



President's NEWSLETTER, February 2018 - Issue 335

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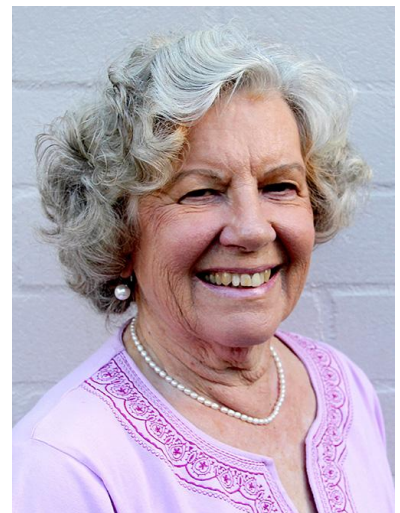
1. *President's Report*

The time since our last newsletter has been relatively quiet in the ACT.

However, we had a very pleasant Christmas lunch at *Olive* in Mawson where some 20 members and friends had a relaxing and most enjoyable time.

We recently had our second Executive meeting for 2018. These are now held on the fourth Tuesday of each month at 5.30pm so that the young members of the Executive who work can easily attend a meeting.

Unfortunately Holly Vanderpol resigned from the Executive. She will, however, continue as a member of NCW and come to Council meetings when her work will allow. The Executive agreed that, according to Section 7(k) of the ACT Constitution, Nadia Vanag is now appointed as Holly's replacement.



It has been decided by Council that this year we have a theme which will be followed. The theme centres around the environment and the habitat. We are beginning to plan for our Seminar on 18th July and have a committee of six, which includes Wendy Rainbird, who are working hard to make the Seminar a success.

The title is "**Canberra – a Liveable City for Whom?**" At our first Council meeting we asked the members for any input and held a session whereby they expressed their thoughts and ideas. These have been collated by Kate Muir and will provide some very good points for the committee to develop. I note that neither Federal nor our local Government will be sitting when the Seminar is on so hope that some politicians may be interested enough to attend.

As noted by all NCW councils, Asha Clementi NCW ACT requested to attend CSW62 at the UN in New York. The ACT Executive supported the application for Asha to attend this event. As she has only recently joined NCW and does not really have much knowledge about the history of NCW, so we suggested that she reads *Respectable Radicals* before she leaves. Asha is happy to do this.

On 16th May we will be holding our Presidents' Lunch at the Southern Cross Club in Woden. Our speaker is Tammy Ven Dange, the CEO of the RSPCA. Tammy will not be talking about the RSPCA but will be taking us on a personal journey called **Walking in My Boots**. Tammy has had a remarkable life and will be a most interesting speaker.

For those who may want to post anything to NCW ACT we have a new PO Box. It is PO Box 983 Mawson ACT 2607.

2. NCWA Australia - President's Report No:1 – Barbara Baikie

I hope you all have had a lovely break over the festive season. We have started the year with a bang!! Early in January I and Yvonne met with President elect Robyn Nolan as she was here over the Christmas break. Last weekend we held an Executive meeting to discuss the coming year's activities.

We are proposing a date for it, 17- 19 October in Canberra, this is a sitting week. We are currently negotiating a location to get the best value for money. We will be proposing having a two and half day conference including a training ½ day(optional for all), closed sessions and open sessions. We would not have a breakfast but focus on the conference dinner and hold a face to face board meeting. I would like to establish a conference subcommittee as we did last time, so if anyone wishes to participate please let me know.

I know holding it in Canberra may be challenging and appear Canberra centric to some, however we agreed at the Executive meeting if we want to continue to raise our voice and influence policy. One of the best ways to achieve this is to have a strong relationship with both the Government and Opposition. As we are NCWA, that means the federal government. If it is held anywhere else in Australia, we will not get the attendance of the federal politicians. The other matter I understand that historically the Triennial Conference has been held in the home city of the National President, so that is Canberra.

We have been given a date for the Garden party at the Governor General's Residence, Yarralumla – it will be the 28 March, 5.30-6.30pm. It is intended to invite all ICW Australian Executives, NCWs Presidents, and Coordinators, advisers, politicians and other dignities. I am yet to clarify the exact number we can invite to attend, but once I have, we will then draw up the invitation list. I understand the invitation will come from Lady Cosgrove. There is no cost to attend the garden party, but I understand for some there will be self-funded travel costs.

International Council of Women – We have four nominations for adviser positions – two for continuing positions and two new positions

Continuing: Wendy Rainbird (NCW ACT) Environment Adviser.

Vivi Germanos-Koutsounadis(NCW NSW) - Implementation of Conventions

New: Leonie Therese Christopherson (NCWV) – Coordinator of Communications

Jennifer Ann Davies (NCWQ) – Arts and Letters

It great to have this broad representation from Australia.

3. *Our Constitution.*

For months now we have been hearing about MPs who have, or may have breached the Australian Constitution because they have not met the requirements under Section 44. It is probably timely to remind ourselves that, like most organisations, NCW ACT also operates under a Constitution which sets out how we are governed and our rights and responsibilities as members of the Council. Our Constitution has been registered with the ACT Government as we are required to do and is available for public scrutiny.

Our Constitution sets out the goals and objectives of NCW ACT and contains provisions designed to make sure that we comply with legal requirements and that our activities are aimed at furthering our objectives. To illustrate just a few:

- Legally, the Executive has the responsibility of managing the affairs of

the organisation and the Constitution sets out how the Executive members are elected and what they have the power to do.

- As an organisation which holds public events, we protect our members and the public with which we are dealing, with public liability insurance. This insurance only covers us when we attend Council meetings or undertake activities on behalf of NCW ACT provided those activities comply with our Constitution. We recently had an incident where one of our members had a fall at our Council meeting. If she had been injured, the fact that she had signed the attendance book would have enabled her to make a claim.
- We should also note that in these days of social media it is important that when we speak out on an issue (or post a comment on social media,) we need to ensure that we are conveying the views of NCW ACT and not just our own views unless, where appropriate, this is clearly stated. Thus, unless authorized by the President we cannot represent or make statements on behalf of NCW ACT (see Section 6 D for the Constitution). If we did, and someone thought they were defamed by that statement the person making it would not be covered by our insurance unless they had been properly authorized to do so.
- Members all have a responsibility to know what their rights and obligations under the Constitution are and should all have a copy of the Constitution. Please let the Secretary know if you would like a copy.
- Also please let us know if you would like to have one of our meetings dedicated to discussion of the Constitution. If there is enough interest we will do so.

4. *Communities at Work – Pantry*

NCWA is still supporting Communities at Work's Pantry. This is a critical part of the support for many families within the ACT. So I would encourage you to bring tinned food, dry goods etc that can help make a difference to these families in need.

5. *NCW(A) Young Women's Subcommittee – Kate Wright*

The young women's subcommittee looks forward to welcoming the new year with a few members returning from overseas study and work commitments. We are looking to finalise our mission statement and goals soon and also lock in some dates for our bi-monthly meetings to be held at the offices of the Institute for Regional Security in Kingston, kindly made available to us by NCW member, Cath Scott.

We thank Holly Vanderpol for her contribution to the ACT Executive Committee

and look forward to her contribution as the young women's partnerships coordinator. We welcome Nadia Vanag to the Executive who has hit the ground running by joining the Seminar subcommittee.

The young women's subcommittee is continuing to support its younger members, Ellen Scott and Caitlyn Williams, with their Sister ACT project. The project is on track to deliver three workshops in Term 2 of the school year and we look forward to mentoring the girls through the project. Ellen and Caitlyn are handling the project very well and their professionalism, management skills and creativity show maturity well beyond their years.

The young women's subcommittee is also working to develop our partnerships and look forward to contributing to the NCW's broad network of affiliates in the ACT.

We are also working at the national level to develop NCW's social media presence and engagement online to reach a broader demographic and contribute to NCW's advocacy work.

6. 'Hot Habitats' Report – Wendy Rainbird

Australian National University Climate Update, 8 Feb., 2018.

Experts who gave evidence of what is happening in our climate, and discussed with the audience were: Commissioner for Sustainability and Environment, Professor Kate Auty, Professor Mark Howden, the ACT Climate Change Minister Shane Rattenbury, Professor John Hewson, Dr Peter May of the Bureau of Meteorology, Dr Sophie Lewis and Steve Crimp.

Effects of hot habitats

- Dr Sophie Lewis, looked at well thought out models of heat extremes, so as to help people and authorities prepare for bushfires. After each major, life-taking bushfire in southeast Australia, recommendations were adopted, only to find that as places had experienced even hotter, drier weather, the bushfires became fiercer.
- Looking at past records showed hot extremes were 12 times more frequent than any cold temperature records. What is currently record breaking will become average or even considered mild by 2030.
- The record hot Australian winters of 2017 were 23% more likely due to the effects of global warming. In a 1.5 degrees scenario, such winters would be 37% more likely, and with 2 degrees warming those would be 58% more likely. This will impact farming and therefore food production.
- Coral bleaching will become even more frequent.

- (Note: a talk about frosts, that were experienced in Canberra and south east inland Australia in the 2017 winter, were due to the more southerly tracking in the winter, of high pressure systems that at night with clear skies, heat is lost and frosts occur. They damaged grain crop growth and vines.)
- Most alarming were maps of NSW with the scenario of 2 degrees global warming, of extremes in the north east of 48 degrees, and many areas of over 40.
- Dr Peter May spoke about another extreme event: floods and very heavy rain events caused by increased warming of seas, along with changes to Low pressure systems taking up more moisture. So tropical cyclones are more intense, and in 2017, the Pacific had an unprecedented 3 tropical cyclones at one time.
- Although south-eastern Australia and southwest Western Australia are predicted on the data to be generally drier, there will be sudden heavy rain events causing flash floods and urban floods. Sea level rise will exacerbate floods and will cause inundation in lower lying areas, loss of coastal land and properties, damage to infrastructure. These factors are locked in for a long time, so cities like Melbourne will have seriously impacting inundation.
- Mark Howden spoke of Darwin in the future having 200 days per year of over 35 degrees. The health implications of so many hot days when there is high humidity is outlined below.
- A paper in the New Scientist by John Pickrell, (20/1/18) stated that when the ambient temperature is 35 degrees C with 100% humidity, or 40 degrees with 75 % humidity, humans can die. "The unconscious system is triggered by thermo-receptors in your skin, muscles, stomach and other areas detecting changes in temperature." So we sweat and blood is pumped to the surface of the skin. But if we are dehydrated or as we age we sweat less, then your body goes from heat stress- *red and sweaty* -to heat stroke becoming suddenly pale with dry skin, as blood is diverted back to the vital organs.
- About 70% of people that get into that situation will die or have multiple organ failure. The Red Cross issued a chart: with heat stroke there are headaches, thumping pulse, dry skin, body temp over 40, may lose consciousness or die.
- Based on IPCC meta-analysis, Dr Howden said that by the end of the century, no crops in the tropics will be able to be grown.
- I have written previously that dairy cattle died in heatwaves and milk production dropped.

What do we do?

- Ensure we keep hydrated in hot weather, and use ways to cool ourselves. Design or retro-fit our homes to lessen effects of very hot weather. Plant shade trees.
- Urge local governments to plant street trees and have green spaces to lessen heat effects.
- Make our own efforts to reduce greenhouse gases. Check our superannuation or shares so as not to support fossil fuel industries. Dr Hewson spoke about global level business investors and super fund managers now are taking climate change risks seriously. The monetary effects of climate change could "dwarf" the effects of the global financial crisis. The Australian Prudential Regulation Authority (APRA) said directors must be responsible in managing such risks, and may be held responsible and litigation is starting to occur.
- Dr Hewson said Australia's 26-28% reduction of greenhouse gas targets is about half what they were advised by their experts, and what they should be to reach less than 2 degrees of global warming. The National Energy Guarantee (NEG) is weak, only focuses on energy and was the 4th best option. He said if there were a market solution there would be a price on carbon, and we know what happened to that politically. He deplored the wrangling. He said we need bi-partisan support for meaningful overarching policy that also covers transport, agriculture and mining as well as energy policies based on the science.

7. Nutrition Advisers Report - Wendy Gray :

SUGAR - A Summary of an article titled "Sugars powerful pull - Why it grips us" from the National Geographic Issue Dec 17 / Jan 18 2018 p 76.

Sucrose is composed of equal amounts of glucose and fructose. Johnson explains that although glucose is metabolized by cells all through your body, fructose is primarily in the liver. If you eat too much fructose the liver breaks it down and produces triglycerides. (fats that can thicken the blood). Over time, blood pressure goes up & tissues become progressively more resistant to insulin. The pancreas responds by pushing out more insulin. Eventually metabolic syndrome kicks in -obesity (especially around the waist); increased blood pressure & other metabolic changes which can lead to type 2 diabetes - with a heightened danger of heart attack.

If sugar is SO BAD for us -why do we crave it ? Answer:- An injection of sugar into the bloodstream stimulates the same pleasure centres that respond to heroin & cocaine. It (SUGAR) is an addictive drug.

A question of WHY our brains would evolve to respond pleurably to a potentially toxic compound. The answer from Anthropologist, Peter Andrews, for Scientific American Magazine; lies deep in our simian past, when a craving for fructose would be just the thing our Ancestors needed to survive. Some 22 million year ago – apes filled the canopy of the African rain forest. They survived on the fruits of the trees.

Then about 17 million year ago, a cold wind blew -the seas receded and the ice caps expanded. A spit of land emerged from the tides -a bridge that a few adventurous apes followed out of Africa. They settled in Eurasia. But the cooling continued and a time of famine followed. The woods were filled with starving apes .At some point a mutation occurred in one of these apes. It made that ape a wildly efficient processor of fructose. Even small amounts were stored as fat; a huge survival advantage. Then one day, the ape with its mutant gene and healthy craving for more fruit sugar – returned to Africa & begot the apes we see today.

To-day, all apes have that mutant gene -including humans. It got an ancestor through lean years. But when sugar hit the west in a big way – we had a big problem because our bodies have evolved to get by on very little of it.

In 2015 – the average American ate 22.4 teaspoons / day. The American Heart Foundation recommends only 12.5 teaspoons sugar as the daily limit. Australia also needs to reduce their sugar intake by about half the amount consumed to-day.

The Australian Dietary Guidelines (2015) state :- Limit intakes of foods and drinks containing added sugars, such as confectionary, sugar sweetened soft drinks & cordials, fruit drinks , vitamin waters, energy & sports drinks. For further details look up “ eatforhealth.gov.au “.

From “The Australian Healthy Food Guide” Magazine Jun 2014 p 68. An article titled “ How to stop sugar cravings”; Nutritionist Claire Turnbull explains how to retrain our taste buds in only 3 weeks!

Some simple steps to get started are :- Plan & enjoy all your Nutrition packed meals and snacks AND include protein in all. Sprinkle nuts and seeds into meals. Pile your plate with vegetables. Eat 2-3 portions of whole fruit/day, rather than as juice.

Retrain your taste buds, (the average lifespan of a taste bud is approx. 2 weeks.) Spread natural peanut butters, avocado or hommpos on bread and crackers instead of jam or honey. Make water your drink of choice. Be mindful of what you are eating & why. Create a healthy & helpful environment at home and work.

8. YWCA – ACT

The YWCA will be running their 'She Leads' Program again this year, and the NCW ACT is proud to be supporting the two different programs run for School girls and young women in 2018. We did this last year and you may remember we received a lovely letter of thanks from one of the scholarship winners after her attendance.

9. YWCA – ACT - Award

NCW ACT congratulates the **YWCA Canberra** on being named **Employer of Choice for Gender Equality**. This is the fourth successive **Employer of Choice from the Workplace Gender Equality Agency** (WGEA). The WGEA Employer of Choice for Gender Equality (EOCGE) citation is designed to encourage, recognise and promote active commitment to achieving gender equality in Australian workplaces.

It sends a strong message to employers from all sectors about the importance of equal opportunity and equal pay for all staff, regardless of their gender. The Executive Director, Frances Crimmins is a **WGEA Pay Equity Ambassador**, and says the citation recognises their continued commitment to ensuring our workplace policies and practices advance equal opportunities for women.

10. International Women's Day

March 8th is International Women's Day and several of us will be attending some special functions. Kate Muir will be joining the Australian Computer Society Breakfast, Helen Raymond will be attending the *In Conversation with Dr Anne Aly MP* run by the Canberra Multicultural women's Forum and *Celebrating Stories – Women of Multicultural Backgrounds* organised by Leslie Harris of Capital Giving.

11. Dates for the Diary:

- a. Presidents Lunch – May 16th 2018, Orion Room, Southern Cross Club
- b. The Seminar – July 18th – the Orion Room, Southern Cross Club, Woden
- c. Council Meetings – 2nd Thursday of each month

- ✓ All Council meetings are held at Yarralumla Uniting Church Hall, Denman Street, Yarralumla
- ✓ Meetings commence with lunch at 12 Noon, usually followed by a speaker and then the meeting
- ✓ Meetings conclude at 2.00pm

13 Office Bearers for 2017 – 2018:

- President: Helen Raymond
- Vice President Juanita Flett
- Secretary Laurayne Bowler
- Treasurer Clare Caitcheon
- Newsletter Editor Kate Muir
- Committee: Kate Wright
Nadia Vanag
Kate Crowhurst

14 Life Members:

- Mrs Julia BILES
- Mrs Coral FLEMING
- Mrs Monica GLENN OAM
- Mrs Jenny JARVIS
- Mrs Wendy SACLIER
- Ms Margaret FINDLATER-SMITH
- Mrs Margery SMYTH OAM
- Mrs Jean THOMSON OAM

15 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

16 Editor Information

I continue to encourage you to send me anything that you think might be of interest to our members. Also photos of events etc are really useful as they liven up the newsletter.

I would like to make a request, if you are writing for this newsletter can you please use **Verdana 12, space and a quarter and don't use any colour.** I spend an inordinate amount of time reformatting all sorts of things from outside as well as internal reports to make it easier for everyone to read on a screen rather than just the printed copies. Also 'Images' of reports are not useful as they are often very hard to read as the focus is poor and they need to be retyped as I can't cut and paste them.

Kate Muir
Editor