



WOMEN'S FEDERATION FOR WORLD PEACE, AUSTRALIA

2019-20 ANNUAL REPORT



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From the National Office



It is with great honour that I help to bring the WFWP Australia Annual Report to you. Even with COVID lockdowns that prevented face to face functions to raise funds, we were able to continue our 2020 Humanitarian Projects within the Pacific Islands due to the generosity of our members. To our members, I am so humbled by your heart of commitment to the goals and mission of WFWP Australia and your continued alignment with WFWP International. The WFWP Australia Humanitarian Projects truly create an impact, just ask UN Women. "When you own things, you have power; and when you do not, you have no voice. Economic bondage is demeaning, and by enabling women to make their own money, you give them back their dignity."

Our Social Impacts activities were largely continued with the zest of zoom webinars and meetings. Our teams continued to collaborate and work together to spur us forward, and many highly skilled volunteers joined our ranks to help develop our ongoing projects and activities.

Quoting Kavita Ramdas, former President and CEO of the Global Fund for Women.

*"We need women who are
So strong they can be gentle
So educated they can be humble
So fierce they can be compassionate
So passionate they can be rational – AND
So disciplined they can be free!"
Therefore, my call to us all is, let's BE it and let's DO it!"*

Special thanks to all the beautiful members of WFWP Australia and Oceania who collaborate, offering their energy and heart to develop our projects. Most of all, thanks to our co-founder, Dr. Hak Ja Han Moon who keeps charging forward with her motherly heart of love; proclaiming and living the words that Peace Starts With Me.

Warmest Wishes,



Anne Bellavance
Vice-president, WFWP International (Oceania Region)
President, WFWP Australia



WFWP Australia

Women's Federation for World Peace

WFWP Australia is a National Chapter of the Women's Federation for World Peace International (WFWPI), which is an NGO in General Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). In addition, WFWPI is affiliated with the UN department of Public Information.

WFWP Australia abides by the mission and vision of WFWPI and works towards the realisation of the goals of WFWPI.

WFWP Australia has ongoing programs in four areas:

1/ The Global Women's Peace Network

2/ Humanitarian Service Projects for Pacific Islands

3/ Social Impact Activities

WFWP International and its National Chapters seek to realise peace in the world through transcending racial and national barriers, a purpose achievable only when women and men work together in partnership.

(a) WFWP Australia seeks to realise peace in the world by bringing direction to the special nature of women by empowering their potential and recognising their original value based on 'Parentism' and humanitarian service.

(b) Improve the quality of life for girls, women and their families suffering from poverty or other disadvantage through education, research, and other means of advancing knowledge so they can build capacity and bring about change from within their communities.

We stand for:

1. We affirm women's value in the eyes of a loving Creator, and promote a world of goodness and peace.
2. We uphold and defend the God-given rights and dignity of women here in Australia and worldwide.
3. We promote healthy and virtuous relationships within the family between husband and wife, parents and children and extended-family members. We educate and nurture young women to develop a character of internal and external excellence.
4. We embrace one global community transcending long-held barriers such as race, religion and nationality through service, education and celebration of unique differences.
5. We empower women to take the lead for the sake of World Peace in all sectors of society, utilizing their qualities of selflessness, compassion and a desire for mutual prosperity that are central to a mother's heart.



WFWP International

Mission Statement

WFWP International was established in 1992 by Dr. Hak Ja Han Moon. Dr. Moon and her husband, the Rev. Dr. Sun Myung Moon, are a remarkable couple who have worked together for over 50 years to pioneer a way for peace on the global arena. WFWP are committed to providing women with the opportunity to create lasting peace in the world, through seminars, forums at the United Nations, luncheon programs, racial and religious reconciliation projects, national and international conferences, benefits, and service projects.

WFWP International's worldwide network of national and local chapters seeks to realise a peaceful and harmonious global family through four major activities worldwide:

- * Service projects targeting the empowerment of women and children through supporting the UN Millennium Development goals.
- * The peace-building "Bridge of Peace" sisterhood project that focuses on reconciliation, forgiveness and healing between people.
- * Educational seminars and forums that seek to raise society towards a stronger moral value system.
- * The Global Women's Peace Network is a network of women leaders who are peace builders within society. The GWPN is a project of WFWP International.

WFWP's international service projects and activities support the realisation of the United Nations Millennium Development Goals of:

- Eradicate poverty
- Universal primary education
- Promote gender equality - empower women
- Reduce child mortality
- Improve maternal health
- Environmental sustainability
- Combat HIV/AIDS, diseases
- Global partnership

WFWP is founded on the belief that a peaceful world begins in the heart of each person and in each family. Women from WFWP are committed to serving communities, strengthening the family, reconciling differences and healing wounds of the past.

As a Global Women's Peace Network, we are working together to establish a culture of heart in the family, community, nation and ultimately the world; in order to achieve genuine and sustainable peace under God.





WFWP Oceania Strategy Plan 21-24

Empowering Women for Peace

Philosophy from our Founders

“Living for the Sake of Others through a Culture of Heart”

Our Goals

Inspiring Women
Engaging Youth
Environmental Sustainability

Our Values

Commitment
Integrity
Peace Building
Empathy
Respect
Equality
Service
Innovation

Strategic Priority 1: Governance / Leadership

1. Leadership and Skill Training.
2. WFWP governance policies and effective and engaged internal communication.
3. Membership care.

Strategic Priority 2: Project Planning

1. Strategic Planning and Implementation of existing activities and projects, including Key Performance Indicators (KPI).
2. Improve current digital platforms.

Priority 3: Finance / Funding

1. Membership campaigns.
2. Grant writing.
3. Corporate Sponsorship.
4. Budget marketing costs into events, projects, and activities.

Priority 4: Outreach / Branding / Marketing

1. Create awareness, pathways, and leadership mentoring for young women.
2. Increase marketing and outreach opportunities.
3. Place more emphasis on being environmentally conscious during events.

Priority 5: Social Impact Projects / Partnerships

1. Aligning with WFWPI, develop projects that involve women, youth, and the environment.
2. Influence Government Policy on women and have a voice in government policy making through the GWPB.
3. GWPB Global Partners: promote open collaboration by having clear discussions about the expectations from both parties.

Priority 6: Humanitarian Projects

1. Governance and training of WFWP Oceania Chapter Executives.
2. Maintain and expand the project systems already in place in the Islands.
3. Cultural appropriateness for Projects.



1

Global Women’s Peace Network A Snapshot of Domestic Violence within Oceania

Representatives from Australia, Papua New Guinea, Samoa, the Solomon Islands, and Fiji openly shared about current social issues within their nations, but also showcased solutions and best practices. Our moderator for the panel was Matapa Shelley, WFWP New Zealand Vice-President, who is Cook Islander.

Global Women’s Peace Network



Purpose: A network of women leaders and organisations dedicated to solving pressing social issues and securing an environment for human development. It seeks to ensure mutual prosperity and lasting peace through feminine peace leadership rooted in a culture of care, responsibility and education in family values.

GWPN inaugural assembly:

The founders of WFWPI, Dr. Hak Ja Han Moon and her husband Rev. Dr. Sun Myung Moon called for a new era of women’s leadership in peace building. The assembly highlighted the need for a body of NGO leaders, whose collective wisdom and judgment can complement the deliberations of the United Nations; which as a body of government representatives is overwhelmingly male. GWPN is a project of WFWP international.

Presenters:



Anne Bellavance (President of WFWP Australia and the International Vice-President representing Oceania) opened the session with a presentation of WFWPI’s ‘Cornerstone for Happiness’ for healthy marriage and family relationships.

Anne shared that the family is meant to be the school of love, and that parents are meant to be the primary ‘educators of the heart’ for their children. In other words, we were meant to grow and develop our capacity to give and receive love naturally within our families of origin. It is the lack of feeling loved and being loved that causes our family difficulties.



Global Women's Peace Network

A Snapshot of Domestic Violence within Oceania

BECOME A GLOBAL FRIEND



Global Friends are women leaders of organisations, companies, movements, shows, and trailblazing personalities who believe in and adhere to the core peace tenets, and use their voice to ensure lasting peace and prosperity for generations to come.

PEACE TENETS

- Embrace the global family as one world community of our Heavenly Parent to uplift all people through 'living for the sake of others'.
- Affirm women's value.
- Promote healthy and virtuous relationships within the family.
- Commit to creating a culture of heart, to foster lasting peace and prosperity for generations to come.
- Collaborate to solve pressing social issues surrounding women's leadership, family and the environment.

GLOBAL PARTNERS

- Organisation promotion alongside the Global Women's Peace Network.
- Customised landing page about the work of your organisation on our website.
- Share the status as a Global Partner for Peace supporting Global Goal 17: Partnership for the Goals.
- Receiver of the prestigious Global Partner Award.

To Find Out More and Apply:
www.wfwpaustralia.org/gwfn



Inspector Patrina Dinka is the Officer In Charge of Crime Prevention and the Public Relations Unit in Port Moresby, Papua New Guinea and has forty years' experience in pro-active crime prevention and reactive police operation attached to different units of the police department.

Sadly, many family violence cases are not reported, because the reporting system in the village is not in place. Women in the villages are still victims of injustice and all forms of discrimination. A community conference approach could be the best way forward to better disseminate information about family violence. This approach empowers community involvement, where village leaders become accountable to the community.

Many people are still ignorant of the national laws and the justice system and live according to tribal customs. Therefore, community conferences held at the village level with village leaders will create massive awareness to continue educating local people.



GWPN Oceania Virtual Forum

A Snapshot of Domestic Violence within Oceania

Maiava Visekota Peteru is President of the Young Women Christian Association in Samoa and works as an accredited mediator and lawyer. She is a former Member of Parliament and an advocate for the Elimination of Violence against Women, publishing papers on human rights, village governance and the promotion of women in decision making.

A survey conducted in 2019 by the National Human Rights Commission revealed that 86% of women had experienced some sort of violence within a family setting. In many cases, this violence was not only perpetrated by male partners, but by other members of the male partners' family such as parents' in-law and sister's in-law.



To counteract the impact of domestic violence, the National Human Rights Commission has made several recommendations. One of these is the establishment of Family Safety Committees whose disseminate information condemning violence and offering counselling to family members who have been victims of abuse. These Committees have been set up in 6 villages and are part of a Pilot Program to reduce domestic violence.

Vaela Falefehi Ngai is the Supervising Director for the Ministry of Women's Youth and Family Affairs in the Solomon Islands. She works as the Gender Equality and Women's Development (GEWD) Policy Coordinator and is currently the Supervising Director for the Women Development Division (WDD) for the Ministry of Women, Youth, Children and Family Affairs (MWYCA).

A study conducted in 2009 shows that 2 out of every 3 women between the ages of 15 and 49 have experienced physical or sexual violence from an intimate partner. The negative impact on women is huge, especially for their mental health. Children who have either experienced, or witnessed domestic violence are at a heightened risk



There have been some key milestones, especially the passage of the 2014 Family Protection Act, which was enforced in 2016. It is the first ever legislation that criminalises domestic violence. So, it is no longer a private or family matter, BUT a national matter, and a national concern. The government has established the National Safenet Referral Network throughout the country. The program ensures that even women living in rural or remote areas can also access essential services such as counselling, legal services, and safe accommodation.



GWPN Oceania Virtual Forum

A Snapshot of Domestic Violence within Oceania

Ashna Harikishan is a Fijian lawyer and gained her Bachelor of Law degree and Professional Diploma in Legal Practice from the University of the South Pacific in 2017 and was admitted to the Fiji Bar in the same year.

Ashna believes that there are 2 main causes which lead to domestic violence – alcohol abuse and the traditional patriarchal structures which support gender inequality. The Domestic Violence Act was passed in 2009 which is aimed at preventing domestic violence and provides for restraining orders to be applied for by adult victims of domestic abuse.

Ashna described the role of the Fiji Women’s Crisis Centre which offers a range of services including the National Domestic Violence Helpline, Community Education, and the Mobile Counselling Clinic.



Marilou Coombe is the founder and director of Orchestrate Coaching and Consulting and has written 2 books: ‘Gratitude Practices’ and ‘Discover Joy through Gratitude’ for teens and tweens. She works primarily with 4–16-year-old children, parents, and educators in the areas of strengthening neural pathways to promote wellbeing through gratitude practices, yoga, meditation, and coaching.

Marilou expressed extreme concern with the rise of family violence during the COVID lockdown period, where a study conducted by the Australian Institute of Criminology revealed an increase in physical and sexual violence between partners within the home environment.

She delved into the causes that propagate violence and asked, “is it an inability to express emotions, leading to suppressing feelings that become unleashed as outburst of violence? Perhaps, men have lost their way and feel disempowered as women are becoming more independent.” To move forward, she suggested a change of discourse on gender roles, and instead work towards a shared vision where gender equality is a given. “To create a scenario where dignity of all humans prevails, we need to treat each other with respect and encourage our children to do the same. For this to become a reality, we need to model this behaviour ourselves”.



- October, 2020



2

Humanitarian Service Projects

■ Providing Books for PNG

WFWP Pacific Island development projects focus on capacity building; empowering women with leadership, support, skills and knowledge to run and maintain the following projects. Financial support is an important component; these projects would not be possible without the vision and generous support of WFWP members, volunteers, friends and partnership with local providers.

WFWP Queensland have recently organised a shipping container filled with books to be sent to a school near Rabaul in Papua New Guinea. A volcanic eruption destroyed much of this area some years ago and as the locals continue with their rebuilding efforts, the need for resources is still high.. Aware of the need to help the schools affected by the disaster, WFWP Queensland members contacted local schools to see if they could donate books they no longer needed.



Over the last few months, a number of schools and libraries in Queensland have donated large collections of books including text books which have been shipped by East New Britain Queensland to Papua New Guinea. We are most grateful for the generosity of this company as they offered to ship this container without charges.

- December, 2019

■ Assistance Acknowledged - Solomon Islands

The New Hope Academy (NHA) in Honiara, Solomon Islands was delighted to receive 65 packages of educational resources from the Women’s Federation of World Peace Victoria. The teachers and students of NHA are extremely grateful to the members of the Federation for their generosity and kindness. Their continued support is of great assistance as it helps to enrich the lives of our students by making learning more enjoyable and interactive.

- December, 2019





■ Pasifika Micro-Credit Program - PNG

The Pasifika Micro-Credit Program (PMC) is a project established by WFP Australia specifically to support women within the island nations of Oceania. This project was launched in Papua New Guinea from January 15-18, 2020.

A Training Program was held to introduce the PMC project to rural women in Minj, located in Jiwaka Province in the Central Highlands of Papua New Guinea. Participants were introduced to the philosophy of the project along with the basic elements of running a micro-business using a mix of group discussions, worksheets and presentations.

Participants were organised into small groups led by a supervisor who assisted them in filling in their business plans during the Business Planning sessions. Some of the businesses chosen were to raise livestock such as chickens or pigs for sale in the local markets, sewing garments for sale, expanding and developing coffee fields, setting up trade stores and setting up wholesale businesses. The supervisors who are local professionals will continue to provide mentoring support in business management.

After attending the three day program, sixty one women were presented with their certificates. We look forward to hearing from our friends in Minj PNG to learn how they are progressing in their business endeavors and we wish them every success as they work towards long term positive outcomes for their rural communities.



- January, 2020





■ ‘Days for Girls’ Wandin Chapter reach the Highlands of PNG

WFWP Victoria is so happy to be partnering with the Wandin Chapter ladies who sew the menstrual kits with Days For Girls, Australia, located near our Regional office. Our plan is to ship boxes of kits to our WFWP Chapters within the Pacific Islands so that our WFWP members can distribute them free of charge. Along with the kits, WFWP Victoria has duplicated the Days For Girls menstrual health book so that our members can educate the girls about menstrual health as a platform for empowering the young women.

Lorena Hayes, Chapter Leader of Days for Girls Australia, Wandin Chapter assisted Jan Smetak (WFWP Victoria Vice-President) load the boxes bound for Papua New Guinea. Her team of volunteer seamstresses sources the fabric, funding and materials to sew and assemble the menstrual kits.

Anne Bellavance (WFWP Australia President) and Jan were able to bring 200 kits with them to the Central Highlands to be distributed by WFWP PNG at the launch of the Pasifika Micro-Credit program in Jiwaka.

- June 2020



■ Pasifika Scholarship Fund - Solomon Islands

Rose

We are very pleased to let you know that in December 2019 Rose Ariaria Teimana graduated from Solomon Islands National University with a Bachelor’s Degree in Nursing specialising in Paediatrics. Rose has thanked the Women’s Federation for World Peace Victoria, for enabling her to achieve a lifelong dream and to be able to give back to her community.





■ Pasifika Scholarship Fund - Solomon Islands

Monica Longanimala Ilala

Monica Longanimala Ilala is from the Solomon Islands, Central Islands Province. She has been studying at the University of the South Pacific [USP] Solomon Islands Campus trying to complete her Masters of Business Administration [MBA]. The program is organised in Trimesters. Having completed 2 courses, she applied to do the third course in December 2019.

Even though she was working, she found it impossible to find enough money to cover the cost of the fees and at the same time, meet the costs involved in managing a family.

In December 2019, she sent a scholarship request to the Victorian Chapter of WFPW Australia through the Pasifika Scholarship program. We were able to assist her in her academic journey.



Selina Galokaniki

Selina is from the Solomon Islands. While studying for her Bachelor of Education (Primary), she completed the following units during Semester One 2020 – Enterprise, Science, Social Science and Children’s Literacy. It provided the knowledge and skills to help her teach at the New Hope Academy.

The following words from Selina is the reason why the program is so important, “Being able to educate these children is a wonderful investment because these children belong to a new generation – a generation who will be able to contribute to our country’s progress and development. Your assistance and kindness will never be forgotten. I am indeed most grateful to you and I will continue to use my training to ensure that your investment in me continues to reap rewards.



- Jan - Dec 2020



■ Pasifika Scholarship Fund - Fiji

Natalie Kua

Natalie's first semester at the Laucala Campus of the University of the South Pacific in Fiji was an interesting and challenging one. It was her first time living away from her parents. She also struggled with completing university assignments as they relied on managing her own learning. And the University shutting down due to COVID-19 didn't help her either.

For Semester 1 she completed - Law & Society , Courts and Dispute Resolutions, Themes and Perspectives in Society, Communications and Information Literacy

For Semester Two, she enrolled in another 4 units started on August 4th. WFPW Oceania continues to support and help her complete her University degree.



- Jan - Dec 2020





■ Boxing Day!

Melbourne's chilly weather did nothing to hinder the spirit of five volunteers of WFP Victoria from gathering together to pack boxes filled with various resources bound for Papua New Guinea. Altogether, they packed 65 boxes with sewing machines and other sewing materials for use by the women in the WFP sponsored Sewing Centres in PNG. Along with these items were also a number of boxes filled with kits for the "Days for Girls" project.

All the materials packed were generously provided by members of the Victorian community. Besides 17 boxes filled with rolls of fabric, there were 22 sewing machines.

The Women's Sewing Centres are an initiative of WFP where Island women are provided with an opportunity to gain valuable skills that will eventually allow them to become financially independent. The centres offer women training in the use of the sewing machines along with other skills to encourage them to become self-confident in providing their families with economic support. While packing the boxes, all five volunteers tried to visualise the wonderful creations these resources would assist their Island friends to craft and the ultimate joy of these women when they became more skilled and independent.

Days for Girls Australia is an initiative which prepares kits containing reusable menstrual products. Women from the Wandin Chapter of Days for Girls, Australia very kindly donated 27 boxes of these kits which they themselves sewed. This group is a Global Partner of WFP Victoria through the Global Women's Peace Network (GWPN). Besides the kits, the group also provided health booklets to help educate the island girls about menstrual health. This partnership is helping us to provide another platform for empowering women and girls especially in remote regions.

WFP Victoria would like to acknowledge Doug's Mini Movers for their ongoing commitment in helping with the logistics of getting these boxes to the shipping company warehouse, to begin their journey to the WFP Port Moresby Chapter in Papua New Guinea.

- July, 2020





■ Art kit Distribution

WFWP Victoria in their quest for serving the local community were recently able to provide a range of art kits to the children in three local schools – Yarra Ranges Special Developmental School in Mount Evelyn, Monbulk Primary School and Kallista Primary School. This venture would not have been possible without the assistance of a COVID Relief Grant from the Shire of Yarra Ranges and a set of 26 ArtBcause designs in PDF format generously donated by an art teacher in the United States of America through WFWP USA.

While assembling the art kits, many of the items were purchased from local businesses with a focus on selecting items that were natural and/or recycled. Other items were sourced from personal collections. The purpose of the kits was to encourage the children to be creative while producing works of art which would instill a love of beauty.

While the students at Monbulk PS and Kallista PS have been using these kits at school, the children at the Yarra Ranges Special Developmental School have been given the kits as Christmas gifts for them to craft their own creations at home.

- November, 2020





Social Impact Activities

International Day of Peace

The United Nations International Day of Peace (“Peace Day”) is observed annually on 21st September. This special day was established in 1981 by a unanimous resolution by the United Nations, after which the General Assembly declared this as a day devoted to “commemorating and strengthening the ideals of peace both within and among all nations and peoples.” The 2019 Peace Day theme was: ‘Climate Action for Peace’. The theme focuses on the need of combating climate change as a way to protect and promote peace throughout the world.

The Women’s Federation for World Peace (WFWP) and the Universal Peace Federation (UPF) hold an annual 1 day conference to support and foster peacebuilding within our diverse multicultural city of Melbourne. This year, we went national to conduct a virtual conference! The event attracted 152 participants who joined via webinar or live streaming through the WFWP Oceania YouTube Channel. The organising committee were: members of the UPF Victorian Peace Council, and WFWP Victoria members.

Our Goal -

1. Support the realisation of the 2030 UN Sustainable Development Goals through implementing Goal 16: Peace, Justice and Strong Institutions and Goal 17: Partnerships for the Goals.
2. Showcase presenters from the multicultural and multi-faith Australian community to discuss current issues to acquire, understand, and implement the right values in one’s life to manage human affairs towards peace-building. Representatives came from WA, VIC, ACT, NSW and QLD.
3. Honour the legacy of Rev. Dr. Sun Myung Moon, who encourages us to ‘Live for the Sake of Others’.
4. Share insights that enrich the lives of participants.

This Year’s guest speakers were Mrs. TuaManase-Ale, President of WFWP Samoa, Dame Annette King, Dr. Fethi Mansouri, Dr. Kanagaraj Noel, Mahboba Ravi, Rachel Shield and Dr. Sandy Chong.

Thank you to all our volunteers who helped to make the evening memorable.

- September, 2020





■ Challenges facing families in Australia and opportunity for renewal.

The four seminars in the 2019 Peacebuilding Seminar Series explore the challenges facing Australian families, and offer participants a range of opportunities for renewal. The initial seminar for 2019 was launched by Bill Pontikis the founder of Café Care and a former Councillor with the City of Monash. In his presentation titled “My Experience in Healing Families”, he provided an outline of his experiences while operating Café Care for over 20 years. He described his interactions with the clientele who were dealing with difficult conditions including drug and alcohol abuse, family violence and depression.

During his presentation, Bill conducted an interview with Venesa where they discussed the various challenges she had experienced in her life. Addicted to drugs at the age of 12 years, Venesa explained how that addiction ultimately led her to prostitution and a gradual downfall. She observed that it was a lack of parental love that had led her to believe that she was worth nothing and therefore, she had sought fulfilment through drugs. Eventually, she was able to assure her audience that when in the depths of despair she sought comfort from Christ, her life was completely transformed.

The keynote address delivered by John Adamedes focussed on “Essential Values and Principles in Life”. An educator for over 25 years in the university and high school sector, John reflected on the moral and ethical challenges confronting people in today’s technological driven.

During the Seminar, a marriage re-dedication ceremony was conducted to recognise the importance that marriage and family have on the wellbeing of individuals and nations regardless of people’s world-views, faith or national origins.

- 23rd Feb, 2019





■ Challenges facing families in Australia and opportunity for renewal.

Organised by UPF and WFPW Australia, this second seminar in a series of four Peace Building Seminars explored the challenges faced by Australian families and the skills needed to face these challenges. These seminars have become very popular with community and service organisation leaders to augment their professional development.

- 15th June, 2019





■ Faith Stories - Young Woman of Faith

WFWP Victoria held its third annual Faith Stories event on the theme of young women of faith. Throughout the day, we were honoured to have five young professional women share their stories. It is exciting to see that each year Faith Stories attracts a crowd of people from our rich multi-cultural community.

We have old friends who attend each year, but also develop new friends who want to share in the knowing of faith and take a step with the ladies who speak about their journey. The deepest journey of our speaker's personal insights gives all the participants a better knowledge of our own personal traits, strengths and cultural background. After each session the audience has the opportunity to ask questions to the panel of speakers.

- July, 2019





■ Mindful Webinar Series

Webinar 1: Keys to live a Balanced Life (Boosting the immune system)

Venerable Bodhicitta explained that the stress that causes one's immune system to suffer is often a result of a selfish lifestyle where one's focus is based only on self.

Webinar 2: Secrets to live a Stress Free Life(Understanding the mind)

Stress is both physical and spiritual discomfort. Physical discomfort is when one's muscles tense and one's breathing is compromised. This webinar concentrated on meditation techniques help us to think rationally by:

Becoming more self-aware, expanding our thinking to wishing people well – 'may you be well and happy, secure and safe'. Practicing breathing exercises using the following method – breath in for 6 seconds, hold for 6 seconds, breath out for 6 seconds, hold for 6 seconds. Repeat for an allotted time.

Webinar 3: The Magic of Breath (Breath is life)

Venerable Bodhicitta highlighted the importance of one's breath. Although so important to one's life, she said that it is often taken for granted. She explained the importance of the role breath has to play in keeping the body healthy. To stay peaceful, relaxed and happy, one can learn breathing exercises which will directly influence this state. The benefits of these exercises will far outweigh the efforts. The Wim Hoff breathing method was then practised with the participants at the webinar.

Webinar 4: Wisdom gained from Universal Shared Values

During this final webinar in the series, we had two presenters speak about the topic.

Venerable Bodhicitta's advice was to inculcate the values of love and compassion in one's heart in order to reach a state of peacefulness. This, she observed is the teaching advocated by Buddha and is definitely worth following if we want to rid ourselves of stress.

Dr. John Bellavance's advice was that in the final analysis, the standard of value that will serve the common welfare of humanity is love – an absolute moral standard. Love can be considered absolute because it is unchanging. In love there is no discrimination based on colour or nationality. Love is impartial.

- May-June, 2020





■ WFWP Oceania Leadership Workshop

Members from WFWP Chapters of the Solomon Islands, PNG, Brisbane, Sydney and Melbourne gathered in Sydney to attend the inaugural WFWP Oceania Leadership Retreat.

While the focus of each day was different, the daily themes helped the participants to enhance their skills and knowledge which will ultimately contribute to the achievement of WFWP goals.

The first day focussed on two main themes – sharing information and attaining the skills required while conducting a collaborative project. In the initial session, Chapter leaders provided a short description of the projects in which they are involved.

The session began with each member sharing one inner strength and one skill they bring to the work of WFWP. Anne then explained the purpose behind developing a volunteer policy and the Australian standards required for organisations taking on volunteer assistance. We broke up in small groups to brain storm the positive and negative aspects of volunteering as an individual and as an organisation. The points that each group brought up, were then viewed by everyone to select the key positive and negative aspects of volunteering with WFWP. These key points will be compared with the comments shared by the Victorian members and a national policy will then be drawn up for feedback from the national membership before it becomes policy. This will then be placed on our website for viewing.

The conclusion of the workshop was an analysis of what we are proud of, what we have done well, what we can improve and finally what next? Aila Willitts (NSW president) will use these comments to develop WFWP activities in NSW and stimulate discussion at the Sydney based meetings.

- 14th - 17th January, 2019





■ Connecting Communities Dinner



Each year WFWP Victoria celebrates the inauguration of WFWP International through the Connecting Communities Dinner on the first Saturday of May. This year we are twenty seven years old! The dinner is an opportunity for multi-cultural communities to mingle and share.

During the evening, WFWP Victoria honours their Board and volunteers and presents the prestigious Global Women's Peace Network partnership award (GWPN) to a new partnering organisation. The partnership between WFWP and our GWPN recipients is intrinsic to connection with the community.



This year, the award was presented to the Victorian Samoan Advisory Council (VICSAV). We were honoured to have the President, Mr. Lio Ale and the Vice-president, Taupau Salafa Mano in attendance to receive the award.

An evening highlight is always the raffle event which raises funds for our local projects. We are extremely fortunate to have business supporters and friends in the community who offer high quality goods as raffle prizes.

We love to support upcoming young talent during the entertainment segment. This year, Rose de La Montaña shared her passion as a fingerstyle guitarist. She has a dedication to solo Latin American guitar music, merging classical and popular guitar styles.

We launched our book *HerStory: a spiritual journey* during the evening. The book is a window into multi-cultural Australia with stories and recipes from seventeen wonderful ladies who shared their stories with us during our Her Story sessions. Each woman shares their journey. The stories are inspirational, heart-felt and often funny.

WFWP Victoria auspices a group of young ladies who started an awareness group called 'Enviro Girls'. The girls come with their parents and had the opportunity to share with everyone about their projects, what they have done, and how they started.

- May, 2019

▪ Sausage Sizzle

Using the iconic Bunnings sausage sizzle tents, some of our Board and volunteers hold a Saturday or Sunday barbeque to raise funds for our WFP Australia Humanitarian Projects. For our readers who do not know this Australian icon, Bunnings warehouse stores sell everything from plants, to timber supplies, to kitchen cabinets. Bunnings invites local community organisations to hold these fundraisers for their customers. Bunnings supplies all the barbeque equipment, the community organisations bring the supplies and good cheer.

They have been fun days to connect with members of the local community, Bunnings managers and staff, and of course each other. Throughout the year, WFP Victoria holds sausage sizzles on a regular basis.

- Jan-March, 2020



■ Exposition Activities

As a lead up to the Melbourne Pasifika Festival, WFWP Victoria took the opportunity to showcase and promote WFWP Australia’s Humanitarian Projects, and our International activities at two Melbourne expositions.

The first of which was “The Pacific Connections Exposition” which promotes the products of businesses and services of community groups operated by Pacific Islanders living in and around Melbourne. The exposition also provides workshops for Pasifika entrepreneurs and is managed by diaspora volunteers from the Island communities. This is the second year that WFWP Victoria has run a stall at the expo. With the help of Emma Kamupala (President, Nieut Community Vic.), Anne Bellavance and Emma networked with food and craft stall holders, and invited them to hold a stall at the upcoming Melbourne Pasifika Festival. They also chatted and connected with community island residents attending the expo.

The second one was “The Holland Festival” The Holland Festival association holds a cultural festival in the outer East of Melbourne for the benefit of the community, including people of Dutch heritage, and raises funds gained from the event for charitable purposes, including Rotary community service projects. The festival is managed by volunteers and provides the opportunity for local charities to showcase their activities. During the day some of our Board and volunteers manned the WFWP stall to connect with the local community and showcase the WFWP Australia Local and Humanitarian Projects within Oceania.

- March, 2020





■ Melbourne Pasifika Virtual Festival

The Melbourne Pasifika Festival (MPF) is an annual celebration of Pasifika culture within Australia. The 2020 Virtual Festival gave us the opportunity to enjoy Pasifika culture through modern and traditional music and dance performances, and share in the stories.

We were honoured to have a video from the Victoria Premier, Hon. Daniel Andrews MP thanking us for keeping Victoria safe by running the festival virtually. He expressed the commitment and the strength of family and community within Pasifika communities who are always supporting each other. Being with us personally during the Festival, Hon. Natalie Suleyman MP for St Albans represented Premier Andrews and the Minister for Multi-cultural affairs, the Hon. Ros Spence MP. Hon. Suleyman thanked the Festival organisers for supporting Victoria's multi-cultural communities, and for continuing to ensure that Victoria retains its fortunate position as one of the world's most successful multi-cultural stories.

James Henry, President of the United Pasifika Council of Victoria (UPCOV) and President of the Cook Island Community in Victoria shared that the Pasifika community has always been a unified community because of its great leaders who uphold the culture and traditions.

The Virtual Festival brought together ten Pacific Island community leaders. They shared the history, geography and interesting stories of their culture. Each expressed their love and connection to their homeland. Presenters, in no order were:

- Cook Island - Terre Brown (Secretary, Cook Island Community)
- Samoa - Lio Ale (President, Samoa Council of VIC)
- Niue - Pearl Magatogia (Executive member, Niue Community VIC)
- Solomon Islands - Allan Malatua (President, Solomon Islands VIC Association)
- New Zealand – Eva Tai Rakena (President, Maori Wardens VIC)
- Kiribati – Cassandra Walton (President, Kiribati Community VIC)
- Fiji – Sylvia Coombe (President, Fiji Association VIC)
- Nauru – Francine Audoa (Secretary, Nauru Community Australia)
- Tonga – Haitelenisia Vaotangi (Executive, Tongan Victorian Association)
- Sadly, Linda Koerner (President, PNG Wantoks Group of VIC) had internet issues. - December, 2020



■ Melbourne Pasifika Virtual Festival





LEADERSHIP OF THE HEART



“Connect to your calling from within, know how to contribute your unique gifts and talents as a woman to build peace.”



WOMENS FEDERATION FOR WORLD PEACE





WFWP Australia Executive



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Ordinary member, VIC Chapter



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Annual Financial Report

For Period Covering 01/01/2020 to 31/12/2020

WFWP Australia Annual Financial Report			
For Period Covering 01/01/2020 to 31/12/2020			
Income (includes money carried forward)			
Victoria			53,110.46
New South Wales			4,443.77
Queensland			494.37
Total Income			\$ 58048.60
Expenses			
Victoria			25,344.75
New South Wales			1,895.51
Queensland			40
Total Expenses			\$ 27280.26



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THANK YOU FOR ALL YOUR SUPPORT