



Support Asian Women's Friendship Association Inc. (SAWs)

亞洲婦女聯誼協

April 2015 Issue 1

Words from Vice President

Greeting from SAWs' Board and Happy Chinese New Year of Sheep. This is the first Issue of SAWs' Newsletter in 2015 and I hope this publication will bring you joy and useful information.

Happy New Year



This year SAWs will continue to provide two Computer and English Courses to the public, in the Woden and Gungahlin areas.

The Seniors to Seniors (STS) – Call Connection project will continue with some exciting changes. We hope to bring seniors from more CALD backgrounds into the program as calls partners to share their joy with others. The monthly meeting will continue to provide opportunities for seniors to provide feedback about the program, as well as report general problems they face in the community.

The Monthly Multicultural Seniors' Wellbeing and Cooking Club will provide activities and community talk sessions in a meeting that is aimed to stimulate the seniors physically and mentally.

Multicultural Mother Hub will be resumed in the second week of February 17th at Gungaharra Community Centre every second Friday from 10am to 12pm. This Hub aims to bring stay at home mothers and grandmothers together to share their joy, concerns and skills. Talk sessions and activities are included in the schedules for mothers. Young children are welcome. If you know anyone who would like to join, please let us know.

If you attended our AGM last November you would know that SAWs has two new Board members, Lily Horsburgh and Anna Haung. You will see Anna more often this year in many activities as she will be facilitating a few projects.

As I always say, SAWs is constantly looking for new ways to serve the community and to improve our services. If you have any comments or feedback about our services, please do not hesitate to contact us.

I look forward to seeing you at one of our activities or projects in the very near future.

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Sharing Your Thoughts Colum

Hillary Clinton's rules for women

By Lucia Graves *

A sad reality of Hillary Clinton's career advice for women is that it's all about men. How to navigate the sexist taunts that arise in the workplace, how to be less of a perfectionist (because men don't bother), and how to handle double standards surrounding appearance and dress.

The former secretary of State presented this guidance in an interview with ***Glamour*** Editor-in-Chief Cindi Leive, which will appear in full in the magazine's September issue. In it, Leive tells Clinton many young women don't want to run for office, that they think it's a blood sport, to which Clinton easily replies: It is. Below is her best advice on how to do it anyway.

1. Play the long game.

"It doesn't have to all happen when you're young-I mean, one of the most powerful women in American politics is Nancy Pelosi. She had five children. She didn't go into politics until her youngest child was in high school.... That's one of the great things about being a woman in today's world: You have a much longer potential work life than our mothers or our grandmothers did."

2. Practise public speaking.

"If you're not comfortable with public speaking-and nobody starts out comfortable, you have to learn how to be comfortable-practise. I cannot overstate the importance of practising."

3. Ask for help.

"Too many people ... have this deep-seated fear that if they ask for help, they will be thought less of. In my [view], they'll be thought more of."

4. Don't be perfect, be willing to learn.*

"You don't have to be perfect. Most men never think like that. They're just trying to figure out what's the opening and how they can seize it."

5. Don't be rattled by sexism, but do stand up for other women.*

"I have generally not responded [to sexist comments] if it's about me. And

I have responded if it's about somebody else, because if women in general are being degraded, are being dismissed, then I can respond in a way that demonstrates I'm not taking it personally but I'm really serious about rejecting that kind of behaviour."

6. Your appearance shouldn't matter, but it does.*

Have a support group

"I mean, clearly people should meet an acceptable threshold of appropriateness!... But I think that for many women in the public eye, it just seems that the burden is so heavy ... it takes a lot of time."

7. Listen to others in the workplace.

"Keeping your head down and doing the best job you can in the beginning gives you the opportunity to be evaluated on the basis of the contributions you are making. I often would listen more than talk in my early meetings with people."

8. But not too much.

"At the same time, you cannot be afraid to present yourself."

9. Forget insults.

" ... You just have to decide you're going to follow Eleanor Roosevelt's maxim about growing skin as thick as the hide of a rhinoceros, and you have to be incredibly well prepared-better prepared [than a man], actually ... and you have to have a support group around you, because it can be really a brutal experience."

10. If you think you don't want to run, think again.

" ... There are many ways to be influential. I mean, you can work for politicians ... or in government and make a difference."

Community News



Wi-Fi connected to Civic East

- **The first area of Canberra*** has gone live with the ACT's new free public

- Wi-Fi network.
- CBR*free *public Wi-Fi operates in Civic East, with the service provider,
- iiNet, increasing the download limit from 100 megabytes per day (three gigabytes per month), to 250 megabytes per day (7.5 gigabytes per month).
- Australia Day - 26th January
- School Term 1: 2nd February to 10th April
- ACT Multicultural Event- 13-15 February
- Seniors Week Expo : 17th March Tuesday at Thoroughbred Park

Information



The ACT Human Rights and Discrimination Commissioner is providing free training on Discrimination, Harassment and Bullying for the Community Sector on Tuesday 3 February. This workshop provides comprehensive coverage of this critical workplace issue by helping individuals and organisations understand their rights and responsibilities.

The workshop is interactive and draws on real-life cases. It is FREE but only open to community sector organisations, employees and individuals. While this session is not open to Government or private sector employees, the Commissioner would be happy to provide tailored training for these organisations. Please contact us <http://www.hrc.act.gov.au/content.php/category.view/id/12> to discuss further.

To RSVP go to:

<https://www.eventbrite.com.au/e/discrimination-harassment-and-bullying-training-tickets-15002081630> <<https://www.eventbrite.com.au/e/discrimination-harassment-and-bullying-training-tickets-15002081630>> or call 6205 2222. Please advise of any accessibility requirements.

Volunteers Recruitment

We are always looking for volunteers from different culture backgrounds would like to be involved in different levels of work for SAWs –such as: translation, building friendship, encouraging others, helping and supporting our women’s needs.

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