

Hobart Women's Health Centre Newsletter



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OCTOBER
2010

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Women and Heart Disease

by **Emily Sonners**

Communications Officer, Tasmania
Heart Foundation

Did you know cardiovascular disease (heart, stroke and blood vessel disease) kills more women each year than any other disease?

There are many myths about heart disease, such as the perception it is an 'old man's disease'. This is not the case – heart disease tragically claims the lives of thirty Australian women every day.

Research conducted by the Heart Foundation found forty two per cent of women believed breast cancer was the leading cause of death amongst Australian women. The reality is, in 2007, heart disease accounted for four times the number of deaths in women compared to breast cancer.

It's not all doom and gloom though; the good news is heart disease is largely preventable. Take these five steps to reduce your heart disease risk:

1. **Get regular checkups** – when you next visit your GP or doctor, ask for a heart disease risk assessment.
2. **Know your numbers** – find out your blood pressure, cholesterol level and waist circumference - and check these regularly.
3. **Be smoke free** - kicking the habit is the single most important thing you can do to reduce your risk and it is never too late to benefit from giving up.
4. **Enjoy healthy eating** - include a variety of foods from different food groups.
5. **Be active every day** - regular, moderate physical activity is good for the heart. The Heart Foundation recommends you include at least thirty minutes or more on most, or all, days of the week.

Although taking steps to prevent cardiovascular disease is the most important action you can do, another vital factor is to be aware of the warning signs of a heart attack.

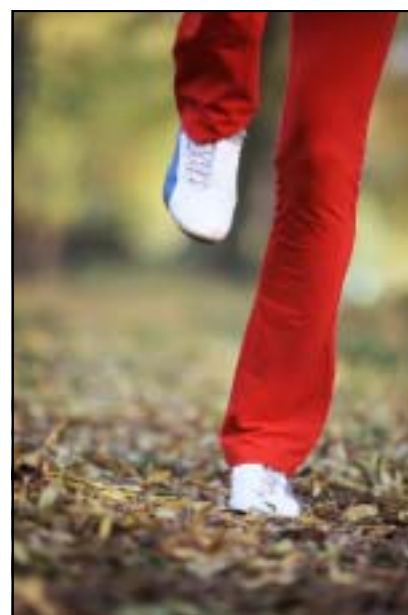


Image courtesy of the Heart
Foundation's
Go Red for Women Campaign.

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Every heart attack is different. Symptoms can vary especially when comparing male and female warning signs and the signs may not always be sudden or severe. What's more, they can happen unexpectedly.

Although chest pain or discomfort is the most common symptom of a heart attack, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort.

When having a heart attack you may experience pain, pressure, heaviness or tightness in one or more parts of your upper body, in combination with other symptoms. People have described feeling generally unwell or 'not quite right'.

If you experience the warning signs of a heart attack for ten minutes, if they are severe or get progressively worse, call Triple Zero (000) immediately and ask for an ambulance.

To learn more about the warning signs of heart attack, go to www.heartattackfacts.org.au.



Go Red for Women Breakfast

Heart disease is not always obvious. Having a heart attack may be your first sign. Join us, wear red and find out more about women and heart disease.

Special Guest: Dr Abby Bloom 'Harbour Tunnel, Heart Attack Lady'

Dr Abby Bloom had just entered the Sydney Harbour Tunnel when she felt she was losing her driving ability. She pulled over, her 17-year-old daughter took the wheel and they drove to the Hospital. At the age of 50, Abby was having a heart attack.

Heart to Heart Panel available to answer your questions on heart health including:

Dr Lyn Roberts, Heart Foundation National CEO

Professor Alison Venn, Menzies Research Institute

Jane Stephens, Tasmanian Go Red for Women Ambassador

Event details

Date: Wednesday May 5, 2010
Time: 7:00 am – 8:45 am
Venue: Tasman Room, Wrest Point
MC: Airlie Ward, ABC Stateline Presenter

Book now!

Ticket price: \$30 per person or \$366 for a table of 12
Includes: A delicious heart healthy breakfast, gift bag, spot prizes, women's pamper raffle and more!
RSVP: Go to www.goredforwomen.com.au/tas, complete the booking form and fax to 6224 2884 or phone 6224 2722.



Image courtesy of the Heart Foundation's Go Red for Women Campaign.

Federal Election – what do you think?

by Jenni Colwill

2020women's President

2020women is a new, not-for-profit women's organisation giving Australian women the opportunity to tell the political parties what is important to them in the next election. To give your opinion go to: <http://2020women.org>

The 2010 federal election is an important election for women. 2020women's research shows 56% of women surveyed to date may change their vote in this election. In the last election, the Australian Labor Party won support from women in marginal seats and, if they wish to hold on to those votes, they need to listen to what Australian women are saying.

In order of priority, the significant issues identified by women in our survey to date are, health care, global warming, education, pay equity and paid maternity leave. For women who are under thirty nine years of age, the order of importance changes dramatically, with paid maternity leave going to the top of the list.

The comments we are receiving indicate the only area women appear to be happy with the ALP's performance to date is education.

In particular, many women are unimpressed with Labor's proposed paid maternity leave scheme and, now Tony Abbott is offering a better model, Labor might receive an unpleasant surprise.

The ALP paid maternity proposal offers women 18 weeks of leave paid at the minimum wage level. Apart from the low pay, which will disadvantage many women, the worst aspect of the ALP paid maternity leave scheme is employed women will lose superannuation for the time they are on paid maternity leave, entrenching women's poverty in retirement.

The Liberal party proposal provides women with twenty six weeks of leave with full pay and superannuation. Our research shows many women will be looking at the bottom line on this issue and, if our data continues to show this, we will use it to try to persuade the ALP to reconsider their policy.

The election survey has been running since mid-February, and will remain open for another two weeks. Respondents are also asked to provide questions they would like the political parties to answer. Questions received will be analysed and compressed into a few major themes, and 2020women will seek responses from the major political parties on those responses. The results will be sent to the survey respondents who have asked for follow-up information to be provided to them and published on the 2020women website.

A national Australian women's organisation, with Board Members from Tasmania, NSW and the ACT, 2020women was established late last year. Already over seven hundred women have registered their interest in participating in 2020women surveys; one third of these women are under the age of thirty, and most of the remaining women are between thirty and fifty.

Using online surveys, and by providing up to date information on issues of interest to women, 2020women empowers women by giving them the opportunity to voice their opinions on issues affecting them. 2020women also encourages women to share their stories as a means of empowering women, as well as providing women with the opportunity to voice their views.

Membership is open to women and men, although naturally more women are interested in the work undertaken by 2020women, but it is not unusual to find young men in particular support our activities, too. We encourage men to join us, as we believe the empowerment of women can only be achieved with the involvement of both men and women.





Healthy Eating

by Wendy Meek

Hello everybody. Because we are having less newsletters this year, I have to give you more information all at once. By now you should have cleared your summer crops from your veggie patch and be either making way for some winter veg or planting some green manure. Now don't forget where you took out your tomatoes, because you should never plant them in the same spot 2 years in a row. Here are some planting ideas for over the next couple of months.

In MAY plant broccoli, early potatoes, broadbeans, garlic, spring and salad onions and winter lettuce.

In JUNE plant asparagus crowns, early potatoes, rhubarb divisions, jerusalem artichokes, globe artichoke suckers, potato onions, chives, shallots and garlic cloves.

In JULY plant asparagus crowns, early potatoes, shallots, potato onions, long-keeping salad and spring onion as small seedlings, garlic cloves, rhubarb divisions, Jerusalem and globe artichokes.

In AUGUST plant certified seed potatoes, Jerusalem artichokes, shallots, potato onions, garlic cloves, sturdy young seedlings of cabbage, cauliflower, celery, broccoli, lettuce, onion and leeks.

Please note, sometimes the best way to plant is to plant seeds. Nurseries will sometimes have us believe we should be planting their seedlings. They can charge more for these and sometimes the end product is not as

good because some seedlings don't like to be transplanted. If you are very keen, you can get heirloom seeds which will grow and give you seeds back at the end to plant next year.

Some examples of these are: most beans, corn (although it is too late to plant corn now), beetroot and I even saw garlic seedlings in a nursery. Don't fall for them! Get a bulb of garlic split it up into cloves and put them in the ground just below the surface with the pointed end up.

Ok, so what will be eating in these months?

Tomatoes and zucchinis should be finished by now. Pumpkin should be just about ready (my pumpkins grew from my compost!) We are coming into good apple season; different ones are in season at different times, so go to your local market to get new season varieties. Potatoes are good eating at this time of year, as well as leeks, carrots, witlof, bok choy, pak choy and squash.

So enjoy your gardens. If you are anything like me, there is nothing quite like a good crop of whatever you choose to grow to share with your friends - and try new and innovative dishes with, when you just can't think of what else to do with them!

Reference:

<http://www.abc.net.au/tasmania/stories/s2106182.htm>

see recipe opposite...

IMPROVED BATHROOM FOR WOMEN AND BABIES

by Glynis Flower

Need to change the baby while out shopping, meeting friends or just out and about in North Hobart? Well, the Hobart Women's Health Centre now has a baby change facility and a new heating system so you and your baby will be comfortable.

Realising there are very few public baby change facilities in the area, we set out to provide an easy to use system which didn't interfere with the other uses for our access bathroom. This took a little longer than planned but, with help from the Tasmanian Community Fund, we now have a new service to offer.

We ask you to take nappies home for laundering or disposal if possible, but biodegradable bags and bins are provided on site.

Like the rest of the Centre, the bathroom is open for use from 9:15 am to 4:00 pm Mondays to Thursdays.

Occasionally our bathroom is also used by women for a shower, so the instant warmth from the new heater will be welcome there too, as we approach the colder months.



Recipe - Sopaipillas

The other day I was at work and one of my colleagues was eating something I didn't recognise. She is Chilean so I was instantly curious about what it could be. She told me that it was Chilean pumpkin bread and, of course, said the name in Spanish, which I still can't say! She gave me a try and said that it should be eaten with avocado.

Later that day, she returned with avocado, sat with me and shared. It was delicious and I have been going on about it ever since. I love the colour and difference people from other countries bring to us here in Tassie. Here is her recipe. You will have to play with quantities, because I believe she really doesn't know. She was taught to make this; she did not read it from a book. The mixture should be soft and moist but add enough flour so you can knead it.

Ingredients

Self raising flour
¼ Pumpkin
Butter
1 teaspoon salt
Oil for deep frying



Method

1. Boil Pumpkin until soft and then, in a small bowl, mash the pumpkin and add the butter (it will melt with the heat of the pumpkin), combine the flour and the salt.
2. On a lightly floured surface, knead dough for 1-2 minutes or until smooth. Cover and let stand for 5 minutes. Roll out to 1/4-in. thickness. Cut with a 2-1/2-in. cookie cutter or any shape you want. Make little holes on the Sopaipillas so it will cook evenly.
3. In an electric skillet or deep fat fryer, heat oil to 375°. Fry Sopaipillas for 1-2 minutes on each side or until golden brown and puffed. Drain on paper towels. Serve immediately with Avocado and/or ricotta cheese.

Calling our friends in the public service!

by Glynis Flower

Like many community service organisations, HWHC continues to seek alternative and additional funding to supplement the grants and income it receives from Government and other sources.

At the end of last year, a friend in the Public Service drew our attention to the State Service Workplace Giving Scheme. This scheme allows employees to nominate a registered charity to benefit from payroll deductions.

We know many of our supporters work for the State government in different capacities. If you are a public servant, you may be pleased to know you can nominate Hobart Women's Health Centre as your preferred charity.

Even a small contribution from your regular pay could be hugely beneficial. Your donation will not be used for the day to day running of the Centre, but will

be deposited into our Fund Account. These funds are quarantined for emergency purposes such as assisting women to move, to gain medical and other health procedures and to face other life challenges at a time when they cannot gain assistance elsewhere.

All donations over \$2 are tax deductible.

Contact us on 6231 3212 or check out

http://www.dpac.tas.gov.au/divisions/psmo/employment_policy_and_programs/employee_resources/workplace_giving/approved_dgrs

Please consider a small contribution from your salary payments. You will be assured a woman in need will benefit from your help.



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.

Ageing Well with Weights	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.
AWWW Practice	Practice times available, after course completion on Mondays 11:40 am to 1:00 pm and Wednesdays 3:00 to 4:00 pm.
Birth and Beyond	First Wednesday of the month, 10 am to 12 noon. Share a healthy lunch afterwards. Group sessions to share and learn more about birthing and mothering experiences.
Breast Cancer	Support Group 3 rd Tuesday of the month 11:45 am - 1:15 pm. Except in May 2010 which is the 2 nd Tuesday. For any woman diagnosed with breast cancer who would like information and support. Secondary Support Group 1 st 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.
Community Health Nurse	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.
Fitball Beginners' Class	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.
GP services	Tuesdays 1:30 - 4 pm, half hour bulk-billed consultations by appointment with Dr Juliet Tait.
Grandparents Raising Grandchildren	3 rd Tuesday of the month 10 am to 12 noon. Support and relaxation. Contact Ariella for more information on 6234 7948.
Herbalist	Mondays 2 - 4 pm, by appointment only. Cost is \$25.50 for the 1 st one hour consultation and \$15.50 follow up appointment. To make an appointment, phone Sally on 0407 872 792.
Massage	Shiatsu by appointment, \$60 for 1½ hours or \$45 for 1 hour. Phone 6297 1221 or 0488 660 940 for a booking with Lynne Bradshaw.
Meditation	Guided and safe relaxation meditation, Tuesday 10:30 - 11:30 am (beginners welcome).
Stitches and Stories	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.
Tai Chi	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.
Women's Friendship Group	2 nd 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.
Women's Walks	Thursday mornings, 10:30 am - 12:30 pm. Calendars are available from reception.
Writers' Support Group	1 st Wednesday of the month, 2 - 4 pm.
Yoga	Wednesday mornings, 9:45 - 11 am, for experienced participants and 11:15 am - 12:30 pm for beginners. \$5 per session with Kathy.

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

Politics and Art Wrap

by Jen Van-Achteren

On March 2, the Centre held three very important and informative events in recognition of International Women's Day. All three of the events were well attended and feedback from participants was very positive.

The first was the opening of the exhibition "FEMICIDIO", Newspaper Embroideries by Elena Gallegos, which explores the many deaths of women in Chile from domestic violence. Secondly, "Wearing Politics", an exhibition of photographs and narratives exploring women's activism in Tasmania, organised by Yemaya Women's Support Service and funded by the Women Tasmania small grants program.

And last but certainly not least, an Election Forum on Tasmanian women's health and wellbeing issues. All four political parties were present - Lisa Singh from the Labor party, Vanessa Goodwin from the Liberal party, Cassy O'Connor from the Greens and Jenny Forward from the Socialist Alliance.

To begin, each Candidate had an opportunity to talk about what they and/or their party intend to do to improve women's health and well-being. In the second

part of the forum, audience members had the opportunity to ask questions of the candidates. While the questions and issues raised sometimes challenged the candidates, the forum had a relaxed

conversational atmosphere which facilitated many enlightening exchanges. When asked, all four of the candidates indicated they would be keen to participate in future forums held by the Centre on women's health and wellbeing issues. The Centre intends to hold them to this commitment, so keep an eye out for future forums.

In the meantime, if you would like to find out what our state's political parties' responses were to our election survey on women's health and well being issues, to make sure they keep their promises, check out our website at <http://www.hwbc.com.au/News.htm>



Nancy from Hobart Women's Shelter discussing the Femicidio Exhibition.



Gay and Lesbian Switchboard

by Brian Murray

Co-President

Gay and Lesbian Switchboard (Vic) Inc.

GLBTI (gay, lesbian, bisexual, transgender, intersex) is the closest term we have to describe a diverse community of individuals who don't identify as heterosexual or have differing gender identities.

These individuals often face discrimination and suffer from fear and isolation. They often find it difficult to find support from mainstream health and welfare service providers.

A number of organisations help provide services directly to this diverse community and work collaboratively with mainstream services to support GLBTI clients.

Gay and Lesbian Switchboard is a volunteer community organisation, providing a free and confidential telephone counselling, referral and information service for the Victorian and Tasmanian gay, lesbian, bisexual, transgender and intersex (GLBTI) communities. Their phones are staffed by trained volunteers who themselves are lesbian, gay, bisexual or transgender.

Switchboard receives calls from a wide range of people: some may be experiencing problems at work, in their relationships, with family or who are coming out as lesbian, gay, bisexual or transgender. This service is also happy to speak with family and friends of people who are GLBTI and health and welfare professionals working with GLBTI clients.

Some issues may be related to a caller's sexuality or the caller may choose to call Switchboard about issues not related to sexuality, preferring the help of a GLBTI organisation.

Phone lines are staffed 6 to 10 pm Monday to Thursday (from 2 pm Wednesdays) and 6 - 9pm Friday, Saturday and Sunday. In addition, a huge amount of community information is available on the website: www.switchboard.org.au.

ENCORE NEWS

Encore is an eight-week program of two hours duration, specially designed for women who have had breast cancer; it helps restore mobility, flexibility and confidence through gentle exercise.

This is a national program established with funding from Avon and was auspiced in Tasmania by the Hobart Women's Health Centre. The upcoming program is funded by the Tasmanian Community Fund.



Photographer Sharon Hickey
YWCA Encore website

The program provides trained facilitators, ground and warm water exercises, and the opportunity for women to support one another.

Encore programs are free to participants and designed for women who have had breast cancer at any time in their lives.

DATES FOR NEXT ENCORE PROGRAMS

Hobart

Thursdays September 23 - November 4, 2010

Phone Rosemary at the Hobart Women's Health Centre to enrol or for further details on 6231 3212 or 0408 127 330.



Birth and Beyond

Birth & Beyond nurtures a holistic approach to the needs of women as we journey through the childbearing years. Provides support to explore and choose what is right for you and your family.

First Wednesday of the month 10 am - 12 pm

The dates for this season are as follows:

May 5

June 2

July 7

August 4

September 8

October 6

November 3

Phone the Centre on 6231 3212 for more information about topics and presenters.



Seniors Week Event

The Centre will be holding a free lunch of delicious soups, bread, cakes and refreshments in the back space again this year to celebrate Seniors Week.

The back space can accommodate about thirty women so please ring on 6231 3212 and book early.

12 – 2 pm Thursday October 7, 2010

International No Diet Day

celebrated annually on May 6th

Join us for lunch 12 – 1 pm

at the Hobart Women's Health Centre.

Find out more about the day, why diets don't work and how to help challenge society's perceptions of dieting and weight obsession.

By giving a gold coin donation on the day, you can also support the amazing and important work of The Butterfly Foundation who provide support for Australians suffering from eating disorders and negative body image issues and their carers.

www.thebutterflyfoundation.org.au

To find out more about INDD go to <http://www.eskimo.com/~largesse/INDD/goals.html>

Talking Herbs

the alternative medicines

with Sally Riley

Many of us sigh with relief when we reach a certain mature age and no longer have a monthly cycle, but we are apprehensive about consequences. Our oestrogen levels have decreased and this may predispose us to other problems. Initially hot flushes, night sweats and hair in unwanted places. These problems may be addressed with appropriate herbs, but what about osteoporosis? Clinically this is stated as, "a thinning of the bones with reduction in bone mass due to depletion of calcium and bone protein." Women lose 20% bone mass within 5-7 years of menopause.

There is, however, much more to the process than these simple statements. There are two types of cells involved - the osteoblasts, which add to bone and the osteoclasts, which break it down. These usually work to remodel bone when needed. Or, if the body is deficient in calcium, the osteoclasts - in conjunction with parathyroid hormone - break down the bone to gain body calcium for such diverse functions as nerve and muscle control and blood clotting, to name a few. Our skeleton is actually being replaced every ten years by this remodelling process.

Osteoporosis results from an imbalance in the remodelling process because the oestrogen, which decreases the sensitivity of the osteoclasts, has declined and the area of bone removed is larger, with the osteoblasts failing to repair the bone fully. Phytoestrogens appear to help in maintenance of the bone structure. These are found in soy products, green leafy vegetables and broccoli.

Hormones have recently been discovered that help the two types of cells communicate with each other and we can now look at ways of controlling and helping these in their work.

It has been found that vitamin D is very important for the absorption of calcium from the gut and is *necessary in a number of steps in the remodelling process*. Every post menopausal woman should have a blood test to check for deficiency in Vitamin D. Correction may be as simple as taking a supplement, or getting more sunshine at least 6 times per week for 20 minutes. Other vitamins essential to calcium retention are vitamin K and vitamin C.

There are minerals necessary for osteoblasts to do their repair work. These include magnesium, boron, selenium and zinc.

Calcium supplements are advisable but it should not be calcium carbonate, which is absorbed poorly if a person tends to have low acid in the stomach - often the case in the more mature individual. Calcium citrate, orotate or gluconate chelate is better absorbed. At least 500 mgms per day, some references suggest up to 1200 mgms per day.

Surprisingly, milk products such as cheeses do not contribute much calcium to the body. Because they contain salt and protein, they aid in depletion of calcium via the urine.

Meat protein should be kept to a minimum, since it contributes to the body's acidity and calcium buffers this acidity. However, protein is still an important part of our diet. An increase in fruit and vegetables, components of an alkaline diet, will help retention of calcium. Fish three times per week is also suggested. Thus, a modified Mediterranean diet is recommended.

Alcohol and caffeine should be kept to a minimum, as these use calcium in their metabolism. Alcohol interferes with calcium absorption and is toxic to osteoblasts.

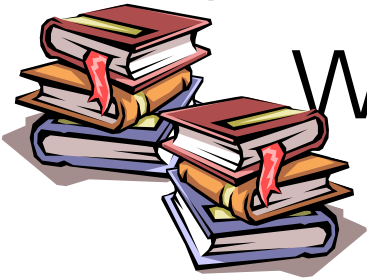
Last, exercise is so important for maintaining bone density, particularly weight bearing exercises and walking.

So move out into the sunshine and walk regularly, eat lots of fruit and vegetables, including plums. Limit protein, alcohol and caffeine and definitely stop smoking to help avoid the terrible fractures, which can limit our mobility so much.

Doses for herbs should always be checked with a professional health practitioner, as therapeutic doses vary for each herb and some have cautions for certain health conditions.

Sally is available on 0407 872 792 for a consultation in herbal or mineral therapies and women's health issues, by appointment at the Centre on Monday afternoons.

WOMEN'S WISDOM LIBRARY



Healthy Gut Guide

Natural suggestions for your digestive disorders

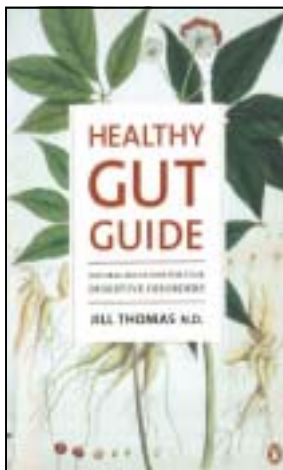
by **Jill Thomas N.D.**

It is commonly said "you are what you eat ". For anyone with an interest in nutrition, and the way in which we absorb our food, this book makes for edifying reading.

With the apparent rise in bloating, food allergies and abdominal pain, the author asks why so many of us experience "real discomfort somewhere along the nine metres of our gastrointestinal tract."

The book explains the link between our gut and our brain, and why our emotions can have a significant impact on gut function and vice versa.

For example, did you know the brain and stomach develop from the same part of the human embryo,



and share some neurotransmitters and hormones?

Serotonin, which in the brain influences mood and how we think, also acts as a gastrointestinal neurotransmitter. About 80% of the body's serotonin is found in the gut.

The author points out phrases such as "sick to the stomach" and 'gut wrenching" have a basis in scientific fact.

Starting with a journey through our digestive system, and using case studies, chapters address IBS, bloating, constipation, diarrhoea, allergies and intolerances, coeliac disease, ulcers and more.

The book suggests healthy ways to eat and ensure you are absorbing nutrients and supplements.

If you have ever felt like a "misery guts" and wondered why, this may be a worthwhile read.

Petula Broad

Breast Cancer Support Groups



The Centre has three 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

3rd Tuesday of the month 11:45 am - 1:15 pm.

Except in May 2010 it is the 2nd Tuesday.

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

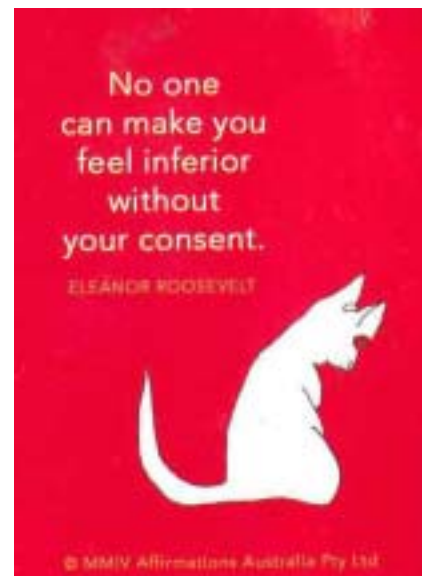
Secondary Breast Cancer Support Group

1st 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 Rosemary on 6231 3212
or 0408 127 330 for more information.**



6th *australian* WOMEN'S HEALTH CONFERENCE



THE NEW NATIONAL AGENDA
18-21 *may* 2010. *Hobart, Tasmania*

Ageing Well with Weights

The next Ageing Well with Weights eight-week strength training program will commence on Friday May 21, 2010.

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. Contact the Centre for details.



Ageing Well with Weights Participant

Lesbian and Bi Women

Rainbow Support & Discussion Group

Open to anyone over the age of 18 in the "rainbow family."

Tea, coffee and orange juice provided.

Please bring a plate of food to share.

For more information, or to find out about future meetings and those held in the north and north west, 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

Queens Ball

Sunday June 13

Check out the TasPride website at www.taspride.com for further information.

Queer Art Exhibition

September 2010

Check out the TasPride website at www.taspride.com for further information.

TasPride Festival

November 2010

Check out the TasPride website at www.taspride.com for further information.

Australia's Biggest Morning Tea

Come along and participate in Australia's Biggest Morning Tea at the Centre.

May 11, 2010

11:45 am - 1:15 pm

Have a cuppa, some nibbles and help raise funds for vital Cancer research.

Please bring a small plate to share and a gold coin donation.



Web Spinning

Stillbirth Foundation works to reduce the incidence of stillbirth in Australia. To achieve this goal, the Stillbirth Foundation operates with the aims to: fund and encourage research into stillbirth; and increase public awareness about stillbirth.

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

When love hurts - a guide on love, respect and abuse in relationships for young women. Written by the Domestic Violence Resource Centre in Victoria. <http://www.dvirc.org.au/whenlove/>

INTRODUCING. . .

The Hobart Community Health Nursing Service has recently commenced health promotion at the Hobart Women's Health Centre, under their program Check and Chat with your Community Health Nurse.

At present, Lyn Fish is our Community Health Nurse and she will be at the Centre one morning each week, so contact the Centre to find out which day. Lyn is able to offer the following health checks - blood pressure, sugar and cholesterol levels and is able to assist with lots more.

Lyn has been working as a Community Health Nurse for the last five years and around thirty five as a Nurse. Lyn has a wide and varied nursing career, from the West Australian wheat belt to Hobart. As well as Nursing, Lyn has taught enrolled nursing at TAFE and worked as a barmaid in Darwin. She is currently studying to become a Nurse Practitioner.

In her spare time, Lyn enjoys the relaxing and peaceful pursuits of kayaking and fishing. She is about to embark on an Adult Ed Fly Fishing course and, while she is excited about it, her goal is to one day catch a big deep sea fish. Apart from fishing, Lyn is involved in Dance Sport and enjoys gardening.



AND. . .



My name is Sarah Lowe. I have been on the Centre's Board of Management for eighteen months and currently I am the Vice-Chair. I had completed the Australian Institute of Company Directors Diploma, and was looking for a Board position in an NGO when Caroline Jakeman approached me to join. I have always been an advocate of alternative health and preventative health practices and thought it would be a good fit.

I have a particular interest in women achieving their highest potential and believe this is achieved through good health – including mental, physical, spiritual and emotional health. I guess the root of this is in inspiring mothering and mentoring, good nutrition, living simply and sustainably, continuing to learn and stay open to alternative ways of doing things, making a difference to others lives – it is such a wholistic thing and I have had the privilege of growing up with so many of the above – I want to share with other women where possible.

I have a varied background – I started out in Horticulture and moved into Landscape design and construction – so I am a good designer and planner, consulting is also a necessary skill. I have managed several NGO's and specialised in training and facilitation in behavioural change and OH&S – currently I am studying a graduate certificate of sustainability at Swinburne University. I have Business management and HR qualifications.

I love gardening – particularly rock work. I study, read a lot and do a bit of painting and framing. I am a fair weather kayaker and bushwalker. I love walking my dog Pippin and spending time with family.

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:

November 2010 to April 2011 Edition: September 16, 2010 (newsletter distributed at the end of October 2010)



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