



*National Council of Women - ACT*

President's NEWSLETTER, October 2017 - Issue 334

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## ***1. President's Report***

This is the final newsletter for the year. Since the AGM held in September it has been a busy time getting to know how the new Executive is to work. With new members who have full time jobs, we are organising our Executive meetings in the early evening after work hours. For the present all Council meetings remain at the same time – 12noon on the second Thursday of each month.



Vice President, Juanita Flett, suggested that NCW ACT should have a definite focus for the coming year. At her suggestion we have decided that the environment will be our focus. We shall be holding a Seminar on **Wednesday 18<sup>th</sup> July 2018** with a focus on the environment and sustainable living. A small committee will lead the preparation of this Seminar. Please keep this date in your diaries as I am sure that this is a topic which will be of interest to young and older members.

One of our young NCW members, Ellen Scott, applied for an Audrey Fagan scholarship and was successful. This was an individual application and will enable her to develop her leadership skills through mentors and workshops. I wish her well as she undertakes this new personal development.

Council congratulated Jan Roberts of VIEW on becoming the National President of The VIEW Clubs of Australia for the next two years. We wish her well on her new venture. We will be welcoming two new VIEW delegates to our Council meetings next year.

I also welcome a new affiliate the Zonta Club of Canberra to NCW. Penny Lucas is the President and a delegate together with Barbara Marshall who will also be a delegate.

WE were fortunate again to receive a Southern Cross Club Community Grant of \$1000. Kate Wright and I went to the function at the club where other recipients gathered for a short evening of entertainment and refreshments. I was pleased to meet Ian McKay the CEO and Geraldine Rossiter the Executive Assistant. Over many years the Southern Cross Club has been a great supporter of NCW.

The Council endorsed the motion that we change our banking arrangements to Beyond Bank which will provide better interest rates than we have been receiving. In the new year it is hoped to hold a session or sessions on Governance for all members of NCW ACT.

We have also changed our post box address to one in Mawson which will be much more convenient for myself, the Secretary and the Treasurer. The PO Box is **983 Mawson 2607.**

The bank account details and the post box address will, in future, be on all invitations to functions and also on all renewal notices.

Another date for the diary is for the Presidents' Lunch which will be held at the Canberra Southern Cross Club on **Wednesday 16<sup>th</sup> May 2018**.

Attached is the invitation to our Christmas Lunch to be held on **10<sup>th</sup> December** at Olive in Mawson. This is a very friendly and happy occasion to end the year. I hope that many of our members (and partners) can join us on that day.

Also attached are the Adviser's reports. Wendy Rainbird the Coordinator of Standing Committees has held her first meeting with the Advisers but you will note that there are still people needed to accept a role. I know that Wendy is very happy for people to volunteer.

Finally, I wish everyone a safe, happy and holy Christmas and New Year and look forward to seeing members at our first Council meeting in February.

Helen Raymond  
President.

## ***2. NCW ACT New Executive for 2017-2018***

President:	Helen Raymond
Vice President:	Juanita Flett
Secretary:	Laurayne Bowler
Treasurer:	Clare Catcheon
Newsletter Editor:	Kate Muir
Committee Members: -	Kate Wright
	Holly Vandepol
	Penny Leemhuis
	Kate Crowhurst

## ***3. Christmas Lunch - 10/12/2017***

See attached flier

## ***4. Mental Stillness App***

Over the last month we have had Mental Health Week and this was brought to my attention. Anxiety is a major issue for many people of all ages and al-

though the Mental Stillness App was designed with school-aged young people in mind, it should be noted that it is also suitable for use by adults.

At this time of the year young people around Australia experience extraordinary levels of stress. Stress not only effects mental and physical health but can itself impact on exam performance. To help our young people deal with this issue Generation Next and Sydney University's Department of Psychiatry have developed this free, evidence based, easy to use app.

Designed specifically for young people, it quickly and effortlessly upskills young people with a simple, evidence based mindfulness/meditation method that reduces stress and improves mental wellbeing.

The specific techniques and video sequences used in the app have been the subject of several clinical trials and field studies conducted in Australian state schools and hospitals under the auspices of the University of Sydney and the University of NSW, all of which have demonstrated specific effectiveness. For a more detailed look at some of the key evidence, see

<https://ses.library.usyd.edu.au/handle/2123/16427> and <https://www.hindawi.com/journals/ecam/2011/960583>.

You can download the Mental Stillness App by going to Apps stores for either iPhones or Androids

### ***5. Communities at Work - Pantry***

Many of you, over this year, have donated non-perishables to our 'carton' at each Council Meeting. These donations have been of great value to Communities of Work. With Christmas and New Year coming up, even more families will be under stress and need the Pantry to help them make it through the holiday period. I would like to encourage you to donate once again for the last time this year with maybe a focus on the Christmas season.

### ***6. Women's Earth and Climate Action Network (WECAN)***

This November 6 through 17, 2017, the Women's Earth and Climate Action Network will take action and advocate on the ground in Bonn, Germany during the United Nations Framework Convention on Climate Change (UNFCCC) COP23 Climate Talks.

Since the organization's founding, WECAN International has been participating in the UNFCCC climate process as a voice for climate justice, gender equality, Indigenous rights, Rights of Nature and meaningful, bold action on climate change.

As a central facet of WECAN's yearly work at the UNFCCC, we are honoured to support and collaborate with many frontline, grassroots and Indigenous women leaders in creating opportunities for them to speak out and present their vital struggles, stories and calls to action during the COP - thus engaging with the policy makers whose actions and inaction on climate change impacts their lives, communities and homelands on a daily basis.

As we look to the 2017 COP23 in Bonn, WECAN International reaffirms our commitment to ceaseless effort to bring women's voices to the forefront - and unyielding action to expose the roots of climate chaos and help usher in just climate solutions commensurate to the level of crisis we face. As an organization with an international focus and network, but a United States base location, we will also continue to stand with many U.S. allies to send an urgent message to the world that, even in the face of a climate-denying and reckless U.S. administration, many people across the country can, and will, stand up for climate justice, sustainability solutions, and systemic change.

## ***7. NCW(A) Young Women's Subcommittee***

The young women's subcommittee of NCW ACT has recently been working hard to engage with its members, engage better with NCW ACT members and establish its goals and aims as a subcommittee. We now have a variety of roles within the subcommittee:

- ACT coordinator - Ruchira Kakkad
- Events coordinator - Nadia Vanag
- Partnerships and Outreach coordinator - Holly Vanderpol
- Youth Coordinators - Georgie Juszczuk and Clare Caitcheon
- Social Media Coordinators - Anna O'Leary and Kate Crowhurst.

**Audrey Fagan Grant Program:** Two of our members, Ellen Scott and Caitlyn Williams, have recently successfully secured \$1,200 from the Audrey Fagan Grant Program to run their idea called SisterACT. As NCW ACT young women's subcommittee members the subcommittee will be supporting and mentoring Ellen and Caitlyn through the process. The aims of the project as outlined in the application are as follows:

*The aim of the project is to set up an online forum for young people, consisting primarily of high-school age girls in the first instance, to ask questions and discuss issues that they find important. To enable this we propose a pilot program for up to 30 high school girls aged 14-18 from three schools to participate in external workshops to learn skills in leadership, advocacy and communication. The workshops will establish a foundation for the girls to network and to discuss the issues that impact them by creating groups within each school and by staying connected through the online forum.*

*The online forum will be a safe, anonymous space moderated by the administrators where people can share their ideas about particular issues, articles or books. The workshops would be designed to build the skills of the admins in crafting social media content and advocate for important issues. These skills would translate to the online forum and create a positive feedback loop for other girls in the community, allowing them to ask questions that they wouldn't be able to within a traditional school environment for example respectful relationships.*

These aims and ideas will be developed further to ensure risks are mitigated and the girls participating are getting maximum benefit from the program.

## ***8. NCWA - Advisers' Meeting - 18<sup>th</sup> October, 2017***

### **ACT Advisers**

- HUMAN RIGHTS AND CONVENTIONS: Margaret Findlater-Smith
- EDUCATION: Narelle Hargeaves
- ARTS AND LETTERS: Wendy Saclier

## **9. MEDIA:**

- HEALTH: Mary Kirk
- NUTRITION: Wendy Gray.
- YOUTH & FAMILY: Ros Dixon & Holly Vanderpol
- AGEING:
- CONSUMER AFFAIRS:
- ENVIRONMENT: Wendy Rainbird
- HABITAT: Wendy Rainbird
- RURAL WOMEN: Monica Glenn
- ECONOMY OR FINANCE:

As you can see, not all advisors positions are filled, we are therefore asking members to volunteer or to seek out people with expertise to be Advisors for the National Council of Women ACT, so we can fill these gaps. Please contact Wendy Rainbird on [wprainbird@grapevine.com.au](mailto:wprainbird@grapevine.com.au), if you do find people willing to be Advisors.

Reports were received from a number of advisors and will be available as attachments to this newsletter as well as on the website. These reports included:

- Arts and Letters;
- Health;
- Nutrition;
- Habitat;
- Youth and Family; and
- Education.

## **10. *Vale Beryl Evans***

Beryl Evans was a Life Member of NCWA. She was part of the NCW(A) for many years. As she was the Dieticians Association representative to the council she and Wendy Gray became voluntary Nutrition Advisors to the NCW of Australia. These two initiated a number of high profile Nutrition Education Projects on behalf of the NCW. In 1986: the 'International Year of Peace' the NCW (A) applied for a small grant to print a 'Recipes for Peace' book. Whilst the project was a challenge, the book is still here today after several reprints

including in the USA for the 'International Year of Peace and Culture'.

Beryl was characterised by her many ideas, her enthusiasm and most importantly her wisdom. Her enthusiasm for her Family, nutrition education, world peace for justice and equality for women and their families was legendary. She will be missed by her friends and by NCWA.

## ***11. Useful Information:***

### ***11.a Office Bearers for 2017 – 2018:***

- President: Helen Raymond
- Vice President Juanita Flett
- Secretary Laurayne Bowler
- Treasurer Clare Catcheon
- Newsletter Editor Kate Muir
- Committee: Kate Wright  
Holly Vanderpol  
Penny Leemhuis  
Kate Crowhurst

### ***11.b Dates for the Diary:***

#### ***Dates for the NCW ACT Meetings 2018:***

#### ***Council 2<sup>nd</sup> Thursday of each month***

- All Assemblies are held at Yarralumla Uniting Church Centre, Denman Street, Yarralumla
- Meetings commence with lunch at 12 Noon, followed by the meeting
- Meetings conclude at 2.00pm

### ***11.c Life Members***

- Mrs Julia BILES
- Mrs Coral FLEMING
- Mrs Monica GLENN OAM
- Mrs Jenny JARVIS



- Mrs Wendy SACLIER
- Ms Margaret SMITH
- Mrs Margery SMYTH OAM
- Mrs Jean THOMSON OAM

### **11.d      *Affiliated Associations***

- ACT Chinese Women Cultural Association Inc
- Anglican Women's Diocesan Council
- Anglican Mother's Union Diocese of Canberra/Goulburn
- Australian Church Women Inc
- Canberra Mothercraft Society
- Canberra Multicultural Women's Forum
- Country Women's Association (CWA)
- Girl Guides (ACT and SE NSW Region)
- National Council of Jewish Women Australia (Canberra)
- St Andrews Evening PWA
- Salvation Army ACT and NSW
- Soroptimist International of Canberra Inc
- View Clubs of Australia
- YWCA Canberra

## **12. *Editor Information***

I continue to encourage you to send me anything that you think might be of interest to our members. I also take this opportunity to wish you all the best for Christmas and New Year and that you all stay safe until the next newsletter in 2018.

*Kate Muir,*  
Editor

### **Attachments:**

- a. Christmas Invite and Christmas RSVP
- b. Advisers' Reports