

Newsletter

Issue #22 Term 4 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 2011/2012

President	Bianca Williams
Vice President	Rose Clarke
Secretary	Vacant
Treasurer	Sarah Pruss
Ordinary Member	Gaetane Burkolter
Ordinary Member	Jenna Jacobs
Ordinary Member	Kirsty Holt
Ordinary Member	Katerina Simpson
Childcare Coordinator	Vacant
Venue Coordinator	Vacant
Newsletter Coordinator	Rose Clarke
Website Mistress	Rose Clarke
Programme Coordinator	Gaetane Burkolter
Community Arts Coordinator	Jenna Jacobs
Funding Coordinator	Lis Stinziani
Publicity Officer	Vacant
Morning Tea Coordinator	Vacant
Membership Secretary	Vacant
Women's Gathering Coordinators	Jackie Yow and Katerina Simpson

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

President's Message

Happy New Year!

I hope everyone had a happy and safe Christmas/New Year holiday period. I am looking forward to seeing all of you from the 7th of February this year and of course, don't forget to invite friends along as newcomers are always welcome.

The end of the year can herald a change for some members into a new phase of life. Kylie and Rachel will be moving on this year as their children are older children and work/study calls, and Belinda will be moving to Perth. On behalf of the committee I would like to thank them for their efforts in making the group such a huge success. We hope they will make 'special guest star' appearances from time to time. We also temporarily bid farewell to Jenna who is bundling up all the lovely blankets we made and taking them off to the Sapa O'Chau Centre in Vietnam. Please read more about Jenna's adventures in her write up below.

A big thanks to Gaetane who has been working really hard on putting together a fabulous program for us. I am looking forward to making buttons and, no doubt, we will all be learning something new at the same time as having a well earned break. Which brings me to vacancies... if one of your new year's resolutions was to volunteer, I hope you will consider joining the team at BWG. Volunteering for BWG not only gives you the opportunity to work as part of a great team and give back to the community, it also gives you the chance to update your C.V. From time to time our volunteers are also provided with training opportunities. Current vacancies are: Secretary, Program Coordinator, Childcare Coordinator, Morning Tea Coordinator, Venue Coordinator, Membership Secretary and Publicity Officer. All the details are on page 5 of this newsletter.

On October 24 last year we were delighted to be given the opportunity to undertake an interview with Minister Burch on her "Community Champions" morning radio segment on Valley FM. I went along and was able to play some songs selected by committee members including "Accidentally Kelly Street" by Frente and "Gotta Be" by Des'ree. We are very grateful to Minister Burch for this a wonderful opportunity to let the general public know a bit more about our group.

Another occasion to let people know a bit more about our group was on Wed 12 October when I attended the Women's Centre for Health Matters (WCHM) Peer Support Showcase. As part of the showcase, BWG had been invited to contribute artworks we had created that reflect our experiences of peer support. This afforded us the chance to display our "Motherhood works best when played as a Team Sport" quilt (pictured right) which was produced by participants of our 2011 Women's Gathering. I was also proud to see our calendar on display and that our "Women's Gathering" bunting was given pride of place at the entrance to the showcase. It was fantastic to see what other women's peer support groups in Canberra have made and to learn a bit more about the other groups. I have included a link below to some papers on peer support launched by WCHM in case you would like to read more. We also have hard copies of some of the reports at Chisholm Community House.



<http://www.wchm.org.au/WomenMentalHealthPublications.html>

Speaking of informational handouts, we recently received pamphlets outlining the new ACT Charter of Rights for People who experience Mental Health Issues. The Charter has been designed to promote the rights of people who experience mental illness in the ACT and it details service expectations. If you know someone who is experiencing mental health issues (eg. Post natal depression, anxiety, etc.) you may wish to grab a copy for them from our pamphlet folder at Chisholm Community House. Alternately, I have added a link to the charter below.

<http://health.act.gov.au/health-services/mental-health-act/charter-of-rights>

I am sure you will all join me in thanking Rose for all of her efforts in putting this newsletter together. I hope you enjoy reading it.

Best Wishes,

Bianca

BWG President



BWG ladies getting our hands dirty at the gardening session!

BWG Co-ordinator Positions Vacant

If you would like to take on one of these roles or just find out a little more, speak to a committee member at the next meeting or call Bianca on 62 88 45 39 or email:

brindabellawg@yahoo.com

Secretary

Keep minutes of all proceedings including elections and appointments at meetings - committee, Special and AGM

Record names of committee members

Deal with correspondence

Have custody of the books

Childcare Coordinator

Liaise with the childcare provider

Liaise with the childcare team leader

Liaise with BWG members about any issues and keep members informed of any changes

Ensure the carers have the consumables they need

Venue Coordinator

Liaise with the venue manager

Liaise with BWG members about any issues and keep members informed of any changes

Be responsible for keys

Ensure that the venue is clean after use

Maintain an inventory of items owned by the group

Program Coordinator

Organise the program for each term, liaising with Grant Coordinator and Treasurer to ensure program meets funding and legal requirements

Distribute program to Newsletter Coordinator and Publicity Coordinator

Facilitate the group in choosing Sessions for the following term

Phone presenters before their session to confirm arrival times and needs etc
more detailed information (program)

Publicity Coordinator

Coordinates publicity for the group

Ensures service providers receive electronic newsletter and/or flyer

Ensures our website is kept up to date

Coordinate publicity for any arts project launches

more detailed information (publicity)

Membership Secretary

Membership list up to date including member's contact information and fee payments

Produce mailing labels for newsletters and other correspondence

Combines nicely with either Secretary or Newsletter co-ordinator

2011 Community Arts Project - Tie-Up Blankets for Sapa OÇhau Centre for Education and Community Development in Vietnam

This year BWG Committee member Jenna Jacobs organised for the group to make tie-up blankets for her to take to a centre in Vietnam. Here is what she had to say:

"Brindabella Women's Group has recently had a Community Arts Project that involved the making of tie-up blankets. The idea for this project has come about due to my future volunteer placement being at Sapa OÇhau Centre for Education and Community Development. The centre helps the disadvantaged youth of the region and provides accommodation for students from outer regions of Sapa, Vietnam. Winters in Sapa are particularly cold and blankets will be a much welcomed addition for the centre.



The making of the blankets firstly involved the sourcing of fleece material in bright colours and patterns. Then during our Community Arts sessions we all contributed by cutting blankets to size, cutting strips along the edges and finally tying strips together to create a two layer blanket. A few members were very creative and blanket stitched some objects onto some of the blankets. The finished products are bright and warm and very funky!



The Group will also be contributing photos so that a photo book to illustrate life in Australia and particularly life for women can be created and presented to Sapa OÇhau. This book will show them who we are and hopefully begin a relationship between the centre and our community here in Australia. While in Vietnam I hope to stay in touch with Brindabella Women's Group through a blog and email."

Jenna e-mailed to say she has arrived safely in Hanoi and is journeying on to Sapa now!

Keep up with Jenna's blog at <http://sapaochauvolunteer.blogspot.com/>

Annual General Meeting 23rd August 2011 Outgoing President's Report

As many of you are aware this year has been a somewhat disjointed as far the BWG Committee went. Our President, Jess O'Meara resigned in May due to work commitments and I stepped into the President position until the AGM. Several other ordinary Committee members including Trish Reeve and Natalie Rose also stepped down due to family and work commitments and Maya De Mattia has returned to study. A high turnover of members is part of the reality of mothers with young children and I would like to thank all of these ladies for their contribution to BWG and wish them every success for the future.

I would like to extend a heartfelt thank you to Kylie, Rachel, Nikki, Kat and Lis 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 Caretaker President, and as part of the BWG committee, we have endeavoured to tie up as many loose ends as possible to ensure an easy handover to the incoming committee. Our achievements include:

- A budget in the black
- The holding of another successful Women's Gathering in May 2011
- Funding from the Canberra Southern Cross Club to hold our 2012 Women's Gathering
- Completion and distribution of our BWG Calendar (Community Arts Project)
- Commencement of our new Community Arts Project making blankets for mothers and children in Northern Vietnam
- The reorganisation and construction of shelving in the Chisholm Community House Shed to hold our equipment and craft supplies.
- Ongoing venue and childcare provider arrangements with Chisholm Community Centre and Kids Fun Club respectively.
- Memorandum of Understanding between BWG and Kids Fun Club is almost complete

The current office bearers have been involved with the group in varying roles for several years now and although we are all stepping down we will continue to be available to support the incoming office bearers. I think Brindabella is an amazing group and in order to keep it going we need a committee to run it, I have circulated the various positions and what they involved in the newsletter.

Being on the committee gives you the opportunity to gain new skills, spend time with a great bunch of women and it also looks fantastic on a resume so I hope you all put your hands up to join.

Kellie

Child Friendly Recipe: Store Cupboard Cookies

This is my absolute go-to cookie recipe. I've made these with Rowan on countless rainy days, it's robust enough to handle child mixing and measuring, and making and eating them keeps him quiet for some time! It's completely adaptable and I always have the ingredients sitting in the cupboard. If you use dairy free chocolate or carob chips or exchange the chips for nuts it's vegan, and as it doesn't use butter it's perfect for spur of the moment baking.

- 2 cups plain flour
- 2 tsp baking powder
- ¼ tsp cinnamon
- ½ cup chocolate chips
- ½ cup vegetable oil (grapeseed or peanut are good)
- 1 cup dark brown sugar
- ¼ cup water
- 1 tsp vanilla essence

Heat the oven to 190°C

Put the oil and sugar in a large bowl and whisk well until the mix has lightened slightly. Add the water and vanilla essence and whisk again.

Add all your dry ingredients to the oil sugar and water mix and stir until you have a thick cookie dough. You want it just sticky enough to form balls but not wet or they'll lose their shape in the oven. I find if when I roll some into a ball the mix sticks to my hands, that's too wet and I add a little more flour.

Roll walnut size balls and place on a baking sheet lined with baking paper, squashing the ball slightly to make more of a cookie shape.

Bake in the oven for 10 minutes at 190°C.

Leave them to cool of the tray for a few minutes before transferring them to a cooling rack. They are very soft straight out of the oven but harden up once cool.

What I like best about these cookies is that it really handles being tinkered with. Try replacing the chocolate chips with chopped nuts, chunky peanut butter or raisins or swap a couple of tablespoons of the flour for the same amount of cocoa powder. The possibilities are endless!

Enjoy!
Rose



Doing the dishes in his own special way...

Go for 2 and 5 campaign:

<http://www.gofor2and5.com.au>

Raising Children Network has nutrition advice for children organised by age group:

<http://raisingchildren.net.au>

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



TERM 4 SESSIONS:

WEEK 1 - INTRODUCTION TO GARDENING

What a great start to the term, inspiring us all to get out into the garden and make a little corner of it our own. I loved the message that tending a garden is like tending the soul, it can de-stress and provide long term satisfaction. A big thanks to Bunnings for providing us with all the gear for this session.



WEEK 2 - CANDLE MAKING

Today the lovely Kaye Lister introduced us to the joys of candle making. We had the choice of learning to make beeswax candles, which ticked all the boxes of being quick, easy and gorgeous gifts or the more involved option of "dipping" which required more patience to build up the layers of hot paraffin wax on a wick. This technique resulted in several "interestingly" shaped candles and a lot of giggling from otherwise reasonably sensible women! A good time was had by all.



WEEK 3 - REFASHIONING; MAKING BAGS AND CUSHIONS OUT OF OLD CLOTHES

We got a lot made in the refashioning session, there were a lot of great ideas bouncing around for using all those pairs of worn jeans, stained tops and off cuts of fabric. Gaetane finished this fabulous bag for her niece - job well done!!



WEEK 4 - NO SEW BLANKETS & BWG COMMITTEE MEETING

As well as the committee meeting, we continued with the no-sew blankets for Jenna's CAP project this week. Check out Jenna's blog to keep up to date with her Vietnam trip:

<http://sapaochauvolunteer.blogspot.com/>



WEEK 5 - SILK PAINTING

This was the first time I've tried silk painting and it was really fun to do. Many of the group did Christmas themed pictures for cards or framed gifts. As usual there was plenty of chat and laughter with Kaye, I'll be voting to do this again!



WEEK 6 - CUPCAKE CUTIES

Decorating the cupcakes was so much fun, everybody let rip with their icing and came up with fantastic designs! There were a lot of happy small faces when the kids saw what we'd been up to...



WEEK 7 - CHRISTMAS CARDS AND DECORATIONS

I always dream of hand-making Christmas cards but, in reality, most years I am lucky to scribble on a shop bought one... and then I forget to send it on time. So this year, with a child on my lap and my expectations quite low. I learnt to make a deceptively simple 3D Christmas Tree card which actually looks quite impressive. Now I just have to go home and whip up another 50!



WEEK 8 - REFASHIONING; TURN A MANS SHIRT INTO A LITTLE GIRL'S DRESS

This idea for turning old work shirts into girls dresses is great. Several members made alternative items out of their shirts including sleep sacks! There's so much sewing talent in the group, it was an inspirational session.



WEEK 9 -FRAMING TECHNIQUES

Again Kaye showed her amazing talent for spotting a crafting opportunity with her great ideas for framing. Not only did she talk over the basics of converting a plain cardboard frame into a tailored surround for our favorite pictures but she inspired us to get creative in finding unusual second hand or discarded items for our pictures like old mirror frames or even small windows. A great kick start to getting more pictures on the wall!



WEEK 10 - BWG CHRISTMAS PARTY!

Ah the end of term and time to relax with the Christmas lunch. The children loved their visit from Santa and we all shared a good yarn and a great lunch. What a good end to the year!

Editors Note

Looking back on all the fab sessions we had in 2011, it's hard to imagine how we'll come up with anything to match in 2012. Fortunately, Gaetane has worked really hard for us to line up another fantastic program for term 1. It's on our website here:

<http://www.brindabellawomensgroup.org/calendar/>

Our gardening session at the beginning of term 3 inspired me to get serious about my veggie patch, we're now eating home grown tomatoes, zucchini, and chillies in addition to the herbs we took home. Check out Jackie's great gardening ideas on page 12 - if you need a kick start for the new year, this is it!

I hope you give the cookie recipe a go on page 8, it's a really simple recipe to do with the kids and I believe any opportunity to get children used to helping in the kitchen should be grasped! What's your favourite kid friendly recipe?

Let me know your views and ideas for the newsletter, your input is very much appreciated!

See you all next term!

Rose

Small Garden Ideas by Jackie Yow

Don't be put off if you haven't the room for big veggie beds. Any space you can convert to a productive garden is a bonus for your health and wellbeing. Its better to start with one small bed and add to this as you become more confident and addicted!

Easy options are a series of small beds that are compact but have a good soil depth or large pots. The key is to use a mix of compost (start your own compost or worm farm), pulverized or well rotted animal manure and a good soil. Lucerne is great mulch and rots down to improve the soil. Sugar cane and pea straw are also useful.

Making a small bed: Use either treated timber (line the sides of the bed with heavy duty plastic to help reduce the risk of arsenic absorption especially in root crops!) hard wood or corrugated metal. All veggies will thrive with a minimum of 7hrs sun, a north facing aspect is best and morning sun is preferred especially in the winter months.

Planting Now - February.

Beetroot, Carrots, Spinach, Lettuce, Coriander, Chives, Pak Choy, Fennel and Spring Onion!

Planting herbs and flowers amongst your veggies is a great way to help prevent pests.

Nasturtiums have a strong smell that can confuse slugs and insects, aphids love them and will eat them instead of your veggies.

Basil helps to deter mosquitos and flies - great by your entertaining area in pots.

Plant chives and garlic chives with strawberries and lettuce to deter green fly - chop chives up in salads or omelets. The flowers of chives and garlic chives are beautiful too and can also be added to salads.



Water plant daily when seedlings and less as they grow - water established veggies deeply making sure you are wetting all the way to the roots and not just the surface.

Gardening chemical free is much easier when crops are mixed in each bed. Mono cropping increases the likelihood of pests. Good websites to visit at www.cogs.asn.au/

<http://www.abc.net.au/gardening/> <http://www.diggers.com.au/>

Gardening is addictive and one of the most rewarding pastimes you can engage in.....start now! Please feel free to ask me any questions about growing veggies - I don't have all the answers!

Jackie

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 Katerina on 0415 933 441



BWG Ladies making cupcakes with Emma - there will be another cupcake session next term!

USEFUL CONTACTS

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

Parenting Skills and Child Health	Community Health Intake	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 686 268
	Therapy ACT (formerly CHADS)	6205 1246
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)	62885293
	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	02 9787 0855 NSW: 1800 637 357
	Lifeline	13 11 14
	Mental Health Triage	1800 629 354
	Poisons Information	13 11 26