

# HOBART WOMEN'S HEALTH CENTRE NEWSLETTER



## AUTUMN 2011

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## 100th International Women's Day And we are celebrating!

by Shirley O'Toole

Workers here at the Hobart Women's Health Centre have noticed the marches and rallies of yesteryear, for International Women's Day, no longer occur and women's issues are not as politicised as they once were. We are curious to know if women feel true equality has been attained? And what is the future of feminism?

Joyce Stevens, an Australian feminist and activist has written a well researched history, "*A History of International Women's Day in Words and Images*" which is available online at <http://www.isis.aust.com/iwd/stevens/>. Joyce's work outlines some of the milestones of IWD throughout its history, starting internationally and then focussing on Australia. Did you know in **1909** The Socialist Party of America declared the first National Women's Day and it was observed on February 28?

And in **1910**, The International Conference of Socialist Women meeting in Copenhagen established a Women's Day, international in character, to honour the movement for women's rights and to assist in achieving universal suffrage for women? The proposal was greeted with unanimous approval by the conference of over 100 women from 17 countries, which included the first three women elected to the Finnish parliament. No fixed date was selected for the observance.

**1911** - As a result of the decision taken at Copenhagen the previous year, International Women's Day was marked for the first time (19 March) in Austria, Denmark, Germany and Switzerland, where more than one million women and men attended rallies. In addition to the right to vote and to hold public office, they demanded the right to work, to vocational training and to an end to discrimination on the job. The lives of more than 140 working women were taken in the wretched Triangle Shirtwaist Factory fire in New York City on March 25, a few days later. The incident had a considerable impact on labour legislation in the United States. At ensuing International Women's Day events, the working conditions leading up to the tragedy were remembered.

In Australia, activism has been at the core of IWD. Some of the issues raised throughout the 100 years are equal pay, childcare, housing, education, rights for Aboriginal women and inadequate pensions. Here are some Australian milestones:



1979 IWD Rally in Hobart

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**1928** – the first IWD rally in Australia on March 25 on Sydney's Domain.

**1931** – first IWD marches in Sydney and Melbourne.

**1932** - the first IWD march was held in Tasmania.

**1944** - the Australian Women's Charter was launched, calling for equal opportunity, work and pay, better health services, childcare, pensions and welfare, better Aboriginal welfare and land rights for tribal Aborigines.

**1950** - the Union of Australian Women was formed with the aims of working for world peace, safe-guarding the rights of women and children, democratic rights and civil liberties.

**1969 – 1980's** the Women's Liberation Group was formed in Sydney in 1969. They were calling for safe free contraceptives and safe legal abortion on request. In the 1970's, the Women's Liberation movement broadened the focus of IWD and broke taboos by bringing into the public

arena issues such as rape and violence against women, sexuality and lesbianism and freedom of expression, as well as deepening the discourse on the segregation of women in employment and pay parity.

And now in 2011, one hundred years on from the first celebration, we are reflecting on how far women have come and what future actions are necessary to ensure issues such as pay parity, domestic violence, access to education and healthcare are addressed.

So, please join us for our celebration of International Women's Day, **THE "F" WORD – IS FEMINISM A DIRTY WORD?** to be held at the Baha'i Centre for Learning, 1 Tasman Highway Hobart at 4:30 pm for a 5 pm start. Bring your experiences, memories and questions. Please RSVP by calling the Hobart Women's Health Centre on 6231 3212 by March 4.

## Breast Cancer Support Groups



The Centre has two Breast Cancer Support Groups catering to the different needs of women diagnosed with breast cancer who would like information and support.

### Breast Cancer Support Group

3<sup>rd</sup> Tuesday of the month 11:45 am - 1:15 pm.

For any woman diagnosed with breast cancer who would like information and support.

**Please phone Rosemary on 6231 3212 or 0408 127 330 for more information**

### Secondary Breast Cancer Support Group

1<sup>st</sup> Monday of the month 10 am - 12 pm.

For any woman diagnosed with secondary breast cancer who would like information and support.

New members welcome.

**Please phone Karen Sprigg on 6216 4335 or 0400 494 646 before attending.**



## Life Validation Conversations

Sometimes we begin to reflect upon and examine the twists and turns that have shaped our lives. We all want to make sense of the impact events have on us and the decisions we made along the way.

It is rare for our lives to have been easy. On the contrary most of us have encountered injustice, grief and many losses - for this is the very nature of living. Sometimes this process of reflection can be painful. However, by conversing about our lives in a supported environment, we can gain peace of mind, self forgiveness and healing of wounds. Perhaps, now is a time in your life when you don't have to put everyone else first.

If you recognise you have reached a point where you need to make sense of the past and gain some peace of mind for the remainder of your life, consider making an appointment.

Phone Shirley Catchpole – BSW (CSU), BCW (JCU), Mst Soc.Sc. (Counselling ) (QUT) on 0450 887 875. The fee is negotiated according to one's income.

Shirley is available at the Hobart Women's Health Centre on Friday afternoons.

## Web Spinning

Eating Disorders Foundation of Victoria is a source of support, information, community education and advocacy for people with eating disorders and their families. EDV's website has loads of useful information and resources.

<http://www.eatingdisorders.org.au/>

# Help create a safer and saner world

by Shirley O'Toole

Do we really need to smack children? We've been having conversations about how we can reduce violence in our communities and this question arose. Before exploring this idea further, we want to acknowledge it is a contentious issue many parents think if the right to corporal punishment is taken away, it impinges on their right to discipline their children. We also acknowledge child-rearing practices in the past encouraged smacking and we are all familiar with the saying "spare the rod and spoil the child".

Hitting children can cause physical and psychological injury and even death, and corporal punishment is identified by research as a significant factor in the development of violent attitudes both in childhood and later life. Sweden was the world leader in recognising the links between corporal punishment and family and community violence and in 1979 amended legislation so the physical punishment of children is prohibited. In the Children and Parents Code, it states "*Children are entitled to care, security and a good upbringing. Children are to be treated with respect for their person and individuality and may not be subjected to corporal punishment or any other humiliating treatment*". (Boyson 2002) The intent behind Sweden's ban on corporal punishment was to educate parents, not punish them, and they undertook comprehensive community education including alternatives to smacking.

Along with Sweden, ten other countries have amended legislation to reflect the right of children to be free of violence in their homes. These countries are Finland 1983, Denmark 1985, Norway 1987, Austria 1989, Cyprus in 1994, Latvia in 1998, Germany and Israel in 2000 and New Zealand in 2007. A referendum was subsequently held in New Zealand in 2009, which saw the majority of voters (around 54% of eligible voters voted) reject the legislation. The New Zealand government did not, however, repeal the legislation and did more to educate the public about what the Anti-smacking law means. <http://howto.yellow.co.nz/legal/consumer-law/how-to-understand-the-new-zealand-anti-smacking-law/>

What is often forgotten is that "Children too are holders of human rights!" Their rights are protected through the United Nations Convention on the Rights of the Child, to which Australia is a signatory. Article 19 requires States to protect children "from all forms of physical and mental violence" while in the care of parents and others. We

cannot claim children have equal protection under the law when they are not fully protected from interpersonal violence and physical punishment of children is sanctioned in all but the above mentioned eleven countries.

Across Australia, not one state government has had the courage to legislate against smacking. NSW has placed limits on the type of physical punishment that is acceptable, eg no smacking above the shoulders. Here in Tasmania, EPPOCH (End Physical Punishment of Children) has been active since 2003 in promoting the human rights of children by trying to get section 50 of the Criminal Code Act (1924) repealed, as it breaches the right of children to live in safety and free from violence. Section 50 states "*It is lawful for a parent or a person in the place of a parent to use, by way of correction, any force towards a child in his or her care that is reasonable in the circumstances*". EPPOCH firmly believes this section of the criminal code is in breach of the Convention on the Rights of the Child and promotes the notion forceful, physical correction of children is acceptable.

Looking at this section of the legislation from a child protection framework it has to be considered out-dated and contradictory - given the Department of Health and Human Services, the government agency responsible for child protection, does not allow children to be physically disciplined by foster and alternate carers UNDER ANY CIRCUMSTANCES. The introduction of a Charter of Human Rights would be an ideal time to ensure article 19 of the Convention of the Rights of the Child was upheld in Tasmania. However, no specific reference is made to it in the current discussion documents.

[http://www.justice.tas.gov.au/corporateinfo/projects/human\\_rights\\_charter](http://www.justice.tas.gov.au/corporateinfo/projects/human_rights_charter)

In 1994, NAPCAN (National Association for Prevention of Child Abuse and Neglect) released a booklet "101 Alternatives to Whacking a Child" by the Children of Australia. The book contains suggestions of punishments children consider fair such as "Make me clean my room . . . and then my sisters" (Karina aged 5) "Take away my comic books for a week or two" (Erin, 9) "Make me wash the dog" (Hugh, 10) "Don't allow me to have video games" (Kylie, 14) "Take me for a vigorous walk, then we can have a talk" (Lauren 11) "Don't raise your hand or even say you are going to hit me. Don't threaten" (Murray, 11). Children also considered what parents could do if

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# Overweight!- How did it happen?

by Madhu Lilley ©  
Naturopath

Weight gain is a problem throughout the western world. While some causal factors are to be found in individuals' eating habits and levels of physical activity, others lie at the feet of large corporations motivated by profit and government policy. If we're committed to doing something about this problem, we need to address the issues from both – the personal and societal.

According to the Australian Bureau of Statistics, the average weight of women in the fifteen years to 2004-05 increased steadily - from 62.6 kg in 1989-90, to 67.7 kg in 2004-05. Increases in average weight for women across age groups ranged from 3.0 kg (75 years and over) to 6.2 kg in the 25-34 years age group. The average height of women increased only marginally over the same period, with the greatest increase (1.8 cm) occurring in the 25-34 years age group.

As we know, excess body weight is a risk factor for chronic disease such as high blood pressure, vascular dementia, diabetes, arthritis and high blood cholesterol. Not only that, but it's also tiring to carry around extra weight - it affects our movement, motivation and confidence. Keep in mind also that not only overweight people experience these conditions, so it's important for all of us to look after our health.

In some instances, there may be underlying metabolic or hormonal factors contributing to weight gain - talk to a health professional if you think this may be the case.

Leaving aside such medical causes, why is our society getting heavier? On the personal front, many of us are eating more processed food full of unhealthy products. For some it's often difficult to access affordable, quality fresh fruit and vegetables. Many of us also use food as a reward to make us feel good. So we may need to seek alternative activities as rewards and change some habits to become happier and healthier.

Even though something looks or tastes tempting and delicious, often the ingredients may be contributing to weight gain and possible health problems. And, because the energy density of food has changed, we often now have higher levels of fat, salt and sugar, larger portions and more calorie-rich snacks.

For many of us, the level of calories in our snacks is higher than in our main meals. Beware, too, of the super-sizing introduced by MacDonalds and now a worldwide phenomenon. If you order a take-away coffee, the size you'll be given may be bigger than a normal cup. Many

shops have 2-3 sizes and automatically give you the middle size - the equivalent of a snack if it's a milky drink. We need to be proactive in asking for what we want.

There are many other factors contributing to weight gain - such as a trend towards less physical activity, the increasingly sedentary nature of many forms of work, changing modes of transportation and increasing urbanisation. Our growing use of machinery, appliances, television and computers since the 1950s has led to less movement and activity across all age groups.

At the macro, societal level there has been rapid change in farming practices and world food trade bringing access to cheaper sugar, wheat and animal products. The result is readily available, not-so-healthy, addictive processed foods are often much cheaper than the healthier, fresh alternatives.

We should remember big food companies are motivated by profit, usually with little concern for a consumer's health. For example, trans fat (found in many baked foods such as biscuits and cakes) was introduced to the market world wide because it's much cheaper to use than butter. Decades later, trans fats are contributing to cardiovascular disease, have been banned from use in some states in the U.S. and Denmark but are still used in Australia.

When you put all of the above together with increased television advertising and very slick, targeted marketing, it becomes very easy for us to make unwise decisions regarding our diets.

So what can we do? Individually, it's important to be aware. We need to consider whether we may be overeating and how we can increase activity. We can make choices for our health now and into the future. Choose healthy, unprocessed foods like fresh fruit, vegetables, legumes and small amounts of nuts and seeds. These contain high levels of fibre and healthy oils, as well as being rich in vitamins and minerals.

Consider growing your own fruit and vegetables. Make sure you have healthy snacks on hand for when you get hungry between meals. If eating meat, choose lean meats as they are low fat and better for you. Remember to drink lots of water, best done between meals. Walk or ride to work. Start rewarding yourself with healthy activities like walking, yoga, cycling, or join an exercise or dance class.

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Look at what's missing in your home environment, workplace and local community. Is it healthy food and snack choices, access to fresh good quality fruit and vegetables or safe exercise areas?

But these positive steps will only affect our own lives and those close to us. To ensure a healthier future for our children, we all need to look at how we can influence the bigger picture. Talk to colleagues, senior staff, local council members and government representatives about changing our dietary options and increasing opportunities for physical activity. Lobby politicians to legislate against

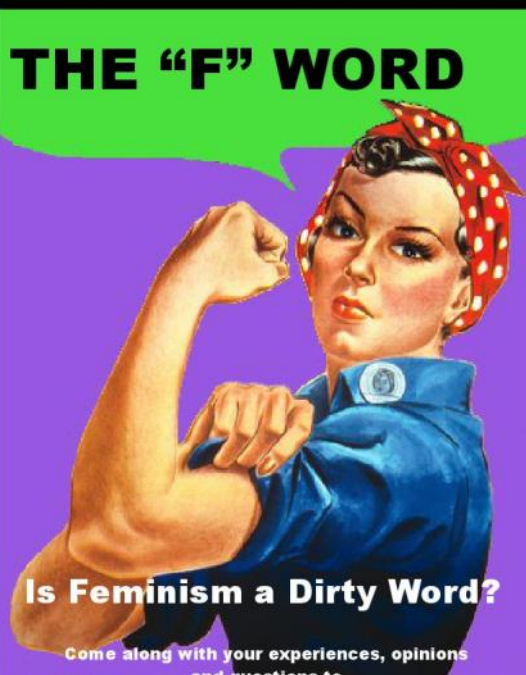
advertising and marketing practices that promote unhealthy consumption.

Remember, too, because big food manufacturers are in business for profit, if we, as consumers, don't buy unhealthy products, they're forced to change their business practices. They're only making them because we buy them.

Make it a life choice. It won't take long to feel lighter, healthier and better – about ourselves, and the world we live in. Our future is in our hands.

**Celebrating 100 Years International Women's Day**

# THE "F" WORD



**Is Feminism a Dirty Word?**

Come along with your experiences, opinions and questions to  
**A Forum Hosted by the Hobart Women's Health Centre**

**Where:** Bahai Centre for Learning  
1 Tasman Hwy Hobart

**When:** Tuesday March 8, 2011 @ 4:30 pm

**RSVP:** By March 4, 2011 call 6231 3212

**Cost:** Gold Coin Donation

W/HC is funded by Women's Health, Department of Health and Human Services

## Ageing Well with Weights

The next Ageing Well with Weights eight-week strength training program will commence on May 27, 2011.

The course, run by physiotherapist Pat Sandercock, consists of some theory and specific exercises utilising weights tailored to each individual's needs.

Sessions are held on Fridays from 2:15 – 3:30 pm and cost is \$5 per class or \$35 for the full course, if paid by/ on the first day. The use of weights in class and exercise handouts are provided. Comfortable clothing is recommended.

Please phone reception on 6231 3212 to receive an enrolment form, or collect one from the Centre during opening hours. The course is very popular, so it's good to book early. If you need or want more information about the course, contact Ankarah.

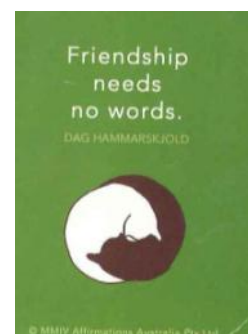
Please note, practice times are available for women to maintain their strength after completing the program.



Ageing Well with Weights Practice Participants



The Hobart Women's Health Centre has finally caught the social networking bug and we now have a fabulous Facebook page. We invite you to join the growing list of women who are fans of the Centre. You will receive regular updates on Centre events and you can participate in lively discussions on issues impacting on the health and well-being of women.



# WHAT'S ON



# HWHC

The following **group sessions and activities** are held at the Centre on a regular basis and are free unless otherwise stated. We welcome referrals to any of these programs.

<b>Ageing Well with Weights</b>	8 week strength training program on Fridays 2:15 - 3:30 pm. \$5 per class with physiotherapist Pat Sandercock. To be sent forms for the next course, please call the Centre on 6231 3212.
<b>AWWW Practice</b>	Practice times available, after course completion on Mondays 11:40 am to 1:00 pm and Wednesdays 3:00 to 4:00 pm.
<b>Breast Cancer</b>	<b>Support Group</b> 3 <sup>rd</sup> Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support. <b>Secondary Support Group</b> 1 <sup>st</sup> Monday of the month 10 am - 12 noon. For any woman diagnosed with secondary breast cancer who would like information and support. New members welcome. Please phone Karen on 0400 494 646 before attending.
<b>Community Health Nurse</b>	10 am to 12 pm one morning per week - ring the Centre to find out which day. Blood pressure, sugar and cholesterol level checks and lots more.
<b>Fitball</b>	Tuesday and Thursday 10 - 11:30 am. \$5 per class with physiotherapist Pat Sandercock. Numbers are limited, so phone Pat for information and to book on 6229 7488.
<b>Herbalist</b>	Mondays 2 - 4 pm, by appointment only. Sally is currently having a break, she will return in April. Cost is \$30 for the 1 <sup>st</sup> one hour consultation and \$20 follow up appointment. To make an appointment, phone Sally on 0407 872 792.
<b>Massage</b>	<b>Shiatsu</b> by appointment, \$60 for 1½ hours or \$45 for one hour. Phone 0488 660 940 for a booking with Lynne Bradshaw. <b>Oncology Massage</b> on Wednesdays from 12 - 4 pm by appointment only, \$45 for one hour. Specialised gentle therapy to ease pain and/or anxiety and provide appropriate comfort and support at every stage of cancer, during and after treatment, in remission, cure or at the end of life. Phone Christine Lambrechts on 0409 060 475.
<b>Meditation</b>	Guided and safe relaxation meditation, Tuesday 10:30 - 11:30 am (beginners welcome).
<b>Stitches and Stories</b>	Last Thursday of the month from 1:30 – 3:30 pm. The group is open to women of all ages to come together to stitch, embroider, sew, mend, share knowledge and stories.
<b>Tai Chi</b>	Mondays 10:30 - 11:30 am and 1 - 2 pm. This is a low impact form of Tai Chi, which focuses on increasing mobility and flexibility, while developing inner strength and tranquility.
<b>Women's Friendship Group</b>	2 <sup>nd</sup> Tuesday of the month from 1:30 - 3:00 pm. Are you interested in meeting new people, having a laugh with likeminded women and becoming better informed about issues affecting you? The group is small, friendly and welcomes new faces. Phone the Centre for more information.
<b>Women's Walks</b>	Thursday mornings, 10:30 am - 12:30 pm. Calendars are available from reception.
<b>Writers' Support Group</b>	1 <sup>st</sup> Wednesday of the month, 2 - 4 pm.
<b>Yoga</b>	Wednesday mornings, 9:45 - 11 am, for experienced participants and 11:15 am - 12:30 pm for beginners. \$5.50 per session with Kathy.

**Come in for a cuppa, browse in our library or use the photocopier.**

# Free Forums at the Centre

## Creating Awareness of a Woman's Strength

Gender equality is a human right. Women are entitled to live in dignity, free from want and fear. Empowering women is an indispensable tool for advancing development, reducing poverty and eliminating violence.

Jill Shanti is the National Representative of the Brahma Kumaris Mothers Wing in Australia and has worked with women experiencing family violence. She has created retreats and given motivational talks to uplift and empower women to live more meaningful lives again. Jill also created SPACE, Self Power Assertiveness Courage Esteem, a 10 week programme for women and children affected by family violence.

In celebration of International Women's Day, Jill is coming to Hobart and facilitating some interactive forums for women. HWHC is hosting a free forum.

**When:** Thursday March 3, 1:30 - 3:30pm

**Where:** Hobart Women's Health Centre

**Bookings:** Please ring 6231 3212

## All Things Legal and Then Some!

Do you have some legal questions you want answered? Would you like to know more about the Women's Legal Service? Then come along to an interactive session and afternoon tea with the Women's Legal Service.

**When:** Tuesday March 22, 1:30 – 3:00 pm

**Where:** Hobart Women's Health Centre

**Bookings:** Please ring 6231 3212.

## Healthy Resolutions

Have you ever wanted to make a complaint about a health care provider/service?

Have you ever wanted to seek a second opinion about a diagnosis?

**Come along and hear how to resolve your concerns!**

A lunchtime forum with guest speakers

Phillippa Whyte – **Health Complaints Commissioner**

Lynne Millis – **Advocacy Tasmania**

**When:** March 29, 12:30 – 2:00 pm

**Where:** Hobart Women's Health Centre

**Bookings:** Please ring 6231 3212.

**BYO Lunch to Hobart Women's Health Centre**

## Earn \$500 (tax free) to assist with education costs

**Do you have a child at school or are you studying yourself?**

Saver Plus is a nationally-recognised program available in Hobart through the community organisation The Smith Family. Saver Plus pays people one dollar for every one dollar they save over ten months (up to \$500) to help pay for education expenses like a laptop or other computer equipment, school uniforms, books, trips, after school activities, music, sports, TAFE fees, uni text books and more.



Four free financial and budgeting workshops called MoneyMinded are included and women have told us....



"I normally just pay everything without taking notice. Now I know exactly what everything goes on and how I can save money"

"Karli explained everything clearly and it was easy to understand"

"It made me aware of my finances – knowledge is power!"

To apply you need to be over 18 with a health care or pension card and some income from work. If you are interested please call Karli on 6223 7264 before March 31, 2011.

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they were angry "Remember what it was like when you were little and got punished . . . how it hurt" (Oan, 14) "Tell me why you're angry, say what upsets you and get it out of the way before it gets out of control and you hit me" (Anthony, 13) "Read a love story" (Camilla, 5) "Go and do some sewing" (Sarah, 7).

Children were clear violence did not change their behaviour and had negative outcomes. "Hitting us should stop. Punish us in a good way that will do the job because hitting us can get out of control and only cause more problems within the family," (Daniella 14) "If our parents hit us we might get the wrong message and think that they don't love us any more and run away" (Leonie, 12) "I should not be smacked because I don't deserve to

be hit and smacking only makes me want to hit back," (Judith, 15) "When you hit a child who is very sensitive it could scar him or her for life on the inside. Parents don't realise this. Help me speak out and that way you can help fix the problem," (Samantha, 14).

So how can we "Choose to Hug, Not Hit"? Parenting programs have been developed to promote non-violent parenting. Centrecare offers the Triple P parenting program (Phone 6278-1660). Magic 123 is offered by Head, Heart and Hand (phone 0413 536 210 and email [info@headhearhandstas.com.au](mailto:info@headhearhandstas.com.au)). Child Protection Week which runs from September 4-11, 2011 is an ideal time to support non-violent parenting and help make the world a safer and saner place!



Promoting women's health and wellbeing  
AUSTRALIAN WOMEN'S HEALTH NETWORK

## New National Women's Health Policy Welcomed with Reservations

AWHN congratulates Health Minister Nicola Roxon and the Gillard Government on the Commonwealth's recommitment to promoting the health of Australian women. The new National Women's Health Policy is the first positive national statement on women's health for 21 years.

"We are thrilled that the new policy is finally out", said AWHN convenor, Dr Gwen Gray. "Our organisation has been working to achieve an update of the original, groundbreaking 1989 policy, the first of its kind in the world, since the 1990s. Unfortunately, the Commonwealth's commitment to women's health fell dramatically after the release of the first policy", she said. But in preparation for the 2007 election, the Australian Labor Party made a commitment to renew the policy.

"The 2010 Policy has both strong and weak points", Dr Gray said. "AWHN members are extremely pleased that it supports a social model of health, a position strongly endorsed by the women's health movement since the 1970s".

"We are delighted that the policy takes into account the social determinants of health which affect women's lives and their health so strongly and we are optimistic that a stronger focus on primary prevention and strong primary health care will henceforth emerge, as the current health reform process is guided by these objectives". AWHN is

well placed and ready to work with the Commonwealth to achieve these ends.

However, AWHN is disappointed that no funding has been announced to give effect to the aims of the policy or to support the women's health services sector which has struggled for years to serve women in the face of seriously insufficient funding.

"Without a funded women's health program to support service implementation, the new policy runs the risk of becoming a piece of paper promoting high sounding ideals" said Dr Gray.

"AWHN is extremely disappointed that the important role played by women's health centres has been overlooked. Policy writers have not recognised the strong support for the sector that Australian women expressed in submissions and consultations for the policy". Women's health workers serve those most at risk of poor health outcomes and have developed major innovations in primary prevention programs and services. "It is a loss to Australian women and to preventive primary health care in general that the valuable models and experiences developed in the sector over the last 36 years are not being supported and further extended".

# Tribute to Liz Russell

by Glynis Flower

Many HWHC newsletter readers will have known Liz Russell but, as our Finance Officer for 16 years, she wasn't always visible to the Centre users. Sadly she became ill in the second half of last year and passed away in November. We are proud to recognise her life and achievements. This tiny woman had a huge skill and knowledge in financial management, a great commitment to social justice and an enormous capacity to empathise with others. And for a small quiet woman, she had a very loud and extrovert taste in music - but more of that later.

We were very lucky to have Liz looking after the books, as her reputation was so strong in the sector. With her skills and integrity, several other organisations have remained financially accountable and as such secured and maintained vital funding for their services to the community, including the NILS Network of Tasmania. At HWHC, her advice to management was always sound and she was extremely proud of her impeccable record of clean annual audits.

But her financial advice didn't stop there. Several workers gained personal assistance in understanding their tax returns, the fringe benefits and salary sacrifice system, student loan repayments and other personal financial matters.

Her work sounds like a full time job but, in fact, for most of her time at the Centre she worked for 10 hours per week. And, although her role entailed processing workers wages, it wasn't the only reason she was universally popular. She was a great observer and was always aware if other workers had something on their minds, especially family worries.

The Hobart Women's Health Centre is a feminist organisation with a strong commitment to social justice and Liz's own politics were evident in her actions and attitudes to others. For instance, not long ago she was very upset at the measures proposed by the British government's austerity policies, which targeted disability pensions in the first round of cuts.

Her memory of the music and culture of her teenage years was amazing and her musical history knowledge, as well as contemporary rock, was extensive. Workers who came into the premises early in the day would find Liz there with the modest sound system in the back room blasting out some pretty heavy music. This was her practice before others arrived.

She regularly complained about the quality of that sound system and argued the Tai Chi classes and Yoga sessions deserved better equipment - even suggesting makes and models.

But apart from complaints about wayward workers who couldn't get their timesheets in on time, Liz did not complain and in the last few months she would have had ample reason to. Strong, brave and appreciative, she praised the care she received at the Royal and from the community nursing support. If she witnessed a delay or a glitch in the system, she reported it to us as if her illness was a fact - finding mission to improve the lot of other women.

On her last Sunday, the team spent a few hours in Liz's garden doing a bit of weeding and planting - glad to be close to her and trying not to tire her too much. Typically, her sense of humour didn't desert her. Watching us through her large windows, she said "it was better than watching TV - seeing other people work".

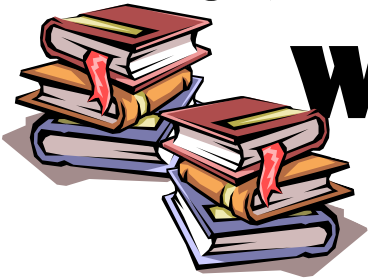
One area of her life was not so self effacing and that was her pride in her family. She had been a devoted wife to Clem and she spoke of him often, about his resilience in the face of difficulties and their long partnership. But it is Ali and Felix we heard most about. We followed their achievements, relayed by the proudest mother who supported all of their interests and plans. She was rightly proud of these two impressive young people.

So, Liz, from the team and Board members past and present thank you and farewell - a small woman with a big impact.



Liz Russell

# WOMEN'S WISDOM LIBRARY

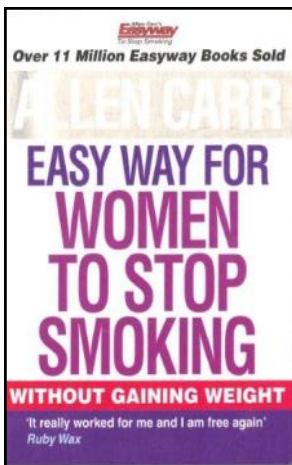


## **Easy Way for Women to Stop Smoking**

Without Gaining Weight

by **Allen Carr**

Allen Carr makes some impressive claims about his stop smoking method, such as '90% of people will stop smoking after reading this book, stopping this way is



easy, painless and permanent, and you don't need any willpower'. I was sceptical, but as the book had been recommended by a number of people I know, it acknowledged in the first few pages there would be many sceptics of the claim, and assured readers the desire to smoke would disappear by the end of the book, I gave it a go.

And it worked! I stopped

smoking quite easily without the aid of patches, gum or other nicotine replacement therapies. Very exciting stuff, but unfortunately it didn't last. I fell back into my old thought patterns and on the fifth day I had a ciggie.

So what happened? According to Allen, I clearly didn't really understand all the 'instructions', I didn't refer back to the book, or to my own written convictions outlining my reasons to stop when I felt vulnerable. The bottom line is it didn't work for me. I tend to think Allen's 'positive brainwashing' (as I see it) worked on me for a time, but was not powerful enough to counteract the brainwashing offered up by our culture and the still powerful tobacco industry.

Allen's approach, while using repetition to continually reinforce the negative aspects of smoking, also continually reinforces the positive outcomes of stopping. Allen also examines, and busts, the 'myths' (brainwashing) our culture and the tobacco industry perpetuate - such as smoking relieves stress, smoking is a coping strategy and great will power is needed to stop. In this way, his approach is similar to 'narrative therapy', as it builds a new story (narrative) or set of beliefs around smoking for the person wanting to

stop. Allen helps in the process of 're-authoring' your own story about smoking. So, instead of believing smoking has something good to offer, and that when you stop you feel you are missing out, you genuinely view smoking as something you don't want to do because it has nothing to offer. You simply don't have any desire to do it and therefore willpower is not needed to stop.

This is not to deny the real physical addiction and withdrawal from nicotine. The physical addiction, however, is surprisingly minor and easy to cope with when the psychological dependency is removed. Allen argues you must remove the psychological and emotional associations we have with smoking before going through the physical withdrawal. In the past I was an emotional wreck when I tried to stop, almost to the point of saying if this is what it is like I seriously don't think life is worth living. This might sound a bit dramatic, but I'm sure some other smokers who have tried to stop will understand what I was feeling. Now, after trying with my new way of thinking I found it was true, physical withdrawal is easy. Furthermore, this was without aids like patches and gum etc. Allen puts up a convincing argument as to why these aids not only don't work but actually make it harder to stop.

Alas, it must have been my thinking, attitude, beliefs, or level of brainwashing, or not; all the psychological stuff I clearly need to do more work on. My conviction was so strong for the first few days, I felt I was truly free. I was so confident, but before I knew it was being undermined and I was not reinforcing my commitment until it was too late. I hadn't read my new story enough times for it to be a solid alternative narrative. It reminds me of the writings I have been coming across frequently of late about brain plasticity and building new neuro-pathways for different kinds of thoughts. While theoretically on a psychological level these sorts of changes in thinking and feeling can happen instantly, it is clear to me building new physical parts of the brain must take some time. Time to become established as the preferred neuro-pathways, as opposed to the old familiar routes which then die off from lack of use.

Yeah, right, whatever; sometimes, it seems as clear as mud. All I know is for me it has been, and still is, a complex journey, frustrating at times depressing and desperate at others. But, still an interesting journey not over yet and which has taken a new path after reading this book.

While I do have some hesitation around certain ideas in this book, I will certainly still recommend it to those who want to stop smoking. Allen has continued over...

an approach very different from the mainstream willpower and aid supported ways of stopping. It is refreshing to find someone tackling the actual desire to smoke. Whilst I can't claim to be a non-smoker, it was certainly a major achievement for me to not smoke without aids for five days and without feeling the familiar panic at the thought of a life without tobacco. Plus, I have been introduced to a much more aware way of thinking about my behaviour, a way offering me something to build upon without the fear, panic and self criticism which accompanied my attempts to stop in the past.

**Julianne Campbell**

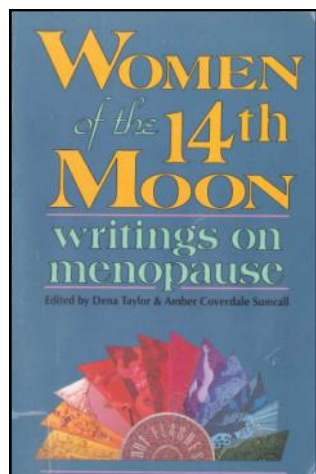
### **Women of the 14th Moon**

Writings on Menopause

**Edited by Dena Taylor and  
Amber Coverdale Sumrall**

*"If there are 13 full moons in a given year, a woman who has not had a period for a year will begin a new phase in her life upon the 14<sup>th</sup> moon without bleeding...It is cause for celebration"*

So says Eleanor J. Piazza, one of the contributors to this wonderful collection of women's stories about their experiences of peri menopause, menopause, midlife, climacteric; the Change of Life.



And change we do.

In our youth worshipping culture, this is the time when women are in danger of beginning a journey into invisibility. A conspiracy of silence seems to surround this time of transformation; there is no public celebration.

Often, before we are ready, IT is upon us and we have limited knowledge, few positive role models, and lots of conflicting information about HRT, natural menopause, osteoporosis, heart disease, "ovarian failure" and the attractively named vaginal atrophy.

It's enough to make a woman break out in a hot sweat!

Women of the 14<sup>th</sup> Moon is not another book written by a doctor who has never experienced menopause. It is a collection of personal short stories and poems about midlife crises, sweet insanity (and insanity not so sweet), women deciding to take HRT, women deciding not to and women taking new jobs, new lovers, new sexual identities and new directions in life.

*"At menopause life can turn onto one long pre-menstrual experience. Hormones slap you up against the door of your unfinished business" (Maura Kelsea)*

This book was published a decade ago, so some of the HRT opinions and ideas are a bit dated. However, the women's life experiences are still relevant today. A comment on the "menopause industry" perhaps? Nevertheless, it is a celebration of women's resilience, tenacity and humour.

I found the stories informative, entertaining and heart warming, and at times, very funny. A delightful reminder that menopause is not the beginning of the end, but the beginning of another exciting chapter.

To quote Margaret Mead,

*"The most creative force in the world is the menopausal woman with zest".*

**Petula Broad**

## **International Women's Rights**

**Where are we at? What is still to be done?**

You are invited to join the International Women's Development Agency (IWDA) and Amnesty International Australia (AIA) for a soiree with guest speakers Anne Frankenberg, Deputy Executive Director IWDA and Annalisa Rigby, Community Campaigner for AIA

When: Thursday March 3, 5:30 - 7:00 pm

Venue: Amnesty International Tasmanian Action Centre  
Level 1, 130 Macquarie street, Hobart

RSVP: (03) 6221 1000 or via email  
[tasaia@amnesty.org.au](mailto:tasaia@amnesty.org.au)

Entry: \$5 full price, \$2 concession (drinks and nibbles supplied) plus a lucky door raffle



## **Lesbian and Bi Women**

**Rainbow Support & Discussion Group**

**Anyone over the age of 18 in the "rainbow family."**

For more information, call  
Working It Out on 6231 1200.

**Borderlines – Queer Radio**

**Hobart's sexuality & gender issues radio show**

Every Monday 10 am – 12 pm  
Edge Radio 99.3 FM

**TasPride Events**

Check out the TasPride website at [www.taspride.com](http://www.taspride.com) for further information.

## INTRODUCING. . .

Hi my name is Jenny Sloane. Mid January this year, I joined the team of Hobart Women's Health Centre as their part-time Finance Officer and I am looking forward to working in the community sector again. My experience includes all facets of administration/operations of businesses which ranges across a variety of industries, including owning and operating my own business for several years.

I enjoy helping others and have assisted organisations /clubs in a voluntary capacity. I enjoy the beach (sun, sand and sea) and reading a good book, not that I've had time lately.



## AND. . .

My name is Elida Meadows and I am very proud to be on the Board of the Hobart Women's Health Centre. I am currently employed as a Development Officer in the Industry Development Unit of TasCOSS but I have had a long and varied career. I started my working life as librarian and I have also worked as a researcher, consultant, historian and in public relations. My main areas of interest in the community sector are issues related to culturally and linguistically diverse communities and mental health.



I am well on my way to completing a PhD from the University of NSW which examines travel narratives of British travellers to Calabria from 1777 to 1900. My research interests include the movement of people through diaspora, displacement, migration, pilgrimage and travel and exploring intersections of place, time, liminality and identity.

I am originally from Sydney where I grew up by the sea, and still have many connections there, including most of my family. I've been in Tasmania with my husband and youngest son for close to six years now and we consider ourselves lucky to be living in such an amazing place. I love walking, swimming in the sea, watching films, speaking Italian, op-shopping, reading and writing and my sweet little tortoiseshell girl, Catiana Pusshkin. My church is nature.

Apart from paid work and involvement on the Board of the HWHC, I am on the board of Arafmi Tasmania and a member of two national mental health carers reference groups and the Tasmanian Transcultural Mental Health Advisory Group.

## CONTRIBUTIONS. . .

Contributions from readers are very welcome. If you have an article, review, comment or notice that would be of interest to our readers, please send it to the Newsletter Editor by post, email or drop it into reception when you visit the Centre.

To be considered for inclusion, all contributions must be received by the following deadline:

**Winter Edition: April 21, 2011** (newsletter distributed at the end of May 2011)



## . . .GETTING IN TOUCH

Open: **Mon, Tues, Wed & Thurs 9:15 am to 4 pm**

Visit: **25 Lefroy Street North Hobart** Post: **PO Box 248 North Hobart Tas 7002**

Tel: **03 6231 3212** Outside the 62 area, freecall **1800 353 212** Fax: **03 6236 9449**

Email: **info@hwhc.com.au** Website: **www.hwhc.com.au**

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