



## *Newsletter*

*Issue #17 Term 3 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](mailto:Brindabellawg@yahoo.com.au)  
[www.brindabellawomensgroup.org](http://www.brindabellawomensgroup.org)

With assistance from the ACT Government



# Brindabella Women's Group

## *Brindabella Women's Group Committee and Phone Contacts*

President	Jess O'Meara	62911613
Vice President	Kellie Edwards	6292 2837
Secretary & Public Officer	Nikki McDonald	
Treasurer	Kylie Foley	6291 7995
Ordinary Committee Members	Trish Reeve	
	Anna Bunston	6235 9202
	Natalie Rose	
	Katerina Simpson	

## *Coordinators*

Membership Secretary	Kylie Foley	6291 7995
Newsletter Coordinator	Katerina Simpson	
Childcare Coordinator	Lis Stinziani	0400306836
Venue Coordinator	Anna Bunston	6235 9202
Grants Coordinator	Katerina Simpson	
Programme Coordinator	Rachel Dunne	
Community Arts Project Coordinator		
Publicity Coordinator	Trish Reeve	
Web Master	Kym Schmid	
Asset Manager	Lis Stinziani and Rachel Dunne	
Librarian	Jessica Begley	

## *A Note from the President*

### **2010 AGM President's Report**

This has been an interesting year for the Brindabella Women's Group. We have enjoyed having stable funding for our second year in the form of a Service Funding Agreement with ACT Health, yet battled with the shortfall between this funding and our costs. This saw some very resourceful programming and I would like to thank all the BWG ladies who ran sessions for us based on the craft materials in our store.

Recently the increase in funding we have sought for so long was approved, and ACT Health even added on an extra \$3000 above what we had asked for. This will allow us to pay market rates for four childcarers and have 7 paid sessions a term. There is also sufficient funding to support a community arts project if we wish. So as we go into this new financial year we can focus more on what would help the women of the group grow and strengthen rather than focus so much on saving money. This will have challenges of its own I suspect!

This year we hosted our second Women's Gathering which was a great success with 58 women attending from all over Canberra and the surrounding area. We received some great feedback and the presenters were fantastic. A change of venue saw us at the Tuggeranong Southern Cross Club with very professional facilities. Well done Kellie for coordinating it. Kellie has also secured a \$2000 grant to help run next year's Gathering and it appears that the day will be a regular feature of the BWG calendar each year.

Our Community Arts Project this year was entitled 'From one Mother to Another'. We did a lot of work on making some beautiful playmats for the mothers that attend Karinya House. The playmats were very gratefully received during a short handover ceremony during the Women's Gathering. Several women had their first experiences of machine sewing through this project, especially using a walking foot.

I would like to thank the outgoing committee for their service this year. In particular I would like to thank Kellie Edwards for all her efforts. She has certainly stood up to fill many gaps this year and I appreciate all her hard work. I also appreciate the hard work of all the ladies who help out from those who help pack up each week to those who have taken on committee or coordinator roles to those of you who make me or others cups of coffee when our hands are full. Thank you all.

As I am sure you all know, I am not running for President again this year. I have started work again and this is preventing me from attending all the BWG sessions. Next year Addie will be at preschool on Tuesdays and I hope to increase my teaching hours. Also I feel it is time for Brindabella Women's Group to be led by a new leader to ensure it stays fresh and vibrant. I wish the new committee all the best luck in running the group and I will always be available for advice and help.

*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 side gate and back 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.

We are in the process of updating our "Memorandum of Understanding" with our childcare providers - this is an agreement of the expectations of both parties with regard to the care of our children. Your input into this is welcomed and encouraged.

*Lis*

## Term 3 2010 Activity Summary

### *Paper Quilting – 20<sup>th</sup> July 2010*

Paper quilting has been a favourite of the group since a session with a guest presenter a while back. This time our own Rachel and Kylie ran the session and the projects were many and varied. Some women chose to complete paper quilting UFOs including cards and letters to frame while others chose to glue the patchwork paper pieces on to craftwood letters to decorate kid's bedroom doors. Apart from a little wrestling with sewing machines not receptive to metallic thread and a little profanity on my part, a good time was had by all.

### *Kellie*

### *No Bake Slices – 27<sup>th</sup> July 2010*

Cooking is not high on my list of things I enjoy doing but as it happens I am quite fond of eating (as are my children) so the idea of something quick and easy for the occasions when you need to “bring a plate” or just to feed the ravenous hordes after school made this session very appealing.

Kym did her best Nigella impression and walked us through two delicious recipes and several other women brought their recipes and samples for everyone to taste. Kym has compiled and put these on the BWG website [www.brindabellawomensgroup.org](http://www.brindabellawomensgroup.org) in the “Fabulous Food” section.

Of special note and a personal favourite of mine, is Rachel's contribution which I have included below.

## No Bake Mint Slice

By Rachel Dunne

(From Arnotts)



### Ingredients

1 pkt Arnott's Mint Slice biscuits

### Method

1. Go to the shops
2. Purchase a packet of Arnott's Mint Slice biscuits
3. Open and discard packaging
4. Serve and enjoy!

*Kellie*

### *Button Boxes/Frames – 3rd August 2010*

Today's session was lots of fun. There were boxes and photo frames to decorate, but with such a great selection of crafty stuff to choose from including buttons, paper, beads and ribbon, the group came up with a huge variety of projects. I decorated a couple of frames and enjoyed the general chat and creative atmosphere and was surprised how quickly the session was over and it was time to pack it all away. Thanks ladies, for another lovely morning.



*Anna*

### *Silk Painting with Kaye Lister – 10<sup>th</sup> August and 24<sup>th</sup> August 2010*

I missed the first session of silk painting with Kaye but having done it before I did some home-work prior to the session developing a design and doing my gutta (the edging) before I turned up. I really enjoyed the session. It was so therapeutic to actually sit and do some arty crafty stuff for a change! I didn't quite finish during the session. Not to worry though, I took home the remainder of my silk paint palette (an ice cube tray of blended silk paints) and finished it off while Addie had an afternoon nap. I then spent the next few days fiddling with it. I designed a hanger out of jewellery wire, and added a button 'sun-catcher' to the bottom and then to the top!

The design is based on the Buddhist Eye Mandala symbolising the end of one phase or part of life and the beginning of a new journey with the associated struggle of the spirit leaving the old and embracing the new. The depiction of a bright sun behind the Buddha fish indicates a warm and bright future in the next phase of life and indicates what the spirit is striving for to the top, to the inner side and to the outer side.

Buddha eyes surround the overlapping inner elements to represent the ever present spirits of friends and family, past, present and future, looking over you and offering encouragement through challenging times.

Thanks Kaye for another inspiring session!



*Kym*

## *Yummy Morning Tea and AGM - 17<sup>th</sup> August*

I think this year's AGM will go down as one of the most pain free in BWG history! Almost all positions were filled and it was time to thank Kym for all her hard work over the last 2 years and to welcome Jess O'Meara as our new President. A special thank you to all the outgoing committee members and to everyone who stepped up to be part of the committee for the coming year. The Brindabella Women's Group continues to go from strength to strength because of the wonderful women who help pull it all together. The new committee is listed below.

President - Jess O'Meara  
Vice President - Kellie Edwards  
Secretary - Nikki McDonald  
Treasurer / Public Officer - Kylie Foley  
Ordinary Member - Trish Reeve  
Ordinary Member - Anna Bunston  
Ordinary Member - Natalie Rose  
Ordinary Member - Katerina Simpson  
Childcare Coordinator - Lis Stinziani  
Venue Coordinator - Anna Bunston  
Newsletter Coordinator - Katerina Simpson  
Funding Coordinator - Katerina Simpson  
Community Arts Project Coordinator - TBA  
Program Coordinator - Rachel Dunne  
Publicity Coordinator - Trish Reeve  
Morning Tea Coordinator - Karen Cording  
Membership Secretary - Kylie Foley  
Web Master - Kym Schmid  
Librarian - Jess Begley  
PO Box 1 - Natalie Rose  
PO Box 2 - Michelle McDonald  
Photographer - Katerina Simpson  
Centre Keys Main - Kellie Edwards  
Centre Keys Spare - Kylie Foley  
Asset managers - Lis Stinziani and Rachel Dunne

It would be remiss of me not to comment on the truly spectacular morning tea spread on offer which I am sure went a long way to ensuring positions were filled. Special mention for Kym's Macaroons and Kirsty's spring rolls both of which have earned a spot in next term's programme.



*"Kym's Magnificent Macaroons"*

*Kellie*

### *Clocks – 31<sup>st</sup> August 2010*

It was shaping up to be a really good day for me - my 2yo went with minimal fuss to play, the baby was asleep and I had a cuppa in hand when asked 'Do you want to make a clock?' hmmm So I made a clock, a real clock, one that tells the time even. The instructions both by Kylie and the written instructions were clear and easy to follow. Everyone was chatty and enjoying each other's company, helping where appropriate and even sharing their own scrapping products from home. Reflecting, I have decided that it is funny to watch a room of interested women struggling to choose a colour or theme for their work, second guessing their judgement on something that might well be on display. You know, we women (and as mothers) take the reign in hand and make critical decisions every moment of every day, geez most time we even manage to dress our kids in cute or coordinated outfits. I reckon we should give ourselves a break some time.... Take 5 even. (excuse the pun).



*Naomi*

### *First Aid – 7<sup>th</sup> September 2010*

Little Timmy, lying on the floor, unresponsive, unmoving, not breathing, we all saw him, but we were paralysed with indecision. What were we to do, apart from wonder where his arms were. Luckily, this was a first aid session and Kym was on hand to lead us through DRABCD. After calling an ambulance, checking for unseen dangers and a touch and talk (to Timmy), we checked his airways, gave two rescue breaths, and commenced CPR. Sadly, Timmy didn't make it, but we felt assured that we would be able to respond to a real person. Kym also showed how to help a choking person, treat burns, wounds, embedded objects, amputated limbs and manage asthma. Sadly, for Jess, we didn't get to hear about bums! Thanks to Kym, we now know that, since we're Smart, Lazy, and Selfish, we can treat issues quickly, cleverly, and get help when needed!

*Lis*

### *ACT NOWaste – 14<sup>th</sup> September 2010*

What an eye opening session! Linda Kwong amazed us all with a myriad of things we didn't know about recycling. You can view more detail and find out lots of answers at their website: [http://www.tams.act.gov.au/live/Recycling\\_and\\_Waste/what\\_do\\_i\\_do\\_with\\_this](http://www.tams.act.gov.au/live/Recycling_and_Waste/what_do_i_do_with_this). Linda is also in the process of answering a whole heap of questions we had for her about various things and whether or not they could be recycled which we will include in the next newsletter.

Some of the take home messages for me that I was unaware of were:

- You don't have to remove the windows from envelopes or wire binding, staples, paperclips or bulldog clips when recycling old course notes/uni notes/handouts etc.
- Keep the lids on plastic and glass containers – stops them getting lost in the system.
- Empty but don't rinse containers – they will be washed when they are processed.
- You can recycle toothbrushes and toothpaste tubes.
- You can recycle the alfoil from the roast even if it is covered in grease, just roll it into a ball and you can recycle the baking paper from your cooking too!

And finally,

- There is no such thing as too much macaroni – preschool creations covered in sticky tape, glitter and macaroni are all good. As long as there is cardboard or paper in there somewhere you can recycle it (when your cherubs have had enough of it or aren't looking).

*Kellie*

### *Flower Arranging – 21<sup>st</sup> September 2010*

In this session we learnt a few tricks of the trade and how to put together a stunning floral arrangement. Although I wasn't able to stay for this one (sick kids,) Jess kindly delivered the demonstration arrangement of lovely red carnations to me on her way home as well as the notes from the session which were very clear and easy to follow (just let me know if you would like a copy).

There is something special about being able to put together a nice bouquet for a friend or even just yourself without the store bought price tag. Perhaps a project for me to finish off at home when my lilacs come out!

*Kellie*

## *Quote of the Moment:*

*“You can't stay in your corner of the forest, waiting for others to come to you; you have to go to them sometimes”.*

*- Winnie the Pooh*

## *Editor's Note:*

*Dear Lovely Ladies of the Brindabella Women's Group,*

*This is usually the spot where I try to find something inspirational or to make us smile to round off the newsletter but this time I am having a lot of trouble finding something to fit the bill.*

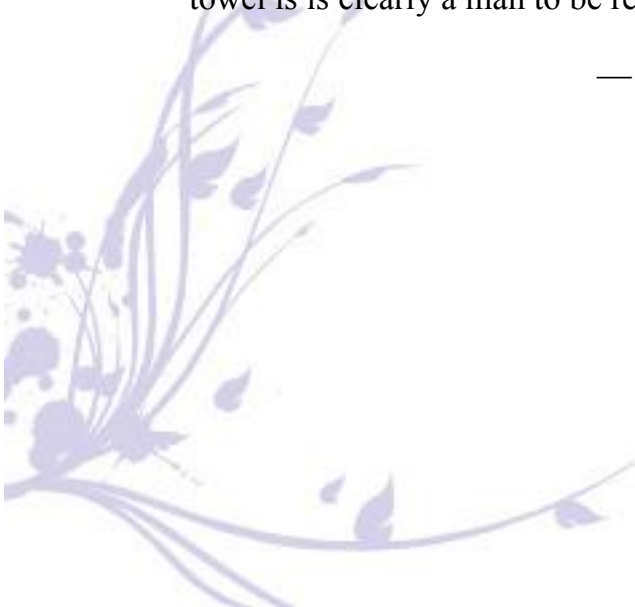
*As this is my last newsletter before handing over to Katerina for the coming year I have decided to turn to a somewhat "off-beat" contribution but nevertheless a writer who always makes me smile and I really do think makes a rather fine point – don't forget your towel!*

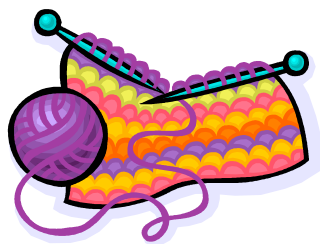
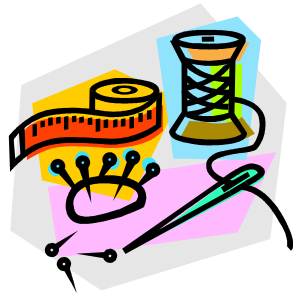
*Thanks for a great couple of years – Kellie*

“A towel, it says, is about the most massively useful thing an interstellar hitchhiker can have. Partly it has great practical value. You can wrap it around you for warmth as you bound across the cold moons of Jaglan Beta; you can lie on it on the brilliant marble-sanded beaches of Santriginus V, inhaling the heady sea vapors; you can sleep under it beneath the stars which shine so redly on the desert world of Kakrafoon; use it to sail a miniraft down the slow heavy River Moth; wet it for use in hand-to-hand-combat; wrap it round your head to ward off noxious fumes or avoid the gaze of the Ravenous Bugblatter Beast of Traal (such a mind-bogglingly stupid animal, it assumes that if you can't see it, it can't see you); you can wave your towel in emergencies as a distress signal, and of course dry yourself off with it if it still seems to be clean enough.

More importantly, a towel has immense psychological value. For some reason, if a strag (strag: non-hitch hiker) discovers that a hitch hiker has his towel with him, he will automatically assume that he is also in possession of a toothbrush, face flannel, soap, tin of biscuits, flask, compass, map, ball of string, gnat spray, wet weather gear, space suit etc., etc. Furthermore, the strag will then happily lend the hitch hiker any of these or a dozen other items that the hitch hiker might accidentally have "lost". What the strag will think is that any man who can hitch the length and breadth of the galaxy, rough it, slum it, struggle against terrible odds, win through, and still knows where his towel is is clearly a man to be reckoned with.”

— Douglas Adams, *The Hitchhiker's Guide to the Galaxy*





### *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 information call Kellie on 0418 217 743



# Brindabella Women's Group

Social and creative opportunities for women at home with young children

## 2010 Term 4 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 Jess on 02 6291 1613.**

12 <sup>th</sup> October	<p><b><u>Gemstones</u></b> Join Anna Coleman-Snow from the Creative i workshop program as she explains the properties of precious gemstones and guides us in making a bracelet and a pair of earrings. All materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
19 <sup>th</sup> October	<p><b><u>Spring rolls and macaroons</u></b> Come along and enjoy a tasty morning with our in house chefs Kym and Kirsty demonstrating how to cook these yummy foods and as always taste testing will be a must! <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
26 <sup>th</sup> October	<p><b><u>BYO UFO</u></b> This is a great opportunity to finish any of those ‘unfinished objects’ you might have around the place or feel free to come along just for a cuppa and a chat. <i>Newcomers <u>always</u> welcome.</i></p>
2 <sup>nd</sup> November	<p><b><u>Felt and Bead Christmas decorations</u></b> Tired of the same old store bought Christmas decorations? Come along and learn how to make some beautiful beaded decorations or some fabulous felt decorations, even try your hand at both. All materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>
9 <sup>th</sup> November	<p><b><u>Wirework, Part 1</u></b> Join the lovely multi talented Kaye Lister as she guides us through creating a sculpture or design with wire. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
16 <sup>th</sup> November	<p><b><u>Wirework, Part 2</u></b> Kaye Lister is back to continue her guidance through the second part of our wire work project, if you missed the first session don't worry, you can still join us and create your own wonderful sculpture! <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
23 <sup>rd</sup> November	<p><b><u>Designer Santa Sacks</u></b> Come along and design and create you own personalised Santa sack just in time for Christmas. You can embroider, embellish, appliqué, whatever your heart desires! <i>No experience necessary. New comers <u>always</u> welcome.</i></p>
30 <sup>th</sup> November	<p><b><u>Make your own handbag</u></b> Former BWG member and all time creative diva Jen will demonstrate and help us to create a fashionable handbag. If you have some fabric that you're keen to use bring it along otherwise all materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>
7 <sup>th</sup> December	<p><b><u>Gingerbread houses</u></b> Come along and enjoy a fun session decorating a Gingerbread House with icing and lollies. Our very own Karen will be demonstrating how to bake a gingerbread house from scratch as well as providing some examples of different styles of gingerbread houses. Everyone will take home a gingerbread house to eat and enjoy or use as a table decoration for Christmas. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
14 <sup>th</sup> December	<p><b><u>Christmas Party!</u></b> Past, present and future members all welcome. Bring some festive morning tea to share, any unfinished projects and a \$5 Pressie (books please) for your child/ren. Grab a cuppa, relax and catch up with new and old friends before the Christmas rush. More details to follow! <i>Newcomers <u>always</u> welcome.</i></p>

[www.brindabellawomensgroup.org](http://www.brindabellawomensgroup.org)

## USEFUL CONTACTS

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

<b>Parenting Skills and Child Health</b>	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
<b>Safety Information</b>	Poisons Information	13 11 26
	Kidsafe (ACT Infant Restraint Loan Service)	6290 2244
<b>Playgroups</b>	ACT Playgroups Association	1800 171 882
<b>Postnatal Depression, Perinatal Mental Health</b>	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
<b>Relationship Support</b>	Relationships Australia	6122 7100
	Canberra Mediation Service	6122 7130
	Conflict Resolution Service	6162 4050
<b>Grief and Bereavement</b>	SIDS and Kids ACT	6287 4255
	24 Hour Bereavement Support	1800 138 300
	The Grief Resource Centre	6257 8922
<b>Financial Counselling</b>	Care Inc. Financial Counselling Service	6257 1788
<b>Women's Services</b>	Women's Information & Referral Service	6205 1075
	Women's Centre for Health Matters	6290 2166
	Women's Legal Centre	6257 4499
<b>Community Services</b>	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
<b>24-hour Services</b>	Healthdirect	1800 022 222
	Tresillian	1800 637 357
	Lifeline	13 11 14
	Mental Health Triage	1800 629 354
	Poisons Information	13 11 26