

Newsletter

Issue #21 Term 3 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	Belinda Gosden
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	Belinda Gosden
Morning Tea Coordinator	Vacant
Membership Secretary	Belinda Gosden

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

Venue Co-ordinator

Liases 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

Liases 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.

Annual Women's Gathering Co-ordinator

Responsible for liaising with the venue staff and booking the event. Responsible for the coordination of presenters, volunteers and participants.

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.

Because we're worth it!

Firstly, I'd like to say a huge thank you to Kellie, Kylie and the outgoing committee for all their hard work and continued assistance in the (ongoing) handover process to the new committee. The assistance I have received settling into my new role has been above and beyond expectation and I wish them every success in the future. I would also like to thank everyone in the new committee for taking on their roles (and some even multiple roles). I look forward to working with you. And, of course, for those of you reading this who feel inspired to join the BWG committee, we still have a number of vacancies which are listed on page 2 of this issue.

Regardless of whether you have a formal role on the committee or not I would love to hear your input into the group. We are currently working towards complying with the National Standards for Mental Health and, with this, one important thing is to ensure all members of our group feel listened to and a part of the decision making process. If you would like to look at these Standards please look at the following link and feel welcome to forward suggestions to the committee as to how we can improve our service:

<http://www.health.gov.au/internet/main/publishing.nsf/content/mental-pubs-n-servstds>

In light of the move towards new standards, one thing we will be doing a little differently from now on is hosting one committee meeting per term during session time. I hope this new time for committee meetings will be well received and make life easier for all of us. I hope our committee members will benefit from being able to come to a meeting without travelling extra-over session times and without having children to watch at the same time. I hope also that all BWG members will become part of our decision making process. So during these meetings please feel very welcome to speak up at any time and let us know your views. By the same token, if committee biz is really not your cup of tea, you are very welcome to still attend the session, just bring your own unfinished craft object (UFO) to work on whilst we chatter on. Once the meeting is over we will join in with the craft and laughter also.

This term we will be tying up loose ends literally as we complete our Community Art Project of blanket making for mothers in Vietnam. Thanks so much to Jenna for arranging our CAP. I love the simplicity of this project. It is a mother to mother project which fits with our previous work (think hats for PANSI and toy blankets for Karinya House) and yet it is a very simple method that can be learned quickly. Having worked on some major CAPs with Majura I know how great the big projects can be but also how stressful and tiring they can be. By contrast this type of project is much less stressful but no less strong in its impact. Nice thinking, Jenna.

And speaking of simple things having a big impact ... the Women's Centre for Health Matters (WCHM) is hosting a showcase of peer support during Mental Health Week 2011. As part of this showcase, BWG has been invited to contribute artworks which we have created that reflect our experiences of peer support. With Kellie's assistance we decided to use the opportunity to unveil our quilt that was produced with the assistance of Artist Kaye Lister at our Women's Gathering in May this year. It is beautiful, made up of patches participants made on the day and embroidered with the words "Motherhood works best as a Team Sport." I am sure you will all agree that we couldn't have made something more appropriate for a peer support showcase if we had intended to! We thought we would also showcase our beautiful calendar and bunting which says "Women's Gathering." I think this was a fantastic opportunity for our group to remind Canberra (and ourselves) of the great work we do. Our work was on display with that of other groups on Wednesday the 12th of October, 10am - 11.30am, at the Legislative Assembly. We had a lot of positive feedback from the community.

Finally, as I have only recently joined BWG, I wanted to say a little about why I joined. Have you ever had one of those light bulb moments when someone asks you a question and you are surprised by your own answer as you realise that you had never really thought about the issue before? That happened to me recently but it wasn't just anyone I was speaking to but Nasreen Hafesjee on the "Yes She Can!" Multicultural Women's Program on FM 91.1. So there I was on live radio speaking about Brindabella Women's group and why I believe in it and I realised it was largely because I went to the 2010 Women's Gathering entitled "Because you are worth it!" Who else is out there telling mothers that? (I mean besides someone wanting to sell you a new hair or lip colour?) Well, the voices are few and far between but Nasreen and her co-host are part of a movement that wants women and mothers feel acknowledged and appreciated. I encourage you all to listen to

this radio program which is currently on Tuesdays from 2.00-3.00pm. I also hope that we will be able to post a recording of the BWG interview on our website in the near future.

The day I was interviewed we spoke about time management for mothers and the difficulties women face and I realised why I am so proud of BWG and so thankful for the opportunity to be President. I want to spread the message to other mothers of young children that they are worth it. Just by running our group each week we are saying to women: You deserve a break and you deserve to have a say in which leisure activity you want to do in that break: **“Because you are worth it!”**

Best Wishes,

Bianca

BWG President



Photography Session with Hilary Wardhaugh

You'll remember the morning we spent with Hilary last term when she showed us how to take better photos of our kids. Here's the photo of us all at the end of the session, check out the tips she sent through for us on our website:

<http://www.brindabellawomensgroup.org/assets/Uploads/howtotakegreatpicsofkids.pdf>

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

BWG Library

After a long and very welcome wait we finally have a fully organised and easy to access library. There are a great number of fabulous books and you can lend as many as you like for as long as you need. We have added a comments section so please leave a comment on your favourite bits of the book or improvements etc.

The books vary from wood working, self help, cooking, arts or just a laugh. We are happy to take any pre-loved donations or new books, just give them to me and I will photograph and add to our list.

I hope you enjoy them and we will be placing a couple on the table weekly for anyone to peruse and then hopefully borrow. Please ensure you fill in the folder on taking and on return.

Happy reading!
Belinda

BWG Library Book Review: Make Do and Mend



Former Deputy Editor of Elle Decoration, Katie Ebben, has put together this collection of ideas for refreshing your home and wardrobe.

Mostly sewing projects, she covers trimming, hemming and patching techniques in a range of projects from a table cloth made of hankies to making pretty patches (perfect for worn out children's clothes!). The name is directly taken from the 1943 UK Ministry of Information booklet which encouraged post war Britain to make better use of what they had and included marvelous tips such as this:

“Unwrap new soap and store it among towels and bedding. The soap will scent the linen and it will also harden making it last longer.”

which I've been doing all these years, unaware that I was following government advice! This more modern take on reinvention is less about thrift and more about making life a little bit more beautiful. It's a joy to browse through the lovely photography - take a look, it's in the BWG library!

Rose

Child Friendly Recipe: Veggie Egg Fried Rice

At the menu planning session last term we all had a good yarn about the constant struggle to get children eating veggies. As my children eat meat free they have little choice, but there are some dishes my 4 year old loves, and this is one of them.

half a cup of cooked rice
2 eggs
1 small carrot
1 small zucchini
a couple of spring onions
hard tofu (or meat of your choice)
frozen peas
soy sauce
sesame oil and plain vegetable oil

Make sure you have cooked the rice. Whisk up your eggs in a bowl, chop the spring onion up small and grate your veggies (not the peas). I used the smallest side of the grater for Rowan when he was little and he's now graduated to the chunky side. Cut up the tofu or meat into thin strips or small cubes.

Put a little veggie oil in your wok and heat until it shimmers then add your egg. Cook it as you would an omelette, and remove from the pan to a plate whilst it's still a bit runny as you're going to cook it a bit more in a minute.

Keep the wok hot, add more oil if you need to then throw in the tofu or meat and spring onions. Cook until just browning. Now add the peas and cook a little longer. Add the grated veggies and stir constantly as they may want to stick a bit, a splash of water helps to prevent this and gives them a quick steam.

When the veggies are soft put the rice and omelette in, stirring and cutting up the omelette as you go. You're basically warming the rice through and finishing the egg off.

Turn off the heat and add a few drops of sesame oil and soy for flavour. Serve! (we like it with seaweed sprinkles)

Of course you can use whatever veggies you have and can flavour it as you like, this is just the basic recipe. I use a little garlic and ginger which I grate on the finest side of the grater and add with the carrot and zucchini.

Enjoy!
Rose



There's always getting the kids in the kitchen. Here's Rowan organising zucchini before getting grating!

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 3 SESSIONS:

WEEK 1 - SHRINK DINKS

I have realised I am the shrinkie queen, like a child in a candy store, I thrived in in this session! We designed, we coloured, we created and then we hit them with the heat gun and prayed. This session was so much fun!

Katerina



WEEK 2 - TREE OF LIFE

I love this little project, not least because I can get it finished in one session, and it's a nice gift. We got to rummage through all our beads selecting colours and shapes to adorn the plaited branches of the tree. The end result looks lovely hung in a sunny window, I'll be making more of these at home!

Rose



WEEK 3 - TAKING BETTER PHOTOS OF CHILDREN

This was a fantastic session! How many times have we all grabbed the camera to take a shot of our kids and have not quite done them justice before the moment is gone and they're covered in mud and cranky (or is that just me?). Hilary gave us some basic tips on getting the light right fast, getting little one's attention and also some reminders on what to capture - those fingers toes and eyelashes that are so cute on babies. Don't forget Hilary's mantra: Print Them Out!!!



WEEK 4 -BYO CRAFT

Relaxing with a cuppa and an unfinished project (there are so many)!



WEEK 5 - BWG ANNUAL GENERAL MEETING AND NO BAKE SLICES!

The new committee was decided whilst sharing our favourite no bake slices. See the committee list on page 2 to see who's doing what, please let us know if you'd like to take on one of the vacant positions!



WEEK 6 - COMMUNITY ARTS PROJECT

Today we created tie-up blankets from polar fleece material. Some members of the group also did applique onto one of the blankets. These blankets will be going to Sapa Cultural Centre in Vietnam. Thank you to everyone for contributing!

Jenna

WEEK 7 - COMMUNITY ARTS PROJECT

Today we continued making no-sew polar fleece blankets for Jenna to take to a community education centre in Vietnam. The centre accommodates and educates young children from outlying rural areas. We cut and tied two blankets and began the more delicate job of making and appliqueing cut outs onto them. There was plenty of chatting, coffee and cake to go along with our busy fingers - a lovely morning!

Gaetane



WEEK 8 - NO FUSS KIDS COSTUMES



This was a great discussion on how to make emergency last minute kids costumes. We all put forth our ideas and Kellie brought in some amazingly simple examples including a fairy skirt made from only ribbons tied onto a ribbon.

I couldn't help but share my story of the time my son went to Sparties and insisted on me purchasing him some "Harry Potter" glasses (or so he thought!) They were actually joke glasses and made his eyes look 3x larger, only he didn't realise until the kids teased him. Oh well I did try and tell him!

Bianca

(image from etsy)

WEEK 9 - YOGA

Dr Shari Read came in to show us how to relax and strengthen our bodies and minds with yoga. It appears my post baby body is in much worse shape than I'd thought! We did a selection of sitting and standing moves that gave a great introduction to yoga for those of us who hadn't done it before. I'll be signing up for lessons now!

Look up Shari's website for info:

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

(NO CATS WERE HARMED IN THE MAKING OF THIS SESSION!)



WEEK 10 - MENU PLANNING

Who doesn't get in a flap about what to feed the family? Katerina and Belinda's ideas and weekly templates were a great kick start to getting organised with meals and save money in the process. We all enjoyed their fab pizza's and dips they made too - delicious!

Editors Note

This is my first newsletter for the group so I hope you enjoy it! Term 3 was filled with plenty of inspiring sessions, now all I need to do is find the time to get my craft hat on!

Term 4 promises to be just as much fun with refashioning, candle making, gardening and more so remember to print out the programme for your fridge door, it's at the end of the newsletter and also online:

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

whilst you're there, pop over to the 'News' page in the members lounge for info and upcoming events:

<http://www.brindabellawomensgroup.org/members-lounge/news/>

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

See you all next term!

Rose

The Sounds of Brindabella

I recently asked members of the committee (and anyone else I saw at meetings) this question:

If Brindabella Women's Group had a theme song what would it be?

I suggested that the songs may be around the themes of domesticity, craft, mothering and children. An unexpected bonus was that it turned out to be a great way of getting to know members and how they perceive the group. Here are some of the suggestions (including some of mine):



Quote Unquote

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

~ Calvin Trillin

"If evolution really works, how come mothers only have two hands?"

~ Milton Berle

"Raising kids is part joy and part guerrilla warfare."

~ Ed Asner

"In general my children refuse to eat anything that hasn't danced on television."

~ Erma Bombeck

"A two-year old is kind of like having a blender, but you don't have a top for it."

~ Jerry Seinfeld

Recipe for the Perfect Family

© Katy

You will need:

- 1 large house
- 3-6 people, depending on how long you want to wait for it to be done
- 3 cups of pets
- 2 cups of patience
- 3 ounces of anger/frustration
- 3 quarts of laughter
- 4 teaspoons of trust
- And last but definitely not least,
Lots and lots of love

First, open the house, and make sure that it will be the right size for your family. Mix the desired amount of people with the pets, carefully so you don't damage them. In a separate bowl, stir the love and laughter together. Set aside. Taking each person separately, evenly distribute the patience and trust, making sure that each one gets an equal amount (Failure to distribute evenly may lead to different recipe! See recipe for "My impatient family" for details...). Carefully open the bottle of anger/frustration. Using a Q-tip, dab small portions of the anger/frustration onto each person. Lastly, take the love and laughter and sprinkle it all over the house, pets, and people. Let sit until all parts of the recipe are thoroughly combined, and voila! Your Perfect family is complete.

Source: [Recipe For Perfect Family, Funny Family Poem](#)

Bianca and I were talking about how every mum wishes she had more than one pair of hands - wouldn't life with kids be easier?!

The Hindu Goddess Durga is an embodiment of creative feminine force and exists in a state of svātantrya (independence from the universe and anything/anybody else, i.e., self-sufficiency) and fierce compassion. Durga manifests fearlessness and patience, and never loses her sense of humor, even during spiritual battles of epic proportion.

I'd say her description sums up the qualities of a great many of the mums I know, with or without those extra pairs of hands.



Hindu goddess Durga with 8 arms sits atop a tiger.

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)

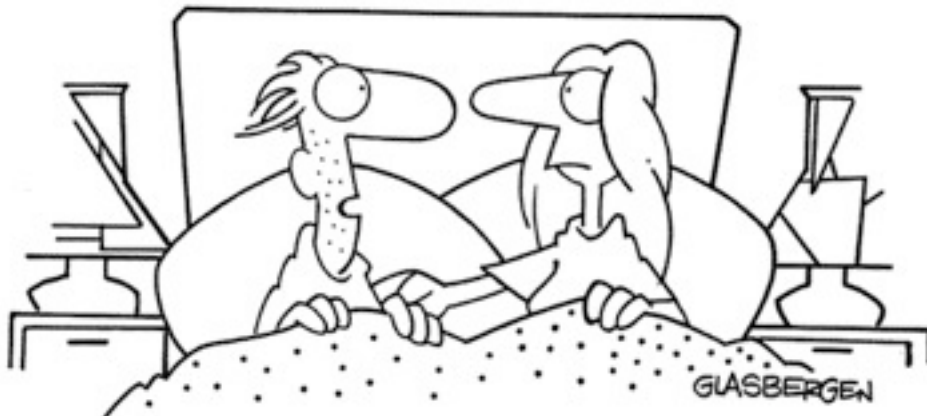
Time: 9.15am – 11.45am

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

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**“Let’s try getting up every night at 2:00 AM
to feed the cat. If we enjoy doing that,
then we can talk about having a baby.”**

Brindabella Women's Group

Social and creative opportunities for women at home with young children

2011 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.

18th October	Introduction to Gardening No hint of green on your thumbs? Come along and find out just how easy gardening really is. By the end of this session you will have some handy hints for gardening at your place (no matter how small the available space is), and the chance to pot up a planter of herbs, vegetables or flowers. No experience necessary.
25th October	Creative candles Learn repetitive dipping techniques and how to make a tapered candle, as well as a simple rolled beeswax candle. Bring some light into your home or add them to Christmas stockings! No experience necessary. Bring an apron if you have one.
1st November	Refashioning – turn unwanted clothes into funky cushions and bags Do you have a bunch of clothes stashed at the back of the wardrobe that you never wear but which are too 'good' to throw out? Join creative recycler Michele Grimston and find out how you can turn your pre-loved garments into amazing items for everyday use. BYO garments, trims, buttons, ribbons or anything else that takes your fancy. There will also be a stockpile of items for you to choose from. No experience necessary. Bring your sewing machine if you have one.
8th November	No sew' polar fleece blankets and BWG Committee meeting This will be a joint session. The BWG Committee will hold its first meeting for the term, showing everyone who is interested what is involved in the running of the group. At the same time we will be making no-sew polar fleece blankets to send to children in Vietnam. Learn to make these simple, warm and appealing blankets for yourself! No experience necessary.
15th November	Silk Painting Using silk dyes and cold gutta we will design and make an attractive silk painting – make it a gift for Christmas or a new baby, or simply to decorate your home. No experience necessary.
22nd November	Cupcake cuties Ice ice baby! Learn how to create cute cupcakes with a range of divine decorating techniques. Make that next birthday party or afternoon tea just a little more gorgeous! Bring a piping bag if you have one. No experience necessary.
29th November	Christmas cards and decorations Try out different techniques for making Christmas cards and make a simple but effective Christmas decoration out of felt – light enough to put in the post, perfect for the Christmas tree. No experience necessary.
6th December	Refashioning – turn a man's shirt into a little girl's dress Ever looked at a man's business shirt with soiled collar or cuffs and felt it was a shame to throw it away? We'll show you how to work with the body of the shirt to transform it into a charming sundress for a little girl. Bring an unwanted man's collared, long sleeve shirt if you have one. No experience necessary.
13th December	Framing techniques Got a photo or a piece of artwork you love but can't work out how to display it? Learn some basic techniques for framing, including frame styles and matt boards. Experiment with creative backgrounds to show off your artwork, such as fabric, papers and more. We'll look at how to put these together, how colours make an impact and where best to display your artwork. No experience necessary.
20th December	BWG Christmas Party Join us to celebrate the end of a busy year at our annual Christmas party, complete with Santa Clause! Please bring a plate of party food to share and a small gift (approx. \$5) wrapped and labelled with your child's name – it will be put in the Santa sack and presented to them by Santa himself. You can bring a craft if you like, or just relax and enjoy the festivities!

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