

WOMEN'S IRREGULAR PERIODICAL



Lismore and District Women's Health Centre Inc

How young is too young?

Volume 9
April—July



TINY bras designed to suit six year-old-girls

are a new low in the continuing sexualisation of children, says Clunes mother Karuna Fielden. Karuna, who is also manager of the Lismore and District Women's Health Centre, believes it's a bad idea to let pre-pubescent girls dress like young women. "It all sets up unrealistic and unhealthy expectations of how they should behave," she said. Bras in size 6-8 with clasps on the back and padded cups are now commonly available in Northern Rivers retail stores alongside other clothing designed for primary school girls. The bras have come on the market as a generation of girls are being influenced by pop stars who regularly forget to wear underwear in public, toy dolls like the Bratz who make Barbie look conservative, and overtly sexual themes on soapiers.

Karuna said she couldn't understand why bras were being produced for such young girls. "There's no physical reason for it," she said. "Of course children like to wear nice clothing but there's a difference between nightwear and lingerie. "There's also a difference between playing dress-ups and everyday wear." She also objected to the term 'tween' which she said was a marketing strategy to legitimate selling inappropriate clothing to children. Odette Gage, owner of Lismore store Jeanettes, specialises in underwear and bras -- for women and girls who actually need them. "Bras aren't just another fashion item," she said. "They're associated with womanhood and it's not appropriate for little girls to wear them." Odette said most girls came in to get their first bras when they were starting high school and in their early teens, but some girls did develop breasts earlier than others. She was firm in the belief that girls shouldn't start wearing bras until they needed them, with the exception of girls who might develop later than their friends and want a bra to 'fit in'. However, her shop assistant Alex Parkes, 18, disagreed. She said bras were just another piece of clothing little girls would want to wear. "It doesn't affect the way they act," she said. "It is just a fashion thing!".

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- *Not for Profit & Management*

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

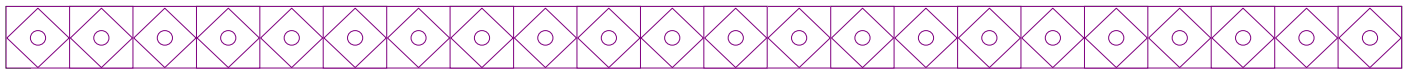
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Manager—Karuna Fielden



BEAT THOSE BUGS

The cooler weather inevitably brings colds and flu so people reach for their favourite remedy to help with the sniffles and misery that comes with these symptoms. But sometimes we overlook the most obvious thing, which we all learn as small children and that is the importance of hygiene. Washing our hands thoroughly and drying them properly is one of the best things we can do to prevent catching someone else's unwanted germs. Good hygiene also prevents spreading the bugs to others and when you think of how often we touch our face when we blow our nose or cough, then it is understandable that our hands can be a major transmitter of infection for colds and flu.

So here are some important steps, based on simple hygiene, that you can take to reduce the spread of cold and flu virus. Remember prevention is better than cure!

- *Destroy all used tissues and don't leave them lying around
- *Train your children to wash their hands frequently during the day
- *Use antiseptic wipes on the telephone handset or your computer keyboard, particularly if it is used by others
- *Make sure you use a separate coffee mug from others
- *Limit touching your face and mouth unless you have washed your hands

If however you do succumb to the dreaded lurgy then it is important to drink lots of fluids, particularly water and fresh juices, to keep your body warm and to get lots of rest. It is also important to eat plenty of fresh fruit and vegetables.

There are a number of herbal remedies that help reduce the symptoms of colds, including hot drinks made with ginger root, garlic, lemon and honey. Your naturopath or pharmacist can assist with information about what remedies are appropriate to use.

CHILL OUT CLINICS

Lismore Women's Health Centre in conjunction with **Southern Cross University** conduct Low cost Naturopathic sessions. Year 4 Naturopathy students conduct these clinics under full supervision of Cindy Thummel, Lismore & District Women's Health Centre's Naturopath.

Sessions may include: Dietary advice, herbal and supplement recommendations, massage, relaxation therapies, Australian Flower Remedies. **They will be one hour duration—**

Cost: \$15.00 Phone 6621 9800 for an appointment



Interview with Robyn Colliss — Bookkeeper

Tell us about your background

I am a TAFE qualified accountant and worked for many years in accountant's offices churning out tax returns and the like. I eventually decided that there must be something better so I returned to TAFE to complete a certificate in Community Welfare in the hopes of combining accounting and something more meaningful. I feel very blessed to be part of the Women's Health Centre.

Tell us about your job

The main part of my job is book keeping and looking after all financial matters relating to our centre but the most interesting part is working with our manager and staff to make a little bit of money go a very long way.

What does it mean to you to work within a feminist perspective?

Although balancing the books doesn't require a feminist perspective I enjoy working in a centre where everything else does. I get a lot of satisfaction by my involvement with the finances of the Women's Crisis Fund as I know how valuable this fund is to women escaping domestic violence or needing assistance to access termination of pregnancies.

What issues do you frequently deal with?

How can we ensure the financial viability and a long term future of our centre.

What inspires you?

The women's health movement and the women in it, who provide excellent services and education to all women. I am especially inspired by programmes that educate young women around domestic violence and their rights to healthy non violent relationships.



MYTH
FACT

IT COULD NEVER HAPPEN TO ME

Anyone can be sexually assaulted, regardless of age, race, class, religion, occupation, education, physical ability, or physical 'attractiveness'.

Myths blame the victim and give perpetrators excuses.

16 Days of Action Against Violence -

NSW Rape Crisis Centre www.nswrapecrisis.com.au

http://www.lawlink.nsw.gov.au/lawlink/vaw/ll_vaw.nsf/pages/vaw_16days_2006_publications

feedback Welcomed

Email us on lwhc@versa.com.au

Lismore & District 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.



SUPPORTING OUR LOCAL COMMUNITY

Lismore Lantern Parade

DREAMBOATS

Winter Solstice

23rd June 2007

What a night!



COUNCIL OF WOMEN 2006

Chairperson: Janice Levy

Secretary: Kellie Young

Treasurer: Trish Clough

Returning Officer: Karuna Fielden

Staff Representative: Robyn Colliss & Cindy Thummel

Other women on Management

Maura Chambers, Amber McBride, Christine Russell, Annabelle Keene and Rose Roberts