



*National Council of Women - ACT*

**President's NEWSLETTER, February, 2017 - Issue 332**

Welcome to the second Newsletter of 2017. I continue to encourage you to let me know of anything that you think might be of interest to our very varied members.

Kate Muir  
Editor

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

This continues to be a busy time for the Executive and Council. We welcomed the renewal of the Salvation Army's affiliation and its delegate, Major Shelley Soper who lives in Sydney but hopes to attend as many meetings as she possibly can.

I find that announcing each month's speaker at our Council meetings either in the newsletter and/or on the agenda encourages members to attend our meetings.



In March Michelle Robertson from *Communities@Work* spoke. *Communities@Work* is a social enterprise which charges for some of its work and this supports a range of outreach community activities. For instance they outfit women for court appearances or for job interviews. They also have a pantry for those in need of food. Our NCW unit has decided that at each Council meeting members will bring dry or tinned food to support the pantry which Kate Muir will deliver to the pantry at the end of each meeting.

This month, and at very short notice, Mel Edwards Co-founder of Design Managers Australia spoke about the people who had inspired her throughout her life. Design Managers Australia has been very good to NCW and have facilitated two of our seminars. We are lucky to have such a professional company able to do this and enhance our seminars

Juanita Flett has designed a trial website which is free. Members can check the site on <http://ncwact.wixsite.com.canberra>. If there is a difficulty find Juanita on Facebook and the website is easily found.

On International Women's Day I attended a breakfast hosted by the Soroptimists and also attended an event at the Legislative Assembly organised by the YWCA.

The YWCA *She Leads College Conference* has been held and we supported 20 school girls to attend this event. We received a thank you from the YWCA in appreciation for our support.

At present we do not have the final details or costs for the NCWA Mid-term conference being held in June but as soon as these are available I will send this information to the membership

I remind everyone that the **closing date for acceptances for the Presidents' Lunch is 5<sup>th</sup> May**. Acceptances are coming in but I hope that more people will come and join us and hear our inspirational speaker, Maryanne Gore

### **Postscript**

It was with sadness that we learnt of the death of Dr. David Biles OAM, the husband of Life member Julia Biles. Julia was President for several years of NCW in the early 2000s. She was also the Convenor of Standing Committees for several years. Throughout Julia's time in NCW David was a great support to Julia and a very good supporter of NCW. He will be sadly missed.

### ***2. Presidents Lunch - Southern Cross Club date 10<sup>th</sup> May.***

I remind everyone that the closing date for acceptances for the Presidents' Lunch is 5<sup>th</sup> May. Acceptances are coming in but I hope that more people will come and join us and hear our inspirational speaker, Maryanne Gore, Business Woman of the Year in the ACT.

### ***3. NSW National Conference - 14, 15, 16 June, 2017***

***'Future Directions, Our Council, Our Voice - Driving Cultural Change'***

This is NCWA's Mid-term Conference and is a significant opportunity to help set our national agenda. The full draft agenda will be attached at the bottom of the newsletter to make it easier to handle. Also the full agenda will be available on our new website

### ***4. Communities at Work - Michelle Robinson***

Michelle spoke at our March meeting about the various things that this Charity is involved in. It is important to remember this is a local charity designed to help our local community in a very practical way. It was very pleasing at the next meeting to have several members talk about taking bags of work clothing along to the charity. Also, the box of goodies donated by members for the 'Pantry' was so heavy we had to break it down to be able to lift it!. I look forward to having to get a box of goodies to them every month.

### ***5. YWCA Conference 'She Leads College Conference'***

The third annual [She Leads College Conference](#) brought more than 80 young women together from schools across the ACT and Queanbeyan, for a day of leadership development, forming new friendships, and the opportunity to connect with a diverse range of inspiring young women leaders. YWCA considered the conference a great success and it is pleasing that our 20 scholarship holders had the opportunity to attend this conference. They had a great range of speakers and more details can be found on their website.

## **6. *Housing Affordability***

A resolution on Housing affordability has been drafted by Wendy Rainbird, for the Mid Term NCWA conference. This Resolution is that:

*"The NCW Australia urges all National Councils in Australia to write to their State and Territory governments about providing increased mandatory incentives for affordable housing to alleviate housing stress, and homelessness"*

This issue is all over the news at the moment, so this is a critical issue for a community such as we are to become involved in. The entire resolution can be found on our new website.

## **7. *Habitat Report- April 2017***

Wendy Rainbird our NCWA Habitat Advisor has put together a review of 'The Australian State of the Environment Report of 2016 which was released in March 2017. This report discusses the impacts of the built environment on climate change and climate changes impacts on the built environment. There is a lot of discussion on the impacts of climate change on our country farming areas, this reports puts the built environment front and centre. Wendy's full review can be found on the NCW ACT website.

## **8. *Website for NCW ACT***

Juanita Flett has spent some time and effort on developing a trial website for us on <http://ncwact.wixsite.com.canberra>. One of the many things we will use this for is copies of reports and invitations that we get, and further details on activities that we are unable to include in our newsletter because of size constraints. If you have any feedback can you please let Juanita know so she can continue to refine this. It is important to remember that there are significant costs associated with the development of a website and a well-used and designed trial site would mean that should we decide to pay for a site it will already be a good working model.

## 9. Canberra Mothercraft Society - Purple beanie project

I have included a photo and the relevant story about the Purple beanie project.

*The Period of Purple Crying Program:* The phrase is used to describe the time in a newborn's life when they cry more than any other time. (2 weeks - 3-4 months).

The acronym **P U R P L E** stands for **P** - peak of crying, **U** - unexpected, **R** - resists soothing, **P** - pain like face, **L** - long lasting, **E** - evening.

New parents at The Canberra Hospital have the opportunity to watch a short DVD about how to manage their baby. Supporting families to keep emotions in check and staying calm when a baby is going through this crying stage. The gift of a purple beanie to each baby is a reminder about the Period of Purple Crying, and the dangers of shaking a baby.

The Program is available in 11 languages and includes closed captioning for the hearing impaired.

Now I wonder what the collective noun for a collection of purple beanies is? Is there a small competition in there for this?.



## ***10. Introduction to Two of our Affiliate Members***

This newsletter I am introducing the Country Women's Association (CWA) and Soroptimists International.

### **10.a Country Women's Association**

The CWA was formed in 1922 when country women were fighting isolation and a lack of health facilities. Within the first year, the Association was a unified, resourceful group that was going from strength to strength. The members worked tirelessly to set up baby health care centres, fund bush nurses, build and staff maternity wards, hospitals, schools, rest homes, seaside and mountain holiday cottages – and much more. The women of the CWA have been initiators, fighters and lobbyists. They have made localities into communities by providing social activities and educational, recreational and medical facilities

Women in NSW and ACT can join a local branch and have a voice in the nation's affairs, socialise with others and assist the community.

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities.

CWA of NSW is a member of [CWA of Australia](#) and the international organisation [Associated Country Women of the World](#).

### **Aims**

The aims of the CWA of NSW are:

- To bring all women and families together and form a network of support.
- To provide a forum for the voice of all women in New South Wales and Australian Capital Territory.
- To improve conditions and welfare of all women and families especially in country areas.

- To support schemes which enhance the value of country living, especially health and educational facilities.
- To encourage development in regional areas and to increase the viability of rural communities and the environment.
- To provide a voice to Government at all levels. ( see items on agenda for annual conference in May)
- To promote International goodwill friendship understanding and tolerance between all people.

The Canberra Branch was formed in 1946 There are now four branches: Canberra - Day, Evening , Belconnen and Gungahlin. These branches are all part of the Monaro region Group along with towns such as Bredbo Nimmitabel

An excellent history of the Canberra branch can be found at the site below:

<http://trove.nla.gov.au/people/558500?c=people>

Meetings are held at 8 Barry Drive , Canberra City on the first (social) and second(business) Fridays of each month.

The AGM of the CWA of NSW is to be held at Mingara ,TumbiUmbi on the Central Coast from May 20-25.

If are interested in attending CWA meetings or contributing to the discussion of items for the conference, the next business meeting is May 5<sup>th</sup>.

## **10.b Soroptimists International (Canberra)**

The name Soroptimist was coined from the Latin *soror* meaning sister, and *optima* meaning best. Soroptimist is perhaps best interpreted as 'the best for women'.



Soroptimist International is a worldwide organisation for women in management and the professions working through service projects to advance human rights and the status of women. Soroptimists work at all levels of civil society, local, national and international, and are involved with a wide spectrum of women's concerns. The Soroptimist Club of Canberra was chartered on 1 April 1955 and has met continuously since then.

SI's Mission Statement is *'Through international partnerships and a global network of members, Soroptimists inspire action and create opportunities to transform the lives of women and girls by: Advocating for equity and equality; Creating safe and healthy environments; Increasing access to education; Developing leadership and practical skills for a sustainable future.'*

The Canberra Branch was founded in 1954 and has been involved in Service projects from then. Some of these project have included The first project, being to 'Buy a Brick' to assist in the provision of a unit for the proposed Goodwin Homes for the aged in Ainslie. Subsequently further funding was provided to Goodwin Homes and members took an interest in the occupants of Soroptimist Cottage until its demolition in the early 1990s.

The Canberra Club has helped, financially or in other ways, a wide variety of organisations in Canberra such as Sir Leslie Morshead War Veteran's Home, Koomarri, Guide Dogs for the Blind, Morling Lodge, Marymead Children's Home, the Girl Guides Association, Dr Barnardo's Children's Home, the Women's Shelter in Belconnen, Life Line, the Meals-on-Wheels Service, the Noah's Ark Toy Library, Multiple Sclerosis, ACT Blind Society, Motor Neurone Care and Support Group and the National Brain Injury Foundation. Assistance has also been provided in many other ways such as support for women's refuges, children with disabilities and needy women students in ACT tertiary institutions.

More recently the Club has provided scholarships through the Canberra Refugee Support Programme and microcredit loans to enable women to start their own small business.

Over the years, the Club has taken an active interest in the Canberra community and has interacted with government, community and national organisations to promote public policy issues and projects of concern to its members. As part of this they have been active members of NCW ACT. Further information can be found at their page in Facebook.

## **11. Useful Information:**

### **Office Bearers for 2016 – 2017:**

President:	Helen Raymond
Vice President	Wendy Saclier
Secretary	Laurayne Bowler
Treasurer	Coral Fleming
Committee	Juanita Flett, Jenny Jarvis,
Margaret Findlater-Smith.	
Roll Secretary	Jenny Jarvis (temporary)
Newsletter Editor	Kate Muir

### **Dates for the Diary:**

#### **Dates for the NCW ACT Meetings 2016 – 2017:**

**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

## ***Life Members***

Mrs Julia BILES  
Mrs Rita DODSON  
Mrs Beryl EVANS  
Mrs Coral FLEMING  
Mrs Monica GLENN OAM  
Mrs Jenny JARVIS  
Mrs Wendy SACLIER  
Ms Margaret SMITH  
Mrs Margery SMYTH OAM  
Mrs Jean THOMSON OAM

## ***Affiliated Associations***

Anglican Women's Diocesan Council  
Australian Church Women Inc  
Canberra Mothercraft Society  
Country Women's Association (CWA)  
Girl Guides (ACT and SE NSW Region)  
Mother's Union Diocese of Canberra. Goulburn  
National Council of Jewish Women Australia (Canberra)  
Pan-Pacific and South East Asia Women's Association (PPSEAWA  
ACT) Inc  
St Andrews Evening PWA  
Salvation Army ACT and NSW  
Soroptimist International of Canberra Inc  
View Clubs of Australia  
YWCA Canberra

## **12. Editor Information**

I specially selected a font for ease of reading, but in this edition I have also slightly upsized the typing font as well as slightly more space between the lines. I am hoping it is therefore more readable on screen. Your feedback on this would be appreciated.

Any ideas that you may have around any women's issues or comments will be gratefully received. Also should you want to make a comment about the content please do not hesitate to let me know. My email address is [katemuir@yless4u.com.au](mailto:katemuir@yless4u.com.au). Please put '**NCW**' in the heading so I know not to delete it as spam.

*Kate Muir,*  
Editor