

Newsletter

Issue #19 Term 1 2011



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



Committee Members and Contacts

President	Kellie Edwards	6292 2837
Vice President	Vacant	
Secretary & Public Officer	Nikki McDonald	
Treasurer	Kylie Foley	6291 7995
Ordinary Committee Members	Katerina Simpson	0415 933 441
	Sarah Pruss	
	Rose Clarke	
	Belinda Gosden	

Coordinators

Membership Secretary	Kylie Foley	6291 7995
Newsletter Coordinator	Katerina Simpson	0415 933 441
Childcare Coordinator	Lis Stinziani	0400 306 836
Venue Coordinator	Kellie Edwards	66292 2837
Grants Coordinator	Katerina Simpson	0415 933 441
Programme Coordinator	Rachel Dunne	
Community Arts Project Coordinator	Jenna Jacobs	
Publicity Coordinator	Gaetane Burkolter	
Web Master	Kym Schmid	
Asset Manager	Katerina Simpson	0415 933 441
Librarian	Belinda Gosden	

Message from the President

It's hard to believe we are already over halfway through 2011! The shortest day is behind us but I think there are a few more chilly nights to come.

As many of you are aware, our President Jess O'Meara has resigned due to work commitments and I have taken on the President Position until the AGM in Term 3. Trish Reeve and Natalie Rose have also stepped down from the committee due to family and work commitments and Maya De Mattia has returned to study. I would like to thank all of these ladies for their contribution to BWG and wish them every success for the future.

I would also like to extend a heartfelt thankyou to Kylie, Rachel, Nikki, Katerina and Liz for their continued support as part of the BWG committee and to Jenna, Gaetane, Sarah, Rose, Belinda and Carolina for joining and taking on co-ordinator roles. Many hands make light work and it is great to have you all on board.

As you will read in the newsletter we have had lots of amazing sessions this term as well as holding our 3rd annual Women's Gathering at the Tuggeranong Southern Cross Club. Many thanks to everyone who helped to make the day a success and to Maya for her work on our BWG Cap project, producing the financial year calendar that was distributed in the "goodie bags" at the Women's Gathering. I'm sure you will agree it was a very professional job.

Our Term 3 Programme has something for everyone and will also see the commencement of your new CAP project making blankets and a scrapbook about ourselves for mothers and children in Northern Vietnam.

Jenna Jacobs is co-ordinating this project and will deliver the items when she goes to Vietnam next year as part of a Community Aid Project.

Term 3 will also include the AGM for the Brindabella Women's Group and I have included a brief blurb about each of the committee and co-ordinator positions. I would encourage you to have a think over the holidays and

consider joining, it really is a wonderful supportive group and not all work (as evidenced by our recent dinner out and Goodberry's dessert party) it also looks great on a resume for anyone thinking of returning to the workforce. Please come and have a chat to me or another committee member or send me an email if you are interested in being involved.

Well, I think that's about enough from me. Enjoy the holidays, don't work too hard and stay warm.

Kellie

Positions Vacant!

Gain some new skills, valuable experience while having fun!

BWG Committee Co-ordinator Roles

As you are all aware, we receive funding from ACT Health to run the group as it is recognised that the BWG is a fantastic way to connect mothers with small children, reduce social isolation and maintain good mental health. In order to ensure our continued funding we need to make sure we have a committee in place to run it.

Being part of the committee is not an arduous task if everyone does a little bit. We are all in the same boat with small children and a great many demands on our time and attention so supporting each other comes with the territory. We have also instituted a "Gentlewoman's Agreement" which basically says that if you really don't have capacity to take on a job, don't. If you do, that is fantastic and if you did and then everything suddenly goes to custard (which is not uncommon - at my place anyway) just let others know as soon as you can so that tasks can be redistributed and deadlines are not missed.

Below is a very brief outline of the various committee and co-ordinator positions (I have a more detailed one that I will bring along to the group next term if you would like to have a closer look at it) and all of the current members would happily provide a handover and ongoing support if required.

Office Bearer Positions

President

Captain of the BWG ship supported by the other committee members, responsible for the week to week running of the group, liaising with funding providers, monitoring and responding to group emails and ensuring that deadlines for reporting, newsletters etc. are met. This position also comes with a laptop to assist with duties.

Vice President

Supports the President and assists with their duties as required.

Secretary

Takes minutes at meetings, looks after correspondence. We have 2 meetings each term and the day and time of these is negotiated by the committee as to what suits best. This position also comes with a laptop to assist with duties. Secretary is usually also the Public Officer liaising with the Registrar General's Office following each AGM regarding Committee make up.

Treasurer

Responsible for banking money from sessions, looking after the budget, paying presenters and preparing information for the end of financial year audit and funding reporting documents. A laptop with the required software is provided to assist with duties. This may also include the Membership Secretary role ensuring that new members are added to the mailing list.

Ordinary Committee Members (4)

These members may or may not hold a Co-ordinator position but attend meetings twice a term and have voting rights. A minimum of 4 members (office bearers or ordinary committee members) are required at each meeting to have a quorum and enable a vote to be held. Any BWG member is welcome to attend Committee Meetings but they are not able to be included in a vote.

Co-ordinator Positions

These are not necessarily Committee Positions although some committee members may also take on Co-ordinator roles (if this is not the case a Co-ordinator would not need to attend the Committee meetings but would need to email a report through for them).

Grants Co-ordinator

Put together twice yearly reporting to ACT Health (there is a proforma for this and much of the information is already in place).

Publicity Co-ordinator

Identifies ways of advertising the group and our special events works in with Webmaster and Newsletter Co-ordinator to ensure things are up to date and that distribution and membership lists are current.

Programme Co-ordinator

Assists members to brainstorm possible topics for future sessions and vote on these. Organise presenters to run the relevant sessions based on the topics that receive the most votes. Write up the programme ready to be included in the BWG Newsletter.

Venue Co-ordinator

Liaises between BWG and the Chisholm Community Centre House Manager for any issues. We have had an ongoing rental agreement with Chisholm for several years and plan to continue this.

Childcare Co-ordinator

Liaises between BWG and our childcare provider Kid's Fun Club for any issues. We are currently finishing off our memorandum of understanding which will greatly assist this role.

Newsletter Co-ordinator

Compile session write ups and articles, photos etc. to produce our BWG newsletter which comes out in the school holidays at the end of each school term. Email this out to our mailing and distribution lists. Our Newsletter Co-ordinator is also the designated photographer and the guardian of the BWG digital camera.

Morning Tea Co-ordinator

Ensure there is milk and biscuits at the group using the money from the 50c contribution each member attending makes weekly.

Librarian

Keep track of the books we have in our library and who has borrowed what. Katerina and Belinda have put together a comprehensive list and a folder of photos so it is easier to see what we have.

Webmaster (Web-mistress?)

Ensure BWG website is kept up to date - assistance in learning the software is available.

Community Arts Co-ordinator

Co-ordinates the current project and arranges sessions, funding and project launch with the relevant committee members and the wider membership. Jenna Jacobs has dibs on this one for our upcoming project.

Please feel free to come and chat or send me an email if you are interested or want to know more.

Thanks

Kellie

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)
- Please note that children **must wear shoes**
- 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.

Light bulb moment:

When sweet baby will not stay still for nappy changes.....

try hanging a balloon from the ceiling (the long worms work well), they will be mesmerized and before you know it their nappy has been changed. For those really resistant tikes, try leaving a long dangly string they can almost reach..... and good luck :)

(discovered this by accident during my older Owen's birthday, when I realised Jacob's nappy change had only taken a jiffy instead of the 5 minute world wrestling pin down:) **Katerina**

Items for Sale:

Please submit any items for sale to:

Katerina

[saharabreeze@me.co](mailto:saharabreeze@me.com)

[m](mailto:saharabreeze@me.com) on the last week of term

1. Call Karen on
0406 386 979.

Indoor trampoline with handle suitable for child up to 3 years old \$20

Fisher Price Little People garage with 3 cars and figures \$20

Handmade Australian animal mobile with 7 animals \$15

Lino cutting tools and frame for holding lino free

Items from a smoke and pet free home.

2. Call Katerina on
0415 933 441.

Breast feeding pillow with back support in excellent condition \$45

Travel cot barely used \$50

Arms reach co-sleeper in excellent condition - brilliant for breastfeeding or keeping bub close \$345

Brindabella Community Arts Project - For Term 3 2011

So this term I have suggested that our group donate time to create some useful and inspiring items for Sapa Learning Centre, Vietnam. The learning centre in Sapa provides accommodation and a positive learning environment where girls can gain skills to further life prospects. Many of the girls would otherwise have to be walking for hours to get back to the small mountain villages surrounding the relatively large town of Sapa in Vietnams North - close to the China border.

After communicating with the project manager in Vietnam and our group here in Canberra, we have decided that we could create two items to donate. The first project would be tie up flannelette blankets with hearts or stars blanket-stitched to one side. This is something our whole group can be involved in and perhaps someone has got skills to share with the rest of us i.e. - blanket stitching. We would hopefully be able to make at least one blanket each.

The other project for Sapa Learning Centre is a self published photo book. This would require everyone from the group to think about something important in their lives and find a photo that corresponds. Then you need to email the photo/s so that they can be compiled into a book. Also include any words that are special to you i.e. love, family, laughter. The book will show what we love about our families and teach simple words.

Any input would be greatly appreciated and I hope that everyone enjoys being a part of this wonderful and meaningful project.

Jenna Jacobs

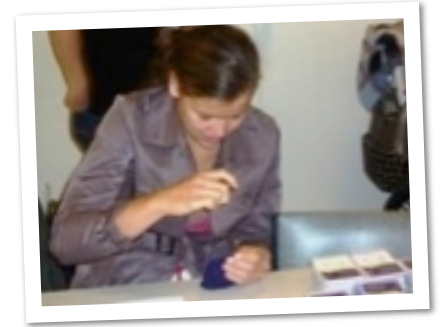
**“Kids spell love
T-I-M-E.”** – John
Crudele



(3RD MAY) WEEK 1 - BYO CRAFT!

The Women's Gathering was only 12 sleeps away and we still had a whole world of things to do. I came bearing 60 very flat chooks that needed to be filled with wheat and lavender ready for our "Chook Raffle". The session turned out to be nothing short of amazing with the wonderful ladies of the BWG rising to the occasion and setting up a production line that had to be seen to be believed. Some women were stuffing chickens (others ensuring that the lavender and non-lavender chickens were kept strictly separate). There were also the dedicated ladies matching names to chooks and performing our quality control – since the chooks are going to become airborne at the gathering the last thing we wanted were any holes! As we left for the morning it was with a spring in my step, people were taking chooks home to sew up and we were going to get there after all – I love it when a plan comes together.

Kellie



T



(10 MAY) WEEK 2 - WOMEN'S GATHERING PREPARATION I

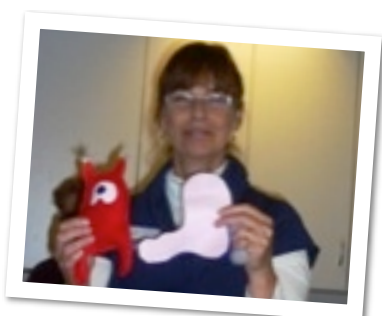
Today the girls had fun stuffing the goodie bags and pouring wheat into our chickens before sewing them up. I really enjoyed the fine needlework this involved. There was plenty of bantering in between sewing and scooping up Jacob who seemed to want cuddles instead of allowing me to play with those cheeky chickens.

Katerina

(17 MAY) WEEK 3 - WOMEN'S GATHERING PREPARATION II

We finished off the chickens for the women's gathering. We prepared the bags that are going to be handed out, we also sat around and chatted over tea and biscuits.

Alison



(24 MAY) WEEK 4 - FELT, FELT, FELT! - KAYE LISTER

For today's session the group made felt monsters with Kaye. It was fun to cut out the brightly coloured felt and watch our monsters come to life! Our talented mums showed lots of creativity and flair with their creations and we all enjoyed the relaxed morning chatting and laughing together.

Maya

(31ST MAY) WEEK 5 - REFASHIONING OLD CLOTHES - JEN LEHENY

During the session today the group got some great ideas on how to refashion our old clothes with Jen . Some people bought in specific items they wanted ideas with, and other members just asked for suggestions as the session went on. We all got some excellent ideas and can't wait to get creative! The mums also came with with suggestions for activities for next term's calendar. There were a lot of ideas being thrown around! There were a few new mums who joined us today, and everyone had a great time chatting and catching up..

Sarah



(7TH JUNE) WEEK 6 - RAG RUGS - KATERINA SIMPSON

Today was a very full class, full of keen mums to get started with our rugs. A mix of fabrics and ideas started off very well amidst lots of chat. Crocheting, knitting or tying knots to make a rag rug kept us all busy and time flew by. Progress was steady and kept Katerina veery busy and she was patient and made an awesome teacher. Hopefully we get some finished and can show off our fab new designs.

Kate



(14TH JUNE) WEEK 7 - MIXED MEDIA ON CANVAS - KAYE LISTER

Today we did some creative work mixed media. A lot of cool creative work came out of the moms. The teacher was very patient with us giving a lot of tips here and there. She also gave us information on were we can purchase the material we can continue our work at home. A lovely day indeed.

Nessie



(21ST JUNE) WEEK 8 - BUTTON NECKLACES - RACHEL DUNN

Today we made button necklaces and some button key rings, they looked fantastic and we can't wait to wear them. Thank you to Rachel for All your help.



**(28TH JUNE) WEEK 9 - SCRAPBOOKING, CARD MARKING,
SHRINK DINKS & STAMPING - RACHEL DUNNE**

This was one of the rare Tuesdays where I had a break from work and could come back to BWG for some well earned craftiness. I had a blast making a couple of shrinkie dinks. They really are amazing. You draw on the shiny side then can colour on the rough side. I used texta and chalk. When you're done decorating you heat them with the heat gun, or put them in the oven, and that's when the magic starts! They curl over and start shrinking up and we started stressing that they wouldn't open back up... But they do!

There were also scrapbooking materials and stuff to make some gorgeous cards - a dragonfly one and a yummy cupcake one. I did the cupcake one. Our very own Rachel gave us all a chat on basic scrapbook design as well as info on how to do the shrinkies and cards. I of course missed that bit - I was too busy getting a coffee!!!!!! Lucky all the BWG ladies are so happy to share what they have learned and caught me right up.



Kym



**(5TH JULY) WEEK 10 - DEALING WITH THE STRESS &
PRESSURE OF PARENTING - MICHELE BOLITHO**

Michele's talk was very interesting and insightful. A lot of women showed up, we shared some yummy food and learnt a lot about loving and nurturing ourselves and our inner child.

Alison

**“We are apt to forget that children watch
examples better than they listen to
preaching.”
- Roy L. Smith**

2011 Women's Gathering

The Brindabella Women's Group was proud to host our 3rd Annual Women's Gathering on the 23rd of May thanks to a generous grant from the Tuggeranong Southern Cross Club. Our theme for the day was that "Motherhood works best when played as a Team Sport". Fifty women attended the day and we received lots of positive feedback.

Mary Pekin from Relationships Australia spoke to the topic that "We're all in this Together" and the effervescent Jules Tarrant talked about the different personality types and the valuable skill set that each brings to the larger "Motherhood Team".

The Chook Raffle was a fun way to give away prizes from our wonderful sponsors and it was great to see how attached people got to their chooks throughout the day. The chooks also found themselves performing death defying stunts as they were balanced, thrown, caught and inevitably dropped during personal trainer Jackie Yow's "Bean Bag Blitz" session.

Kaye Lister facilitated a craft session with each woman contributing a piece to a quilt that Kaye will assemble for us - a testament to the great things we can do when we all work together. The day concluded with a chill out session facilitated by our own Rachel Dunne. Who would have thought that an hour to yourself to read a magazine, paint your fingernails, chat, eat chocolate, write a letter, do a puzzle or even colour in could be so wonderful!

Some of the comments from the evaluation sheets are noted below.

- was a great 'collection' of women - diverse ages, backgrounds, circumstances
- Very inclusive
- Great fun
- Will try to attend some BWG Tuesday sessions
- Brilliant food & price & fun!
- It was a wonderful event & a credit to all the organisers
- Fantastic day. Opportunity to take time for me and assess where life is up to and how I can improve my relationships with my kids and partner. How I can be a better balanced mum, recognising my strengths and weaknesses
- This was my second gathering. As before, it was a thoroughly enjoyable day. I felt validated, enlightened, supported, connected and refreshed. What a great opportunity for reflection and for communing with other mums. The presenters were fantastic. I especially enjoyed the beanbag exercises and, as before, Jules was wonderful. Always thought provoking.
- Excellent. Keep up the great work of this forum:-)

Congratulations to everyone who helped to make the Women's Gathering a success - well done team!



Editor's Note:

I just love how the group is expanding and growing. It has been wonderful to make so many new friends! Last term was so much fun, especially at the women's gathering and I seriously cannot wait to do shrinky dinks again first week back - yay!

I have added a couple of new sections, 'items for sale', 'things to do with the kids' and 'light bulb moments.' Please don't hesitate to send me contributions to either. Like the motto at the women's gathering - Motherhood is a team sport. Even though our children don't come with a manual it doesn't mean we all don't have a piece of it. I am extremely thankful for all that I learn from the women at BWG, especially when I am struggling with a new issue such as behaviour issues. I have included what I now call my serenity prayer and hope that it touches you like it did me.

A mum's Serenity Prayer

If I had my child to raise over again.....

I'd finger paint more, and point the finger less.

I'd do less correcting and more connecting.

*I'd take my eyes off my watch, and watch with
my eyes.*

I would care to know less, and know to care more.

I'd take more hikes and fly more kites

I'd top playing serious, and serious play

*I would run through more fields and gaze at
more stars.*

I'd do more hugging, and less tugging

*I would be firm less often, and affirm much
more.*

I'd build self esteem first, and the house later

*I'd teach less about the love of power, and more
about the power of love*

Diane Loomans

Craft and Laugh!

whether you are crafty and gifted or creatively impaired

or for those of us who just need some great company, a cuppa and a 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

2011 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 Kellie on 6292 2837.

26 th July	<p><u>Shrinkies, shrinkies and more shrinkies</u></p> <p>After an extremely popular session last term we are going to extend our shrinky dinks work and look to create our own embellishments for cards, scrapbooking and crafts. <i>No experience necessary. New comers <u>always</u> welcome.</i></p>
2 nd August	<p><u>Tree of life</u></p> <p>After being such a popular session in term 1 we are going to spend another day creating these gorgeous beaded wire pieces. All materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
9 th August	<p><u>Taking better photos of children – with Hilary Wardhaugh</u></p> <p><i>Hilary Wardhaugh from hilary wardhaugh photography is coming to teach us how to make the most of our cameras, and how to take better photos of our gorgeous children. Please bring along your camera.</i> <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
16 th August	<p><u>BYO Craft</u></p> <p>This is a great opportunity to catch up after the break and finish off any of those craft projects that you might have around the place, we will also be exploring our craft shed and no doubt discovering some fabulous materials to be used in future sessions. Or feel free to come along, and just enjoy a hot cuppa. <i>No experience necessary. New comers <u>always</u> welcome.</i></p>
23 rd August	<p><u>BWG Annual General Meeting & No bake Slice – no bake & share</u></p> <p>I know meeting = boring, well although it is essential to the continued running of the group ,it only takes up a fraction of the morning with the rest of the session to be spent on enjoying some yummy morning tea. We are asking people to make (not bake) their favourite no bake slice and bring it along with a copy of the recipe to share with other members. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
30 th August	<p><u>Community Arts project - blankets</u></p> <p>Come along and create a beautiful blanket to go to a mother in Vietnam. Our own Jenna is heading over to vietnam to do some grassroots volunteer work & has inspired us to make some blankets for her to take over and hand out to mothers and families. All materials supplied. <i>No experience necessary. Newcomers <u>always</u> welcome.</i></p>
6 th September	<p><u>Community Arts project - blankets</u></p> <p>Come along and create a beautiful blanket to go to a mother in Vietnam. Our own Jenna is heading over to vietnam to do some grassroots volunteer work & has inspired us to make some blankets for her to take over and hand out to mothers and families. All materials supplied. <i>No experience necessary. New comers <u>always</u> welcome.</i></p>
13 th September	<p><u>No fuss kids costumes</u></p> <p>Come along and share some ideas for kids costumes that you can pull together in a few minutes. Anyone that has realized the night before dress up day that they need a costume is sure to relate. <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>
20 th September	<p><u>Yoga</u></p> <p>Come along and enjoy some relaxing, invigorating yoga. Enjoy the benefits of deep breathing, stretching and mediation. Wear comfortable clothes. <i>No experience necessary. Newcomers <u>always</u> welcome</i></p>

USEFUL CONTACTS

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

Parenting Skills and Child Health	Community Health Intake Social Work Service	6207 9977
	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 Social Work Service	6207 9977
	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