



SWAN Newsletter

Women striving for
Social Justice

Volume 13 Issue 1

March 2013

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Southern Women's Action Network Inc.
Reg No A0038144Z, ABN 84 41627 1331
PO Box 392 Mt Martha 3934

Dr Jayashri Kulkarni Women's Mental Health



Jayashri Kulkarni is a Professor of Psychiatry and the Director of Monash Alfred Psychiatry Research Centre (MAPrc) – one of Australia's largest and most innovative centres for clinical mental health research.

Professor Kulkarni is internationally recognised for her expertise in the treatment of mental illness, particularly in women's mental health. She has pioneered the use of estrogen as a treatment in schizophrenia and has developed many other innovative treatments and diagnostic tools for mental illnesses. Jayashri is a passionate advocate of patient-focused mental health research.

ADMINISTRATIVE COMMITTEE

2012-2013

Facilitator

Pam Blazsanyik

Secretary

Daphne Fergusson

Correspondence Secretary

Lynn Carpenter

Treasurer

Rosemary Maughan

Speaker Co-ordinator

Gwen Fletcher

Membership Secretary

Rosemary Race

Newsletter Co-ordinator

Gwen White

Public Officer

Barb Godfrey

Website Co-ordinator

Rosemarie Draper

Purchasing Officer

Pauline Young

Committee

Member and

Raffle

Claire Chandler

June Rance



Members are
welcome to
attend Committee meetings.

WELCOME TO OUR NEW TREASURER-

ROSEMARY MAUGHAN

Since our last meeting, we have had a nomination for the position of SWAN Secretary - Rosemary Maughan. Many thanks to Rosemary for joining our committed team.

WEBSITE NEWS

Over the summer break, Lynn Carpenter, Rosemarie Draper and Rosemary Race have been working to get our new SWAN Website up and running. Stay tuned for a bright new look with lots of history and SWAN information. Great work and many thanks.

Nuzhat Lotia November Speaker

Nuzhat Lotia grew up in Pakistan. She knew her country as cultured and civilized . In the 70's, after the election of the Military dictator, what she referred to as the "Islamisation" of Pakistan began.

This was a period of great change for her society, with significant implications for women, including the wearing of Burkas, restrictions on women's freedom to travel and many aspects of the Arts such as dance, music and film. It was interesting to reflect on Nuzhat's acceptance of these new rules and the ways she worked through the restrictions. Overseas study, first in America and later in Australia, allowed her to leave her homeland.

The story of her initial involvement in the Australian Muslim Women's Centre for Human Rights happened more by accident than design. She briefly outlined the valuable work they undertake including the Leadership Programs aimed at developing women's self esteem, which reach a wide clientele-Lebanese, Eritrean, Somali, and Afghani. Their aim is to empower Muslim women to be more active in the community. They work in Primary and Secondary schools to assist students to settle in to Australian society through productive activities like art and debating.

Although the centre has only 2 full-time workers and 6 part-timers, it has worked with over 6,000 people through its school programs, individual case work, parenting programs and assistance for newly arrived women . They have also worked in Regional areas such as Mildura and Shepparton.

We thank Nuzhat for her insights into the recent history of Pakistan and discussion of her current work .



SWAN Dates—2013

SUNDAY 19th MAY

**Mel Gillon
Human trafficking
and the sex trade
in Cambodia**

Our Speaker Co-ordinator is already planning the speakers for 2013 . Please mark the following dates on your 2013 calendars to avoid missing out.

March 17
May 19
July 21
September 15
November 17

SWAN Indigenous Bursary



At our last meeting of 2012, SWAN members were invited to contribute to the 2013 SWAN Indigenous Bursary of \$2000. At our March SWAN Breakfast Donation Forms will be available if you wish to contribute to this fantastic SWAN initiative. We are very proud to be able to support a young Indigenous woman to further her studies and to enable her to gain qualifications which ultimately benefits the whole community not just the Aboriginal Community .

In 2012, the SWAN Indigenous Bursary was one of 16 scholarships awarded to disadvantaged women in Tertiary study, through a scheme established by Graduate Women of Victoria (formerly known as the Australian Federation of University Women—AFUW). They also manage the rigorous process of selection of scholarship winners.

The scholarship program began in 1931, and has expanded over the years. The donations are managed by the Australian Communities Foundation, the philanthropic organisation which holds the scholarships funds in trust.

At this moment, SWAN donations for the 2013 Bursary stand at \$925.

If you do send a donation, please follow the instructions at the top of the form to notify Margaret James to have your contribution credited towards the SWAN Bursary.

Photos from our November meeting



Marilyn Godley (left) thanks Nuzhat Lotia

Nuzhat Lotia



Gwen Fletcher (left), our speaker co-ordinator, congratulates SWAN's new Facilitator, Pam Blazsanyik on her first day in her new role. Well done, Pam.

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.

Joseph Addison

Many thanks to SECRET GARDEN Who supply us with our beautiful flowers



SHARE TABLE

If you would like to speak to any item you have placed on our Share Table please speak with The Facilitator before the meeting.



SUNDAY 17TH MARCH

DR JAYASHRI KULKARNI

- Director of the Monash Alfred Psychiatry Research Centre
- Aimed to establish a culture of respect, equality and understanding
- Focussed on women's mental health particularly schizophrenia
- Investigated many innovative treatments including the use of estrogen for addressing mental illness in women
- Has managed a career whilst raising two daughters, who are now young adults

For more info : www.theage.com.au>National

Pre-INTERNATIONAL WOMEN'S DAY On Thursday 7th March

BUFFALO GIRLS, a film about young Thai girls training to box to win money for their families, is screening at: Mornington Council Chambers. For more information: <http://www.internationalwomensday.com/default.asp>

In support for women around the world, wear something green or purple to SWAN's breakfast on 17th March.

Thanks ... as always

to Judith Graley for printing and facilitating distribution of the newsletters. AND to Mornington Council for provision of a comfortable and convenient space for our bi-monthly meetings.

This and That

International Women's Day March 8th

Celebrated on 8 March, International Women's Day (IWD) is the global day connecting all women around the world

and inspiring them to achieve their full potential. Check the local press for celebrations on the Peninsula.

Proceeds of SWAN Raffle

Our November Raffle raised \$55 which goes towards the donations SWAN members nominate. Your small donations certainly mount up!

**Venue: Meeting Room
Shire Offices,
Queen Street,
Mornington**

9.30AM — cost \$8

BOOKINGS PLEASE

RSVP BY FRIDAY 15 March

Gwen White gwenniewhite@hotmail.com

PH. 97871487

Rosemary Race rosemaryrace@gmail.com

PH. 59759459