



Newsletter

Issue #16 Term 2 2010

Arts • Discussion • Speakers

The Brindabella Women's Group
offers support and a social, creative outlet for women
with young children, in a friendly, relaxed environment

Chisholm Community Centre, 15-19 Halley Street CHISHOLM ACT 2905
Tuesdays 9.30 am – 12.30 pm

Quality childcare provided / free parking

PO Box 2648 TUGGERANONG ACT 2900
e: Brindabellawg@yahoo.com.au
www.brindabellawomensgroup.org

With assistance from the ACT Government



Brindabella Women's Group

Brindabella Women's Group Committee and Phone Contacts

President	Kym Schmid	6140 1490
Vice President	Kellie Edwards	6292 2837
Secretary & Public Officer	Jess O'Meara	6291 1613
Treasurer	Kylie Foley	6291 7995
Ordinary Committee Members	Karen Claven	6291 9893
	Anita Hirst	6292 1413
	Kirsty Holt	6292 7070
	Carolina Turl	

Coordinators

Membership Secretary	Peta Martin	6291 4170
Newsletter Coordinator	Kellie Edwards	6292 2837
Childcare Coordinator	Karen Claven	6291 9893
Venue Coordinator	Anna Bunston	6235 9202
Grants Coordinator	Kellie Edwards	6292 2837
Programme Coordinator	Lis Stinziani	0400306836
Community Arts Project Coordinator	Kellie Edwards	6292 2837
Publicity Coordinator	Rachel Baldwin	6291 4170
Web Master	Katie Moritz	6294 4350
Asset Manager	Carolina Turl	
Librarian	Gaëtane Burkolter	6296 7135

A Note from the President

Another busy term has rushed past us again and it is now the new financial year as I write this. Amazing how fast time flies when you are busy with kids, life, work, everything... BWG is heading into an exciting era with more secure funding than ever before that will allow us to grow even more in the coming year. Our AGM will be held on the 17th August 2010 and I encourage all of you to consider taking on a role to help with the running of the group, even if it is only something seemingly small. Even if you can't help out this year, please still come along and share a yummy morning tea with us on the day, the AGM formalities usually don't take up much time. The roles we hope to fill are:

- **Committee**
 - President
 - Vice President
 - Secretary/Public Officer
 - Treasurer
 - Ordinary Member x 4
- **Coordinators (can be committee members or not)**
 - Childcare Coordinator
 - Venue Coordinator
 - Newsletter Coordinator
 - Funding Coordinator
 - Community Arts Project Coordinator
 - Program Coordinator
 - Publicity Coordinator
 - Morning Tea Coordinator
 - Membership Secretary
 - Web Master

- Librarian
- PO Box 1
- PO Box 2
- Photographer
- Centre Keys Main
- Centre Keys Spare
- Asset manager

Next term we have some great sessions planned including some old favourites such as button creations and paper quilting and some informative sessions such as a visitor from ACT NOWaste talking about recycling in the ACT and a first aid talk by yours truly. Feel free to spread the program around. New faces are always welcome!

So please grab a cuppa and sit back and have a few moments to yourself, if you can manage it, and enjoy hearing about all the wonderful things we have done this term.

Kym Schmid

President Brindabella Women's Group

Childcare

Please bring the following things for your child if you are planning to use childcare:

- A piece of fruit or healthy snack to be shared for morning tea, unless your child has allergies or special dietary needs such as baby food
- A sandwich for lunch
- A drink bottle with water (labelled)
- A change of clothes (in a labelled bag)
- Nappies and a plastic bag for dirty nappies (including disposables)
- A comforting toy if needed
- A Sun hat. Please ensure that your child has sunscreen on before leaving them in childcare. Sunscreen is provided next to the sign in sheet if you have forgotten to do it before you come.
- Please ensure your child/ren have a fresh nappy on and wash their hands on arrival
- Please try to avoid messy foods such as yogurt
- Please remember that the childcare facility is a **NUT FREE ZONE**
- Please advise the child carers how you would like them to settle your child/ren if they become upset.
- Please use the kitchen door to access the childcare room when you arrive. There are also designated places for bags, hats, lunches and drink bottles so check with the Carers or another BWG member if you are unsure.
- Access to the childcare room during session time is via the kitchen door which now has keys in both sides. We would ask that you ensure the door is closed properly each time for safety.

Karen

Term 2 2010 Activity Summary

Community Arts Project / Preparation for Women's Gathering –27th April, 4th May, 18th May 2010

As the Women's Gathering loomed ever closer, several of the sessions focussed on pulling together the final touches such as making bunting flags and packing the "goodie" bags that each woman received on the day. The other major part of this was completing our baby playmats for Karinya House ready to be handed over. Many thanks to everyone who helped out and especially those who came along to Craft and Laugh as well to finish the job – many hands make light work.

Kellie



Decisions, decisions....looking good Kym!

Surprise Boxes – 11th May 2010

This was a large group but Kylie had plenty of kits for everyone in a variety of styles (boy, girl, baby boy, baby girl etc) and was willing and able to help over the lively chatter around the room. It was fun tracing, cutting, folding and sticking to make a funky box to hold some of those many photos we collect of our little ones. I didn't quite finish mine but will be bringing it along to group to finish when we get the chance to work on our 'UFO's'.

Anna



"Surprise!"

BYO UFO – 25th May 2010

After all the excitement of the Women's Gathering on Sunday the 23rd of May it was wonderful to take some time out to reflect on the day, enjoy a hot cuppa and work on some button boxes or other projects that had been awaiting completion. It was also lovely to see some new faces especially some of the women who had attended the Gathering.

Kellie

Bra Fitting / Felt Monsters– 1st June 2010

We all had our bras ready for fitting and were looking forward to hearing about how our bra choices could be improved and sexified!, but at the last minute, the bra fitting session was cancelled. Sadly, we returned our bras to their dark homes and set off to fill our morning with coffee, cake and chatting! Luckily, the craftily inclined had an inspiration and, after finding the felt, glue, scissors, stuffing, and threads, we let our fingers run wild, creating fun little felt monsters, the kind that have dwelt in our imaginations for years! Googley eyes, sharp little teeth, long arms, wild colours, these little fellows had them all! We even learnt to blanket stitch! Hopefully the kids loved them as much as we did! A great end to a lovely morning!

Lis



Cooking – Lunch ideas with Nutrition Australia – 8th June 2010

Lyn Brown from Nutrition Australia came to share some ideas for lunches today. She covered lunches for the little ones still at home and for those at school. She left a DVD for us and it will be available to borrow from the BWG library for a while before we return it to her. She also handed out a lot of resources. Some of which are available on our website –

www.brindabellawomensgoup.org under sessions.

She encouraged us not to feel guilty about what they eat. For example white bread can be a healthy choice and is certainly healthier than having sandwiches uneaten due to other breads.

Here are some rough points I noted down during the session:

- Involve kids in making or planning their lunches
- Don't offer too many choices! It often backfires.
- Offer things you know they will eat - try new things at dinner or on weekends
- Lunch boxes need to contain 1/3 of your child's daily nutritional requirements
 - 2 serves fruit/veg (1 serve = ¼ cup veg or 1 piece fruit)
 - 2-3 serves of cereals (1 serve = 2 slices bread or 1 roll)
 - 1 serve of dairy or equivalent
- Make food easy to eat quickly – pre-peel mandarins, chop apples and seal in a zip lock bag
- Watch serve sizes! A commercial muffin is probably too large for a child's lunch – use mini muffins or homemade smaller ones
- Make it interesting – eg cut shapes into the sandwiches with cookie cutters
- Use frozen drinks of water, ice bricks or frozen yogurts to keep lunch boxes cool
- Avoid pre-packaged food (eg muesli bars) – costly, high in salt and sugar. Homemade things better even if sweet
- Bread will be the main cereal component – mix it up
 - Choose white high fibre if won't do multigrain or wholemeal
 - Try one white and one multigrain slice in a sandwich
 - Flat breads
 - Rolls
 - Fruit bread
- Lunch box ideas
 - Pikelets or Muffins
 - Homemade muesli bars
 - Baby corn or Grated carrot
 - Yogurt, cheese, milk poppers, cheese dip
 - Grated cheese and sultanas
 - Pizzas
 - Avocado or hommus sandwiches
 - Baked beans (remember the spoon!)
 - Canned fruit (fresh better nutritionally)
- After school ideas:
 - milkshake or smoothie,
 - finish off uneaten lunches
 - soup
 - fruit
 - frozen yogurt
- Egg in bread can be a good dinner idea
 - Made me think of the flat eggs that my kids eat faster than I can cook them!
 - Beat egg with a little fish sauce or salt and a few mls of water
 - Pour a small amount of egg mixture into a hot pan sprayed with oil and swirl to lightly coat the whole bottom. Pour out any excess.
 - Turn soon after with a silicone spatula and then remove when just cooked
 - Cut into thin ribbons and serve with toast!

Kym

Marbling – 15th June 2010

Marbling was awesome - definitely the messiest craft I've done for a while but the results were just gorgeous. It was great to be able to try something so far outside my usual hobbies, and in such a supportive environment. Everything was set up ahead of time (thanks to the gals who helped with that, and the clean up afterwards), Ann-Maree's mum did a wonderful job of explaining the process and setting us a manageable 'beginners' task, and I decided to just relax and enjoy it instead of worrying about getting it absolutely right. I discovered that the more I experimented the more I found out what worked, and I was delighted with the pieces of paper and envelopes I marbled (even though they weren't "perfect"!). There's so much potential for using marbled fabric or paper in other crafts - looking around me I saw so many unique combinations of colour and shape...not to mention our hands and work surfaces! Seeing all the wet pieces of fabric and paper laid out on the benches outside AND the drying rack AND the floor made me think of what my son's preschool looks like at the end of the day - and I reckon we had as much fun as a bunch of preschoolers :-)

Gaetane

Pinatas – 22nd June 2010

Today was a hands-on session presented by our very own Rachel Dunne, together with her sister and cousin. Rachel explained the process of making a piñata, and discussed with us the difference between paper mache using balloons and also making a shape from cardboard and then pasting over the top of that. We saw photos of piñatas Rachel and her family have made, which included the car from the movie 'Grease', a number 18, a Hi 5 hand and a ladybug.

We did something a lot smaller and more manageable, using balloons of different sizes. We used cut up newspaper pieces and a glue mix made from 2 parts pva and one part water. We did several layers on our piñatas and will do several more before next week when we will decorate the piñatas using acrylic paint. We also need to tie fishing line securely around the balloon and paste layers over the top of that, so that it can be hung up when used. Fishing line is strong enough to withstand the beating! Upwards of a total of 5 paper mache layers are needed to give enough structure to the piñata, which was too much for us to do in one session.

Additional tips for piñatas are to make them well in advance and to use wrapped lollies inside them.

This was a fun session, with much chatting and hot cuppas, although a couple of people got their coffee and glue mixed up.....

Jessica Begley

KIDSAFE Presentation (followed by BYO UFO) – 29th June 2010

As you may or may not be aware, new national child restraint laws will become mandatory on the 15th of March 2011. The laws are based on a child's age rather than weight and state that;

- All children under the age of 7 must be restrained in an Australian Standard approved child restraint and that all restraints and seat belts must be properly fastened and adjusted.
- If a vehicle has 2 or more rows of seats then children under 4 must not travel in the front seat.
- If a vehicle has 2 or more rows of seats then children aged between 4 and 7 must not travel in the front seat unless all other seats are being used by children under 7 years.
- Failure to comply with the above requirements is a serious offence and offending drivers are liable for substantial fines and will incur demerit points.

It is worth remembering that these laws are already mandatory in NSW so if you are driving out to Queanbeyan (perhaps on a Spotlight expedition), you need to ensure that your child restraints comply. For further information look online at www.kidsafe.com.au

Kellie

Women's Gathering 2010



The Brindabella Women's Group hosted our 2nd Annual Women's Gathering at the Tuggeranong Southern Cross Club on Sunday the 23rd of May. If you recognise the photo, it is probably because we were in The Chronicle – thanks Trish for your skills on the day.

The 2010 Women's Gathering was a wonderful success with 58 women attending from all over Canberra and the surrounding region. MLAs Joy Burch and Amanda Bresnan also came along for part of the day and a fantastic time was had by all.

Many thanks to all of our wonderful speakers; Jules Tarrant, Justin Purtle, Emma Grey, Jessica Begley and Kay Lister for truly embodying our theme of "Because You're Worth it" and reminding mums that they are special people doing an important job. Thanks also to all of our sponsors who provided items to be included in the "goodie bag" each woman received or things that were used as lucky door prizes on the day.

Comments from the day included;

- "Thanks for an amazing day!! Haven't stopped raving since I got home!! I'm officially recharged!"
- "Fantastic! Loved the environment, the topics, had a good laugh and got some time for me!"
- "Speakers were fantastic and fun and it was refreshing not to have to break into groups to do some self help work! I felt that I could contribute/or not to activities and handouts"

The Gathering also provided the forum for the Brindabella Women's Group to handover the baby playmats we had been working on as a part of our Community Arts Project for mums at Karinya House. We received a glowing write up in their newsletter and as you can see below the playmats are being put to good use.



🦋 Before I was a Mum, 🦋

🦋 Before I was a Mum, 🦋

I never tripped over toys
or forgot words to a lullaby.
I didn't worry whether or not
my plants were poisonous.
I never thought about immunizations.

🦋 Before I was a Mum, 🦋

I had never been puked on.
Pooped on.
Chewed on.
Peed on.
I had complete control of my mind
and my thoughts.
I slept all night.

🦋 Before I was a Mum, 🦋

I never held down a screaming child
so doctors could do tests.
Or give shots.
I never looked into teary eyes and cried.
I never got gloriously happy over a simple grin.
I never sat up late hours at night
watching a baby sleep.

🦋 Before I was a Mum, 🦋

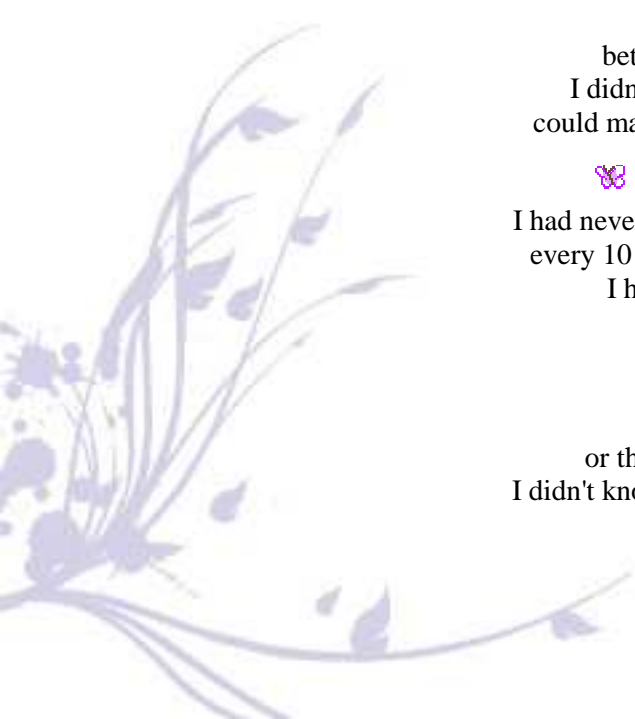
I never held a sleeping baby just because
I didn't want to put her down.
I never felt my heart break into a million pieces
when I couldn't stop the hurt.
I never knew that something so small
could affect my life so much.
I never knew that I could love someone so much.
I never knew I would love being a Mum.

🦋 Before I was a Mum, 🦋

I didn't know the feeling of
having my heart outside my body..
I didn't know how special it could feel
to feed a hungry baby.
I didn't know that bond
between a mother and her child.
I didn't know that something so small
could make me feel so important and happy.

🦋 Before I was a Mum, 🦋

I had never gotten up in the middle of the night
every 10 minutes to make sure all was okay.
I had never known the warmth,
the joy,
the love,
the heartache,
the wonderment
or the satisfaction of being a Mum.
I didn't know I was capable of feeling so much,
before I was a Mum



Brindabella Babies



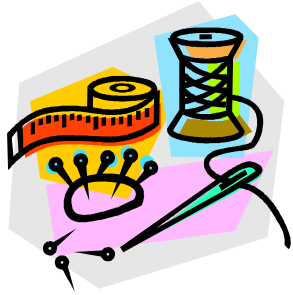
*Congratulations to Rachel and Aaron on the safe arrival of
Eli Byron Dunne
11th May 2010
Brother for Curtis, Ashley, Kayden and Michaela*

Quote of the Moment:

*“You can learn many things from children.
How much patience you have, for instance.”*

- Franklin P. Jones

(Particularly appropriate for school holiday rainy weather)



Craft and Laugh

We will be meeting during school terms in the Parents room at the Isabella Plains Early Childhood School

Come along and bring those UFOs (unfinished objects) to work on with other Mums.

The Parents Room has a child gate on the door as well as a fenced outdoor area and the school are kindly providing us with some toys and a wonderful home corner for the kids to use while we are there.

When: *Friday Mornings during school terms*

Where: *Parents Room Isabella Plains Early Childhood School,
Ellerston Ave. Isabella Plains (Across the road from the shops)*

Time: *9.15am – 11.45am*

BYO: *UFOs and a plate of morning tea to share.*

Children are welcome but no childcare is provided.
Setting up and packing up is a shared responsibility.

If you have trouble finding us or for more info call Kellie on 0406 375 325



Brindabella Women's Group

Social and creative opportunities for women at home with young children

2010 Term 3 Programme



10am to 12noon on Tuesdays. Quality childcare available. Arrive from 9.30am for time to settle your child(ren) into childcare – or keep them with you. Setting up and packing and cleaning up at the end of the session is a shared responsibility.

Visitors and new members are always welcome. For more info, phone Kym on 6140 1490.

20 July	<p><u>Paper Quilting</u> Come and make a beautiful decorative letter or shape using your favourite paper, quilted using gold metallic thread. This makes a lovely gift or decoration for your child's room! Bring your own scissors and sewing machine if you have one. All materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
27 July	<p><u>No Bake Slices</u> No Bake Slices are perfect for a quick after school snack and great for kids to make! Bring some of your favourite No Bake slice, taste other sweet treats, and we'll share the recipes! Couldn't be a yummiest session! <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
3 August	<p><u>Button Boxes/Frames</u> Photo frames and boxes look just fabulous covered in coloured buttons. This is a relaxing and stress free session with a lovely gift or objet de art at the end! <i>No experience needed. Newcomers <u>always</u> welcome.</i></p>
10 August	<p><u>Silk Painting</u> Join lovely Kaye Lister as she guides us through the beginnings of painting silk pieces in vibrant colours. This will require two sessions, but if you miss a session, you can still create and keep something! <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
17 August	<p><u>Yummy morning Tea and AGM</u> This is a good chance to catch up, eat some yummy goodies and find out about the workings of our group at our Annual General Meeting. All members and new comers welcome! Please bring a plate if you can. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
24 August	<p><u>Silk Painting</u> Join lovely Kaye Lister as she guides us through the second part of painting silk pieces in vibrant colours. This is the second of two sessions, but if you missed a session, you can still join us to create and keep your own art! <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
31 August	<p><u>Clocks</u> Make your own clock using what ever face you like – plates, painted mdf, tiles. Bring your own clock face if you have something in mind. All hands and movements supplied. <i>No experience necessary. New comers <u>always</u> welcome.</i></p>
7 September	<p><u>First Aid</u> Come and join our very own Kym, who also works for St John, for essential First Aid skills including CPR, bandaging, when to call for help, bites and stings, and first aid for children. A timely session as we come into spring and spend more time outdoors. <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>
14 September	<p><u>ACT NOWaste</u> Every day we throw away perfectly good items that seem to have no more use. ACT NOWaste will take us through the ins and outs of reusing and recycling, and the confronting truth about all our rubbish. An excellent session full of information that we can pass on to our children. (TBC) <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>
21 September	<p><u>Flower Arranging</u> Learn to create beautiful flower arrangements for gifts or the home. Come and join us for a relaxing and scented session! (TBC) <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>

www.brindabellawomensgroup.org

USEFUL CONTACTS

Some parenting, counselling and other services that may be useful:

Parenting Skills and Child Health	Community Health Intake	6207 9977
	Social Work Service	
	Maternal and Child Health Nurse	6207 9977
	For Gungahlin and Tuggeranong families: Child and Family Centres	G: 6207 0120 T: 6207 8228
	Parentline (formerly Parent Support Service)	6287 3833
	Australian Breastfeeding Association	1800 686 2686
	Therapy ACT (formerly CHADS)	6205 1246
	Parenting Matters (formerly Behavioural Guidance Program)	6100 7160
Safety Information	Poisons Information	13 11 26
	Kidsafe (ACT Infant Restraint Loan Service)	6290 2244
Playgroups	ACT Playgroups Association	1800 171 882
Postnatal Depression, Perinatal Mental Health	Community Health Intake	6207 9977
	Social Work Service	
	Post & Ante Natal Depression Support and Information (PANDSI)	6232 6664
	Queanbeyan Postnatal Depression Support Group	6124 3700
	Mental Health Triage	1800 629 354 6205 1065
Relationship Support	Relationships Australia	6122 7100
	Canberra Mediation Service	6122 7130
	Conflict Resolution Service	6162 4050
Grief and Bereavement	SIDS and Kids ACT	6287 4255
	24 Hour Bereavement Support	1800 138 300
	The Grief Resource Centre	6257 8922
Financial Counselling	Care Inc. Financial Counselling Service	6257 1788
Women's Services	Women's Information & Referral Service	6205 1075
	Women's Centre for Health Matters	6290 2166
	Women's Legal Centre	6257 4499
Community Services	Northside Community Service	6257 2255
	Communities @ Work (Tuggeranong)	6293 6500
	Belconnen Community Service	6264 0200
	Gungahlin Regional Community Service	6228 9200
	Southside Community Service	6126 4700
	Woden Community Service	6282 2644
24-hour Services	Healthdirect	1800 022 222
	Tresillian	1800 637 357
	Lifeline	13 11 14
	Mental Health Triage	1800 629 354
	Poisons Information	13 11 26