

JULY 2020

NEWSLETTER

Southern Women's Action Network Inc
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COVID-19 ISSUE 2

Points of Interest:

- Life Matters Podcasts
- Bursary Winner
- Book suggestion
- Constitution
- Virtual NAIDOC week
- Puzzle
- A thought for you
- Toilet paper for good
- Update from our new sub-committee

Swan Committee:

- Facilitator: Erica Churchill
- Treasurer: Sue Parritt
- Secretary: Lynn Carpenter
- Membership Secretary: Gillian Adam
- Minutes Secretary: Val Campbell
- Speaker Coordinator: Melissa Kelly
- Publicity: Sue Weber

- Committee Members with various tasks including sub Committee convenors:
 Lauren Hunt Vivienne Daniels
 Val Campbell

Message from the Committee

Greetings from all SWAN Committee members. Sadly the July meeting will also need to be cancelled due to the current restrictions.

However hopefully you are enjoying the somewhat eased restrictions and getting out a little more while still being careful.

If you haven't already seen it, don't miss the opportunity to watch the moving documentary, In My Blood it Runs on the ABC, Sunday July 5th at 9.30 pm (or see it on ABC iview). Synopsis below.

If there is time at present to consider where SWAN should head, interesting topics, interesting speakers or other ways of living out our Social Justice focus we will be pleased to hear from you.

Best wishes,

Erica and the Committee

ABC LIFE MATTERS PODCASTS AND ARTICLES

Many interesting topics including the Walking Together episodes we have mentioned before. Go to <https://www.abc.net.au/radionational/programs/lifematters/>

Then click Search and enter "Walking Together" or "Walking Together Podcasts" in the Search bar.

SWAN Bursary and 100 years of Graduate Women Victoria



Thanks to all who contributed this year. SWAN contributed \$2000 between member donations and contributions from funds. The balance is made up by Graduate Women Victoria from other donations.

The Bursary supports study for a disadvantaged woman who would otherwise struggle to complete her Masters studies. Preference is given to a student whose study and career plans focus on human rights/social justice issues at the local, national or international level.

The presentation occurred by Zoom over two days. The SWAN Bursary was won by Chloe Waddell, who is doing her Masters degree at Australia Catholic University.

All recipients were impressive and gave great hope for the future of research into important social subjects, particularly those affecting women disproportionately.

The scholarships and bursaries for disadvantaged women are organised by Graduate Women Victoria. This is their 100th Anniversary year – a fantastic achievement. In the last 90 of these years, they have made 562 awards to university students. This year, in recognition of their 100th year, they gave 39 Centenary grants of \$500 to all unsuccessful applicants who met the criteria. This is in addition to the regular scholarships, bursaries and awards.

During the Zoom meeting, each winner introduced themselves. The following is Chloe's presentation.

I am honoured to be awarded the 2020 SWAN Bursary. The Southern Women's Action Network strives to promote social justice and the involvement of women in the community, and I am grateful that my educational and career plans have been seen to align with these important values and priorities.

I am currently a provisionally registered Psychologist, undertaking a Master of Psychology. I have moved to Melbourne from my regional hometown to be able to undertake the required placements, and this bursary helps to ensure that I can continue to progress through my course, and access needed resources.

My psychology career will aim to improve the lives of those within the community. I believe education is important and should be considered a basic right for all without discrimination, and therefore I feel it is important that all individuals are able to have the tools, guidance and opportunity for learning to be accessible. My career in Educational and Developmental Psychology can directly influence individuals' learning opportunities across the lifespan, through assessments and psychological interventions.

I am also invested in improving the wellbeing of our older community members. It is important to me that our older population remain adequately stimulated (cognitively, emotionally and physically), and maintain a sense of purpose and wellbeing. I plan to implement workshops between young children and older citizens, to encourage cross-generational peer-to-peer learning, social connectedness, and general wellbeing.

I feel that my goals to work with the young and old promote the notion of equality, whereby I feel that all people should have the opportunity to have social connection,

informal learning, physical exercise, education, rich and fulfilling experiences, and healthy well-being regardless of their age.

I also aim to continue contributing to the current pool of psychological research, and continue studying.

Thank you, GWV and SWAN for this support.



Chloe Waddell – Winner of the SWAN Bursary for 2020

SEE WHAT YOU MADE ME DO

This book by Jess Hill won the Stella Prize this year. It is based on four years of dedicated research into Family Violence and countless interviews. It covers a huge spread of understanding. Among them, why don't victims leave, why do perpetrators abuse, what works to improve outcomes. Not an easy book to read (only because of the topic) but if you take it on you will certainly gain a better understanding of this subject.

Erica Churchill

CONSTITUTION

The SWAN constitution is very out of date and needs to be updated based on the current Model Rules.

The current constitution, a proposed constitution from 2013 which was never adopted, and the proposed new constitution are on the following website.

<https://swanwomen.org.au/about-us/swan-current-model-rulesconstitution/>

We intend to move, at the next speaker event, that this be adopted as our constitution. Please review the proposed constitution and make any suggestions for improvement. Contact details are on the website.

If you would like a copy of the proposal posted or emailed to you please contact Erica on 0404 811 422.

VIRTUAL NAIDOC WEEK

As a way of honouring what would have been NAIDOC week, if not for Covid, you may like to consider a donation to one or both of the following.

- Willum Warrain Aboriginal Gathering Place to support the outreach work they are doing during the Covid crisis.
<https://www.willumwarrain.org.au/>
P.O. Box 583, Hastings VIC 3915
- Elizabeth Morgan House Aboriginal Women's Services - a refuge for Aboriginal women and children run by the Uniting Church.
www.emhaws.org.au
P.O. Box 167
FAIRFIELD VIC, 3078

Thanks from Thalia & Georgie

Can you crack
the codes?

1. fi4lm

2. E anything anything
anything anything

3. $\frac{11111}{\text{TIME}}$

4. EHTNI DAY

5. MOONCEON

6. footfoot

7. EZASTI

8. O_ER_T_O_

9. VA DERS

10. you just me

A thought for you

"A mind that is
stretched by new
experience can never
go back to its old
dimensions."

-Oliver Wendell Holmes

Solution at the end of this newsletter



TOILET PAPER FROM “WHO GIVES A CRAP” <https://au.whogivesacrap.org/>

This company makes all of their products (including tissues and paper towels) with environmentally friendly materials, and donates 50% of their profits to help non-profit organisations working to improve access to hygiene, water and basic sanitation in developing countries. They say that to date they have donated over \$2.6 million dollars to charity and saved a heck of a lot of trees, water and energy.

Shop online, one off or regular order. Delivered to your door.

SWAN Supporting First Nations Sub-Committee Update

Greetings during what would normally be NAIDOC Week, a week which for this year, has unfortunately had to be deferred to November. Reconciliation Victoria is nonetheless encouraging people to get involved now, as much as restrictions allow. Here are our suggestions.

- Watch the moving documentary, *In My Blood it Runs* on the ABC, Sunday July 5th at 9.30 pm (or see it on ABC iview).



SYNOPSIS Ten-year-old Dujan is a child-healer, a good hunter and speaks three languages. As he shares his wisdom of history and the complex world around him we see his spark and intelligence. Yet Dujan is ‘failing’ in school and facing increasing scrutiny from welfare and the police. As he travels perilously close to incarceration, his family fight to give him a strong Arrernte education alongside his western education lest he becomes another statistic. We walk with him as he grapples with these pressures, shares his truths and somewhere in-between finds space to dream, imagine and hope for his future self.

- Check out a great series, *First Australians*, a documentary on SBS on demand or on YouTube.
- Listen to Senator Pat Dodson’s powerful and inspiring address at the 2020 Swinburne Annual Reconciliation Lecture. Here is the link: <https://www.youtube.com/watch?v=DNYjLTnkA00>
- Get a copy of *Finding the Heart of the Nation* by Thomas Mayor (2019). This book invites us to hear the stories of struggle and hope of Aboriginal and Torres Strait Islander peoples and to learn about the journey to the *Uluru Statement* towards Voice, Treaty and Truth.

- Share the beautiful children’s version of Thomas Mayor’s book, *Finding our Heart*, with the kids in your life.
- Read *Welcome to Country* by Marcia Langton (2018). This travel guide to exploring Indigenous Australia includes a helpful and essential introduction to Indigenous cultures.
- Other book suggestions: Recently announced Miles Franklin Award winner Tony Birch’s *The White Girl* and Miles Franklin shortlisted *The Yield* by Tara Jane Winch, both fine Indigenous authors, and Archie Roach’s moving bio *Tell Me Why*.
- Copies of these books are available at Farrell’s Bookshop in Mornington and elsewhere.
- When you are out walking, look for any council signage which references the Aboriginal history of the Mornington Peninsula. So far, we have found little: Mills Beach and Tanti Creek, Mornington, one marker in the Tyabb area and a display at Forest Drive Reserve Mount Martha. Perhaps we just haven’t walked enough but suspect that it just isn’t there. Your ‘research’ would help us put a case to council for creating proper cultural trails to acknowledge Aboriginal history and colonial injustice – as councils in other areas have done.
- As mentioned in the last SWAN newsletter, the ABC podcast series, *Walking Together* is recommended.
- Music buffs, check out the magic of Indigenous musicians showcased on radio ABC FM 105.9 played at 12.45 p.m. – 3 p.m. on Tuesday 23 June 2020 - go to ABC FM radio website - Recently Played - for this unique partnership of the Australian String Quartet together with talented Indigenous musicians/composers, in particular Stephen Pigram (guitar & vocals), Kate Moore, Lou Bennett (vocals) culminating with Sculthorpe’s “Jabiru Dream” with the wonderful Aboriginal musician William Barton playing didge in several other interesting presentations, including William Barton singing. This concert is also available on screen at ABC’s iView – click on iView, take the cursor to ARTS click on that then scroll and click on “Quartet and Country: Australian String Quartet” – 1 hr 36 mins with William Barton’s participation at the final 15 mins of the concert.
- Last, but not least, do not miss the opportunity to buy a Reconciliation Pot from SWAN’s own mosaic maker, Julie. Proceeds go to Willum Warrain. (Details <https://www.facebook.com/spwswan/>)<https://m.facebook.com/Mosaics-for-Reconciliation-110161097372039>



The sub-committee is also excited to have received an invitation to engage with Indigenous community members at the Aboriginal Gathering Place, Nairm Marr Djambana, once restrictions allow.

NOTE: Our sub-committee is growing: welcome Diane and Dianne. Contact Val (convener) if you would like to join us, or Maureen if you have something to contribute to the cultural trails project above. Val 0404 951 582 Maureen 0423 806 525

July, 2020

Puzzle Solutions

1. Foreign Film
2. Ready for Anything
3. Once upon a time
4. Back in the Day
5. Once in a Blue Moon
6. One foot in front of the other
7. Easy as Pie
8. Painless Operation
9. Space Invaders
10. Just between you and me