

WOMEN'S IRREGULAR PERIODICAL



Lismore and District Women's Health Centre Inc

Volume 6
Sept/Oct. 06

ANNUAL GENERAL MEETING



Wednesday 25th October

5 pm To 7 pm

CEDAR ROOM

Lismore Neighbourhood Centre

78 Carrington Street Lismore

ALL WELCOME

- **Annual General Meeting**
- **No diet Day**
- **Naturopath's Profile**
- **Chill out Clinics**
- **Lismore Lantern Parade**
- **Bequests**

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

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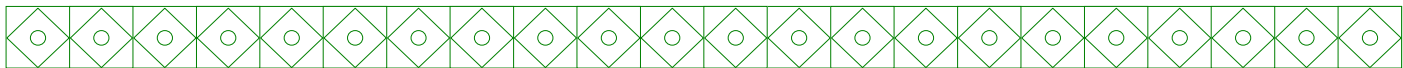
Manager

karunaf@versa.com.au



Karuna Fielden, Manager Lismore & District Womens Health Centre speaking with Cnr. Jenny Dowell at the recent opening of young womens' photographic exhibition, Lights Stills, Emotions.

The last year has been a difficult one for Karuna after her accident, with ongoing complications and many months off work. We have witnessed incredible courage and determination demonstrated in her ability to accomplish her job under such circumstances. We want to say how very proud we are to have Karuna as the Manager of the Lismore & District Women's Health Centre.



International Body Image & Eating Disorders Awareness Week. The Northern Star printed the following article compiled by Mim Weber, Coordinator of our Eating Disorders Service

The first week of September is Body Image and Eating Disorders Awareness Week across Australia. It was first set up in 1993 in South Australia with the intention of challenging the message that is mostly directed at women, that 'thinness is salvation'.

The 'thin is beautiful' message is still strongly promoted through the media. All you have to do is look at some of the magazines that focus on gossip about celebrities to see that commentary about weight and appearance is rife. Celebrities are touted as being too fat or too thin, and whilst women are still the focus, some men have been targeted – most notably the Olympic swimmer, Ian Thorpe.



It seems that our bodies have become public property. Girl culture is filled with narrow definitions of what is attractive, and girls seem unconsciously to adopt the practice of comparing their bodies with those held up as the ideal, and with each other.

What cultural messages would our daughters and sons get if there was no focus on celebrity weight – if instead there were comments about people's generosity, or compassion, or great skill? What if television and film producers employed actors and actresses in serious, central roles who had a variety of body shapes and sizes – if competence was a matter of good acting, regardless of weight? What if instead of running headlines about Ian Thorpe's weight, instead there were questions about what he finds inspiring these days, whether it is still swimming, or whether it is something else?

We need more campaigns like that run by Dove – the Real Beauty Campaign - to promote the appeal of diversity, to give our young women and men the confidence to be who they are, with a healthy attitude to food, eating and their bodies.

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 & District Women's Health Centre's Naturopath. **Sessions may include:** Dietary advice, Herbal and supplement recommendations, Massage and relaxation therapies, Australian Flower Remedies. **They will be one hour duration**

Cost: \$15.00 Phone 6621 9800 for an appointment

Interview with Cindy Thummel - Naturopath

P.A: Tell us about your background?

C.T: I was raised in Midland Texas USA, hometown of George W. My mum is of Mexican heritage and my papa of German background. A whacky combination of strict work ethics but tempered with fun loving passion. After years travelling overseas and in West Australia, I found myself firmly planted in Northern NSW. I helped to found one of the first Permaculture food forests in the area in 1980. I was lucky to have two wonderful children at home on the farm with the help of local midwives. They were my first introduction to the strong companionship of remarkable women in this area. I studied Naturopathy at the Northern College of Natural Therapies on Keen St. for 3 years. This College was an adjunct of Southern Cross Herbal College with Dennis Stuart in Gosford. While doing my student clinic hours with the Women's Healing Centre in the old Life Resources building I was fortunate to have Trish Morgan as my mentor. She is a superb feminist and Herbalist who initiated the presence of a Naturopath in the then fledgling Women's Health Centre we know today. For two years I was her Locum with Lismore & District Women's Health Centre (LDWHC), which then helped me to gain the position of Naturopath with LDWHC 15 years ago. After a time I also became the masseuse for the Centre. Over the past 17 years I have also maintained a private clinic



P.A: Tell us why you joined our Centre?

C.T.: In my years as a Locum here I met Kerry Stanwell, Pam Ashton, Sue Fraser and Karuna Fielden. Never before had I had the opportunity to work with women with such a level of commitment to other women. I felt honoured to be working with such a group. Plus I saw that working here is fun and nurturing. As someone who worked here once said, working here 'is like a pyjama party'.

P.A: Tell us about your job.

C.T: In my work I offer women the help of traditional herbalism. I use herbs from Europe, China, India, South America and North America. Today this is known as Planetary Herbalism. I also offer women the choice of flower essences either traditional Bach remedies or the West Australian remedies. Together with nutritional evaluation, iridology, massage and counselling, I can treat them as a 'whole person'. Often my clients are referred from other health services under Northern Rivers Area Health as we are the only health service to offer natural therapies. In a way we fill this gap for those services. I also supervise the Chill Out Clinics where the 4th year Naturopathic students from Southern Cross University come to conduct consultations here at WHC. We are now an adjunct clinic to the student clinic at SCU.

P.A: Who and what inspires you?

C.T.: Over the years the women clients I have contacted have all shown me the inner resilience and strength in women to overcome the most difficult of situations. Many of my colleagues have shown me the power of diverse points of view in tackling social problems. Also the students I supervise inspire me knowing that the upcoming therapists are more than capable to carry on the traditions of natural healing.

P.A. What does it mean to you to work in a feminist framework?

C.T. Working in a feminist framework has meant that we have to walk the talk. In our dealings with one another at work and with clients we have to safeguard the rights of one another as women. We strive to be role models of women looking after themselves as well as one another. Giving women informed choices and encouraging them to take control of their destiny. Showing them the delights of being different and enjoying their bodies. Working with the women who are already doing the work.

**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



Centre staff & management celebrating 'Journey into Myth' at the Lismore Lantern Parade Winter Solstice 2006

COUNCIL OF WOMEN 2006

Chairperson: Christine Russell

Secretary: Kellie Young

Treasurer: Trish Clough

Public Officer: Francis Doran

Staff Representative:

Roby Colliss and

Cindy Thummel

Other women on Management

- *Maura Chambers*
- *Janice Levy*