

CARITAS NEWS

#158 | SPRING 2019

THE EMPOWERMENT EDITION

...supporting vulnerable women globally



> **NEPAL**
Farmer Field Schools

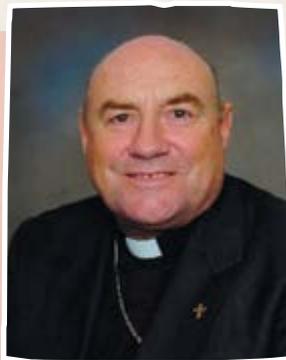
> **WOMEN FOR THE WORLD**
...standing in solidarity with women living in poverty

> **HOPE IN MOZAMBIQUE**
...it takes a village

> **FIRST AUSTRALIAN WOMEN**
...leading a movement of healing

 **Caritas**
AUSTRALIA
End poverty
Promote justice
Uphold dignity

THANK YOU FROM THE CHAIRMAN



Every four years the Caritas Internationalis network comes together in Rome to review its progress and policies, to elect officials and to discuss and take key decisions for its future. This year, the Caritas Confederation took as its theme the notion of 'One Human Family.'

With the proliferation of conflict across the globe, an increasingly populist rhetoric, and the challenge posed to human dignity by climate emergency and poverty, this theme is more pertinent than ever.

Women in particular face great threats in our world today: Sharada in Nepal, Aunty Lesley in Australia and Rachel in Papua New Guinea, demonstrate, in the pages of this magazine, the way that the empowerment of women lifts up the entire community and even societies.

Recognising the way women instruct and improve their communities by passing on knowledge and supporting their children, Caritas Australia is running its Women for the World campaign for 2019.

Caritas will be privileged to host this year's Women for the World speaker, Mungreiphy Shimray from Caritas India, who has been on the forefront of human trafficking prevention for over 20 years.

Your support ensures the continuation of life-saving programs like Caritas India's Self Help Groups, which saves young girls and women from trafficking by creating access to reliable work that prevents them from falling victim to exploitation.

Taking heed of the cry of the poor for the realisation of their full potential, Caritas Australia is well underway with its strategic plan, 'Caritas 2020+'. We will soon welcome Caritas Australia's new CEO, Kirsty Robertson. She shares our commitment to empowering people and communities to eradicate poverty in all its forms by acting for peace, justice and sustainable development.

Thank you for your support.

Sincerely,

Bishop Christopher A Saunders DD
Chairman, Caritas Australia

FOR THE LATEST NEWS, EVENTS AND UPDATES HEAD TO:

-  Caritas Australia, 24-32 O'Riordan St, Alexandria NSW 2015
-  www.caritas.org.au
-  1800 024 413 (toll free)
9am – 5pm AEST Monday – Friday
-  twitter.com/CaritasAust
-  facebook.com/CaritasAU
-  caritas@caritas.org.au
-  youtube.com/CaritasAustralia



Mungreiphy Shimray (Shimray) is an inspiring international development leader at Caritas India and will be in Australia for this year's Women for the World events. Photo: Caritas India

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Cover: Young women are taking prospects into their own hands through Caritas Australia agricultural training in Nepal.

Photo: Shobha Acharya, Caritas Nepal

Writer/Editor: Daniel Nour

Design: Three Blocks Left

All photos Caritas Australia unless otherwise stated.

MIX logo



Caritas Australia acknowledges the traditional owners and custodians, past and present, of the land on which all our offices are located. This edition may include images or words of indigenous people who may be deceased.



Caritas Australia is a member of the Australian Council for International Development (ACFID).



Caritas Australia is fully accredited by the Department of Foreign Affairs and Trade. Please note: some of the programs featured in this issue of CaritasNews are funded by Caritas Australia and the Australian Government.

HEADS, HEARTS AND HANDS TOGETHER FOR SOCIAL JUSTICE

Understanding the important role women play in the development of communities is like drawing on the connection between a mother and a child: a child depends on its mother for life in the same way that entire communities reap the benefit of strong, empowered women.

Women benefit particularly from development programs, because they are often more deeply impacted by poverty, climate change, food insecurity and lack of healthcare, according to the United Nations. Yet, when we invest in equipping women with new skills and knowledge, the ripple effect on the entire community is dramatic and powerful.

One of the most demonstrative examples of this kind of community changing work is that of Aunty Lesley. She has become a role model for connection, restoring her own sense of self and helping many other First Australians in Sydney to find theirs in the midst of the inter-generational trauma of the Stolen Generations. Read more about her work with the Kinchela Boys Home Aboriginal Corporation on pages six and seven.

In this edition, stories will chart the unique role that girls and women play in improving their societies, whether it's a young farmer in Asia, a resilient woman in Africa, or a dedicated daughter of a member of the Stolen Generations in Australia. It will also showcase the exciting contribution of Caritas Australia's committed supporter community to Women for the World, our annual fundraising campaign for the empowerment of women and girls around the world.

Women for the World

Women for the World encourages Australians to stand in solidarity with women in poverty around the world.

Want to make a change for the Women for the World?

- 1. Gather your friends and host your own event
 - 2. Attend a Women for the World luncheon.
- Melbourne 6 September/ Canberra 12 September/ Sydney 13 September

➤ Visit womenfortheworld.org.au

By so doing you can join the movement and become an advocate for love, compassion and social justice!



Gender inequality in the economy costs women in developing countries \$US 9 trillion a year.

— OECD



LATEST JUSTICE NEWS

UPCOMING DATES AND EVENTS

Women for the World Campaign - September

- Women for the World events / 6 September Melbourne / 12 September Canberra / 13 September Sydney
- International Day of the Girl Child / 11 October
- International Day of Rural Women / 15 October
- World Day of the Poor / 17 November
- International Day for the Elimination of Violence against Women / 25 November

OUR FUTURE FUND

It's getting hot in here. We all know the challenge global warming presents for Australia, and that we aren't doing enough about it.

So how can we turn down the heat? An emerging alliance of organisations is coming together to form the Our Future Fund campaign, to promote avenues for action on climate change and spark conversation on what kind of country we want Australia to be.

The Future Fund is, in essence, Australia's savings fund, owned by every Australian. It covers the pension liabilities of the Australian government. And it's massive. It manages AUD \$154 billion in savings.

So come on board and build a better Future Fund which suits ALL Australians.

➤ Visit www.ourfuturefund.org.au to find out how you can get involved.



Heading out to sea from Malaita Island in the Solomon Islands. Across Oceania people depend on fish for food and income. Photo: Caritas Aotearoa New Zealand

PREVENTION BETTER THAN CURE

With the increase in climate related emergencies in our region due to the El Nino cycle, which sets in as the weather warms towards the end of the year, Caritas Australia's supported communities begin to feel the benefit of our long-term investment in climate mitigation and prevention strategies.

With climate emergencies like drought, typhoons and hurricanes hitting the Pacific and South East Asia, long-term investment in communities before, during and after emergencies makes all the difference. You can make a difference for generations to come by joining our regular giving program today!



Visit caritas.org.au/neighbours to find more about 'Caritas Neighbours', our regular giving program.



Martina in the Philippines is investing in mangrove plantation through Caritas Australia's support. Photo: Richard Wainwright.

DID YOU KNOW?

Find below three facts about renewable energy:

1. Solar and wind are cheaper than many people think.
2. European countries are leading the way, including Germany, Denmark and Norway.
3. Renewables are profitable in the business sector.



WOMEN FARMERS REAPING NEW REWARDS

For the farmers of rural Nepal, the rhythms and patterns of nature ensure the productivity and survival of their community. Caritas is working with communities to deliver higher yields and sustainable profits.

Planting season and the periodic flooding of plains precedes a plentiful harvest. Sunshine allows plants to grow and even the smallest creatures - dragonflies, lady bird beetles and spiders - are essential to the wellbeing of the crops.

But chemical pesticides wreak havoc on plant life, killing beneficial larval insects and damaging the long-term health of farmers, who are exposed to dangerous substances like fungicides and insecticides.

"I used to kill whatever insect I saw in the field without recognising it. But after participating in this program, I got knowledge about the beneficial insects and methods to control only the harmful pests."

- Sharada

For 21-year-old Sharada, a Nepalese woman learning agricultural techniques in a district of central Nepal, the Caritas Australia-supported Nepal Livelihoods and Resilience Program has completely changed the way she farms, and in turn, she is teaching others in her community to farm more sustainably.

"After the completion of our Integrated Pest Management (IPM) training, I shared the knowledge in my family and hometown too. I encouraged my parents and my neighbours to do the organic farming and decrease the use of pesticides as far as possible," Sharada says.

"As a result, the productivity of crop has increased. This has helped farmers to earn healthier crops and more income."

Sharada has even taken her training to the road, forming a theatre troupe with her friends, and travelling from village to village to spread the word about sustainable farming practices.

Thank you for your support of programs like this, which are producing a more sustainable yield and a hopeful future for communities like Sharada's in the heart of Nepal.



Sharada and a friend have benefited from livelihoods training offered through a Caritas supported program. Photo: Shobha Acharya, Caritas Nepal

> ACT

Caritas Australia's Generation Earth campaign is addressing the underlying ecological causes which contribute to the difficulties faced by Nepalese farmers. Find out more at genearth.org.au

FORGING THE PATH OF THEIR OWN HEALING

Between 1901 and 1970, Aboriginal and Torres Strait Islander children were forcibly removed from their families. These removals were sanctioned by the state and carried out by state and church officials. Today, these children are known as the Stolen Generations.

These removals took place across Australia and their impact is still felt in Aboriginal communities across the country. The legacies of cultural, emotional, physical, psychological and sexual abuse continue to effect survivors which in turn has impacted their descendants who have experienced intergenerational trauma.

Particularly across NSW, boys were systematically kidnapped from their homes at very young ages, some as young as two and taken to the Kinchela Aboriginal Boys Home. There, they were stripped of their cultural identity, told their family did not want them and were no

longer referred to as their name but by a number. They lost every aspect of their identity – their names, their culture and their families.

Aunty Lesley is the daughter and namesake of Kinchela Boys Home (KBH) survivor, Uncle Les Franks. She was born in NSW, raised in Sydney and then headed north to Queensland. She lived in Cairns where she raised her five children. Lesley is the proud grandmother of twenty-six beautiful grandchildren.

As a KBH survivors' descendant, Lesley grew up in the shadow of KBH and the legacies that experience had left with her father.

Through Kinchela Boys Home Aboriginal Corporation (KBHAC), Aunty Lesley helps provide a safe place for survivors to express their stories, to receive social, emotional, cultural and spiritual wellbeing support, as well as extending services to the survivors' family members. They are healing, together.

"I realise now that there's a big bunch of us: all the daughters and sons of the Stolen Generations. I know now that I'm not alone, that there are others who know what I mean and that I don't have to explain myself to them."

– Aunty Lesley, descendant of a Kinchela Boys Home survivor



Women like Aunty Lesley have become teachers in their community. They lift others up and out of the cycle of trauma caused by the Stolen Generations through a process of dialogue and reflection. Photo: Daniel Nour.



Aunty Lesley and Uncle Michael with Dr Tiffany McComsey, creating inter-generational healing through the Kinchela Boys Home Aboriginal Corporation (KBHAC).

> LEARN

Find more about Caritas Australia's work with First Australian communities made possible because of your generosity at caritas.org.au/australia

Here's some of what Aunty Lesley had to say about her experience.

"My dad (Uncle Les Franks) is a Kinchela man, a KBH man. I never really understood him but I knew whatever he went through wasn't good. Over the years, I heard some stories and then I got to know more. Black history is always something I've been interested in.

I honestly did not know that there was opportunity to work in the program. I always said I wanted to be involved somehow in the corporation. Out of the blue Dr Tiffany, the CEO of the organisation, offered me a job and I wasn't really expecting it. At first I thought I wouldn't be able to do it. I said to myself that (I will do it) for my aunts and uncles, that I wanted people to know what they went through. Whatever I was asked to do I would do it. I call on the ancestors and I listen to a spirit outside of me, which says that I must do something to help.

Because of this corporation, I'm feeling parts of me which I didn't know needed healing. My dad, for the first time, told me that he was proud of me. You never get too old to hear your parents say 'I'm proud of you.'

Some strengths I gained through the corporation was realising that I can get out of my comfort zone and walk ahead ... I also realised that now I can face some uncomfortable situations and questions and that I can answer them honestly and with courage, whereas I couldn't before. One of the biggest things is that I've found brothers and sisters and other descendants with other stories like mine.

I come from a big family of around nine brothers and sisters. Unfortunately we have not always been what a family should be but I'm happy that we have our 'KBH' family."



The men of Kinchela Boys Home gather at the tree, which was the site of torment for many of them. Photo: Peter Solness

PARTNERS IN RESILIENCE

This is a story, shared by Alexandre and his wife Gina, about how they rebuilt their home and livelihood in the wake of Cyclone Idai.

"We lost everything and only escaped with our lives," says Alexandre Uate. He is among hundreds of thousands of people across Mozambique still in need of urgent help following Cyclone Idai, which devastated the region after it struck on March 15.

Alexandre's most vivid memory of the cyclone's floods is the moment when a wall of his home caved in while he and his family were still inside. "That was when I knew we had lost everything," he recalls. "There is no future if you don't have a house."

After cyclone related floods destroyed their home, Alexandre, 45 and his wife Gina, 35, left their community with their two teenage boys and were forced to settle far away from their original home.

Over 1,000 people were killed by the storm and flooding across flat rural areas in Mozambique, Zimbabwe and Malawi. The World Bank estimates the affected countries will need over \$2 billion to recover.

Caritas Mozambique and its global partners have been providing support to tens of thousands of affected families, distributing food, heavy-duty tarpaulins, medicines, hygiene kits, clothing, bedding, technical assistance, tools and seeds. Caritas also plans to build houses for the displaced.

Now, the couple and their children are farming and have started a new life together, working with the tools and seeds provided by the Caritas network, thanks to the support of people like you.

"The maize that you see growing in the field was planted with seeds I received from Caritas," Gina says.

"Since we didn't have anything, everything we received was really crucial."

"We received kits, including the tools to work with, and kitchen kits," she adds.

Your support of Caritas Australia is allowing the empowerment of families like Gina's in disaster affected Mozambique.

Mozambique, which has a population of 30 million, also faces a cholera epidemic after the cyclone wiped out water facilities. More than 1.3 million people require emergency food assistance; the destruction of schools is impacting more than 382,000 students; and 433,000 farming families require seeds to grow crops.



Gina, her husband Alexandre and their children received farming kits including working tools and seeds. Photo by Dooshima Tsee, Caritas.

> DONATE

\$45 could provide vegetable seeds and agriculture materials for women like Gina

Give generously today at caritas.org.au/give

THE JOURNEY OF A DOMESTIC VIOLENCE SURVIVOR

The magnitude of gender-based violence incidence in Papua New Guinea (PNG) is considered by some to be of epidemic proportions: over two-thirds of women are estimated to have suffered some form of physical or sexual violence in their lifetime.

Caritas Australia is providing employment pathways and safe places of refuge, through your support.

Rachel* was regularly beaten by her husband and suffered years of physical and psychological violence. Outdated gender norms, a lack of good educational pathways and regressive and outdated structures are all a part of this widespread social problem.

That's where the Caritas Australia supported Centre of Hope steps in, not only to provide a centre of refuge and recovery, but to assist in the journey of rehabilitation through trauma counselling and psychological support.

"Rachel was suicidal when she came to the program. We were very worried about her mental and spiritual wellbeing. Years of domestic violence wore down her self-esteem and left her feeling depleted," says Safe House Supervisor, Sr. Thecla Gamog.

Rachel discovered the centre after escaping to a local provincial 'safe house' in the region of Mandang, with her daughter and unborn child. She gave birth to another daughter while still in the care of the safe house and even named her Alice, after her case worker.

She has come a long way: benefitting from the discussions with the Centre of Hope psychiatrist. He has advised her about how to come to terms with the sense of loss, the trauma and the new sense of possibility in her journey as a domestic violence survivor.

With the support of local Government, the Centre of Hope is also providing livelihoods support and training for women like Rachel. She is baking buns and cakes which she sells at market to provide for herself and her two children.

"Now I feel strong, I have new skills which I can use to find employment and remain self-sufficient," Rachel says.

"Healing from my past, making the painful choice to leave my husband and moving forward have not been easy, but I have hope now that the future will be brighter!"

Your support is empowering women like Rachel and others like her to be strong and successful, overcoming trauma across the Pacific region.

*Name changed to protect her privacy



The women of Papua New Guinea are coming together to improve their wellbeing. Photo: Cassandra Hill, Caritas Australia



A study by the Papua New Guinea Law Reform Commission found that two out of every three women in PNG had experienced violence.

– UN Women

> ACT

Stand up with the inspirational women and girls supporting the Women for the World campaign. Find out more on pages 10 and 11.

WOMEN AS CHANGE MAKERS



HOST YOUR OWN EVENT

By raising funds for Women for the World, you stand in solidarity with millions of women who experience poverty and injustice.

Your fundraising will help empower more women around the world and bring about positive change for marginalised communities everywhere.

When you host a Women for the World event, the most important thing is to have fun. So choose something you like to do, get your friends, family and colleagues together and just go for it!

➤ Register now to receive a free host kit with lots of ideas to make your event a success. Visit womenfortheworld.org.au to find out more.

STANDING TOGETHER WITH WOMEN FOR THE WORLD

We invite you to join us for a special luncheon to support Caritas Australia's work empowering women around the world. By coming together we stand in solidarity with a worldwide community of women, enabling them to uphold dignity, tackle poverty and overcome injustice.

This year we welcome another inspirational woman, Ms Mungreiphy Shimray. Shimray will bring stories of her 20 years at Caritas India, including the Women's Self Help Program in which women band together to combat problems such as alcoholism and gender-based violence.

Dates: Melbourne 6 September / Canberra 12 September / Sydney 13 September.

➤ Visit womenfortheworld.org.au to find out more.



Photo: Caritas India

*"If you want a love message to be heard,
it has got to be sent out. To keep a lamp
burning, we have to keep putting oil in it."*

– Saint Teresa of Calcutta

RUNNING FOR JUSTICE

The students at Kincoppal Rose Bay (KRB) participated in the world's biggest fun run, Sydney's City to Surf competition, to raise awareness and funds for Women for the World.

120 students, parents, alumnae and staff joined the KRB City2Surf Team supported by ambassador Sister Mary Shanahan RSCJ OAM.

The KRB City2Surf team has raised \$3,185 for Women for the World.

Thanks for your generosity!



Students formed at KRB City2Surf team with ambassador Sister Mary Shanahan.
Photo: Kincoppal - Rose Bay



Photo: Bidiliia Ethical Jewellery

BEAUTY FOR ALL

"When women move forward, we try to bring everyone around us forward as well," says Anu of Bidiliia Ethical Jewellery.

Anu's jewellery is like the women who Caritas Australia support: each of her pieces is unique in character and precious in the eyes of the maker.

Thank you Anu for donating the unique pieces of jewellery in support of Caritas Australia's Women for the World events.

"For you created my inmost being; you knit me together in my mother's womb."

– Psalm 139:13

You can help empower and protect women and children living in poverty

Please give generously today to help mothers like Sita to provide a safe and sustainable future for their families



YES, I WILL HELP WITH A GIFT TODAY!

Below are some examples of how your donation can help:

- \$45** could provide female farmers with vegetable seeds and agriculture materials
- \$125** could give women access to training in new techniques and organic farming practices
- \$215** could buy essential equipment which the farmers can use and share across the communities
- My choice of: \$ _____

YES, I WILL BECOME A MONTHLY SUPPORTER:

I would like to provide ongoing monthly support as part of the 'Caritas Neighbours' program:

- \$18** PER MONTH **\$27** PER MONTH **\$51** PER MONTH OR My choice of: \$ _____ per month

MY PAYMENT DETAILS

CHEQUE MONEY ORDER

CREDIT CARD

Visa Mastercard Amex Diners

Card number: _____ / _____ / _____ / _____

Expiry date: ____ / ____

Name on card: _____

Signature: _____

Date: ____ / ____ / ____

PLEASE DIRECT DEBIT MY ACCOUNT MONTHLY

I authorise Caritas Australia to debit the above amount from my account identified below on the 15th of each month. Acting on my instructions the user may, by prior arrangement and advice to me, vary the amount for future debits.

Account name: _____

BSB: _____ Account no. _____

Signature: _____

Date: ____ / ____ / ____

BANK TRANSFER to Caritas Australia – Bank: Commonwealth – BSB 062 438 – Acct 10072432 – Ref. SP19NL

Before payments commence, Caritas Australia will provide you with a full Service Agreement and confirmation of your details regarding this arrangement. Payments will be deducted on the 15th of the month or the next normal business day.

MY CONTACT DETAILS

Supporter ID: _____

State: _____ Postcode: _____

Title: _____ Name: _____

Phone: _____

Address: _____

Mobile: _____

Suburb: _____

Email: _____

- I would like my receipt sent to my email address to help save administration costs and make sure more of my donations goes where it is needed most.
- I would like to receive information about leaving a Gift in my Will to Caritas Australia.
- Please tick here if you do NOT want to receive Caritas News in the future.

Donations of \$2 or more are tax-deductible.

Complete the form and return it in the envelope provided

Call us on **1800 024 413** with your credit card details

Visit us online at caritas.org.au/give

Address: 24-32 O'Riordan St, Alexandria NSW 2015 Phone: 1800 024 413
Website: www.caritas.org.au ABN: 90 970 605 069



End poverty
Promote justice
Uphold dignity