

Founded 1902 ~ Celebrated 123 years in 2025

Newsletter

July 2025

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.



NCWV Website: <https://ncwvic.org.au/>

From the President, Elida Brereton



NCWV, along with many others, is appalled by the recent revelations of the alleged sexual abuse of babies and young children in several child care centres. It is hard to imagine the stress that the families impacted must be going through – our thoughts are with them. NCWV is currently writing letters to appropriate ministers and authorities on actions that need to be urgently put in place

I would like to **thank all our Members and Affiliated Members for renewing your 2024/5 annual membership** by the end of June as requested. We appreciate your support greatly. We will also embrace late renewals this month. The 2025/26 renewals will be sent out during July. As said before, society needs organisations like NCWV to advocate for women and girls in particular, and to encourage the work and sisterhood of other similar organisations, some of which come under our “umbrella”.

Congratulations to the **Geelong Branch** for their excellent Annual Luncheon held last Monday June 30th. While I was an apology as I was away with my family, I know that the hospitality of the Geelong members was excellent and the new venue “The Pecten” exciting, in a rejuvenated area of former industry and port activities. north of the CBD

I encourage you to attend the free event conducted by the League of Women Voters Victoria and NCWV, “***Cherishing, Challenging Democracy: Civics, Rights, Responsibilities***”, to be held at **Parliament House** from 8.30 for 9.00am until 12:00pm **Wednesday July 16th**. Dr Deborah Towns reminds us that it is the 80th birthday of LWVV and this event also commemorates the 101 years since women gained the right to stand for Parliament. See the notice and link P.5.

Congratulations go to Member **Prof Cassandra Szoeka, our Health Advisor**, who presented at the inaugural Global Summit “Women’s Health in Focus” held in Hong Kong in mid-June. This conference brought together “40 global leaders from healthcare, technology, investment and entrepreneurship”. We are very proud of Cassandra and of the work she is doing to improve women’s health. (Apologies for the poor reproduction of the pre-Summit notice)

Another speaker is Cassandra Szoeka, a brain health researcher and principal investigator of the Women’s Healthy Ageing Project – the longest study of women’s health in Australia – and author of *Secrets of Women’s Healthy Ageing*. She says there is a lack of data on women’s health issues outside reproductive health.

“We know women have entirely different symptoms, presentation, pathophysiology, treatment and management

NCWV offers hearty congratulations to Dr Rosalie Cooper OAM on her well-deserved Award. *For service to medicine through a range of roles*. Rosalie has been the NCWV delegate for the Australian Federation of Medical Women for many years, being a regular attendee at Council meetings and NCWV events (See article on page 4)

Finally, our hearts go out to the many people impacted appallingly by the ongoing conflict in the **Middle East** and in **Ukraine**, and we continue to support those of our Members with family and friends impacted by these wars. We also acknowledge the ongoing antisemitism, prejudice and recent hateful, dangerous acts in Melbourne, and we hope and pray that there will be peace and harmony in our communities soon.

July Council Twilight Meeting, 3 July, 5:15pm. Level 4 Ross House and zoom. The speaker was **Dr. Simone McCarthy**, Executive Dean Research fellow at Deakin University, Institute for Health & Transformation. Simone was recently on ABC Radio, talking about the rise of young women in gambling, the topic of her Research. Dr Hannah Pitt, Team Leader joined us.

In Australia, and globally, women are participating in gambling at increasing rates and have become a key target of the gambling industry. Gambling participation rates among women are now roughly the same as for men, with around 1 in 2 women gambling each year. Approximately one-third of Australian women report gambling on a monthly basis. Gambling is linked with serious health and social issues, including financial distress, relationship breakdown, criminality and serious mental health issues. While men still experience higher rates of gambling harm overall, women are quickly catching up. In Victoria, more than 1 in 10 women are now at risk of harm from their own gambling.

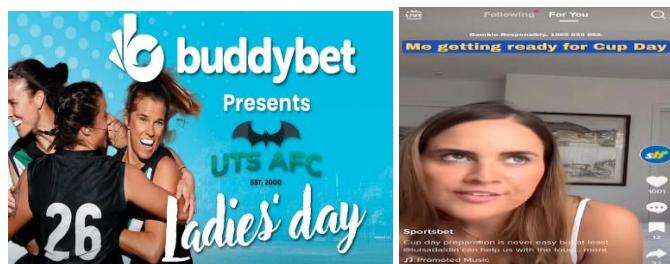
It was once assumed that women mainly gambled on chance products such as poker machines or lotteries. But increasingly, women, especially young women, are engaging in skill-based gambling like sports and horse betting. These come with distinct risks, particularly because of how aggressively they are promoted.

In 2018, we conducted foundational research on women's gambling. What we found was striking, young women aged 16 to 34 were gambling more frequently, across a broader range of products, and were more likely to be experiencing gambling-related harm compared to older women. The findings suggest that one of the factors is gambling is becoming a more regular and normalised part of younger women's lives than it was for previous generations. One of the key drivers is the boom in gambling advertising, shaping young women's attitudes and behaviours, and in increasing the social acceptance of gambling.

This not only signals a growing health issue, but also creates challenges for gender equity, gambling harms compounding existing social and economic inequalities. We spoke to 45 young women aged 18 to 34 who currently gamble, to explore how gambling fits into their lives, and what influences their attitudes and behaviours. We found four key factors that were driving the normalisation of gambling for this group. When we say normalisation, we mean how gambling becomes seen as a regular, acceptable part of social life. Four factors identified: The first factor - exposure to gambling, and often through early experiences with gambling. For many young women, gambling was introduced through family traditions, things like Melbourne Cup sweeps or watching parents gamble. These experiences made gambling feel familiar, fun, and harmless.

For some, gambling occurred as part of socialising with female friends. For others, it was a core activity shared with boyfriends. In both cases, there was peer pressure to participate because it was seen as a normal thing to do. Venues were considered 'female-friendly' and associated with glamour, nightlife, and socialising. Many participants gambled incidentally, simply because they were already in the venue.

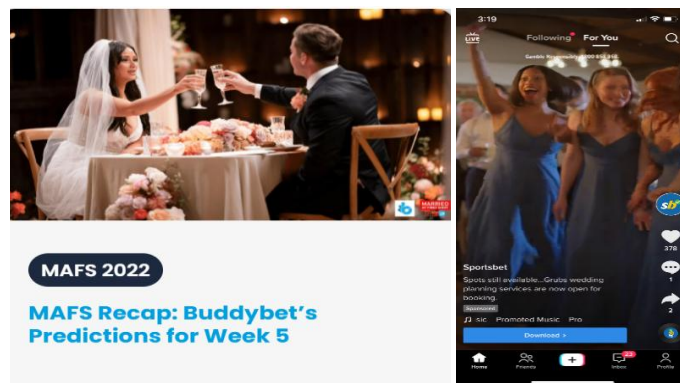
The final factor was changing attitudes towards gambling. Women in this study believed that there was a cultural shift where gambling was seen as normal or even aspirational for young women when they turned 18. Commercial marketing was also viewed as a reason for this shift with more women featured in ads, particularly on social media.



Our research found that newer gambling products and feminised environments increase appeal of gambling for young women, designed to be social, familiar, reducing perception of risk and a lucrative market for the gambling industry. Betting companies now offer novelty bets on reality TV shows like The Bachelor and Married at First Sight, and even baby showers.

These bets may appear light-hearted, but they serve to make gambling seem more accessible and entertaining to women. Celebrity and influencer endorsements also play a role, using social media influencers and sponsoring women's sport.

With experts not seeing women as a priority for prevention, there is an overwhelming focus on men in public education, with women rarely portrayed as gamblers. Women, seeking help feel stigmatised, shame, isolation and support services aren't for them.



So how do we respond? We need more research focusing on how marketing tactics affect women, and why women are increasingly engaging with gambling in ways that may put them at risk of harm. Public education campaigns also need to reflect women's realities.

We need to speak to women's experiences and make sure these campaigns are visible, relevant and relatable, and challenge the idea that gambling harm is only a men's issue. This stereotype can make it harder for women to seek help or even recognise that they are experiencing harm. If governments continue to ignore the ways women are being targeted and harmed by gambling, it will only deepen existing health and social inequalities.

We need stronger regulation of gambling marketing, and a clear commitment to protecting women's health over industry profits.

We conducted more research in Victoria last year with 525 Victorian women aged 18 - 40. We found nearly 80% had gambled in the past 12 months. About one in ten were gambling weekly, and one in four were gambling at least once a month. The most commonly used products were lotteries, scratchies and pokies, all widely available and accessible. But also younger women were engaging with horse and sports betting, typically viewed at male dominated. What's very concerning is that one in three women in this sample were experiencing some form of gambling harm.

Most said they'd seen gambling ads on television, but more than half had seen gambling promotions on social media platforms, often embedded in entertainment or influencer content. That makes them more difficult to recognise, challenge, or avoid. Novelty bets, like those on reality TV, were seen as lower risk, fun. Several women said these markets made gambling feel like a game of pop culture knowledge, rather than something involving financial risk. Many participants were highly sceptical of gambling companies using social responsibility campaigns, such as supporting International Women's Day or breast cancer fundraising.

They were worried about the growing appeal to young women and girls, especially given how frequently they encountered ads in their digital environments. Others pointed to how promotions mislead women, portraying gambling as harmless and gambling companies as supporting women's causes. Many were concerned about this influence on younger and impressionable girls and how this might lead to experiences of gambling harm.

Our recommendations:

- Ban gambling advertising across all platforms, including digital and influencer marketing.
- Launch gender-sensitive public education campaigns, co-designed with women.
- Strengthen regulatory oversight of emerging marketing strategies.
- Invest in independent research and monitoring focused on women and community impacts.

These actions are part of a broader push for public health-centred gambling reform, shifting the focus away from individual responsibility and onto the gambling industry, its products, and its marketing practices. This would ultimately prevent gambling harm for all at-risk groups.

Simone.mccarthy@deakin.edu.au + 61 3 9244 6307

<https://experts.deakin.edu.au/41992-simone-mccarthy>

Gambling Help Online: 1800 858 858

Dr Hannah Pitt, Dr Simone McCarthy, Pam Hammond



NCW Geelong Annual Luncheon

President Nonie was delighted to be able to welcome 105 people to the Luncheon. Geelong members were thrilled to have the strong support of NCWV Melbourne members, and also members who attended from Bendigo and other areas outside of Greater Geelong.

Obviously, the Speaker's topic attracted the interest of the attendees. Emelia Young is an Occupational Therapist who specialises in supporting women with disabilities having a child and maternal care. Her presentation caused many members and guests to reflect on their own ability or lack of knowledge when becoming mothers for the first time, and just how difficult it would have been without proper and empathetic support and information. Many commented on the insurmountable barriers which many mums with disabilities must face on a daily basis, and instead of being filled with joy and wonder in becoming new mothers, must feel the dread of failure. Emelia breaks down barriers and modifies equipment.

Members were strongly of the opinion that Emelie's work should be receiving as much publicity and support as possible, and what better vehicle and catalyst for change and education than our Victorian Branch of the National Council of Women.

The PECTEN lived up to expectations, and the Geelong Branch Committee will be looking to hold its next Luncheon there again. **Barbara Albey AM, Hon Secretary**

August Individual Members and Council Meetings

Thursday 7 August, Ross House and by ZOOM. At 11:00am, there will be the IM Annual Meeting, including the election of Office Bearers: Convenor, Book Keeper and Note Taker. Nomination forms to be sent shortly. Hean Bee Wee AM will speak about the recent ICW General Assembly.

At 12:00pm for a 12:15pm start we will conduct the monthly Council meeting. There will be refreshments served between the meetings. We would love to see as many members (and friends) in person as possible.



Emelia Young



Ronnet, Nonie, Barbara, Emelia, Pam, Robyn



AFMW would like to take the opportunity to **congratulate Dr Rosalie Cooper** on being recognised for her years of service with the award of **Medal of the Order of Australia–OAM**. *For service to medicine through a range of roles.*

AFMW Victorian members will be well aware of Rosalie's contribution, she was recently interviewed by [Medical Republic](#). Her [Constance Stone Oration](#) for Victorian Medical Women's Society) provides many insights into her extraordinary career.

Dr Cooper was a **GP between 1992–2007**. She served on several roles within the [Victorian Medical Women's Society](#), having been a **member since 1961**, as well as serving for the Australian Federation of Medical Women.

Within Red Nose Australia (**SIDS** and **Kids Victoria**), she held leadership positions, including former **Chair** of the **Sudden Infant Death Syndrome Researchers Forum**, Melbourne.

Dr Cooper has also undertaken **several academic achievements**, including being a **Research Fellow** at the Centre for the Study of Mothers' and Children's Health.

NCWV also offers our deepest congratulations to Dr Cooper OAM on her well-deserved Award. Rosalie has been the NCWV delegate for the Australian Federation of Medical Women for many years, being a regular attendee at Council meetings and NCWV events, often with her husband. She has also been supportive of Health submissions made by NCWV offering input from her vast experience.

Sarah Barnbrook, NCWV Member, Co-Presenter



Join us for a powerful, practical workshop on digital safety!

This important event hosted by **Soroptimist International of Victoria** — a **Digital Safety Workshop** is designed to equip women with the tools and confidence to stay safe online.

📍 Online event — attend from anywhere; and in person at The Performance Space, Level 2 Library at the Dock Docklands, Melbourne, Victoria; **Sat, 19 July, 1pm - 3pm AEST**

📄 Registration

Via Humanitix: <https://events.humanitix.com/soroptimist-international-of-victoria-your-digital-safety-workshop>

Together, we'll explore:

- How to spot and avoid scams
- Ways to protect your personal data
- What to do if your account is compromised
- Everyday actions to stay safe on your devices

💬 Whether you're a beginner or just want a refresher, this is a safe space to learn and ask questions. Please share this with the women in your life who would benefit from some extra confidence and clarity around online safety.

#DigitalSafety #OnlineProtection #SoroptimistInternational #AFKInc #CyberSafety #WomensEmpowerment

ADVISER NEWS

Women and Employment Adviser: Dr Deborah Towns OAM

Cherishing and Challenging Democracy: Civics, Rights, Responsibilities, Parliament House



Cherishing, Challenging Democracy: Civics, Rights, Responsibility

Free Event

Venue: Queens Hall, Parliament House, Spring St, East Melbourne

Date: 16 July 2025

Time: 08:30 AM - 12:15 PM

REGISTER NOW



Celebrate the centenary of women's right to stand for parliament in Victoria. Expert speakers on the history of democracy, reconciliation, multiculturalism, women's rights, civics in schools and community, and students' leadership and activism.

Presented by National Council of Women Victoria and the League of Women Voters Victoria.

ALL AGES WELCOME

This 'democracy' event, 16th July, 8:30am for 9:00 start, came about from NCWV's affiliate the League of Women Voters Victoria's (LWVV) AGM last December. Firstly, the event celebrates the centenary of women gaining the right to stand in Victoria, 1924-2024. The LWVV turns 80 this year, so we are celebrating that too. LWVV began in 1945 with one of its main aims being to encourage the community to be responsible voters. Educational programs for children and adults have been organised by the LWVV over the decades.

Secondly, due to the LWVV's concern about valuing democracy and responsible voting, it was disappointing to learn that the Australian Government's recent review of civics and schooling found that only 28 per cent of students in year 10 and 43 per cent in grade 6, 'were proficient in civics. Community knowledge of how democracy works are at record lows'. Informal voting increased in the 2025 federal election. Australia's Governor General, Her Excellency, the Hon Sam Moyston is on a mission to improve this. She recently stated 'I think misinformation and disinformation is the great scourge of our time'.

The Australian Curriculum Assessment and Reporting Authority (ACARA)'s 2024 report found that there is a declining participation in all 'civics'-based activities since 2019 for secondary school students. In this spirit our event is to encourage students and the wider community to learn about the findings and the changes expected, to understand the issues and provide the opportunity for students and the community to visit Parliament House, Melbourne. The LWVV and the NCWV are hosting this event, 'Cherishing and Challenging Democracy: Civics, Rights, Responsibility', from 8.30 for 9 am start to 12.00 noon, in Queens Hall, Parliament House, Spring Street, Melbourne. It's a free event with morning tea provided.

Please book via the code in the flyer or Try Booking (Registration is required by Parliament House and for catering numbers please, by Saturday 12 July): <https://www.trybooking.com/events/landing/1406597>

Speakers: Hon Judith Maddigan, first woman speaker in the Parliament of Victoria, Vivian Nguyen AM, CEO, Multicultural Commission Victoria, Associate Professor Libby Tudball, former president Social and Citizenship Education Assoc, Ngarrngga Project, University of Melbourne, Elida Brereton, President, Secondary Students, Melbourne Girls College Panels with Q & A opportunities, and Convenor Dr Deborah Towns OAM, President, League of Women Voters Victoria.

Arts and Letters;

The State Government is celebrating 20 years of the Premiers' Reading Challenge – which has nurtured literacy, sparked imagination and instilled a love of learning in young students. Since 2005 about 4.75 million young Victorians have read close to 65 million books. At the halfway point, one million books have already been read by more than 270,000 school students. This year's Challenge, finishing on the first Friday in September, is themed '20 years of words and wonder' and encourages children to discover new books and a love of reading, lifelong, while encouraging families to support reading at home.

For children not yet at school, the Challenge invites parents and carers to experience 40 books with their child. Students from Prep to Grade 2 are encouraged to read 30 books, while students in Years 3 to 10 are challenged to read 15 books. Participants can select from more than 15,000 books from the Challenge booklist or choose their own, including picture books, short stories, poems or non-fiction titles. Close to 15,000 students have already completed the Challenge in 2025.

The State Library of Victoria is hosting in-person and online activities for schools, such as illustrator talks and storytime during the Challenge. Any children or families who are yet to sign up, should visit www.vic.gov.au/premiers-reading-challenge

Echoes of the 19th Century: A Night of Historical Music at [PMI Victorian History Library](#) 39 Saint Edmonds Road, Prahran
Step back in time and immerse in the enchanting sounds of the 19th century with the Four Seasons String Quartet. Experience the elegance and charm of a bygone era as the quartet performs timeless pieces that once graced grand halls and intimate gatherings of the 1800s, accompanied by delicious snacks. **Tuesday, 15 Jul 2025 6:30 pm - 7:30 pm AEST**

Get tickets: [Echoes of the 19th Century - PMI Victorian History Library | Brushfire](#)

Education Adviser: Pam Hammond

The NCWV *My Vote My Voice* event engages students in civics. A theme is given to students, based on what is topical and of interest to young people, to research and develop a presentation expressing their opinion. The 2025 topic is: ***What is Special about the Australian Democracy***. Students present in the Legislative Council Chamber, Parliament of Victoria, at the Speaker's lectern. We are delighted to announce that the Keynote Speaker will be Lucy Skelton who will talk about her experiences since being a MVMV presenter in 2018 & 2019, including standing for Parliament. **August 22nd 9:15am – 12:30**

Interfaith Eid Al-Adha Dinner:

On the 20th June, I was privileged to be a guest of Al Siraat College, Epping, at this special evening, conducted by the college and their Student Representative Council (College Captains were MCs). It was a wonderful celebration of the spirit of Eid Al-Adha, embracing compassion, unity, and hope across this diverse community. Special guests included Hon Andrew Giles MP, Martin Taylor, Mayor of Whittlesea, Shiekh Alaa El Zokm, Iman of Heidelberg Mosque, whose message was to build bridges, maintain unity and hope. Some of the female students sang and drumming from junior school boys. This was all followed by a delicious dinner.

I spoke with the wife of the Principal who was one of the founders of the college. The Principal, Fazeel Arain, spoke of respect, peace and commitment to strengthening connections within our wider community.



Human Rights Adviser: Barbara Latham draws our attention to a current, serious issue:

E-cigarettes or vapes were originally designed to deliver nicotine in a smokeless form. But in recent years, vapes have been used to deliver [other psychoactive substances](#), including cannabis concentrates and oils.

Cannabis vapes, also sometimes known as THC vape pens, appear to have increased in popularity in Australia over the past few years. Among those Australians who had recently used cannabis, the proportion who reported ever vaping cannabis increased from [7% in 2019](#) to at least [25% in 2022–23](#).

The practice appears to be gaining popularity among young people, who are reportedly using devices called “[penjamins](#)” to vape cannabis oil, sleek, concealable vapes disguised as [everyday objects](#) such as lip balms, earphone cases or car keys.

On social media platforms [such as TikTok](#), users are sharing tips and tricks for how to carry and use penjamins undetected. See article in ‘The Conversation’ <https://theconversation.com/what-are-penjamins-disguised-cannabis-vapes-are-gaining-popularity-among-young-people-254572>

Standing Committee Coordinator: Robyn Byrne OAM Pill Testing Trial and Reports

Victoria's pill testing trial started during the 2024-25 music festival season. The mobile service attended five events:

- Beyond the Valley Festival
- Hardmission
- Pitch Music and Arts Festival
- Ultra
- The Warehouse Project

For drug checking reports, see [Reports | The Loop Australia](#).

The number of samples of pills tested depended on the number of people attending the festivals. The mobile service will attend up to 10 festivals and events during the 18-month implementation trial.

A fixed-site service is due to open in August 2025 in inner Melbourne, close to nightlife and transport. The pill testing service is staffed by chemists to analyse samples, and trained harm reduction workers to provide tailored information and support to help people make informed and safer choices. Service is a safe space to ask questions and get help without judgement. A consortium of 3 organisations is delivering Victoria's first drug checking service. It consists of lead service provider [Youth Support and Advocacy Service \(YSAS\)](#), [The Loop Australia](#) and [Harm Reduction Victoria](#). The consortium partners with:

- Melbourne Health to provide medical consultancy.
- Youth Projects to offer linked crisis care and pathways into secure housing, employment and education.
- Metabolomics Australia (University of Melbourne) to provide secondary and confirmatory testing of substances.

Changes to the *Drugs, Poisons and Controlled Substances Act 1981* provides protections for the services, for its staff, and for its clients – so no one is breaking the law by operating or using the pill testing service.

The service is a key part of Victoria's strategy to reduce drug harm and save lives. [Statewide Action Plan](#).

The service's focus on harm reduction is working. For 65% of service users, it was the first time they had ever spoken to a health professional about drug and alcohol safety. More than 30% said they would take a smaller amount after having this conversation. Two statewide drug advisories were also issued to the public following the detection of highly potent and unexpected substances with unpredictable effects.

MMDA, Ketamine and small amounts of cocaine were detected separately in pills. AFP Acting Commander Kristy Scott said ketamine was a highly-dangerous and addictive substance. *"Ketamine is a dangerous and illicit sedative. Its dissociative effects block sensory brain signals and can cause memory loss, feelings of being detached from one's body and prevent their ability to perceive danger,"* she said. *The AFP, together with our state, territory and Commonwealth law enforcement partners, is committed to preventing the significant harm caused to our community as a result of these illicit drug imports".* <https://www.afp.gov.au/news-centre/media-release/surge-ketamine-imports-australia>

Health/Nutrition: Advice from the Department of Health

Winter is here, and with it comes the usual coughs and sniffles! It is time to check if you are ready for COVID-19. COVID-19 vaccinations are recommended for adults, particularly for those at high risk of severe COVID-19. Talk to your doctor for advice. <https://planforcovid.com.au/>

Cold, flu or COVID-19? It can be hard to tell if it is a cold, the flu or COVID-19 based on symptoms alone. This is because they share some common symptoms – such as a sore throat, cough or fatigue – even though they are caused by different viruses. Learn more about [COVID-19 symptoms](#).

When to test for COVID-19? If you are aged 70+ and experience any symptoms such as fever, cough, headache or sore throat, take a COVID-19 test. Being 70+ increases your risk of severe illness from COVID-19 – even mild symptoms could get worse. Learn more about your [risk](#).

Tested positive? If you are aged 70+ and test positive for COVID-19, contact your doctor without delay. Oral antiviral medicines are available for certain people at risk of severe illness from COVID-19. Ask your doctor.

Research on Sugar: Lead author, Professor Caroline Miller, Director of the Health Policy Centre at SAHMRI and President of the Public Health Association of Australia (PHAA), says the study should encourage the Federal Government to prioritise tackling obesity, and take proactive steps that put the health of Australians above the profits of commercial beverage companies, with [new research](#) showing widespread public support for the implementation of strong measures to curb the consumption of sugary and sweetened beverages. The representative survey of more than 2,800 adults, published in the *Australian and New Zealand Journal of Public Health*, June 2025, Volume 49, Issue 3 found that:

- 83% of Australians were in favour of labelling of sugary drinks to warn consumers that they contain added sugars.
- 73% were supportive of stopping sugary drinks from being marketed to children.
- More than half of Australians (56%) believed that sugary drinks should have a health levy tax applied.

The survey also showed Australians were supportive of improved labelling of 100% fruit juice, which has high sugar content. "This survey shows Australians overwhelmingly understand the need for change and are supportive of cost-effective steps that would help them make informed decisions about their beverage choices."

<https://www.phaa.net.au/Web/Web/News/Media-releases-2025/Research-reveals-strong-public-support-for-government-action-on-sugary-and-sweetened-drinks.aspx>

NCWV endorsed the NCWA Resolution on the harm of sugar and the need for reducing levels in drinks and food, which was presented at the 2024 Conference in Adelaide.

SugarByHalf https://www.sugarbyhalf.com/who_we_are is a not-for-profit, independent organisation, led by a team of health experts and professionals who are also concerned parents, passionate about healthier lives through the reduction of [sugar-related diseases](#).



[online Q&A: Supportive Care in Breast Cancer](#), where experts will explore innovative new research that is helping to reshape patient support and improve quality of life during breast cancer treatment.

Moderated by Author and Journalist Annabel Crabb, this free online session will bring together a panel of leading clinician and research experts in oncology, psycho-oncology and nutrition, as well as a firsthand patient experience of breast cancer. They will explore how supportive care is evolving & why it's essential to comprehensive cancer care.

In addition, the panel will discuss the latest in research and clinical trials to reduce the side effects of treatment. They will delve into several key areas, including the role of diet and exercise in supporting recovery and long-term health, and the innovative **"Finding My Way"** program, which helps patients manage the psychological challenges of breast cancer. They'll explore the growing field of psycho-oncology, focusing on the emotional and mental health needs of people with cancer.

[Join us](#) for a fantastic discussion on the latest in breast cancer research: **Wednesday 23 July 5:30pm - 7:00pm (AEST).**

Breast Cancer Trials: Alcohol and Breast Cancer–Understanding the Risks, enquiries@bctrials.org.au

Breast cancer and alcohol have long been linked and understanding how alcohol affects breast cancer risk is essential for individuals seeking to make informed lifestyle choices.

[Cancer Australia](#) states that alcohol increases the risk of breast cancer in all women and women who drink one standard glass of alcohol per day, have a 7% higher risk of breast cancer, compared to women who never drink alcohol.

The World Health Organization (WHO) advises that there is no safe level of alcohol consumption and the risk of breast cancer increases with each unit of alcohol consumed per day.

Breast Cancer Trials (BCT) conducted a Q&A event on the role and impact of diet and exercise in breast cancer, which included a [discussion on the risk factors caused by alcohol](#).

FEMALE HEART ATTACKS Article on Facebook "Very Interesting" via Meg Edwards.

Women rarely have the same dramatic symptoms that men have ... the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is one woman's experience with a heart attack.

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening. A moment later, I felt that awful sensation of indigestion, the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m. After it seemed to subside, the next sensation was little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone), continued into my throat and branched out into both jaws, being one of the signals, I think I'm having a heart attack! I walked slowly into the next room and dialled the Paramedics. I unlocked the front door and laid down on the floor and lost consciousness, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery. From my experience, please note:

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening. It is said that many more women than men die of their first (and last) heart attack because they didn't know they were having one and commonly mistake it as indigestion. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' TIME IS OF THE ESSENCE!

Do NOT try to drive yourself OR have your panicked husband drive to Emergency.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone would Share or re-post, you can be sure that we'll save at least one life.

*Please be a true friend and SHARE this article to all your friends, women & men too. Most men have female loved ones and could greatly benefit from know this information too!

NCWV has advocated of women's heart health for years, including the development of a Heart Health Poster, led by Health Adviser Freda Kaufman OAM . <https://ncwvic.org.au/files/Heartcare%20Guide.pdf>

OTHER NEWS

Sunday 6 July – 13 July

<https://www.naidoc.org.au/local-events/local-naidoc-week-events>



<https://www.naidoc.org.au/>



Connections to Home:

Uncle Col (Marra) Clark and Jenny Murray-Jones: Coming Home (until 10 August)

The Koorie Heritage Trust (KHT) Federation Square, Melbourne is proud to present two solo exhibitions that explore connection, family and culture by two respected artists, Barkindji and Ngayampaa Elder, Uncle Colin Clark and Yorta Yorta and Baraparapa artist, Dr Jenny Murray-Jones. This exhibition showcases fifty of Uncle Col's crafted artworks, including spears, shields, clubs, tapping sticks, digging sticks, boomerangs, didgeridoos, painted emu eggs, bowls, and paintings created over the past 20 years, demonstrating his deep knowledge of wood and carving as a cultural practice.

Coming Home is a compelling solo exhibition by Dr. Jenny Murray-Jones of up to 25 of her paintings from KHTs unique collections of Victorian First Peoples Art and Cultural belongings and recent works by Dr. Murray-Jones. Her work offers an exploration of family reconnection, themes of Country, Kinship, and the impact of colonisation and institutional life, telling stories of resilience, loss, and the healing power of reconnecting with family and Country.



Dancing Hands, showcases six Aboriginal women artists at different stages of their careers working across Victoria, New South Wales, Queensland, and South Australia: Aunty Patsy Doolan, Carly Tarkari Dodd, Amy Hammond, Molly Mahoney, Kyra Mancktelow, Lyn-Al Young. Our grandmothers' grandmothers' tell stories; weaving and sculpting are deeply-embedded traditions that embody resistance as truth-telling, love and joy, all rooted within Country and kinship.

Through their craft, these artists illuminate the enduring strength of First Peoples' storytelling, culture and community. Each artist brings their unique experiences and creative approaches, contributing to the rich tapestry of contemporary Aboriginal art and design. These women continue to create, safeguard and pass on cultural knowledge, ensuring that each thread carries the stories, strength, and spirit of their people, with a commitment to preservation of culture and the role of craft, adornment making. **Venue: Craft, Watson Place (off Flinders Lane), Naarm/Melbourne VIC.**

Sat, 28/06/2025 - 11:00 - Sat, 02/08/2025 - 16:00; Free; <https://craft.org.au/whats-on/all-events/dancing-hands/>

Our Culture in Glass - NAIDOC Week Glass Art Exhibition, an exhibition of Glass Artwork by participants of the Glaas Inc First Nations Workshop Program and First Nations glass students and graduates of Melbourne Polytechnic.

We hope to see you at this exhibition celebrating the work of emerging First Nations artists and makers in glass.

03/07/2025 - 11:00 - Fri, 08/08/2025 - 16:00; Free. Venue: Australian Centre for Glass Design, 140 High St, Prahran

Join us for a NAIDOC week celebration to open the exhibition, **Thursday 10th July 6:30 - 8pm.**



We Sit in Circle, Queen Victoria Women's Centre (QVWC) & The Torch are proud to announce this exhibition which celebrates strength, hope, and survival through artworks created by First Nations women who have been impacted by the criminal legal system. The exhibition foregrounds community, resilience and the healing power of creative expression. The First Nations women artists in We Sit in Circle have lived experience of incarceration.

For generations, Aboriginal and Torres Strait Islander peoples have used symbols as a visual language to pass down stories, preserve cultural knowledge and express spiritual beliefs. While their meanings vary across different language groups, many messages are shared. One such symbol is the circle, which represents a meeting or resting place.

It reflects how we come together, yarning (talking), and sharing. Lines extending from the circle signify journey paths, showing movement to and from that place of connection.

The artworks near the entrance and exits of the gallery are created by artists in the community, continuing their journeys after prison. The works placed at the centre of the exhibition are by women currently inside. The exhibition is curated by Flick Chafer-Smith (Ngarrindjeri) and Sharn Geary (Bundjalung). The QVWC is delighted to be celebrating NAIDOC Week with The Torch and to have an opportunity to support this exciting new exhibition in its Birnbeal gallery, a space designed to support emerging women and gender diverse artists.

Location: Queen Victoria Women's Centre, 210 Lonsdale Street Melbourne

Date: Tuesday 1 July until Friday 18 July 2025 Opening hours: Weekdays 9am – 5pm and Weekends 11am – 5pm

Nine Leaders Inducted into the Victorian Aboriginal Honour Roll

MEDIA RELEASE

In a special ceremony held at Melbourne's Arts Centre, community members gathered alongside Minister for Treaty and First Peoples Natalie Hutchins to celebrate the newest inductees and their lasting impact on communities across the state, inspiring Victorians with their dedication, service and fierce determination. This year's inductees represent a rich cross-section of Victorian First Peoples including cultural mentors, a broadcaster, a health advocate, community workers, a basketball coach, and a champion for reconciliation and Treaty.

The nine inductees are:

- Uncle Ricky Graham Baldwin
- Aunty Lou Baulch
- Aunty Iris Bysouth
- Uncle Shane Charles
- Uncle Dennis Fisher
- Aunty Faye Lynam (posthumous)
- Bevan and Letty Nicholls (posthumous)
- Uncle Harry Stewart

Since 2011, the Honour Roll has recognised 158 First Nations people for their achievements across diverse fields including health, education, justice, sport, the arts, community leadership and military service. The Honour Roll acknowledges the influence of First Nations leaders who have helped create a fairer and better place for all Victorians and provides a platform to celebrate their cultures, languages and excellence. As Victoria progresses with Truth and Treaty, First Nations leadership and knowledge will continue to inspire and guide the future of our state.



Newsletter. Every week, we get calls from women in and outside of prison, and the people who care about them, asking for help. Help to connect with their loved ones. Help with crisis support. Help to build their self-worth. Help to find safety after release. Right now, with four dedicated Support Workers, we're doing all we can. But we are limited by our capacity, and we simply can't support every woman who needs us. **This winter, we want to change that and be able to say 'yes'.** We're aiming to bring on a fifth Support Worker, so we can walk alongside even more women, meeting them with compassion and practical help when they need it most.

One more worker means one more woman met at the gate. One more worker means one more woman is supported to create change. One more woman with someone by her side as she steps into freedom

You may have seen the [ABC's 7:30 Report](#) recently about the lockdowns at Dame Phyllis Frost Centre. We see the crushing weight these have had on the mental health of the women we support, the isolation only deepens it.

With changes to Victoria's bail laws, the number of women in prison has increased. In 2024 our Support Workers walked alongside over 300 women in prison and engaged with almost half of the prison population through our programs. They also supported 85 women after their release. Imagine how many more we could reach with a fifth worker.

One Support Worker = hundreds of fresh starts. This winter, we're aiming to bring on a fifth Support Worker so we can walk alongside more women. Even in prison every woman deserves care, dignity, and someone by her side. Your gift will help us reach more of the women who need us most.

[I want more women to be supported like this](#)

SAVE THE DATE - Trivia with a difference

A night of fun, facts, and fundraising at the **Prison Network Trivia Night on Friday, November 21.**

Join us for an evening of friendly competition, great food, and an exciting silent auction all in support of women rebuilding their lives after prison. Stay tuned for more details, mark your calendar and gather your trivia dream team!



AUSTRALIAN
WOMEN IN
AGRICULTURE

2025 Australian Women in Agriculture National Conference

Location: Stamford Grand, Glenelg, Adelaide

Date: 5–7 August 2025

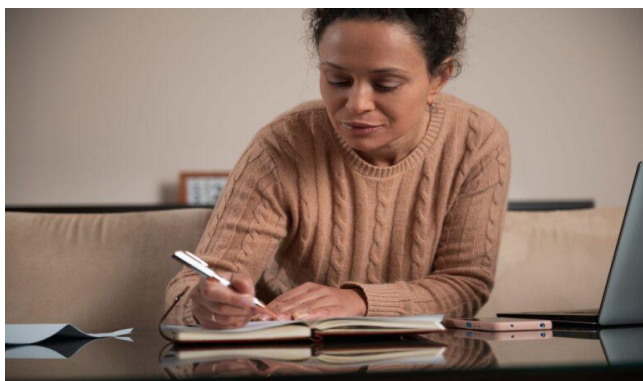
Theme: Growing Futures – Breaking Barriers

Under the theme "Growing Futures – Breaking Barriers" this flagship event will bring together women from across the agricultural sector to explore leadership, innovation, sustainability, and advocacy. <https://www.awia.org.au/conference>

The conference will feature:

- Inspiring keynote speakers
- Workshops and panel discussions
- Networking opportunities and Regional Tours

The Win!



From July 1, parents taking government-funded paid parental leave will also receive superannuation payments, a move that will help reduce the gender super gap that leaves women worse off in retirement. The change to Commonwealth Parental Leave Pay [was legislated by the Albanese government](#) in its first term. It will benefit about 200,000 Australian mothers each year and narrow the gender super gap by about a quarter.

According to analysis by the Super Members Council, a woman who has two children and takes one year of maternity leave for each one, then works part-time, would likely reduce her super by \$55,500 and lifetime disposable income by \$649,400.

This reform to add super payments on paid parental leave will see this reduced. Analysis also shows Western Australia has the widest gender super gap at 33 per cent. NSW has a gap of 18 per cent, Victoria's gap is 19 per cent, while Queensland's gap is 23 per cent. Super Members Council's CEO Misha Schubert said the superannuation reform on paid parental leave was an "historic achievement. ... This is a huge stride forward to tackle women's retirement inequity," she said. "This reform will make millions of women thousands of dollars better off in retirement, helping to narrow Gender super gap,"

In Australia, women still take the majority of paid parental leave. The Federal government has recently expanded the scheme out to 26 weeks by 2026, adding "use it or lose it" provisions to entice fathers to take more leave.

Paying super on the Commonwealth parental leave scheme will benefit around 200,000 Australian mothers each year, narrowing the gender super gap by around a quarter, currently about \$50,000 for Australians nearing retirement.

What's next? There is now a push to see a boost to the Low-Income Super Tax Offset (LISTO). This change could see the lowest income workers, mostly women, become better off in retirement. The LISTO is a super tax refund for low-income workers. It has been frozen for 13 years and not increased in line with changes to the Super Guarantee rate.

The Super Members Council said it is an issue that must be fixed urgently.

"There is more work to do to reverse the financial 'motherhood penalty' women experience in the early years of having children, which adds up over their working lives," Schubert said. "Lifting the Low-Income Super Tax Offset is the next logical step for the Government to tackle women's retirement poverty and help more than 700,000 low-income women to have more financial independence and security when they retire."

Madeline Hislop, News Editor



Photos chosen as finalists for Women in Sport Photo Action Awards

"It was great to see the myriad of entrants and sports represented this year," said President of WISPAA, Helena Wurf. These images are conversation starters to guide the direction of positive discourse surround women's sport and athletic skills and talent first, with lifestyle and other details second, according to WISPAA. These images are conversation starters to guide the direction of positive discourse surround women's sport and athletic skills and talent first, with lifestyle and other details second, according to WISPAA.

Brianna Boecker, Associate Publisher, Womens Agenda

Finalists images will be on display at the [WISPAA exhibition and awards evening](#) at Palangi Gallery, Surry Hills, Sydney on **Thursday 17th July 2025.**

Amplify.

The newsletter for Victoria's social and community sector. **RENTERS' RIGHTS: Rental Dispute Resolution Victoria**

In an incredibly competitive rental market, it can be hard for Victorians to realise their rights under the *Residential Tenancies Act*. VCOSS and many member organisations have advocated strongly to the Victorian Government about the need to dismantle barriers to rental fairness. In response, the Government made a commitment in its 2023 Housing Statement to provide free, fast and fair dispute resolution services to help renters resolve simple dispute matters.

A new body – Rental Dispute Resolution Victoria (RDRV) – has now officially opened for business. You can find information about the scope of the service and how renters can access free dispute resolution on [the new RDRV website](#).

VCOSS notes that some parts of the community sector have had the opportunity to provide a level of input into the service design, and that the Government has made a commitment to monitoring the service's implementation and impact. In the meantime, if VCOSS members have any insights they'd like to share with us, to inform our policy and advocacy work on rental fairness, please reach out to [Ella Longhurst](#), Housing and Justice Policy Advisor.

Ross House: News from their tenants.

Ross House Open Day 2025 Bookings Open

You can now book tickets for the three following events happening at Ross House as part of the event on **July 26th 2025**. All events are FREE, the City of Melbourne charge a \$7 booking and admin fee.

Head to <https://openhousemelbourne.org/event/ross-house/> to get your tickets! You can also pop in on the day and participate in the self-guided tour.

Volunteer with Travellers Aid Australia

When you volunteer with Travellers Aid you help people with a disability or older travellers' get where they need to go. If you value access and inclusion for all, you'll love being part of our volunteer workforce. Volunteers, just like you, make Travellers Aid's free and low-cost support services possible.

Our service hubs in Melbourne, Seymour and Ballarat help people connect with public transport, navigate transport disruptions, get to their appointments and outings and enjoy Melbourne's special events.

To find out more about volunteering at Travellers Aid, please visit:

www.travellersaid.org.au/support-us/volunteer

HCV news and events

Making Public Histories is a seminar/webinar series offered jointly by the [Monash University History Program](#), the [History Council of Victoria](#) and the [Old Treasury Building](#). These are open to anyone interested in the creation and impact of history in contemporary society. The program will be delivered as webinars via Zoom.

Hearing the news: how ballad singers, pamphleteers and orators took the news to the people in the pre-modern world, **Thursday 24 July 5:00 – 6:30pm, by ZOOM BOOK NOW!**

In an age when we are, literally, bombarded with news from multiple forms of 'mass media', it is hard to imagine a time when news was scarce. Before newspapers were published, how did the people find out what was happening in their world? In this seminar we explore the fascinating world of the pre-modern newshound — the ballad singer, the pamphleteer and the public orator. Were there limits to 'free speech', and how were they overcome? Historians Una McIlvenna and Ruby Lowe combine analysis and performance as they explore this fascinating topic.

The July seminar is being presented as part of Rare Book Week. Check out the full [Rare Book Week 2025 program](#)



GIRL GUIDES
AUSTRALIA
VICTORIA

Snow Dayz: 14+ Snow Weekend, 8-10 August, Mt Baw Baw

Ready, set, snow! Snow Camp is your 14+ Guide's ticket to snowy adventures this winter, complete with a stay at our cozy [Lonsdale Ski Lodge](#) in Mt Baw Baw. Registrations now open!

Register for 14+ Snow Weekend



Rare Book Week Is our history in a drawer, a scrapbook, or a curated collection? Presented by: Ephemera Society of Australia, 11:00am, 29 July, RHSV, 328 A'Beckett St, Melbourne.

This talk will focus on a selection of ephemera collections, teasing out the theme of how our history is preserved. Join Mandy Bede, President of the Ephemera Society of Australia, as she shows examples of printed Australian ephemeral material from the sublime to the mundane.

Regardless of how these items have been collected, preserved, or by whom, or for whatever reason, they form part of the remarkable commonwealth of documents that record our past. Morning tea will be served immediately following this event.

Stories that divide us; 12:30pm, 29 July, RHSV

Recently, the library of esteemed community historian Weston Bate was donated to the RHSV. Amongst the many gems was a rare book, *Scapegoats of the Empire*, written in Lancefield and published in 1907 about military crimes half a world away in South Africa. The author, George Witton, was the 3rd defendant in the military trial for murder brought against Breaker Morant and Peter Handcock. Morant and Handcock were executed by firing squad and Witton was jailed for life. Less than 3 years later he was released and returned home to Australia to write his dubious memoir.

Join distinguished historian Dr Andrew Lemon AM a multiple award-winning Australian historian as he explores not just *Scapegoats* but looks to the rich literature that is spawned when the truth gets murky. These events are in person only – there is no Zoom and nor are the events recorded.

SHRINE OF REMEMBRANCE

This July, keep warm and experience something meaningful. Enjoy a powerful [NAIDOC Week performance by Richard J Frankland](#), (see below), uncover the hidden art of camouflage at a [special screening and panel discussion](#), or book a [rare curator-led tour](#) of *Designing Remembrance*, where you'll view hand-drawn plans by the Shrine's original architects. This marks the 90th anniversary of the Shrine of Remembrance with a rare look at the ambitious and often surprising entries to the 1921 War Memorial design competition. **This closes on 27 July.**

Explore with your family through our free school holiday activity, [Camo Quest](#)—a self-guided adventure available every day of the holidays. We welcome you to join us for our [remembrance services](#) to pause and reflect on service and sacrifice.



REFLECTIONS OF SERVICE: A PERFORMANCE BY RICHARD J FRANKLAND

Join us this Sunday for a special NAIDOC Week performance by Gunditjmara musician, playwright and veteran Richard J Frankland. Through music and storytelling, Richard will reflect on his time in the Australian Army and honour the service of First Peoples in Australia's armed forces.

After the performance, join us for a moving Last Post Service where we remember and honour the contribution of First Peoples to Australia's Armed Forces. **3pm–4pm, Sunday 6 July Auditorium \$10**

BOOK NOW



Australian Human Rights Commission

Human Rights Awards Nominations are now open

The search is on to find Australia's leading human rights defenders and advocates who strive to improve the lives of people across the country. Don't miss this chance to help your human rights heroes get the recognition they deserve. You can nominate a person or organisation for the:

- Human Rights Medal
- Law Award
- Media & Creative Industries Award
- Community Award
- Young People's Award

Big or small, we want to showcase their work to champion equality and justice for all.

Nominations close on Monday 18 August 2025.

[Contact us](#) if you have questions or need support to submit a nomination

[Multicultural Affairs Victoria](#)

Victorian Government Report on Multicultural Affairs

Discover how the Victorian Government is supporting our state's vibrant diversity through policies, programs, and services that promote inclusion, participation, and social cohesion. From cultural diversity plans to accessible services, the report highlights how we're building a stronger, more inclusive Victoria. [Read the Multicultural Affairs Report](#)



A guide to preventing race discrimination in the workplace

The Victorian Equal Opportunity and Human Rights Commission has developed a guide for employers to prevent and respond to workplace racial discrimination. Please share this with anyone who is interested to ensure employees know how to take action on racial discrimination at work.

[Read the race discrimination guide](#)

VMConnect: a platform for multicultural communities

[Sign up to VMConnect](#)

Are you planning a multicultural event for your community? Sign up to VMConnect, the Victorian Multicultural Commission's platform to share programs, promote events, find grants or services and chat with other members of the community.



Nominate an extraordinary Victorian for an Award

Do you know a Victorian who is making a difference in the community? Think about your friends, colleagues or neighbours who are making a positive impact for others. You can recognise their contributions by nominating them for a prestigious

Australian of the Year Award by 31 July 2025.

[Make your nomination](#)



Speak Up Workshop: A youth-led workshop for the community sector, to deepen understanding of multicultural young people's experiences of gender inequity and family violence

Thursday 10 July, - 1:30pm Community Hub at The Dock

[Register here](#)

TAKEOFF: A Youth-Led Career & Connection Workshop

TAKEOFF is a career readiness event designed to support young people, especially those from migrant and refugee backgrounds, to gain the confidence, skills, and connections needed to navigate their career journey

Saturday 19 July; 3:30pm; 75 Reid Street, Fitzroy North

[Register for free](#)



Sahar Foladi OAM: A voice to improve refugee plight.

An advocate, who has helped shape the lives of many through her relentless service in refugee support organisations, is being recognised on the King's Birthday Honour list.

Trunkloads of Fun await Families at Werribee Zoo



An unforgettable experience awaits families at the Werribee Open Range Zoo. Werribee has become the new home for Asian elephants in Victoria. Built within Werribee Zoo's expansive 21-hectare elephant habitat, the herd benefits from seven different yards, elephant overpasses connecting the yards, two mega pools and a visitor walking trail. The weather-proof barns have ceilings towering over 9-metres and luxurious two-metre deep sandpit providing elephants with comfortable sleeping mounds. The barns have been designed to support ongoing elephant healthcare and wellbeing.

A training facility at the back allows keepers to deliver regular elephant health checks – including blood tests, weigh-ins, and oral health procedures. Visitors will be able to view all areas of the barn while two dedicated overpass bridges will allow Asian elephants to pass over visitor walking trails. The Werribee Open Range Zoo expansion covers an area of elephantine proportions, equivalent to the size of five MCG stadiums. <https://www.zoo.org.au/werribee/whats-on/>

Parliamentary Inquiry:

Inquiry examines coercion by cults and other groups

The harmful tactics used by some cults and other groups to control their members are the primary focus of a [new parliamentary inquiry](#) which has opened for input from the community.

The Legislative Assembly Legal and Social Issues Committee is looking into the methods used to recruit people and the impacts of coercive behaviours. The Committee is [calling for submissions](#) from the public who wish to have their say.

It is also giving people the option to share their personal experience by filling out a short [anonymous questionnaire online](#).

Public hearings are expected to start later this year and a final report is due in September 2026.

 CITY OF MELBOURNE

WHAT'S ON



Queen Victoria Market, Queen St, Melbourne

Every Wednesday, 5:00-10:00pm

Wednesday 4 June to 27 August.

Wrap up warm and embrace the winter chill as the Market's sheds and laneways come alive with the inviting aromas of delicious food; the sounds of live, local musicians; and the vivid spectacle of quirky roving performers, promising a fun and not-to-be-missed night for all.

LEGO Star Wars exhibition; Melbourne Museum; [When: Until 26 January](#) This epic collaboration features over 8 million bricks! Build your own light saber, battle your mates then explore the immersive LEGO galaxy.

[Book now](#)

10th Bastille Day French Festival: [Queen Victoria Market Sheds C & D; 12-13 July weekend.](#)

Celebrate all things French and Francophone – music, food, entertainment.

Open House, Melbourne [26-27 July.](#)

Access to behind the scenes at 200 buildings, places and spaces. Uncover stories of our city, take part in conversations with architects, building custodians and community.

The Artistry: [9-10 August](#)

A festival celebrating creativity, innovation and culture, with food, music and cultural activities across the city culminating in The Artistry Live stage event at Queen Victoria Market.

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 2025

Month	Date	Day	Meeting Type	Time	Method
July	3 rd	Thursday	Council Meeting	17:15	Ross Hse/ZOOM
July	14 th	Monday	Standing Committee Meeting	16:30	ZOOM
July	16 th	Wednesday	Cherishing, Challenging Civics, Democracy, Rights & Responsibility	9:00	Queen's Hall Parliament Hse
July	17 th	Thursday	Committee Meeting	10:00	RHS
August	7 th	Thursday	Individual Members Annual Meeting; & Council Meeting	11:00, 12:15	Ross Hse/ZOOM
August	18 th	Monday	Standing Committee Meeting	16:30	ZOOM
August	22 nd	Friday	My Vote My Voice	9:15	Parliament
August	21 st	Thursday	Committee Meeting	10:00	RHSV
September	4 th	Thursday	AGM	12:15	Zoom/Ross Hse
September	15 th	Monday	Standing Committee Meeting	16:30	ZOOM
September	18 th	Thursday	Committee Meeting	10:00	RHSV
October	2 nd	Thursday	Individual Members & Council Meetings	11:00, 12:15	tbc
October	13 th	Monday	Standing Committee Meeting	16:30	ZOOM
October	16 th	Thursday	Committee Meeting	10:00	RHSV
November	6 th	Thursday	Council Meeting	17:15	tbc
November	20 th	Thursday	Committee Meeting	10:00	RHSV
November	27 th	Thursday	Annual Luncheon	12:00	William Angliss
December	4 th	Thursday	Individual Members & Council Meetings	11:00, 12:15	Tbc
December	18 th	Thursday	Committee Meeting	10:00	RHSV
February	1 st	Sunday	Pioneer Women's Ceremony Pioneer Women's Memorial Garden	11:00 – 2:00	King's Domain, St Kilda Rd

This publication is compiled and edited by Pam Hammond, Vice-President NCWV, with support from President, Elida Brereton.