

Women's Irregular Periodical



Lismore and District Women's Health Centre Inc

OPENING NIGHT FUNDRAISER for the Women's Health Centre

What the Frock do we Know Now?

With The Frocks Deluxe

on International Women's Day

Wednesday March 8th @ 8pm at Star Court Theatre, Lismore

Tickets \$20—doors open at 7 pm

Tickets from Women's Health Centre or Caddies or at the door

WEAR YOUR MOST FABULOUS FROCK! (You too, boys!)

Performances on Thurs 9th and Fri 10th March Bookings on 6621 5600

or buy tickets at the door

Volume 4

March / April

- International Womens Day
- Bequests
- Council of Wome
- Chairpersons 'profile

**Lismore & District
Women's Health Inc.**

25 Uralba St

Phone 0266 219800

**Email:
karunaf@versa.com.au**

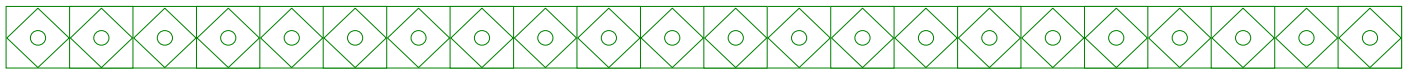


Filamena and Florence Frock are local ladies Gabrielle Griffin and Emma Newman, who use clowning, dance & puppetry to explore & perhaps even answer universal questions of universal womanhood. They are adding fresh spicy ingredients to their show in collaboration with their new Director Kelly Parry

Put your best frock on and head to the Star Court Theatre on Wednesday March 8th to celebrate International Women's Day with the comedy duo, The Frocks Deluxe.

Be part of this fabulous event on the day of the year when we acknowledge women's achievements.

Part of the profits will go to Lismore Women's Health. So you can have fun while supporting a great cause.



Celebrating International Women's Day

On International Women's Day Wednesday 8th March 2006 women around the world are signing on to the **Women's Call for Peace**. The **Women say No To War Campaign** will be launched Wednesday 8th marking International Women's Day celebrated all over the world in recognition of the positive contributions women make in our society'

IWD began in 1908 when female garment workers lobbied together to improve harsh working conditions in factories throughout Germany and the United States. The feminist movement has since adopted this day as a time to celebrate the many achievements of women everywhere.

IWD is an opportunity each year for women to come together and share their successes and difficulties, to tell their stories, laugh, be inspired by other women and recognize the many gains women have made in terms of their political status, health and well being as well as their struggles and successes in all fields of human endeavour, including sports, business, science, education and the arts.

So how can you celebrate this important day?

- Visit the information stall the Lismore & District Women's Health Centre will be holding at the Village Barrow in Magellan St. Lismore
- Get together with female friends and relatives, share a meal or a coffee
- Reflect on what it means to be a woman today, what is good about our lives and what needs to be improved
- Celebrate at a community level take collective pride in women's achievements both here and around the world
- Wear a ribbon in feminist colours:
- green, white and violet.

These colours were first a symbol of the suffragette movement they represent

'Give Women the Vote'

- **Come to the Star Court Theatre** on the 8th March at 8 pm for the 'Frocks Delux'-' Frock up and have fun. Tickets at the door or Phone 66 219800
- **Join together for IWD march** commencing at 3.45pm 8th March at Spinks Park Molesworth Street for a 4pm candle lighting for peace prayer followed by festive walk around CBD. Bring banners, percussion instruments flute and festive spirit.

CHILL OUT CLINICS

Lismore Women's Health Centre in conjunction with **Southern Cross University** is conducting low cost Naturopathic sessions every Friday. The year 4 Naturopathy students hold clinics under full supervision of Cindy Thummel, Lismore Women's Health Centre's Naturopath.



Sessions commence again in April

They may include

- Dietary advice
- Herbal and supplement recommendations
- Massage and relaxation therapies
- Australian Flower Remedies

Sessions will be one hour duration

Cost: \$15.00

Please contact us for an appointment on
66 219800

Council of Women Profile: Christine Russell

PA: Tell us about your background?

CR I moved to the Far North Coast in 1980 from Sydney. Within 9 months I had another baby making it three children under 5 years of age. My husband and I were unemployed. I eventually got part-time work at TAFE teaching communication to trades people. I had trained as a English/History teacher. I moved onto the position of Regional Manager of Northern Rivers Group Training. I am very interested in the area of industrial relations and the law and I went on and did a Law Degree at S.C.U. I did my student placement at the Working Women's Centre in Sydney. I currently work at Juvenile Justice as a Sessional Supervisor.

PA Tell us why you joined our Council of Women?

CR: I have a need to do something and make a contribution and it felt so right and comfortable. I felt I could enjoy working with this service. I can use my management skills and there is no hierarchy. You are made to feel important here. We must be continually aware that women still have to fight for their rights. Our gains can be so easily forgotten and we can start losing them.

PA: What does it mean to be part of a feminist organisation?

CR: Shared values. Each women's opinion is valued. Co-operative approach and not a corporate approach. I realise we have to survive in a corporate world but it is the relationships within the organization that have to be nourished.

PA: What have you got to offer and what issues do you want to put forward?

CR: I have a legal background. I have management skills and experience. I am a political and social activist. I am interested in women's issues and in regards to the treatment of women in industrial relations. Other issues dear to my heart are health, juvenile justice, indigenous and refugee issues. My most important job has been as a parent and this would be an issue I would want to pursue.

PA:Who and What inspires you?

CR: Senator Kerry Nettle has always been a great inspiration to me and to meet her Monday, 20th February at the Women's Health Centre was a great honour. She is a very capable women in public life. Germaine Greer I admire enormously. She has been "out there" and her work has been groundbreaking. She was part of the second wave of feminism and she took on those ingrained attitudes of men. She met it head on and it wasn't softened for her. We had an international spokesperson for feminism who was Australian. Anne Sommers is one of my generation, she is another great role model for us.



COUNCIL OF WOMEN

2006

*The following women have
generously agreed to take
executive positions*

Chairperson: Christine Russell

Secretary: Shared by

Maura Chambers & Kellie Young

Treasurer: Trish Clough

Public Officer: Francis Doran

Staff Representative: Roby Colliss

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- Lismore Women's Health Centre Inc is a Not for Profit Organisation
- All donations over \$2 are tax deductible
- Leave a lasting legacy for women in your will

SENATOR KERRY NETTLE VISITS CENTRE



L to R Senator Kerry Nettle, Christine Russell, Chair LDWHC, Marie Makinson, Psychotherapist, & Pamela Ashton, Administrator

Staff and Management at the Women's Health Centre were delighted to host an afternoon tea on Monday 20th February for the visiting Greens Senator, Kerry Nettle. This was organized with less than 24hrs notice from the Greens.

Kerry was in Lismore to meet the locals as part of a tour of regional areas of New South Wales.

Representatives from Women's Health as well as other organisations from around town attended and had the opportunity to speak with Kerry and express their gratitude for her work and commitment to the community; in particular her recent vital contribution to the RU486 debate.

As many people know Kerry was chastised by the Prime Minister for wearing the controversial T-Shirt 'Get your rosaries off my ovaries', this message that cuts to the heart of the debate was designed, so Kerry tells us, by the YWCA, just one organisation that has supported women's right to choose.

Everyone was keen to celebrate the success of the campaign. She brought us up to date on Tony Abbott's planned Telephone Pregnancy Counselling Service and some vital environmental and refugee issues. It's great to have her as an ally.

It was an inspirational meeting with Kerry, who combined a charming and grounded presence with intelligent and considered powers of articulation.