 90 peak or national organisations, with 67 members of ERA, approximately 50% active at any one time. ERA have a remit to advise the government on gender equality in the areas of economic security and women's leadership. Primary focus areas are derived from membership organisations. ERA is the conduit between women of Australia and the Federal government and aims to influence development of policy to improve gender equality and human rights for all women.

ERA's method of operation is to rely heavily on members and their specialties, with several organisations highly engaged and assist ERA, an example being the Women's Adult Education Wave. Helen encourages individuals and organisations to contact her if there is an area they would like to get involved in personally, or as an organisation.

Areas of focus for ERA over the next twelve months include a long-term approach to gender equality in Australia and the need for deep structural reform. In the short-term ERA is focusing on gender responsive budgeting such as for health and childcare.

International work includes elimination of discrimination against women to which Australia has been a party since the early 80s. ERA will be producing shadow reports. If NCWV members have an area of interest in which ERA is involved, Helen invited participation in these reports. The committee is being set-up Friday 8 September at their APAC meeting and will be providing some online training. Other international work is the Commission on Status of Women (CWS), the theme this year being poverty, institutions, and financing for development. The CSW is the annual meeting of the UN about gender and is meeting in March 2024. ERA will coordinate Australian delegation to attend the meeting. If you are interested Ronniet Milliken will arrange for distribution of the details.



The National Women's Health Advisory Council, chaired by Assistant Minister Kearney, has launched the #EndGenderBias Survey to hear from women, experts and healthcare professionals to better understand the unique barriers and gender bias women face in Australia's healthcare system.

The Survey is available in 17 languages, with audio and video upload options also available. The Survey can be found at: <https://www.health.gov.au/womens-health-advisory-council> To assist with the launch and distribution of the Survey, a Stakeholder Information Kit has been developed and translated into 17 languages. We are **seeking your assistance** with distribution of the Stakeholder Information Kits through your networks. The Kits are at: <https://www.health.gov.au/womens-health-advisory-council/resources>

**National Council of Women Australia** is holding its Annual General Meeting and Conference on: **Tuesday October 17 in Sydney**, including a Reception at Admiralty House hosted by Her Excellency, Mrs Linda Hurley. Program:

1:30-2:30pm NCWA AGM – Board and Members only.

2:45-3:30pm Registration and afternoon tea.

3:30-5:30pm Conference

6:00-7:45pm Reception at Admiralty House.

Venue: **H C Coombs Centre** [Get directions](#)

122A Kirribilli Ave, Kirribilli NSW 2061, Australia

Registration: Members: \$100; Non-members \$125; Book:

<https://events.humanitix.com/ncwa-conference-2023>

**Health Week - Wednesday 6 September from 12 to 2pm at the Melbourne Town Hall Yarra Room.**



**Ronniet Milliken** welcomed [Councillor Dr Olivia Ball - City of Melbourne](#) representing NCWV's Patron, the Hon Lord Mayor Sally Capp AO. Cr Ball is portfolio lead for Health, Wellbeing & Belonging and deputy portfolio lead for Aboriginal Melbourne and Deputy Chair of Council's Disability Advisory Committee.

As a psychologist, Olivia has an understanding of health issues. She outlined what the City of Melbourne is doing: *At local government level, we don't run hospitals. Most local governments are getting out of aged care. The only direct healthcare we provide are vaccinations and maternal & child healthcare where a healthy life starts. Local government also has an important role in building community and other social determinants of health – like connection to nature, access to public pools, recreation facilities, affordable housing and healthy eating.*



*The state of your health is correlated to distance from the nearest park or nature reserve, and the distance to your nearest fast-food outlet. Health is both physical and mental. Local government has an active role in addressing isolation and loneliness providing community facilities and supporting community activities and efforts to create community. For example:*

- *Funding Project Respect – a Melbourne organisation by and for women **trafficked** for sexual exploitation.*
- *Immunization nurses have been caring for refugees who have fled **Afghanistan and Ukraine** with initial home and immediate healthcare and social needs addressed in before being resettled across the city and state.*
- *A collaborative effort, Project Night Justice, working with Victoria Police, Crime Stoppers, Full Stop Australia and Melbourne Uni to make our **streets safer** for women and gender-diverse Melburnians. This offers training and accreditation to nightlife venues to recognize and support women experiencing harassment or assault.*

*funding **training for hairdressers** in how to recognize and refer clients experiencing domestic violence.*

- *The City of Melbourne is currently converting a disused industrial building in Little Bourke St into 50 studio apartments for people sleeping rough or at risk of homelessness – with secure floors for women.*

*Provide **free menstrual products** in council libraries and municipal bathrooms to help address period poverty.*

#### **The Speaker for this NCWV Health Week event:**



**Cassandra Szoek**, Professor of Medicine, Doctor, Scientist, Clinical researcher, is an expert in women's health, an AMA Councillor and Health Adviser to the National Council of Women Victoria, a director of the Healthy Ageing Program and Project at the University of Melbourne and author.

Cassandra pointed out that

one third of a woman's life is now post-menopausal, unlike in earlier generations and healthcare costs are escalating alarmingly. More than half of adults suffer from chronic diseases that can be reduced or prevented. Heart and Brain diseases are major killers with 90% of adults over 50 having at least one vascular risk factor, a leading cause of death in women. Much research and subsequent treatment are on males, with the assumption that these apply to women—erroneously!

Two thirds of Dementia patients are women which has doubled over the past 25 years with the rate of increase in women being double the rate for men.

Cassandra shared the wisdom revealed in the unique 30-year University of Melbourne study on the health of more than 400 women from Greater Melbourne, to raise awareness of modifiable risk factors in women's health recorded in her book ***Secrets of Women's Health Ageing***.

The study is a world first and rare in the level of detail it collects biologically, mentally, and emotionally. It is also the longest running study of Women's Health in Australia. Melbourne women made an exceptional commitment to further medical knowledge of women's health in midlife and beyond. The factors that came out of this study were:

- Physical activity as simple as sitting less, 15 minutes daily, parking further away from destination, gardening ...
- Vitamin D: sunshine gives more benefit, just 10 minutes
- Nutrition: no processed food, sugar, junk food. How you eat as well, with family, friends, Mediterranean diet.
- Community and social engagement.
- Sleep

The commitment of 400 Melbourne women was seen internationally, inspiring sister studies, bringing something wonderful to the vision of women's health. The university is committed to sharing knowledge as widely as possible. NCWV will create a podcast of the talk.



Ronniet M, Elida B, Cr Olivia Ball, Prof Cassandra Szoek  
Some of the 60 attendees in the Yarra Room, Town Hall



Members of the Ukrainian Women's Assoc., Victoria



We are looking forward to working with the Mornington Peninsula Council to develop a further six homes for women. WPI has been awarded a ground lease of Council land after a successful expression of interest and will develop six dwellings for vulnerable women within the shire. The land is well located in this vibrant community with excellent access to services and amenities. Construction will commence in 2024.

**The Nest** Exciting progress is being made on The Nest in Shepparton, a partnership between the [Property Industry Foundation](#), Women's Property Initiatives and [The Bridge Youth Service](#), to build 3 x two-bedroom homes where young mums (up to 25 years old) can live independently with their child or children. These young mums can live in the homes for up to five years supported by The Bridge Youth Service. As well as providing stability, support, and safety, they will be able to establish a rental history to help them with future access in the private rental market. Important ground works are taking place on site prior to construction starting in October.



**AUSTRALIAN LOCAL  
GOVERNMENT WOMEN'S  
ASSOCIATION  
VICTORIAN BRANCH**



### **ALGWA Vic Bursary Award**

Congratulations to our 2023 ALGWA Victoria Bursary Winner - Sophie Paterson from Glen Eira Council.

We had a fabulous night celebrating 7 incredible Officers, at the Sea Life Aquarium. Well done, to all our wonderful other finalists: Vanessa Bove - highly commended, Lauren Lawford, Leonie Martens, Elizabeth Spanjer, Sharyn Tilley, and Vicki Tuchtan.

Thank you to our fantastic judges, – Barbara Abley AM - Chair, Pam McLeod – ALGWA Vic Life Member, Ronniel Milliken – President National Council of Women Victoria and Jill Brown – CEO of LG Pro for their time and expertise and to our keynote speaker Nadine Russell.



Australian Federation  
of Medical Women  
the voice of Australian medical women

### **A duty to care: Mental health service responses to family violence Webinar**

[Adjunct Professor Manjula O'Connor](#), author of [Daughters of Durga](#); Founding Director Heathland; recipient of the Meritorious Award from the Royal Australian and New Zealand College of Psychiatrists (Vic) 2023, has coordinated this important session, which I am participating in and lending the GP perspective. Please share with your networks.  
*A/Prof Magdalena Simonis AM, President AFMW*

Experiences of family domestic violence can cause, and exacerbate mental health problems, and pose serious risk to self or others. Even though survivors are more likely to tell health professionals than others about intimate partner violence, it is rare that such disclosure occurs spontaneously. Psychiatrists have a duty to care and be open to the possibility of family violence at all times.

How common is FV in your practice? Are you more likely to see survivors? What about those from culturally diverse backgrounds? Or people who use violence? What is the trajectory of a survivor, starting from a General Practitioners consulting room, a referral, followed by experience in psychiatric setting, risk assessment, safety planning and further referral pathways? Webinar will address these. Webinar presented by RANZCP Family Violence Psychiatry Network.

**Date:** 6pm AEST 11 October 2023; Location: Online.

**Register:** [Visit the RANZCP event page](#)



## ROSS HOUSE - STAY CONNECTED

Ross House Members and Tenants are invited to join Ross House Tenant, **DeafBlind Victoria (DBV)** at their free upcoming Deafblind Awareness Workshop.

This session will be a fantastic opportunity to learn about deafblind community and culture.

Topics on the day include integrating activities, deafblind communication, technology, barriers, and accessibility.

Where? Hayden Raysmith Room, Level 4, Ross House

When? **Wednesday 27<sup>th</sup> September 2023, 10:30am – 12:30pm**

BYO lunch with opportunity to network after the event.

Please RSVP to Heather Lawson on [dbvheather@gmail.com](mailto:dbvheather@gmail.com) by Wednesday 20th September 2023

### Giving Children A Voice for Safer Hospital Care

### Media Release

Minister for Health Mary-Anne Thomas has announced *Safer Care for Kids*, a new family-led project from Safer Care Victoria (SCV) to improve outcomes for children in emergency care. Since the Government established SCV in 2017, its annual Sentinel Events Report has shared investigations and outcomes from tragic events in hospitals, providing recommendations to prevent similar events from ever happening again. This year's report showed an increase in notified sentinel events related to patient deterioration, particularly among children – and the report provides three key recommendations into the care of children, which the Government will deliver in full.

The report highlighted deterioration as the most significant factor contributing to paediatric sentinel events, and the recommendations will support clinicians to better recognise and respond to patient deterioration.

The new escalation system will be designed in close consultation with health services and will be available across the state, giving parents and carers an alternative pathway to raise concerns.

A virtual paediatric consultation system will also be introduced, which will provide 24-hour access to specialist paediatric experts and services. This will be particularly beneficial to smaller regional health services.

The third change will be the mandated use of standardised and age-specific charts whenever a child's vital signs are recorded. The standardised charts, known as the Victorian Children's Tool for Observation and Response (ViCTOR), are already used in many Victorian health services to recognise and respond to clinical deterioration in children.

*Safer Care for Kids* will be implemented in partnership with families who have lived experience of sentinel events involving children, and in close consultation with health services across Victoria.

This year's Sentinel Events Report documented the total number of annual events have risen to 240 in 2021-22, up from 168 the previous year. This was expected in line with the growth of reported sentinel events since SCV was established in 2017 – which led to an improvement in reporting and a growing culture of transparency on safety risk issues and a willingness to learn from patient harm.

## ADVISER NEWS

### Adviser - June Anderson

The ICW-CIF Standing Committee's Plans of Action (2022-2025) Migration: include:

- Work towards supporting and caring for refugees including asylum seeking women and children.
- Encourage, monitor, and advocate for good policies in their adopted country.
- Prevent exploitation of migrant women and girl workers.
- Prevent negative attitudes e.g., hate speech.

With approximately one in two Victorians either born overseas or with at least one parent born overseas, Victoria is home to one of the most culturally diverse societies in the world.

### Mental health issues: Migrant and refugee women felt left behind.

With increased financial insecurity, care responsibilities and emotional strain, the pandemic had a profound impact on the mental, physical, and financial wellbeing for migrant and refugee women.

To advocate for the CLAD community, I have joined ECCV (Ethnic Community Council Victoria); Victorian Multicultural Mental Health network from Nov 2022; Support Diverse Communities Mental Health and Wellbeing Framework and blueprint, the group multicultural background community leaders discussed and shared experiences of leading, contributing to and implementing the system reform.



Mental Health First Aid Australia has the vision of a community where everyone has the first aid skills to support people with mental health problems. The Mental Health First Aid program has been licensed to over 25 countries around the world, with over 4 million people trained, including over 900,000 in Australia. As VMC RAC member, I attended this training course and received the mental health First Aid certificate.

NCWV President Ronniet linked with Professor Manjula O'Connor, the Founding Director of AustralAsian Centre for Human Rights and Health (ACHRH), to join projects that are suitable for CALD communities - each can enhance early intervention, education and prevention of domestic violence and mental illness.

As the member of Regional Adviser Council (RAC) of VMC in the Eastern Metropolitan region, I participated in VMC activities through the year and especially the cultural diversity week, the 2023 theme was "Our Past, Our Future: celebrating and reflection on the contributions of Victoria's multicultural communities" and looked to its undeniably culturally diverse future. [www.multiculturalcommission.vic.gov.au](http://www.multiculturalcommission.vic.gov.au)



VMC Vice president Bwe Thay, June, Stephanie Liu and VMC President Vivien Nguyen



Multicultural Women's Alliance against Family Violence forum Oct 2022

### **Family Violence:**

There are issues of family violence in racial and ethnic groups, particularly with newer immigrants. Increasing evidence indicates that family violence is highly prevalent and has serious consequences physically, mentally and socially. Women and girls are subjected to physical, sexual, financial and psychological abuse that cuts across lines of income, class, ethnicity, religion and culture. This leads to the significant gender disparities in health outcomes which can only be addressed through culturally appropriate interventions. I attended the Multicultural Women's Alliance against Family Violence Forum to increase understanding of the nature and family violence and dedication to ending family violence in our CALD communities. There are structural barriers such as difficulty in accessing interpreter services; financial barriers; lack of access to information on preventative health services; lack of culturally appropriate services especially in mental health services which we need to advocate for continually.

### **Education and support:**

The Women Support Incorporated of which I am the Chairperson, partnered with the Multicultural Centre for Women Health and hosted women's health education meeting to support Asian migrant women in the North Eastern region.

### **Mentoring:**

I participated in the COTA (Council of The Aging) "Women working together" mentoring project through 2022-2023. I participated in this project and mentored three Philippine ladies. On 16<sup>th</sup> May 2023, with other mentors had meeting with Minister for Social Services Amanda Rishworth at the COTA St Kilda office, shared our experience and provided feedback.

### **Business Victoria Multicultural Engagement**

In Dec 2022 Business Victoria hosted a multicultural Business forum, to strengthen the relationship between government and Victoria Multicultural business sector. [CALDengagement@ecodev.vic.gov.au](mailto:CALDengagement@ecodev.vic.gov.au)

As passed president of AABWA, the Asian Business Women's Association, I had four functions through the year focusing on women's leadership, business success and contribution to the community.

**In conclusion**, NCWV multicultural sector aims to build evidence on practical strategies that could empower migrant and refugee women in the areas of women's safety; economic and social participation; leadership opportunities; and to foster their role in promoting community cohesion.



## News Release

Australia's National Science Agency

Program partnered by Chevron Australia

The Living STEM program supports primary and secondary schools to embed Aboriginal and Torres Strait Islander scientific knowledge in communities and classrooms through hands-on projects to increase student engagement and achievement in science, technology, engineering, and maths (STEM). Living STEM works with schools and communities to develop lessons that connect local Indigenous knowledge with the Australian science curriculum. The program recognises and celebrates Aboriginal and Torres Strait Islander peoples as Australia's first scientists; first engineers; and first mathematicians.

The name 'Living STEM' was chosen to reflect that Aboriginal and Torres Strait Islander knowledge is shaping the future of STEM education as a living network intertwined with the Australian STEM curriculum and knowledge systems.

Ruth Carr, Director, CSIRO Education and Outreach, said Living STEM draws on community engagement principles of [Two-way Science](#) developed with Aboriginal desert schools which connects the cultural knowledge of the local community with Western science and the Australian curriculum. *"The Two-way Science model allows students to explore STEM subjects that value and connect with their cultural identity, leading to increased engagement and enthusiasm for learning,"* Ms Carr said. *"Living STEM is another way to connect students to science in a meaningful and culturally interconnected way."*

Previous evaluation demonstrated the benefit of culturally relevant and tailored lessons for engaging not only students in learning, but also their families and communities who may experience barriers to engaging with their child's education.

Living STEM has particular benefits for Aboriginal student wellbeing, engagement and achievement. It also provides rich and engaging STEM learning opportunities for all students, fostering a deeper understanding of country and culture.

The program includes:

- Professional development for teachers
- Events and seminars
- Workshops and community engagement
- Classroom resources.

Find out more about the [Living STEM program](#).



**Australian Not-for-profit Global Sisters** will support 100 women with disabilities to create sustainable self-employment and economic security, thanks to a AU\$736,000 grant from Google.org. Launched in 2016 by Australian social entrepreneur [Mandy Richards](#), Global Sisters supports women to achieve financial independence through a scalable and efficient model, creating income streams via self-employment when mainstream employment is inaccessible. The organisation has so far supported over 5,500 women and facilitated more than \$7.6 million in pro bono business support to emerging women-led micro businesses. The grant money from Google.org will enable [Global Sisters](#) to further their impact by rolling out a three-year pilot program designed to create flexible and sustainable jobs for women with disabilities who face barriers to employment.

### The triumph of generations of sports feminism by [Tanja Kovac](#)

Record breaking crowds, smashed TV viewing results, sold out merchandise stocks, the Matilda's have settled once and for all that there is passion and a market for women's sport. The [FIFA Women's World Cup](#) challenged notions about the marketability and box-office potential of entertainment told with a gendered lens. None of this has happened overnight. The long road to gender equity in Football has relied on generations of women defying stereotypes, gendered norms and criticism of men, like Teresa Vugrenic, my grandmother. Teresa played football in the early 1930s for Cakovec on the border of former Yugoslavia and Hungary. Each weekend, she took to the field in long white boxer shorts and starched polo necks, tamed her stylish locks beneath a headband, and transformed into a masterful scorer On the wing.

I have a rare and wonderful photo of her on the pitch with her teammates sometime before WW2. She's barely twenty years old. It's a pre-match team shot with a full crowd in the stadium. FIFA women's competition was 65 years away.

To say Teresa was a trailblazer is an understatement. I only learned later in life that she was a 'badass'. The kind of woman even World Leaders didn't mess with. Its legend in my family that Teresa wrote directly to Yugoslav President Tito himself, demanding the release of her husband, my Deda, from prison during the War, taking off on a one-woman freedom ride to Zagreb to secure his release. She won.

There is a raw power, grace and sex appeal when women put their bodies on the line for a goal; when they stand up for what they believe in. There is reverence for this power. But also fear. There is a reason why women are conditioned not to strive; not to collectively mobilise and punished for playing to win. Too many of life's cultural prizes, economic benefits and social solutions are owned by, made for and designed by men.

But then there are moments of change. Like the one we are having right now. When women's athleticism, guts and mastery is powerful enough to dominate a 24/7 news-cycle. When it feels like women can achieve anything whether its creating sharp, intelligent comedy, performing personal-is-political drama, wearing fairy-floss fashion or sweating and panting their way through being a post-game hot-mess. I'm not fool enough to think it will last more than a moment. Soon, it will be back to boys-business as usual. History tells me there is always backlash after our rise.



Teresa Vugrenic (middle)

**2023 Women's Agenda Leadership awards! Friday 13 Oct 2023, 6:00 PM - 10:00 PM AEDT**  
**Pullman Melbourne on the Park, 192 Wellington Parade East Melbourne, VIC 3002,**

**Book:** [The 2023 Women's Agenda Leadership Awards Tickets, Fri 13/10/2023 at 6:00 pm | Eventbrite](#)

Join us for a gala dinner! With a lineup of speakers, entertainment and inspiration and announcement of the winners of the 2023 Women's Agenda Leadership Awards

Enjoy drinks on arrival, followed by a two-course meal.

**Event MC - Kirsty Webeck**, Australian comedian, actor, writer, speaker and presenter, with her upbeat and relatable brand of comedy that is often described as playful, light-hearted and fun.

**Keynote Speaker - Professor Megan Davis**, the Pro Vice-Chancellor Society (PVCS) at UNSW Sydney, also the Balnaves Chair of Constitutional Law, a UNSW Scientia Professor, a Professor of Law and Director of the Indigenous Law Centre UNSW Law. She is a Cobble Cobble woman of the Barunggam Nation and a renowned constitutional lawyer and public law expert, focusing on advocacy for Aboriginal and Torres Strait Islander peoples. Her work extends internationally, through roles at the United Nations, focusing on global Indigenous rights. In this capacity, she was elected by the UN Human Rights Council to the United Nations Expert Mechanism on the Rights of Indigenous Peoples based in Geneva in 2017 and again in 2019 (2019-2022) and served previously as an expert member and Chair of the UN Permanent Forum on Indigenous Issues, UN Headquarters in New York (2011-2016).

### **Women get far more migraines than men. Why?**

A migraine is far [more than just a headache](#)— it's a debilitating disorder of the nervous system. People who have migraines experience severe throbbing or pulsating pain, typically on one side of the head. The pain is often accompanied by nausea, vomiting and [extreme sensitivity to light or sound](#). An attack may last for hours or days, and to ease the suffering, some people spend time isolated in dark, quiet rooms.



More than [three times as many women](#) compared to men get migraines. For women ages 18 to 49, migraine is the leading [cause of disability throughout the world](#). Research shows that women's migraines are [more frequent, more disabling and longer-lasting](#) than men's.

A variety of medications and therapies offer relief for migraines. A class of medicines that came out in the 1990's – [triptans](#) – are commonly used to treat migraines; certain triptans can be used specifically for menstrual migraines. Another category of medications, called [nonsteroidal anti-inflammatory drugs](#), have been effective at lessening the discomfort and length of menstrual migraines, some birth control methods help by keeping hormone levels steady. There are several factors behind why men and women experience migraine attacks differently. These include hormones, genetics, how certain genes are activated or deactivated – an [area of study called epigenetics](#) – and the environment. All of these factors play a role in shaping the structure, function and adaptability of the brain when it comes to migraines. The hormones [estrogen and progesterone](#) play a role in regulating many biological functions. They affect various chemicals in the brain and may contribute to [functional and structural differences](#) in specific brain regions that are involved in the development of migraines. Additionally, sex hormones can [quickly change the size of blood vessels](#), which can predispose people to migraine attacks.



Level 31, 121 Exhibition St, Melb.

### Be part of Melbourne International Games Week 2023

Melbourne International Games Week (MIGW) returns from [30 September to 8 October 2023](#), and the people who power up the industry – developers, publishers, educators, studios and businesses – are invited to be part of the action. Expressions of interest are now open to join this year's program of satellite events, spanning workshops, exhibitions, live demos, talks and everything in between. [Read more](#)

### Triennial to bring a world of art and design to NGV:

From a 100-metre-long artwork woven by artists in Arnhem Land to robot dogs trained to paint, a world of contemporary art and design is coming to NGV this summer for the third NGV Triennial.

[Opening on 3 December](#) and running throughout summer, Triennial will take over all floors of NGV International on St Kilda Road, featuring works by 100 artists and designers from 30 countries and regions. [Read more](#)

### Queen Victoria Centre: *In My Prime* Exhibition Opens



Celebrating the works of [Ponch Hawkes](#), the exhibition aims to empower women, trans and gender diverse people in later life by showing positive role models. The striking images show that strength is not defined by age.

*In My Prime* is proudly created by **Women's Health Victoria, The University of Melbourne** and the **Royal Women's Hospital**. Exhibition [runs 4 Sep - 29 Sep 2023, Mon-Fri 9AM-5PM.](#)

### Reforms To Make Victoria's Bail Laws Fairer

### Media Release

The State Government has made the state's bail laws fairer for vulnerable and disadvantaged people, while continuing to take a tough approach to those who pose a serious risk to Victorians. Attorney-General Jaclyn Symes announced new legislation was introduced into Parliament, amending the *Bail Act 1977* to reduce unnecessary remand for people accused of low-level offending. For low-level offences, the Government will abolish the "double uplift" provision and the test for bail will depend on the offence committed. Most repeat low-level offending does not prove a safety risk and will reduce the number of people – particularly women – in remand who don't pose a risk to community safety.

They will refine the definition of "unacceptable risk" to make it clearer that a potential risk of minor offending isn't a good enough reason to refuse bail unless someone else's safety or welfare is threatened.

Under the current laws, if someone commits an offence while on bail, they can face charges not only for the crime itself but also additional charges – known as “bail offences”. The bail offences of “breaching bail conditions” and “committing further offences while on bail” will be repealed. These offences were introduced in 2013 and have been shown to disproportionately impact women, children and Aboriginal people with no clear deterrent benefit. This doesn’t mean those who commit these offences no longer face consequences – it simply means the conduct is addressed without adding an additional offence.

Under the current system, there are people in prison on remand for offences that are highly unlikely to result in a sentence. We will introduce remand-prohibited offences – if you are unlikely to receive a prison sentence for a crime, you shouldn’t be remanded for it. This will apply to offences listed in the *Summary Offences Act* but there will be some instances where this won’t apply such as sexual exposure, Nazi symbol display and common or aggravated assault.

Currently in most instances, if someone’s represented bail application is denied they need to prove new facts and circumstances have arisen in their case before a second application can be heard. ... The reforms will change this so that if someone has their bail application rejected, they can make a second application without having to show new facts and circumstances. Our reforms will implement a presumption of bail for children with exceptions for certain crimes such as terrorism and homicide offences.

Custody will be considered a last resort for a child, but children will still be subject to the unacceptable risk test — so if a child is a risk to the community or someone else, it’ll be possible to hold them on remand.

Finally, if a bail decision maker rejects an Aboriginal person’s bail application, they’ll be required to record how they have considered specific, self-determined Aboriginal considerations such as culture, kinship and family situations.

The suite of changes will address key recommendations of the coronial Inquest into the death in custody of Veronica Nelson and the Parliamentary Inquiry into Victoria’s criminal justice system.



## Inquiries and advocacy opportunities

### Federation of Ethnic Communities’ Council of Australia (FECCA)

#### Submission: Communications Legislation Amendment (Combating Misinformation and Disinformation) Bill 2023

FECCA commends the new powers for the Australian Communications and Media Authority (ACMA) proposed in the Bill for being in accordance with recommendations from the National Anti-Racism Framework Scoping Report 2022, which calls for better regulation of media, especially social media, to prevent experiences of racism. FECCA recognises the growing concern regarding the spread of harmful mis/disinformation on these platforms and the significant impact that has on multicultural Australians. In FECCA’s submission, we have made recommendations that are inclusive of the unique challenges and additional barriers faced by multicultural Australians, newly arrived migrants and refugees, in navigating online information. It is important that consideration be given to their experiences and insights into the design of the legislation and reforms.

[Read the submission](#)

### Hearing to explore driver licence registrations for organ and tissue donations

The Legislative Assembly’s Legal and Social Issues Committee will meet representatives of the Department of Transport and Planning (DTP) at a public hearing next week.

The hearing will be live broadcast on the [Committee’s website](#) from 12.30 pm on Monday 11 September.

The Committee will speak to DTP about organ and tissue donor registrations via driver licence applications by the state’s road authority, VicRoads.

Victorians could previously register as a donor through a driver licence application, but this approach was discontinued more than 20 years ago. South Australia is now the only state where donor registration is available through the driver licence system. The registration rate in South Australia is currently 72 per cent.

The inquiry is exploring ways to increase the number of people registered as organ and tissue donors in Victoria.

## Be Part of History

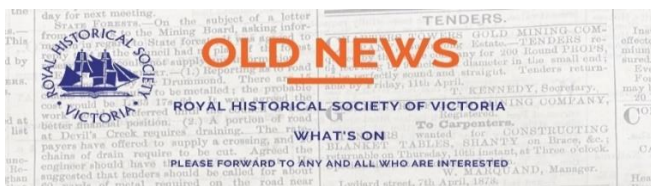
## Another reminder:

Murdoch Children's Research Institute's GenV, one of the world's largest-ever birth and parent cohort studies, has seen 35,000 babies (90,000 newborns, mothers and fathers) sign up. GenV is recruiting across every birthing hospital in Victoria. Every baby born **from October 4, 2021 to October 3, 2023** is invited to join. Participants can sign up to the study in person during their birthing hospital stay or at any time thereafter via a simple, guided online process. <https://www.genv.org.au>

"Families that take part in GenV will make a difference to the future health of generations to come," GenV aims to help solve the complex problems facing children and adults and provide the opportunity to better predict, treat and prevent many different conditions. The recruitment team has recorded 70 languages, including Auslan, during the opt-in process. More than 6700 families in GenV do not primarily speak English at home.



**Keeping Her Story Alive** Her Place Women's Museum Present **Professor Dame Marilyn Waring** Author of international best seller *If Women Counted*. You don't want to miss joining ground-breaking activist, Professor Dame Marilyn Waring at Her Place Women's Museum, Wurundjeri Country-210 Clarendon Street East Melbourne, VIC 3002 on **26 September 2023, 11:30AM - 1:30 PM, Cost \$30 with refreshments on arrival. [Bookings are now open.](#)**



[Home - History Month 2023](#)

We are thrilled to announce that the Victorian Community History Awards have retained their funding for 2023 and were launched on 8 September 2023. We thank all our members and friends, led by our President Richard Broome, for their intelligent advocacy in engaging with their local members of Parliament and Minister Danny Pearson, Department of form will be available in a couple of weeks. We anticipate the awards ceremony will be held in early 2024.

These awards are Victorian history projects which came to fruition between 1 July 2022 and 30 June 2023. Your project might be a film, a podcast, a stage show, a book, an index, an oral history project, an exhibition etc - whatever the medium, it just has to be about an aspect of Victoria's history. **Applications close 5pm Friday 13 October.**

[Click to read more or submit an entry](#)

### Haven For Holocaust Survivors: "Wanda Court", A Melbourne Suburban Ethnography of the 1940s & 1950s

Speaker: Eminent historian Professor Sheila Fitzpatrick will deliver the 2nd Hugh Anderson Lecture in the RHSV's Distinguished Lecturer series. Sheila turns her historian's gaze to the block of flats where she grew up and where most other residents were European Jewish refugees.

**Tuesday 26 September, 5:30pm for a 6pm - 7pm** lecture & Hybrid event. \$10 | \$20

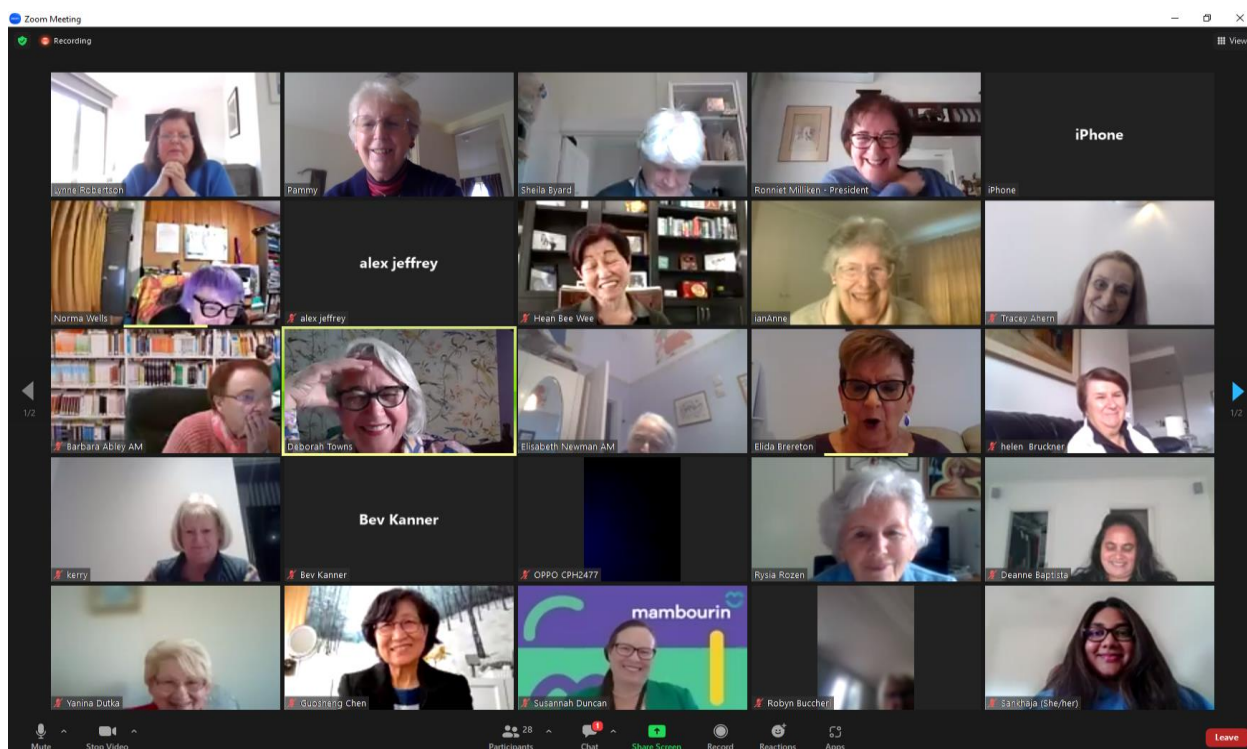
[Click to book Sheila Fitzpatrick](#)

**Off The Drawing Board: Tuesday 3rd October 1pm - 2pm**, Hybrid event: via Zoom and also at the Victorian Archives Centre, 99 Shiel Street, North Melbourne 3051. Speaker: Patrick Ferry **FREE**

For History Month, the National Archives of Australia are partnering with the RHSV to present, *Off the Drawing Board*, where members and friends can discover more about the history of their local community through Victorian architectural drawings. Dating back to 1849, these drawings document famous Melbourne landmarks and humbler suburban and rural facilities, such as local post offices and drill halls. This makes these drawings an invaluable resource for anyone researching local history and heritage. Many of the drawings are also beautiful works of art in their own right.

[Click to book Off the Drawing Board](#)





AGM ZOOM

**Our Purposes:** to provide a non-party political, non-sectarian, not-for-profit, umbrella organisation with broadly humanitarian and educational objectives, empowering women and girls; raising awareness of gender equality; act as a voice on issues and concerns of women and girls at State level; develop policies and responses on behalf of women and girls on a State-wide basis; maintain and strengthen the Association's relationship with all members; link with women in Australia and International Council of Women through the National Council of Women of Australia and contribute to the implementation of their plans of action and policies.

**Our motto:** The Preamble to the original ICW Constitution said "We, women of all Nations, in the conviction that the good of humanity will be best advanced by greater unity of thought, sympathy and purpose, and that an organised movement will serve to promote the highest good of the family and of the Nation, do hereby band ourselves together in a federation of women of all races, nations and creeds, to further the application of the Golden Rule to society, custom and law: Do unto others as you would have them do unto you."

### National Council of Women of Victoria Meeting dates for 2023

September	21 <sup>st</sup>	Thursday	Committee Meeting	10:00	Zoom
October	5 <sup>th</sup>	Thursday	Individual Members & Council Mtgs	11:00, 12:15	Zoom and RH
October	9 <sup>th</sup>	Monday	Standing Committee Meeting	16:30	Zoom
October	17 <sup>th</sup>	Tuesday	NCWA AGM & Conference	13:30-17:30	Sydney
October	17 <sup>th</sup>	Tuesday	NCWA Governor's Reception	18:00 19:45	Admiralty Hse
October	19 <sup>th</sup>	Thursday	Committee Meeting	10:00	Zoom and RH
November	2 <sup>nd</sup>	Thursday	Council Meeting	17:15	Zoom and RH
November	13 <sup>th</sup>	Monday	Standing Committee Meeting	16:30	Zoom
November	16 <sup>th</sup>	Thursday	Committee Meeting	10:00	Zoom
November	14 <sup>th</sup>	Tuesday	Annual Luncheon, William Angliss Restaurant, 550 Lt. Lonsdale St	12:00	In person
December	7 <sup>th</sup>	Thursday	Individual Members & Council Meets	11:00, 12:15	Zoom and RH