



# YNEWS

SUMMER 2014

## THIS ISSUE

- Changemakers Festival.....5
- Eat, Pay, Love .....5
- In-conversation with Julia Gillard .....6
- A personal reflection on leadership .....8
- Celebrating a milestone year.....10
- Computer Clubhouse Grand Opening.....12
- Relationship Things launch.....13
- The Frugal feast Appeal.....14

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YWCA  
CANBERRA



## WELCOME TO YNEWS - SUMMER EDITION

IN THIS EDITION OF YNEWS WE EXPLORE:

The results of our 2014 Annual General Meeting, Great Ydeas recipients leading the way in change, the grand opening of our Computer Clubhouse, and much more!

# WELCOME TO YNEWS

YWCA CANBERRA. SUMMER EDITION 2014.



## EXECUTIVE DIRECTOR REPORT

Welcome to our summer edition of Y News. This is a time of celebration for our team, and follows our recent Annual General Meeting and publication of our new Annual Report.

I would like to thank and acknowledge the enthusiasm, support and dedication of my colleagues, and the work of our 300 staff across 20 locations in the ACT. Our organisation is not only a significant employer in the Territory, but also a contributor to the economic, cultural and social wellbeing of our community.

Our 2013-2014 Annual Report highlights the many achievements and investments in new and innovative programs. Importantly, it also showcases the work of our staff at the frontline, who deliver vital community services to women, men, boys and girls throughout the region.

Our Results Based Accountability (RBA) framework allows us to measure the impact of our programs, builds the evidence base for our work, and embeds a culture of continuous improvement in our organisation.

Not only have we embedded RBA as a practice in our own organisation, but we are supporting other community sector organisations to understanding the importance of social impact measurement.

This year our RBA team has presented at a range of community fora in Canberra, and have developed a group to share in our RBA journeys, a great example of our leadership in collaborative practices.

I am regularly asked about the "W" in our name, and for me the 'W' is embedded in everything we do. This year we continued to provide leadership opportunities to our members through projects and programs such as: the Board Traineeship Program, Women Out Front, Great Ydeas, and the Young Aboriginal and Torres Strait Islander Women's Leadership Project.

In terms of our international reach, many of our members have continued their advocacy work across the Pacific region, by representing the YWCA at the Commission on the Status for Women in New York, and by supporting the World YWCA through fundraising at our annual Round the World Breakfast event.

I would like to congratulate the first group of graduates of our She Lead Diploma of Management. Below is a snapshot from one of our graduates:

"It helped me learn who I was as a woman, and an Aboriginal woman, where before I was not discriminated against for being a woman, it was being black, so that helped

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**Acknowledgement of Country.** YWCA Canberra proudly recognises the rights of Aboriginal and Torres Strait Islander peoples to own and control their cultures, and pays respect around these rights. YWCA Canberra acknowledges the need to respect and encourage the diversity of Indigenous cultures and aims to respect Indigenous worldviews, lifestyles and customary laws.

me learn more about my identity even when I did not know that I needed that and I think that if anyone knows they need to learn more about themselves as a woman then they should most certainly do it, because you find out things you did not know, you meet people you most likely would not meet and you realise that you matter. I now know I can lead people better in my workplace and lead my people to a better Australia. "

This year we also held our first She Leads Conference. It was around 10.30am, after the keynote address from Dr Anne Summers that I started to relax and thought, "wow this is a big 'W' moment for us!". More than 180 women came together to share constructive dialogue, listen to thought-provoking and inspiring panel discussions, and participate in skills development workshops.

The feedback we received was overwhelmingly positive, as you can see from the delegate comments below:

"Hearing the panel members speak about their different leadership experiences was very inspiring and unique. The conference is a great way to network (connect and reconnect) with other women who want to achieve a common goal."

"I felt empowered to be in a room full of strong women promoting leadership and awareness."

" I wanted a space to help me reflect on my own leadership journey and plan how to progress - this was achieved."

In terms of our community services work, this year we have been working with the ACT Government to support the development of a One Human Services Gateway, a single access point for people to find out about a range of supports and services in the ACT.

We have also played a lead role in the establishing the Child, Youth and Family Gateway and Network Coordination in the Tuggeranong region. For these achievements I would like to particularly

acknowledge the contribution of Fiona MacGregor, our Director of Community Services.

Our Youth Engagement Team has expanded our reach in the Tuggeranong region. This year we have an average of over 400 young people per month participate in programs such as Every Girl, the award winning Y Aspire and the Lanyon Literacy programs, as well as activities such as our Lanyon Food festival, the Young Aboriginal and Torres Strait Islander Mums Group, and free school holiday programs.

Our partnership with schools in the Tuggeranong region has been strengthened this year, which has seen many schools collaborating with our seniors groups. Our partnership with Richardson Primary School, and a range of corporate sector organisations, saw us open the first Computer Clubhouse in Canberra this year. The goal of this project is to provide a pathway for young people to develop skills and careers in science, technology, engineering and mathematics.

Our Housing Support Unit has remained resilient in the current uncertain funding environment. The Affordable Housing Program continues to perform well with all tenancies occupied in both Lady Heydon House and our Eclipse Units.

The Children's Services portfolio is the largest contributor to our revenue, at over \$7 million per year. This year, our work expanded to include 13 out of school care programs, and an additional two school holiday programs. Our long day care centres and family day care programs are also operating close to capacity.

The Children's Services leadership team have not only been caring for more children this year, they have been active in the advocacy space, including appearing before the Productivity Commission into Early Child Education and Care.

I often speak of the significant role that quality childcare has played in my own work life, and my children's development.

It is vitally important that the community continues to call on the Australian Government to develop a comprehensive childcare policy, including out of school hours and vacation care, and to increase the supply of affordable and quality childcare places for all families and carers.

A big thank you to Bernadette Carbin, Director of Children's Services, for leading this important area of work.

Our communications and advocacy team have also been very active this year. Lead by Joanna Allebone, this team is behind our many events, campaigns, submissions, partnerships and strategic communications initiatives. The work behind our new brand and website, our wonderful Stretch Reconciliation Action Plan, and the revamped Relationship Things resources have all been key projects this year.

The advocacy around poverty and emergency food relief, and fundraising for the Lanyon Food Hub has engaged a broad cross-section of the Canberra community, and supplemented our much needed food supplies. The Fiver4Food campaign connected us with food bloggers, bolstering our call for all Canberrans to have access to nutritious food. This creative team continues to innovate, push boundaries, and raise our profile within the Canberra community and beyond.

In this final Ynews for the year, I can only outline a few of our key achievements, but there are many more stories to be shared. Our work is only made possible by the support of our funders, corporate partners, friends and members. I sincerely thank you, and look forward to another exciting year ahead.

Frances Crimmins,  
Executive Director

# PRESIDENT REPORT



I am honoured to be taking over the presidency of YWCA Canberra, following in the footsteps of our fantastic past president, Jane Alver.

I'm also thrilled to be supported by Julie McKay and Caitlin Sandercock as Co Vice Presidents.

I'd like to acknowledge Frances and the YWCA Canberra team for being cited among a prestigious list of organisations as an inaugural Employer of Choice for Gender Equality.

The new accolade, judged by The Workplace Gender Equality Agency (WGEA), rewards organisations and businesses who demonstrate best practice in improving gender equality within the workplace.

Reflecting the more rigorous requirements, only 76 organisations have been awarded the citation this year, down from 125 recipients when its predecessor, the EOWA Employer of Choice for Women, was last awarded in 2012.

I have watched YWCA Canberra grow as a leading values-driven organisation over the past several years, servicing the Canberra community.

I am looking forward to the coming year as we watch our new ventures continue to develop and grow.

A few highlights over the last couple of months have been the launch of our new brand and website, the opening of YWCA's Computer Clubhouse, and the revamp of our unique Relationship Things resource, which guides adolescents towards respectful relationships.

One thing I am committed to and passionate about is women's leadership.

YWCA Canberra provides pathways and opportunities for women to develop their leadership skills, and our She Leads Program is a prime example.

The She Leads Program aims to support the women of Canberra in their professional and personal journeys.

If you are looking for the next step on the leadership pathway, you can find out about the She Leads Diploma of Management, Women Out Front Workshops, Great Ydeas grants, Board Traineeship program, and other programs on our new website:

[www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)

As 2014 comes to end I hope to see you all at our exciting upcoming events

Please do be sure to say hello!

Kate Chipperfield,  
President



# CHANGEMAKERS FESTIVAL

## WOMEN LEADING CHANGE: SMALL GRANTS, BIG IMPACT

On Thursday 23 October, we celebrated the 2014 Changemakers Festival by hosting a special panel event with three of our 2014 Great Ydeas grant recipients:

- Caitlin Sandercock, who spoke about the Development and Aid Workers Network (DAWN), an online hub that seeks to provide support and advice to development and aid workers;
- Caterina Giorgi, whose project 'For Purpose' will provide professional development and training opportunities to build capacity and skills in people working in the not-for-profit or 'for purpose' sector; and
- Heidi Zajac, who spoke about her

project 'Cooking Circles', which connects Australian and Timorese young women to share cooking processes and recipes, stories, and build friendships.

The panel was facilitated by YWCA Canberra Communications & Advocacy Officer, Zoya Patel.

The focus of the panel was on social change, innovation and making a difference from the grassroots up.

Panelists discussed some of the barriers they had experienced during the course of their projects; the resilience needed to make change in the community; and their goals and ambitions for the future.

To find out more about Great Ydeas visit:

[www.ywca-canberra.org.au/get-involved/great-ydeas-small-grants-program](http://www.ywca-canberra.org.au/get-involved/great-ydeas-small-grants-program)



# EAT, PAY, LOVE

## ANTI-POVERTY WEEK: 12-18 OCTOBER 2014

As part of YWCA Canberra's involvement in Anti-Poverty Week this year, we jointly hosted an Eat, Pay, Love dinner at V Spot Café in Civic on Sunday 12 October.

This was a new initiative, with V Spot owner Chrissie Wittich inspired to hold a fundraising dinner on the premise that there would be no set prices - people could just pay what they 'feel'. Thus, the concept of 'Eat, Pay, Love' was born!

This radical idea had never been floated in Canberra before, as far as we can tell, and it worked a treat.

Thanks to Chrissie's hard work and generosity, there was a beautiful array of vegetarian dishes to make a mouthwatering buffet.

Two sittings were held, at 6pm and 8pm, and both were fully subscribed. Diners were encouraged to mingle, with seating arranged so no one was on their own.

Frances Crimmins spoke about the realities of poverty in Canberra, and everyone was very generous in their donations.

Together we raised a total of \$854 for our Food Hub in Lanyon, a terrific result.

In addition, two other local restaurants also held Eat, Pay, Love dinners during Anti-Poverty Week, and we're hoping others will follow suit.

We have approached a couple of restaurants to host Eat, Pay, Love events during our Christmas Appeal week of activities, called The Frugal Feast.

Keep your eyes on our E-News for more announcements about the Frugal Feast in the coming weeks!

If you are interested in hosting an Eat, Pay, Love event, please contact: [karan.gabriel@ywca-canberra.org.au](mailto:karan.gabriel@ywca-canberra.org.au) or phone 02 6175 9954.



*Eat Pay Love* ♥

# IN CONVERSATION WITH JULIA GILLARD

## AVID SUPPORTERS AND POLITICAL AFICIONADOS GATHER FOR JULIA GILLARD'S IN CONVERSATION EVENT IN CANBERRA



The first woman Prime Minister of Australia, Julia Gillard, entered the National Portrait Gallery on Monday night to a standing ovation. The applause clamoured in the Gordon Darling Hall, with more than 300 guests excitedly waiting to hear first hand about Ms Gillard's experiences as Prime Minister, as detailed in her memoir, *My Story*.

The event included an hour-long in conversation session with Julie McKay, Vice-President of YWCA Canberra and Executive Director of UN Women Australia. This provided an opportunity for Ms Gillard to share her unique and candid insights on politics, gender equality, women's leadership and her legacy to Australia in the safe space YWCA Canberra creates for women at our events.

In her opening remarks Frances Crimmins, Executive Director of YWCA Canberra, said it was a natural fit for the feminist organisation to host Ms Gillard.

**“I am regularly asked about the “W” in our name (which, for those of you who don't know, stands for “women”), and for me the “W” is embedded in everything we do,’ Ms Crimmins said.**

‘We believe through the development of skills, and raising awareness of gender biases, we can change gender inequality at a structural, systemic and individual level.’

Ms Crimmins went on to quote from *My Story*, ‘We have an obligation to work through the shades of grey so that for the next women prime minister, business leader, union leader, military leader, factory manager, office manager, it will be easier than it has been before.

‘That requires us to restore the common sense.

‘It requires women and men in all sections of Australian life to, day by day, point out sexism when they see it and change it.

‘Persistence, constancy in this purpose, will result in us being a stronger and fairer nation.’

To open the conversation, Julie McKay said ‘Regardless of whether Australian's agree with your politics or not - we should all acknowledge that you becoming Australia's first female Prime



Minister was a game changer for gender roles in this country.

‘Thank you for being the first.’

As the in-conversation unfolded, it became clear that these values are very much shared by Ms Gillard, and that the empowerment of women is key to Australia's growth as a nation.

‘If you want to change a society, or lift people out of poverty, you must first educate and empower women Ms Gillard said.’

Ms Gillard went on to discuss the ongoing gender discrimination she experienced during her time as Prime Minister, and the difficulties she had writing about it in *My Story*.

'The chapter I found hardest to write in the book was the gender chapter. There are all these shades of grey, as I mentioned in my final press conference as PM. It's complicated. I found it quite slippery to catch,' Ms Gillard said.

She pointed out that often gender discrimination doesn't rear its ugly head in women's lives until later in their careers.

**'I didn't really feel, as a woman, that gender was holding me back in my life until I was actually at the upper echelons of politics. I think that's a lot of women's experience now.'**

This highlighted the importance of addressing gender inequality in leadership roles, and supporting young women to develop their leadership skills to be able to combat the still-existent glass ceiling.

The in-conversation covered a number of topics, including the misogyny speech and the role of the public service, through to Ms Gillard's fondness of Game of Thrones, and her favourite social activities.



Following the in conversation session, guests were able to meet Ms Gillard in person, and have copies of *My Story* signed. Despite the long queue, the former Prime Minister ensured that every book was signed, which further delighted attendees.

Over canapés and drinks, guests discussed the numerous insights of the event.

From start to finish, the energy in the room was one of warmth and solidarity with a woman who changed the political and social landscape of Australia irrevocably for the better.

YWCA Canberra was honoured to be able to host this special event for a Canberra audience, and looks forward to continuing to bring the unique insights of Australian women leaders to our members and friends in the future.

We would like to thank EY and Random House for their support for this event.



# SHE LEADS DIPLOMA OF MANAGEMENT

## EXPLORING WHAT LEADERSHIP MEANS FOR ME



**BY KARAN GABRIEL**  
**YWCA CANBERRA COMMUNICATIONS**  
**AND ADVOCACY OFFICER**

When I was given the opportunity to study for my She Leads Diploma of Management, I was over the moon.

Despite having worked as a manager previously, I'd never been comfortable in the role.

I thought this was my chance to gain the skills and knowledge needed to give me that sense of credibility and confidence I felt I'd been lacking.

On day one of the course, I discovered a name for that insecurity I'd felt in the past: 'imposter syndrome'.

I was thrown into those previous management roles with little or no training or support - real sink or swim stuff - so it was really no surprise that I'd felt like I didn't belong in those jobs!

Enrolling in the She Leads Diploma was a way to rid myself of that insecurity, and gain the management skills and knowledge that I needed to feel capable, and credible, in a management situation, I thought.

Just two sessions in, and I've already discovered that I was both right and wrong about that.

I've learned that I had management skills all along, I just didn't realise that's what they were.

And I've also discovered that having all the skills and training in the world will not take away those 'imposter' feelings - in the course, we've discovered that even some of the most accomplished women who have come as panelists still sometimes feel like they are 'faking it'!

Overcoming those feelings is less about what you know and more about your level of confidence, your self-talk, and getting up and going again when circumstances push you down.

As we learnt on day one of the course, it's common for women to undervalue our skills and not see them as transferable.

I had coordinated projects as a freelance writer and editor but didn't see that as project management.

I'd dealt with staffing issues in various roles but didn't see that as HR management.

I've now realised that what I saw as just the 'stuff' you do in order to get the job done were tangible skills that I had acquired.

Through participating in the She Leads Diploma, I'm learning to own those skills and value them.

I'm also learning that there isn't just one way to be a leader, there are many ways.

Each of us in the Diploma course are different with varied experiences; we will all lead or manage differently, but that's just fine.

Of course, I'm only a fraction of the way into the course and there is still MUCH to learn - but all ready I know that enrolling in the She Leads Diploma has benefited me enormously.

Some of the highlights have included:

- When panelist Tjanara Goreng Goreng shared her personal story with us on day one, from being a little black girl in a white school, to being an Elder and academic now. I was moved when she sang us a blessing at the end.
- Gai Brodtmann, Federal MP, shared some of what keeps her strong in the tough world of politics, such as: being guided by a moral compass; building up resilience in response to failures; being bold and opinionated; seeking out and seizing opportunity; and leading a big and bold life.
- Learning the 'Wonder Woman' stance and its practical applications (ask me if you'd like to know more!)
- Getting to know my fellow students, who come from a diverse range of backgrounds. By sharing our own stories, we all learn so much.
- Oh, and the beautiful venue at EY! Floor to ceiling windows that look south towards the Brindabellas, and gorgeous food to keep us sustained during such full days.

“ I'm also learning that there isn't just one way to be a leader, there are many ways. ”



# ADD **SHE LEADS 2015** TO YOUR PROFESSIONAL DEVELOPMENT PROGRAM

## ABOUT THE SHE LEADS PROGRAM

At YWCA Canberra, we know that developing women's leadership is fundamental to advancing gender equality.

We also know that leadership should be transformational and intergenerational.

She Leads is an innovative and evidence-based women's leadership program comprising a Diploma of Management, and a one-day conference.

The She Leads program is at the cutting edge of leadership development, applying a framework of developing participants' cognitive capabilities and emotional intelligence (knowing), practical leadership skills (doing), and leadership identity (being).

## ABOUT THE SHE LEADS DIPLOMA

Launched in July 2013 by Elizabeth Broderick, Sex Discrimination Commissioner, the She Leads Diploma of Management offers a gendered analysis of leadership and management.

The program provides a customised curriculum addressing the specific needs of emerging women leaders, while working towards a nationally recognised qualification.

During the She Leads Diploma, participants explore and refine their leadership identity, and reflect on their experiences, strengths, values, and vision for the future.

Upon completion of this 12-month program, participants will graduate with a Diploma of Management, recognising your competency in the following areas:

- Managing personal work priorities and professional development
- Providing personal leadership
- Using complex workplace communication strategies
- Ensuring team effectiveness
- Managing people performance
- Undertaking project work
- Managing budgets and financial plans
- Facilitating continuous improvement.

Enrolments are now open for our next class, commencing in February 2015.

For more information about the She Leads Diploma of Management visit [www.ywca-canberra.org.au/education-training](http://www.ywca-canberra.org.au/education-training) or contact the She Leads Diploma Coordinator, Janine Yokom at:

[janine.yokom@ywca-canberra.org.au](mailto:janine.yokom@ywca-canberra.org.au)

## ABOUT THE SHE LEADS CONFERENCE

Held annually in Canberra, the She Leads Conference provides both aspiring and established women leaders with opportunity to develop the skills, knowledge and networks to accelerate their leadership journey.

The Conference program includes keynote presentations and panel discussions with women who share insights into their personal leadership journeys, and debate some of Australia's biggest leadership issues in the private, government and not-for-profit sectors.

In addition, interactive and dynamic break out sessions guided by expert facilitators allow participants to explore topics such as developing your leadership identity, enhancing your personal effectiveness, and building your leadership profile.

Plans are now underway for the 2015 She Leads Conference, and we're looking for corporate and philanthropic partners.

If your organisation is keen to engage with the future leaders of Australian businesses and communities, we'd love to hear from you.

Please contact the Director of Corporate Relations and Communications, Joanna Allebone at:

[joanna.allebone@ywca-canberra.org.au](mailto:joanna.allebone@ywca-canberra.org.au)



**SheLEADS**  
An initiative of the YWCA

# CELEBRATING A MILESTONE YEAR

YWCA Canberra's 2014 Annual General Meeting was a wonderful evening, with more than 60 members celebrating another great year- our 85th.

New Board Directors and Office Bearers were elected. Congratulations to:

- President, Kate Chipperfield\*
- Co-Vice Presidents, Julie McKay and Caitlin Sandercock\*
- reasurer, Angela Koch
- Board Director, Sarah Burr\*
- Board Director, Alisa Draskovic\*
- Board Director, Dr Jess Moore
- Board Director, Heidi Zajac\*

We also welcome back these continuing Board Directors:

- Board Director, Beth Cox
- Board Director, Thieu Hue Lam
- Board Director, Sarah Stewart
- National Board Representative, Heather McCauley

Our new intake of Board Trainees was also announced. Congratulations to:

- Hannah Wandel\*
- Imogen Jacobs\*
- Alexia Fuller\*
- Jillian Kempton\*

## PRESIDENT REPORT FROM JANE ALVER

In her final President's report, Jane Alver said, "At the international level, we've had members participating in the United Nations Convention on the Status of Women in New York.

We also had many members involved with the Pacific and Timor Leste committees of Y Australia, working to support regional YWCAs.

"At a national level, we've shared in programs such as Respect, Communicate, Choose and Every Girl and we have representatives on the Y Australia Young Womens' Working Group.

"And at the local level, there have been many achievements in the reporting year, but I particularly want to mention the following fruit borne by board decisions and investments:

- Brand refresh and launch - a great celebration of 85 years
- She Leads Conference and Diploma of Management - raising awareness of

the Y's leadership pathway for women

- Computer Clubhouse - with new partners, funders and members
- Food Hub - leveraging new ways of raising money and awareness
- The successful tender for the Gungahlin early education centre - on mission and income producing for reinvestment in programs
- Another great year of the Great Ydeas small grants program
- Reopening of Campbell Cottagen after extensive renovations, a flagship early education centre."

Jane thanked and congratulated Frances Crimmins on her first year as Executive Director.

"At the conclusion of your first year I would also like to congratulate you on behalf of the board, and your senior management team's outstanding role in sector leadership.

This includes the participation in the next tranche of the Women and Girls Territory Plan Forum, the Chief Minister's Roundtable, and taking the lead in community services discussions in the ACT."

Jane also paid special tribute to outgoing Treasurer, and "treasure!" Betty Ferguson.

"She has guided us all to bring the financial rigour required by the board to protect the strength of financial position and our legacy through the strategic sale of property this year."

In conclusion, Jane reflected on what led her to get involved in YWCA Canberra.

"Initially I was drawn in to the YWCA movement as a feminist organisation with local, national and international reach. I have stayed for 24 years due to the networks and opportunities it generates for women.

I have been fortunate to participate in local, national and international opportunities.

"I am proud to be part of an organisation that has such a strong feminist history and a clear vision for the change it wants to see in Canberra and beyond.

The encouragement I have received from the YWCA in my leadership path has been life shaping. I would like to give a personal thanks to Y supporters and mentors: Frances, Rebecca Vassarotti, Caroline Lambert, Susan Brennan, Roslyn Dundas, Jocelyn Murphy, Vivienne Ashcroft, Deb Read, current and former board, members and staff.

"As last year's President, Ruth Pitt, said in her report, 'The exciting challenge is to continue to build a strong, resilient organisation that stays true to its values, and also continues to innovate and adapt'.

I am pleased to be able to say this board has met this challenge and I now hand it on to you for 2015."

You can read a joint report from Jane and YWCA Canberra's Executive Director, Frances Crimmins in the 2013-14 Annual Report.

## REFLECTIONS FROM BOARD TRAINEES

Two outgoing board trainees, Nikki Wright and Diana Tjoeng; shared some highlights from their experience throughout the year.

### Nikki Wright

Nikki spoke about the personal and technical skills she has gained during the Board Traineeship Program.

"During my period as a board trainee, I have gained exposure to, and learnt about, items such as compliance reports, investment policy, complexities around superannuation payments, board protocol, grant funding, and learnt to read a balance sheet.

"On that note, I would like to thank Betty Ferguson for her patience, enthusiasm and her absolute 'love of numbers'. You will be sorely missed.

"Over the past 12 months I have been fortunate to gain a real understanding and insight into the breadth and depth of community programs that the Y has designed, funds and/or implements that fill very real needs within the community.

From the Food Hub, to the provision of affordable housing, children's services and certified training programs, to name but a few.

"And then of course there are all of the events that are held for members and the fundraising activities.

"One that certainly stands out was 'shaking the tin' at a Brumbies game in early April - it was cold and raining.

It is testament to the work, and the reputation of the Y, the number of people that knew about the YWCA, and their willingness to give.

**The Board Traineeship is an excellent opportunity to provide individuals like myself with the skills and confidence to stand up and be counted, and to hopefully start to increase the number of women on boards in Australia.**

"To the Board, thank you very much for the opportunity to have been a board trainee over the past 12 months. I am very grateful and thankful the experience.

"Congratulations to this year's incoming and continuing board members, and to the board trainees, I wish you all the very best."

**Diana Tjoeng**

Diana reflected on how she first came into contact with YWCA Canberra, and what she has since achieved, "I first got interested in the Y last year after returning from annual leave where I volunteered at a women's crisis centre in Cambodia.

"I decided to attend the Y's screening of the documentary I Am A Girl, which explored and compared the lives of girls in developing and developed countries.

It was the kind of event that made me go, 'Yes, this is an organisation that not only looks at gender issues affecting our community and our world, this is an organisation that involves girls, women and men in the conversation, and in the action.'

"The Y Board Traineeship is one of the only programs of its kind that is specifically designed to give women, and especially young women like myself, the opportunity to experience what it means to be a leader.

"To participate in board meetings and be in the discussions that decide the direction and investments of an organisation; to see the emails that go around between board members where there is both healthy debate and celebration of the organisation's achievements.

"This year with the re-branding it was particularly an exciting time to be involved. The traineeship gave me the opportunity to truly understand the amount of work that goes into a rebranding, and what the differences are between operational decisions and governance decisions, which has been invaluable.

"Being part of the Finance Committee has also been a highlight. Under Betty's excellent tutelage, I now know how to interpret a balance sheet and consider investment decisions - so thank you Betty for your kindness, friendliness and wisdom.

"I would really like to thank Kate, Jane, Fran, all the board directors and my fellow trainees for a memorable experience that has contributed to my professional confidence and given me such an insight into the great work of the Y.

"I look forward to meeting the new trainees and I would recommend the traineeship to anyone who has ever asked themselves, 'What exactly does a board do?' I think the best way to find out, is to get involved."

To find out more about our Board Traineeship program, our Women Out Front workshops, or our Women's Leadership Pathway, visit [www.ywca-canberra.org.au](http://www.ywca-canberra.org.au).

#### A WARM THANK YOU

The YWCA Canberra team acknowledged the immense contributions of the 2013-14 President Jane Alver and Treasurer Betty Ferguson, who have both completed two three-year terms on our board and, as such, could not be reappointed.

Both were thanked for the in exemplary service to the YWCA Canberra Board, and both have indicated that they will stay

involved as members.

We have been privileged to have such dedicated and talented women devote so much time and effort to our governance.

#### LAUNCHING OUR 2013-14 ANNUAL REPORT

Our Annual Report and audited financial statements tell our story, including our activities under our five strategic goals, and our income and expenditure for the last financial year.

If you didn't receive a copy at the AGM, it can be viewed on our website: [www.ywca-canberra.org.au](http://www.ywca-canberra.org.au).

*\*Denotes women aged 30 years or under at the time of appointment. YWCA Canberra's constitution requires 30 per cent of Board Directors are women under 30 at the time of appointment.*



\*More photos on the last page.

# COMPUTER CLUBHOUSE LAUNCHED



## YWCA CANBERRA LAUNCHED THE ACT'S FIRST COMPUTER CLUBHOUSE AT A FANTASTIC GRAND OPENING EVENT ON FRIDAY 10 OCTOBER.

Along with a host of corporate, philanthropic, government and community partners, YWCA Canberra celebrated the landmark event with its young Clubhouse members and their families.

Media also took a keen interest, with ABC TV Canberra featuring the Clubhouse opening on its 7pm news bulletin, and syndicating it on ABC TV News nationally.

It was wonderful seeing Clubhouse members like Jack and Yayeri sharing what they most love about the Clubhouse with ABC journalist Siobhan Heanue, who was obviously moved.

Clubhouse members also enjoyed demonstrating their new technology skills to VIPs, including family members, AFP officers, Mick Gentleman MLA, representatives from our corporate partners and sponsors, and many others.

A delicious barbecue lunch was cooked up by AFP members, and many people lingered at the centre for much of the afternoon, an indication of how interesting and inspiring the Clubhouse is!

Gail Breslow, Director of the Intel Computer Clubhouse Network, travelled from Boston to speak at the festivities and was impressed by what she saw.

In her speech, she emphasised the 'soft' skills that Clubhouse members learn as part of the centre's ethos, including collaboration, how to action an idea, and taking a project to completion.

Open to all young people in the Tuggeranong region between the ages of 10 and 18, the Computer Clubhouse provides a creative and collaborative out-of-school learning environment with free access to cutting edge technology.

It also connects young people with professional mentors who will guide and support the young people to pursue their passions and careers.

Frances Crimmins said the Clubhouse provides a unique opportunity to bridge the digital divide and provide an opportunity for all young people to have access to first class technology.

"The ultimate goal of the Clubhouse is to connect young people in Tuggeranong to professional development opportunities with ICT organisations in Canberra, and future employment through the program's mentors and industry partners," Frances said.

The Clubhouse currently offers facilities and mentoring in graphic and web design, 3D modelling and printing, robotics, digital photography and imaging, and game design.

Find out more about how you or your organisation can get involved at the Computer Clubhouse website:

[www.ywca-computerclubhouse.org.au](http://www.ywca-computerclubhouse.org.au)

Follow the Clubhouse on Twitter:

[www.twitter.com/YWCA\\_CCH](https://www.twitter.com/YWCA_CCH)

Or like the Clubhouse Facebook page:

[www.facebook.com/YWCAComputerClubhouse](https://www.facebook.com/YWCAComputerClubhouse)

**The ultimate goal of the Clubhouse is to connect young people in Tuggeranong to professional development opportunities with ICT organisations in Canberra, and future employment through the program's mentors and industry partners.**

# RELATIONSHIP THINGS LAUNCH



YWCA Canberra launched its newly updated Relationship Things resource during YWCA Week Without Violence on Friday 17 October, with an expert panel event, 'Relationship Things: what young people need to know'.

The panel, held in partnership with the ANU Gender Institute, explored topics around sex education, respectful relationships and young people.

**Panelists included:**

- Fiona MacGregor, Director of Community Services, YWCA Canberra
- Angela Christian-Wilkes, Year 12 student, Hawker College
- Heidi Yates, Chair, ACT Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) Ministerial Advisory Council
- Sergeant Joanne Cameron, Australian Federal Police

The Relationship Things community resource aims to prevent sexual assault and gender-based violence, by empowering young people to develop and maintain safe and respectful relationships.

YWCA Canberra chose to launch Relationship Things during YWCA Week Without Violence, which is an international week of action that encourages the global community to think and act towards a world free from violence against women.

The launch took place at the Law Link Theatre at the ANU, with an engaged audience of students, teachers and members of the community sector ready to hear the insights of our panellists.

There was a great, robust discussion that covered topics including where the gaps are for young people in sex education, how the whole community can support young people and prevent violence from occurring, how to better support teachers and how to ensure diversity is

incorporated into sex education programs. The audience also engaged in a great Q&A session exploring how to involve parents in the conversation as well.

For an in-depth review of the event, visit:

[www.ywca-canberra.org.au/blog](http://www.ywca-canberra.org.au/blog)

The full Relationship Things resource will be available for purchase in the coming months.

To register your interest, email:

[zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)





# THE FRUGAL FEAST APPEAL

## SUPPORT CANBERRANS IN NEED THIS FESTIVE SEASON

The festive season is a time of family, feasting and fun for many - but for vulnerable members of our community, these months can be a time of added financial and emotional stress.

Our Food Hub helps ease some of this pressure for families in need in the Tuggeranong region, by providing free, nutritious food through a pantry-like system. Located at our Lanyon Youth and Community Centre and run by a team of award-winning volunteers, the Food Hub is about more than just food - it's about connections to the community.

In June, our Fiver4Food appeal raised over \$6,000 in cash and food donations for the Food Hub. Our goal is to raise an additional \$10,000 during The Frugal Feast, with all proceeds going towards meeting the increased demand we experience at the Food Hub during November and December.

But we want to do more than just raise food and cash donations - we want to engage Canberrans in a week-long program of fun events and activities from 17-21 November, and raise awareness about the fact that there are young people and families in our local community who need our support.

### SO HOW CAN YOU GET INVOLVED?

*The Frugal Feast* - a collection of recipes and stories from Canberra

This cookbook of budget, festive recipes, also called *The Frugal Feast*, is the perfect Christmas gift!

The book features content from prominent and everyday Canberrans, and the beautiful artwork has been created by Juliette Dudley, a talented local artist.

The book will be available for purchase through our website from November 18, with all funds raised through sales going to the Food Hub.

## WEEK OF ACTIVITIES

Register for some of the events below, and enjoy learning a new skill or engaging with our diverse Canberra community, while contributing to our Food Hub!

Entry to all events is via a note donation - 100% of funds raised will go towards supporting the Food Hub.

### Monday 17 November - Self defence with Mitch, Dark Carnival

This one hour self-defence workshop will take you through the basics of self defence, and help you learn skills to feel safe and competent in defending yourself.

**When:** 12.30 - 1.30pm

**Where:** Level 3 Cosmopolitan building, 1 Bowes Place, Phillip

**Cost:** Note donation

**RSVP:** To secure your place, please email [zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)

### Tuesday 18 November - Stories and Sandwiches: The Frugal Feast recipe book launch!

Join us to officially launch *The Frugal Feast* recipe book with an evening of story-sharing and sandwich-making demonstrations from three of our excellent recipe contributors. There will be samples of the sandwiches to try, and *The Frugal Feast* will be available for purchase.

There will also be excellent music from The Cheeky Violets.

#### Speakers:

- Minister Shane Rattenbury, MLA
- Frances Crimmins, Executive Director, YWCA Canberra
- Natasha Rudra, Food & Wine Editor, Canberra Times

The Cheeky Violets are a vibrant, Canberra trio featuring an eclectic blend of harmonies and electronic drums. Singing self-penned tunes and covers, this trio has a fun mix of up beat and reflective songs to suit every occasion.

**When:** 6pm - 8pm

**Where:** ANU Food Co-Op, Kingsley St, Acton

**Cost:** \$10 entry, or \$25 including a copy of *The Frugal Feast*. Regular cost of *The Frugal Feast* is \$20.

**RSVP:** To secure your place, please email [zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)

### Thursday 20 November - Social Change and Advocacy seminar with Caterina Giorgi

This seminar is for people working in not-for-profit or for-purpose organisations and will provide information on how to get the most from your organisation's advocacy efforts. During the power hour, the seminar will focus on the tactics that you can adopt to pursue policy change. The seminar will also focus on the need for advocacy efforts to be working towards a clear goal, or purpose, with tips on how to avoid being taken off track.

Caterina Giorgi is a member of YWCA Canberra, and the Director of Policy and Research at the Foundation for Alcohol Research and Education (FARE). Caterina has taught advocacy at the University of Canberra and has completed a fellowship on social change with the Centre for Australian Progress. Caterina is currently developing a pilot project called 'For Purpose' which focuses on building innovation in the not-for-profit or for-purpose sector. For Purpose will be launched in Canberra in 2015.

**When:** 12-1pm

**Where:** Level 5, Bright Consulting Building, 161 London Cir, Civic

**Cost:** Note donation

**RSVP:** To secure your place, please email [zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)

### Friday 21 November - A Frugal Feast: Cooking demonstration with Harriet Walker

In this special cooking demonstration, Harriet Walker will take you through a budget, three-course meal suitable for a festive feast, and provide samples for you to taste! This is a great opportunity to get innovative ideas for your Christmas lunch, or other holiday event.

**When:** 12-1pm

**Where:** Market Kitchen, Belconnen Fresh Food Markets, Lathlain St, Belconnen

**Cost:** Note donation

**RSVP:** To secure your place, please email [zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)

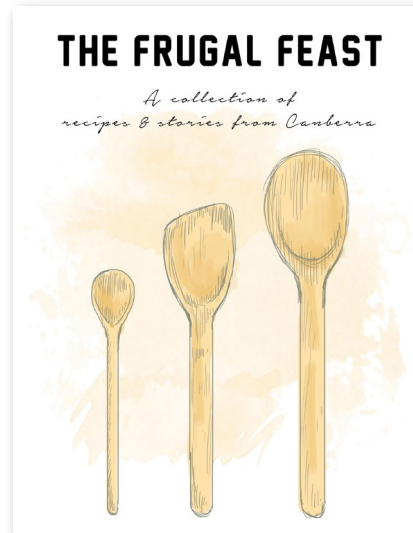
### Friday 21 November - Poetry Slam at Tree Eighty3

Come down to Tree Eighty3 café for a cosy evening of poetry readings and performances from some of Canberra's leading spoken word artists! Poets featured on the night include Mount Abora Moth (Eleanor Malbon and Hannah Lord), and Raphael Kabo, with more to be announced! Relax with a coffee and sweet treat and immerse yourself in words.

#### Performers:

Raphael Kabo is a slam poet, quiet poet, and writer, whose heart, and some of his library, are split between Australia and the UK.

Mount Abora Moth is the duo of Eleanor Malbon (spoken word poetry) and Hannah Lord (hammered dulcimer) who combine words and music to tell mysterious stories inspired by Canberra



suburban evenings.

**When:** 6pm-8pm

**Where:** Tree Eighty3 café, Bailey's Arcade, Civic

**Cost:** Note donation

**RSVP:** To secure your place, please email [zoya.patel@ywca-canberra.org.au](mailto:zoya.patel@ywca-canberra.org.au)

### Christmas in the City

The YWCA Canberra team will be part of this year's Christmas in the City charity markets. On December 18 and 19, we'll be selling copies of *The Frugal Feast* and sharing samples of food made from recipes in the book in Garema Place. Come down and grab a copy of this limited edition, unique recipe book - it's an excellent present for loved ones, and full of tasty ideas to try out!

### CAN'T MAKE IT TO AN EVENT? NEVER FEAR!

You can make a huge difference to families in need simply by:

1. Donating non-perishable food items (details below)
2. Making a secure online financial donation at: [ywca-canberra.org.au/get-involved/make-a-donation](http://ywca-canberra.org.au/get-involved/make-a-donation)
3. Purchasing a copy of *The Frugal Feast* recipe book via our website (available from 18 November onwards)

Food donations can be dropped off to YWCA Canberra's central office at Level 5, Bright Consulting Building, 161 London Circuit, Civic from 9am-5pm, Monday to Friday.

Our Food Hub volunteers would really appreciate you donating any of the items below:

Plum pudding, Xmas cake, fruit mince pies, beetroot, chocolates, baked beans, asparagus, jams, tinned fruit, bon bons, sugar, coffee, Xmas serviettes, Xmas stocking (lollies mix), tinned tuna or salmon, cordial, PKT mixed nuts, jellies, pickled onions, toiletries, rice, wraps, taco or burrito kits, pasta, rice crackers, jars of pasta sauce, jars of Vegemite, cup-a-soup or tinned soup, fruit juice, lemon cordial, long-life milk, muesli or dried fruit, pack of tooth brushes, tooth paste, bottles of body wash and soap.

# ANNUAL GENERAL MEETING

CELEBRATING THE HIGHLIGHTS OF 2013-2014

