

WOMEN'S IRREGULAR PERIODICAL



Lismore and District Women's Health Centre Inc

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Festive season issue



Try to give peace a chance this Christmas - One of the traditional sentiments at Christmas is 'peace and goodwill to all'. It is important not to lose sight of this over the busy weeks of Christmas celebrations and New Year festivities. Peace is more than just an absence of conflict; it is the ability to be serene and accepting in the face of difficulties and unforeseen events. It also means responding appropriately, behaving in a respectful way towards others, instead of reacting.

Taking care of ourselves Christmas can be very demanding for women as they often have the role within families of bringing people together and catering to their needs. It is vital that we have realistic expectations of ourselves when looking after others. What can we delegate? What do we need to do for ourselves?

Staying relaxed This might mean taking time out to swim some laps at the pool after work or having some quiet time alone reading or walking the dog. It also means being aware during the day of how we feel and what is going on in the body, taking care of that tension in the forehead, which could develop into a headache. Being aware of our breathing can really help when things get frantic. The old saying about taking 10 deep breaths can help because it slows down our reactions, giving us some time to think before taking action or possibly saying something we might regret later.

Party on! Having a healthy diet during the round of parties is important, avoid fatty foods, certainly choose some treats and foods that you will enjoy, but include lots of fruit and vegetables, salads and plenty of water. Be mindful of alcohol use during this time, always serve alternatives such as iced tea, cold water and fruit punches to guests and family.

- *Festive season—Peace*
- *Flagging concerns*
- *Maura's Profile*
- *Reclaim the Night*
- *Cancer Council Lippy*
- *Thanks NORPA*
- *Bequests*
- *20 year Celebrations*

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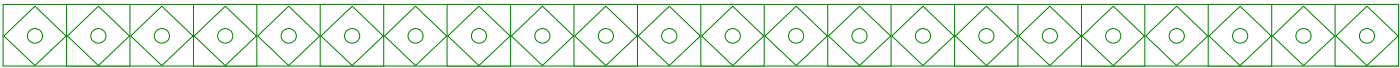
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Remember what peace means!





FLAGGING CONCERNS



This project is a local response to a global problem—violence against women

'Flagging Concerns' is a local project initiated by the Lismore & District Women's Health Centre Inc. and was supported by a Lismore City Council's Youth Activities Grant.

Young women from Lismore and Nimbin were involved in the design and printing of the flags, while the Wollongbar TAFE clothing production students cut and sewed them together.

The Women's Health Centre has initiated this project to convey the voices of young women to the wider community. These local young women have designed, printed and made these messages of hope and desires for safety and respect so that they may be seen and felt throughout the public sphere.

The idea for the flags and banners is inspired by the Himalayan Buddhist tradition of prayer flags: rolls of colourful flags printed with prayers and hung in the highest places so that the winds can carry the prayers for peace and happiness for all beings as far as possible.

16 Days of Activism 25th November—10th December

The 16 days of Activism Against Violence Against Women make up an internationally recognized period that aims to raise awareness of, and prevent all forms of violence against women. The 16 Days begin on the 25th November with the United Nations' International Day to Eliminate Violence Against Women, also known as 'White Ribbon Day', (which was originally begun by a group of Canadian men who were working to take responsibility for men's violence). Another key day within the period is Stop Domestic Violence Day, which falls on December 3rd. The final day of the 16 Days is International Human Rights Day, 10th Dec.

The NSW Strategy to Reduce Violence Against Women is working with government agencies and community organisations on activities being held within this period. This is the second year that the 16 Days is being actively promoted in NSW.

THE CHILL OUT CLINICS held at Lismore & District Women's Health Centre in conjunction with Southern Cross University, providing low cost Naturopathic sessions, are currently in recess but **will recommence** in the new year. Senior Naturopathy students conduct these clinics under the full supervision of Cindy Thummel, the centre's Naturopath.

Sessions may include: Dietary advice, herbal and supplement recommendations, massage, relaxation therapies, Australian Flower Remedies. Sessions are held for one hour's duration.

Cost: \$15.00 Phone 6621 9800 for an appointment.



Interview with Maura Chambers– Council of Women member

P.A. Tell us about your background

M.C. I am a country woman born on the Tweed to migrant parents. My dad was Irish and mum was English. They were pioneers in the horticulture industry. I married and had three children, our eldest son died in a car accident when he was 12. I have thirty years experience in education and learning with a variety of groups and organisations. As a mature age student I studied Horticulture and Rural Development majoring in Learning and Change Management. Later I made a career change, transferring my skills into Human Resource Management as a Staff Trainer and Organisation Consultant.



P.A. Tell us why you joined our Council of Women

M.C. My employment and health issues have raised my awareness about the needs women have with regards to navigating the health system and other government services. I have been impressed by the women who have been with the Lismore & District Women's Centre for many years, working with them allows me to continue my work advocating with government and community services directly for the people who need them — access and equity are central to my values and beliefs.

P.A. What does it mean to be part of a feminist organisation?

M.C. It is essential, particularly in these times when there is so much economic rationalism when designing and providing health and community services. I believe that the personal is political and try to influence the quality and kinds of services that women and families have always in the past needed, do need now and will in the future. Women's health is not flavour of the month but a core basic service.

P.A. What have you got to offer and what issues do you want to put forward?

M.C. My passion, knowledge, experience and consulting skills in change management, issues related to mental health, cultural diversity, Aboriginal community and education.

P.A. Who and what inspires you?

M.C. Local woman, icon and mentor to many women, Tess Brill. Tess is someone who dares to be different; who stands by what she believes in. She fights for people who do not have a voice and expresses their views most graciously and firmly on their behalf. Just some of the areas she has been involved in are: The Vietnam War protests, Aboriginal community at Cubawee and beyond, environmental, peace and anti-uranium movements. She was instrumental in the establishment of the Lismore Neighbourhood Centre, Lismore Women's & Children's Refuge, Lismore & District Women's Health Centre, breast cancer support. Other woman who inspire me. Mo Molam, Chief Minister for Northern Ireland and British Government. She was a gutsy woman and went against the status quo. Clare Burton was really knowledgeable about the benefits to organisations and the community of Equal Opportunity. Edna Ryan was another feminist leader who was involved in the union movement and fought for Equal Opportunity. She was instrumental in bringing about legislation so that woman did not have to leave the Public Service when they married.

Also, the combined power of individual women working together — the Second Wave Feminists of the Twentieth Century who changed and supported the aspirations many of us didn't dare to consider and which many of our daughters take as a given.



Thank you Norpa

Nancy (Jane Clifton) and Val (Carmelina Di Guglielmo) try out a little karaoke (as you do) in Barmaids at the Arms Hotel in an Australian town.

Barmaids, was staged at Lismore's Star Court Theatre by Norpa, who generously donated a percentage of the ticket sales to the Women's Health Centre.

Lismore and District Women's Health Centre Inc

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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



Last year's Reclaim the Night rally at the Jonson Street roundabout, Byron Bay. Photo Lou Beaumont

Reclaim the Night The recent alleged sexual assault of a young woman at the Lismore campus of Southern Cross University is a horrendous crime and yet another reminder of the perceived limitations to women's freedoms both physically and psychologically.

Once again we have the police warning local women 'to be aware of their personal safety and, where possible not to go walking alone at night'.

Such warnings deflect the onus and responsibility of male violence onto women!

Every year since 1977 women have rallied throughout the world on the last Friday of October, to demand change to social attitudes and legal responses to sexual assault.

Violence against women will stop only when people stop being violent and the community stops condoning it.

Lippy anyone?

*All you women who
wear
lipstick!
The Cancer Council
now has lipsticks
with a sunscreen
factor.*

COUNCIL OF WOMEN 2006

Chairperson: Janice Levy

Secretary: Kellie Young

Treasurer: Trish Clough

Returning Officer: Karuna Fielden

Staff Representatives: Robyn Colliss & Cindy Thummel

- Maura Chambers
- Amber McBride
- Christine Russell
- Annabelle Keene (co-opted)

In 2007

*LISMORE & DISTRICT WOMEN'S HEALTH CENTRE
WILL BE CELEBRATING 20 YEARS
of providing health care choices to women of
Lismore and surrounding regions*

20TH CELEBRATION