

ethnicvoice

Newsletter of the Albury-Wodonga Ethnic Communities Council



Welcome to our last issue of *ethnic voice* for 2015. Winter is well and truly behind us, as we look forward to some hot and sunny summer days ahead. Remember to drink plenty of water in these hotter months! In this issue, AWECC Chairman, Teju Chouhan gives an update on current activities, we have photos and articles to share, and of course many events happening during the next few months. We also have a fun photography competition (page 4). Enjoy reading!



advocate | celebrate | empower

inside...



Page 3



Page 3



Page 4



Page 9

MESSAGE FROM THE CHAIR

Welcome to the final edition of this year's AWECC newsletter



the *Ethnic Voice*. In this edition, we will update you about events that are occurring in the multicultural sphere of Albury-Wodonga, some highlights of our activities and upcoming projects.

We, as an organisation, are barely one year old since we established in December 2014; looking back in retrospect, it has been quite a journey and it's time to reflect on our achievements and also the challenges ahead of us. We admit that it hasn't been an easy feat, but we have worked tirelessly to build solid foundations through AWECC's strategic direction and day to day operations.

One of our focuses over the last few months has been to initiate a consultation process with different ethnic communities groups, to ensure that their needs are identified and reflected in our service delivery. To this end, we organised an ethnic community forum on November 7. We have also started sending out surveys to the ethnic communities about their views, their needs and any service gaps. We will endeavour to publish the consultation outcomes in due course. You can access this survey by following this link:

Our grants team is gearing up to look at ways to keep our organisations financially viable into the future, through grants and fundraising efforts.

We have also been meeting with and presenting to different organisations to highlight our achievements so far and looking for avenues to develop collaborative partnerships with these organisations through potential future projects (see updates).

Recently, I was joined by Deputy Chair Mayssa Powell to attend the Biennial National FECCA conference 2015 in Sydney from November 5-6. This was a fantastic opportunity for us to update our knowledge about developments in the multicultural world, to contribute to the policy debate, and to network with people from various organisations from across Australia. Furthermore, I have also had the opportunity as guest speaker at the Rotary Club of West Wodonga in September and recently at the University of the Third Age.

As a not for profit organisation, it is the volunteer base that we rely on to make our activities and projects work. We can't underestimate the significant contribution volunteers came make in what we do at AWECC - if you think this is you, we invite you to join force with us either as a member, or as part of our team of volunteers.

Coming up, we have our AWECC AGM planned for Saturday, December 5. I wish to extend you an open invitation for all to attend.

Finally, As we are drawing to the end of the year, the AWECC team wish to thank our partners and associates for your support this year and we wish everyone a safe and a happy Christmas and new year in 2016.

Happy Reading!

**WE MAKE A LIVING
BY WHAT WE GET
WE MAKE A LIFE
BY WHAT WE GIVE**

- Winston Churchill

YOU can support AWECC!

**To make a difference in our communities -
we need people.**

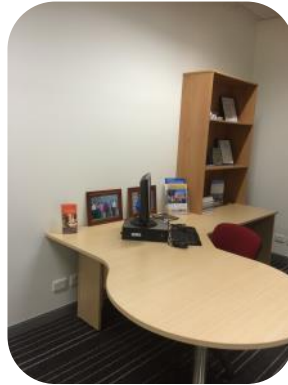
To find out about exciting volunteer opportunities,
call us on (02) 6024 6895 or email us at:
contact@awecc.org.au

AN OFFICE FOR AWECC

AWECC is the proud new tenant of an office space in Gateway Health Clinic in Wodonga! Computers, printer, office accessories and IT support have all been kindly donated by Medicare Local and Peachie I.T. We thank these organisations and Gateway Health for their fantastic support!

Our address is: Room F10, 151-153 High Street, Wodonga.

Come and say hello some time!



CEO of Medicare Local, David Dart presenting computers to AWECC Deputy Chair, Mayssa Powell

PENNY WINS AWARD FOR EXCELLENCE



Gateway Health's Multicultural Health Nurse Penny Wilson, has recently been recognised with a Distinguished Service

Award from The Australian College of Rural and Remote Medicine. The award recognises those who have provided a specific, significant or longstanding contribution to rural and remote medicine or general service to the rural community.

Penny is a tireless advocate for refugee and migrant health issues, bringing her overseas experience working with Médecins Sans Frontières, back to Wodonga.

Well done Penny!



SAVE THE DATE

ANNUAL GENERAL MEETING 2015

Where: Conference Room F11 (level 1) Gateway Health
151-153 High Street, Wodonga

When: **Saturday, 5th December 2015 from 4.00pm**

Please RSVP by 9am, 30th November to:
contact@awecc.org.au or phone (02) 6024 6895

Competition!



WIN!

We are running a photography competition!

Send us a favourite photo (taken by you) of something related to **“people and culture”** and tell us in 100 words or less, where the photo was taken and what it means to you. The best pics and stories will appear in the next issue of *ethnic voice*, and you could win **2 x GOLD class cinema passes!** Send your photo to: contact@awecc.org.au



TERMS:

1. Entries close Friday, January 22, 2016.
2. Winners will be selected by a selection panel on Monday, January 26.
3. The winner will receive 2x GOLD class cinema passes;
4. The runner-up will receive 2x general admission passes.

MUSLIM WOMEN'S FASHION EXHIBITION ON TREND

An exhibition at the Albury LibraryMuseum highlighted emerging fashion trends for Muslim women around the world. The travelling exhibition from Sydney was in Albury for a month, and according to AWECC's Mayssa Powell (below), it dispelled many of the stereotypes of fashion and was well worth a look.



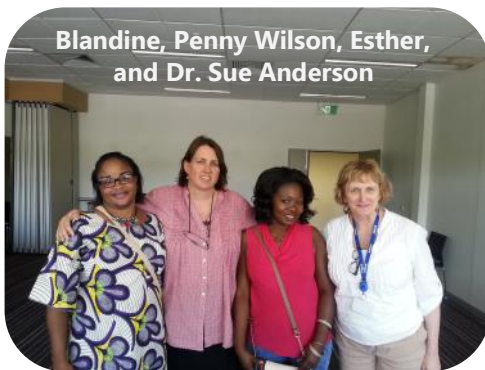
KENYAN FOOTBALL CLUB WITH THE ALBURY LINK



A group of aspiring soccer stars in a small rural Village called Khuwanda in Western Kenya, are running around with Albury City Football Club shirts on their backs! AWECC project officer Brett Sanderson presented the shirts to the team during his recent visit to Kenya in September. Thanks to Albury City FC and Sue Portors for the kind donation.

UPDATE FROM GATEWAY HEALTH MULTICULTURAL CLINIC

Since working in the refugee health field, we have noticed that many people from a refugee background have suffered significant trauma. Many of existing counselling services have an interest in refugee health but don't yet have the confidence or knowledge. So Gateway Health has decided to run specialist training in torture and trauma counselling and general refugee health issues for workers in this field. We were very lucky to have Foundation House, a specialist service based in Melbourne who support refugees who have suffered torture and trauma, come up to Wodonga to run a two day workshop. The workshop was very popular and booked out very quickly. Thanks to Gateway Health and Foundation House for this opportunity to help our refugee community.



Blandine, Penny Wilson, Esther,
and Dr. Sue Anderson



Gateway Health staff participating
in the Foundation House workshop



A few of the men who attended the Multicultural
Men's health Day at Gateway Health in September

Early September Gateway Health hosted a Multicultural Men's Health Day. We had guest speakers talking about domestic violence, gambling, mental health, alcohol, physical activity and diet. Although we were low on numbers, men seemed to enjoy the sessions and thanks to our interpreters the information was useful and the sessions interactive.

It was fascinating to hear on the radio recently about the enormous contributions that people of a refugee background make to the economy. This doesn't surprise the staff at Gateway Health Multicultural Clinic. So many of our patients who arrive speaking no English, are conversational within months. We have young people who have been here less than two months who are already applying for jobs. We have talented women making the most gorgeous skirts and dresses at the weekly Monday sewing classes. Several of our patients are on the road to becoming professional interpreters. And then there are the kids!! We have so many talented footballers, soccer players, runners and basketballers who are children of a refugee background. We are proud of all of our patients from a refugee background and commend you on all the contributions you make to our community. From Gateway Health Multicultural Clinic we say *"Real Australians Say Welcome!"*

AWECC EXCHANGE INSIGHTS WITH ROTARY CLUBS

AWECC's Chairman and Deputy Chair were recently invited to the Rotary Club of Wodonga Central on September 8, held at the German-Australian Club. There they gave a joint presentation and overview about AWECC. The presentation was very well received, and proved to be an important form of community engagement. Teju also had the opportunity as guest speaker at a meeting of the Rotary Club of West Wodonga in September.

In addition to AWECC's commitment as an organisation to work with community groups such as the Rotary Clubs in future, there are opportunities for AWECC members individually. Having spent most of her life growing up in Aleppo, Syria, AWECC Deputy Chair Mayssa Powell was invited by the Rotary Club of Albury Wodonga Sunrise to talk about life in Syria from the perspective of someone who has lived there and has family members



affected by the current conflict. Invited to the meeting were the presidents of all the other Albury and Wodonga Rotary Clubs. Mayssa gave an overview of life in Aleppo before and up to the current conflict, which has caused mass exodus of Syrians across to Europe and into refugee camps in neighbouring countries. Following her presentation, Mayssa has since been invited to talk at forthcoming meetings of several Rotary Clubs.



"CELEBRATING IMMIGRATION" LUNCH WELL ATTENDED

In August, Mayssa Powell travelled to beautiful Myrtleford to attend the "Celebrating Immigration lunch. The lunch was very well attended (over 200 people), especially by the local Italian migrant communities of whom moved to the Ovens and King region following World War II. Mayssa had some good conversations with some Italian ladies who reflected on their experiences as migrants to the region. The food, company, and entertainment was fantastic and highlighted the great ethnic diversity in the region. Mayssa also had the opportunity to discuss the role and activities of AWECC with a number of community representatives at the event.

REFUGEE COUNCIL OF AUSTRALIA VISITS THE BORDER

The Border received a visit by Louise Ollif of the Refugee Council of Australia (RCOA) in November, as part of nationwide community consultations. Organised by the Murray Valley Sanctuary Refugee Group in conjunction with several organisations including AWECC, Louise met local refugee women, discussing issues relating to their settlement experience and issues. Some of the concerns raised included safety here in Australia, inadequate orientation prior to arrival, and a lack of emotional support and connection from within the community. Louise also met with service providers to discuss settlement issues, Safe Haven Enterprise Visa program, and the possible Syrian refugee settlement on the Border. Consultation with the Bhutanese community, and a meeting in Beechworth, rounded out a valuable day of discussions.

SeniorsLINK

Expression of Interest

Elderly local residents from migrant and refugee backgrounds are being sought to participate in an exciting new program rolling out in early 2016. The SeniorsLINK program aims to engage with senior citizens who may be isolated or who are having difficulty participating in social activities due to transportation or language barriers etc.

SeniorsLINK aims to link participants with existing local programs and services to participate in various activities including arts and craft, dance, tai chi, carpet bowls, cooking, cultural exchange and other social activities.

The program will commence in February, 2016.

All interested seniors or their carers are encouraged to apply by calling AWECC on: (02) 6024 6895 or by emailing contact@awecc.org.au

Volunteers to help facilitate the program are also required. Please contact AWECC if you can help.



Seniors LINK is funded by the Department of Health & Human Services in partnership with the Ethnic Communities' Council of Victoria (ECCV), through the *Participation for CALD Seniors* grants program.



Health
and Human
Services



AWECC HOSTS THE VICTORIAN MULTICULTURAL COMMISSION.

In August, AWECC hosted the Victorian Multicultural Commission's (VMC) Hume Regional Advisory Council meeting in Wodonga. The meeting is headed up by the Commissioner, Mr Chidambaram Srinivasan.



The Regional Advisory Councils purpose is to:

- ♦ advise the VMC on settlement, multicultural affairs, service delivery and citizenship issues;
- ♦ advocate on behalf of culturally and linguistically diverse (CALD) communities; and
- ♦ promote the benefits of cultural and religious diversity at the local level.

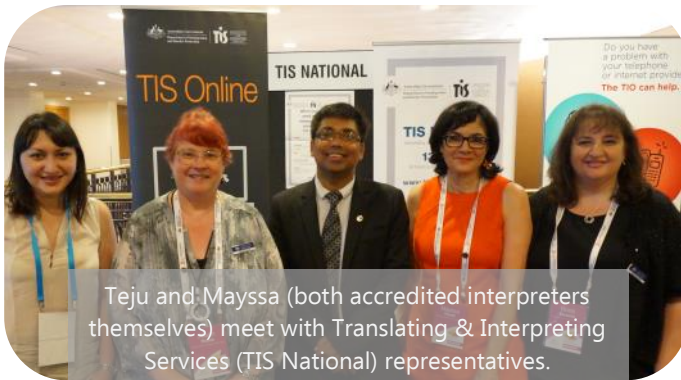
AWECC Deputy Chair, Mayssa Powell was recently appointed to the Regional Advisory Council for the Hume region and is looking forward to being involved in the council and advocating on behalf of the local ethnic communities. Mayssa joins Vijay Kuttappan and Brett Sanderson, who are also Wodonga RAC representatives for the Hume region, which meets three times per year.

FECCA NATIONAL CONFERENCE 2015

AWECC representatives recently attended the *Federation of Ethnic Communities Councils of Australia's* (FECCA) National Conference 2015 in Sydney. AWECC Chairman Teju Chouhan, and Deputy Chair Mayssa Powell, attended the conference in November, on behalf of the organisation. The conference, which ran over two days, included a comprehensive program with several concurrent sessions on legislation, diversity and identity, access, equity and participation, regional settlement and multiculturalism.



Danielle MacLean (St Vincent de Paul), Mayssa Powell, Lauren Salathiel (SVdP) and Teju Chouhan.



Teju and Mayssa (both accredited interpreters themselves) meet with Translating & Interpreting Services (TIS National) representatives.

There were some exciting speakers presenting, which provided an excellent opportunity for networking and catching up with friends and colleagues, and make new contacts. The opening and closing sessions were excellent with inspiring speakers including the 2014 Youth Representative to the UN, Laura John, and several high profile politicians including the Assistant Minister for Multicultural Affairs Senator the Hon. Concetta Fierravanti-Wells, Deputy Leader of the

Opposition the Hon. Tanya Plibersek, and Leader of the Australian Greens Senator the Hon. Richard Di Natale (left). To maximise their learnings, Mayssa and Teju attended different sessions including topics such as Women in Leadership, Social Cohesion, Multiculturalism, and Employment.

Apply for a stall at Albury's QEII Twilight Market

Albury City is calling on traders of innovative and unique goods, along with fresh producers to apply for a stall at the annual QEII Twilight Markets. This boutique market is held on the second Thursday of the month, during daylight saving, from 5.00pm to 8.00pm.

Unique to Albury, the market attracts over 1,000 people to the city's square.

For more information and to apply online go to:

www.alburycity.nsw.gov.au/markets

or contact Albury City's Events Team on 02 6023 8761.



NEW BOARD FOR BHUTANESE COMMUNITY

The Bhutanese Association in Albury Inc. (BAA) has a new board. The board, elected in September is set to carry on the legacy left by the outgoing Board members. The BAA congratulated the outgoing board for its successful tenure, which was headed up by long-standing President, Teju Chouhan (current AWECC Chairman) and a dedicated team.

The new Board consists of Pampha (Kajal) Bhujel (the Associations first female President), Ram C. Khanal (Vice President), Hari Prasad Sapkota (Secretary), Jeewan Adhikari (Treasurer), Durga Guragai, Tulsi Adhikari, and Saraswoti Bhandari. AWECC wishes the new board all the best. The new board is set for a big year, with plenty of programs and community events already scheduled. The Bhutanese Association in Albury is a member organisation of AWECC.

The new Bhutanese Association in Albury Inc. board.



SPEAKING ONE LANGUAGE

A group of local people from linguistically diverse backgrounds completed a short course in entry-level community interpreting. The course was delivered in Wodonga by Monash University's Translation and Interpreting program and was held at La Trobe University in Wodonga. The course, which is for people with high level English language skills as well as in another language, covered basic skills required to advance to further studies to become NAATI accredited.



LOCAL TEAM BRING HOME INTERSTATE CUP

The Albury-Wodonga Three Stars FC have won the Dashine Cup 2015 in Adelaide. The Cup involved 9 Bhutanese representative teams from around the country, and was held in Adelaide on 24 and 25 October. Well done to our stars!



AWECC LEADS CALD COMMUNITY FORUM

AWECC recently convened a CALD community needs forum, held on Saturday, November 7. The forum provided an opportunity for community members and services providers to discuss key challenges facing the CALD community on the Border, and provided key insights for the AWECC Board in shaping its direction and focus moving forward. We thank those members of the community who participated in this forum, and we look forward to big and better community forums next year. AWECC is also currently conducting a survey of the local CALD community, please take the time to complete a survey (see below). Results of the survey will be published in the next issue of *ethnic voice*.



Left: Focus groups at the forum discussing key challenges and opportunities for the CALD communities.

Below: AWECC Chairman, Teju Chouhan presents AWECC's purpose and vision at the forum.



**Do you have
something for
ethnic voice?**

Submissions for the next
issue close,
Friday, January 22, 2016
Please email to:
contact@awecc.org.au



CALD COMMUNITY SURVEY 2015

AWECC wants to know your views, your opinions and your needs! That is why we are launching a community wide survey of Albury-Wodonga residents from refugee, migrant or other ethnic backgrounds.

The survey takes less than 5 minutes, find it here:
<https://www.surveymonkey.com/r/AWECC2015>



Culture Club is held the third Friday of the month at Gateway Health, 155 High St Wodonga, 11am - 2pm. Come and share food, stories and fun! Everyone is welcome!

नमस्ते! **FREE bus pick up!** **Practice speaking English with Tutors & Helpers** **Welcome all cultures & nationalities!**

Meet new people! Make new friends! **你好!** **Kumusta!** **हैलो!**

Speak English with FREEDOM! Group

Practice Reading & Writing Skills **Learn something new every week!** **Play learning games & activities**

FREE English-Learning classes **Bring your family & friends!**

Friday Mornings, 10.30am—12.30pm
Thurgoona Community Centre
10 Kosciuszko Road, Thurgoona 2640
Call 6043 1588 for FREE bus pick up!

Fun & practical classes! **Operates during the NSW school term**

Panunuluyan 2015
CELEBRATING THE GLORY OF CHRISTMAS
CONCERT SERIES

SATURDAY @ 7.30 PM
28 NOVEMBER 2015
Costa Hall, Geelong
Performing Arts Centre,
50 Little Malop St, GEELONG

SATURDAY @ 7.30 PM
5 DECEMBER 2015
St. Monica Primary School's
Theatre, 137 Brockley Street
WODONGA

THURSDAY @ 7.30 PM
10 DECEMBER 2015
Deakin Edge, Federation Square
MELBOURNE

Featuring the
filipino chaplaincy choir
of melbourne

Calling all CALD groups new to Wodonga – make new friends, learn a skill, start a hobby, develop your English language skills with others new to our community.....



Learn how to Sew – come and make new friends whilst learning basic dressmaking in a small social group of migrants new to Wodonga - join us at Birallee Park Neighbourhood House every Monday

Where: Birallee Park Neighbourhood House Inc.

39 Emerald Avenue, Wodonga. (Tel 6059 2590)

When: Every Monday

Time: 10 am – 2 pm.

Tutor – Helen Quarel

No Cost – Just bring your own lunch – Tea/Coffee and light refreshments provided throughout the day.

Transport can be arranged from Gateway Health, High Street, Wodonga (rear Carpark area from 9.30am)



From Your Garden to the Community Table

39 Emerald Ave,
Wodonga ,
Victoria, 3690
Phone: 02 6059 2590

(This programme is funded by the Australian Government Department of Social Services, via the
www.birhouse.org.au
for more information.)



Birallee Park Neighbourhood House Inc.

Can we help you?

Currently we are running a project 'From Your Garden to the Community Table' that:

- * Demonstrate how to build your own small self watering vegetable garden bed using recycled materials.
- * Provide you with portable vegetable beds so that you can grow your own vegetables or herbs at your own home.
- * Show you how to care for your vegetable garden and keep it healthy, so that you can have fresh vegetables and herbs all year.

Can you help us?

- * Volunteer your time at our Neighbourhood House to help build garden beds, assist with our community gardens, and learn to cook simple meals in our kitchen.
- * Donate surplus vegetables that you may have left over from your own garden, so that we can prepare, cook and provide meals for the local community who are in need.

Contact Amanda

Phone: 02 60592590
Email:
birhouse@bigpond.net.au



PURSE PROJECT



What are you carrying

in your purse?

"I have hardly enough money to manage."

"I don't like to think about my finances as I know I'm spending more than I have. It's actually a little bit embarrassing."

"My ex-partner was the money manager. I have no idea where to start now that we're not together."

"I'd like to create budget but not sure how to get started."

Book your FREE place now!

WODONGA WORKSHOP

Monday 30 November 2015

10am – 12pm

155 High St, Wodonga VIC

BOOK ONLINE

www.trybooking.com/JMKO

The Purse Project offers women **FREE workshops designed to empower you to take steps toward a stronger financial future** by understanding your relationship with money.

In this two-hour workshop you will

- Explore and understand your feelings about spending, saving, budgeting and managing your finances.
- Identify your own strengths that can help you to achieve your short, medium and long-term financial goals.

FREE Workshops held in Melbourne and regional Victoria from November 2015 to February 2016.

Workshop resources and tools will be provided to help you move forward with confidence. After the session, you will receive ongoing individual support to achieve your goals.

INTERESTED? Call Sherri at WIRE Women's Information (03) 9348 9416 (Option 9) or email project2@wire.org.au

www.wire.org.au/purseproject

Women's Information and Referral Exchange Inc. ABN 98 957 157 895 Reg. No. A122

Do you have a job vacancy or volunteer position you need filled?

Let us advertise it for you.
Email your submission to:
contact@awecc.org.au

Volunteers needed

AWECC is seeking volunteers to assist with various tasks such as administration and project development in our new office in Wodonga.

Have a few hours to spare? All the time in the world!

Why not volunteer with AWECC.

Call (02) 6024 6895 or email contact@awecc.org.au



Multicultural or mainstream?

A new conversation about multiculturalism in Victoria

**VICTORIAN
multicultural
commission**
strengthening our community

Join the recently appointed Chairperson Helen Kapalos for the Victorian Multicultural Commission's first public Lecture: 'Multicultural or mainstream? A new conversation about multiculturalism in Victoria'
Thursday 26 November 2015, 6-8pm—Drill Hall, Multicultural Hub, 506 Elizabeth St, Melbourne.
Free entry. REGISTER NOW at <http://bit.ly/1GoDpFy>

New & Emerging Communities Women's Leadership Program!

<http://leadershipvictoria.org/programs/womens-leadership-program---new-emerging-communities>

Applications are now open for women who arrived to Australia, who want to develop their impact in community roles. The program will include only female participants, but presenters may also be male for some program sessions. Register your interest online here, or ask us for more information.

<http://www.emailmeform.com/builder/form/EXGxo9A7e7jt1> - once you register we will contact you.

This exciting program covers the following topics:

- Leadership Across Cultures
- Your Personal Leadership Style
- Leadership and Gender
- Empowerment and Capacity Building
- Stories & advice from women leaders
- Resilience
- Your Goals and Plans
- Vision and Strategy
- Networks and Opportunities
- Workshops:
 - Difficult conversations
 - Communication Skills



The program is held in Melbourne, from 9:30am - 3.00pm on:
Tuesday 17 and Wednesday 18 November
Tuesday 24 and Wednesday 25 November
Tuesday 1 and Wednesday 2 December

If these dates are not possible for you,
contact us for more options.



Culture Calendar

Until FEBRUARY 28
From Paris to Albury

Stunning gowns and couture pieces will be on display to celebrate regional women and high fashion during the early years of the 1960s.

Where: Albury Library Museum
Cnr Swift and Kiewa St, Albury
Cost: Free

MONDAY, NOVEMBER 30
Project Purse: Empowering Women towards a stronger financial future

Where: Gateway Health
155 High Street, Wodonga
Time 10am—12pm

Cost: Free
Bookings:
www.trybooking.com/JMKO

EVERY THURSDAY,
FROM DECEMBER 3
Women's Multicultural Yoga Group

Where: Gateway Health
155 High Street, Wodonga
Time 4pm—5:30pm

Cost: Gold coin donation
Enquiries:
Penny Wilson 0418 792 695 or
Julia 0447 597 401

SATURDAY, DECEMBER 5
AWECC
Annual General Meeting

Where: Room F11 (upstairs)
Gateway Health, 155 High St,
Wodonga.

Time: From 4pm, for 4:30pm start.
All welcome.



SATURDAY, DECEMBER 5
'Panunuluyan'
Celebrating the Glory of Christmas

Concert featuring the *Filipino Chaplaincy Choir of Melbourne*
Where: St Monica Primary School
137 Brockley Street, Wodonga
Time: 7:30pm start
Cost: Free

SUNDAY, DECEMBER 6
Dye Hard Fun Run

Where: Gateway Island
Amphitheatre, Lincoln
Causeway Wodonga

Time: 10am start
Cost: From \$22, see website
for details.
www.dyehardfunrun.com.au/wodonga.php

FRIDAY, DECEMBER 18
Culture Club
Celebrates Christmas

Where: Gateway Health
155 High Street, Wodonga
Time 11am—2pm

Cost: Free
Enquiries: Penny Wilson
(02) 6022 8888
All welcome

Please note:

CULTURE CLUB will not be on in January, but will return again on February 19.

Contact us

Phone: (02) 6024 6895

Address: Room F10, Gateway Health,
151—153 High St, Wodonga, Vic. 3690
Post: PO Box 920, Wodonga, Vic. 3689

Email: contact@awecc.org.au

Web: www.awecc.org.au



Find us on
Facebook





Contact us

Phone: (02) 6024 6895

Address: Room F10, Gateway Health,
151—153 High St, Wodonga, Vic. 3690

Post: PO Box 920, Wodonga, Vic. 3689

Email: contact@awecc.org.au

Chairman, Teju Chouhan

Phone: 0401 311 193

Email: chairman@awecc.org.au

The Albury-Wodonga Ethnic Communities Council is supported by the Victoria State Government through the *Peak Multicultural Organisations Grants* Program, and by the Albury City Council and City of Wodonga.

