

Hobart Women's Health Centre Newsletter



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Industrial Relations and Welfare Reforms Women to Lose the Most

The Federal Government has proposed sweeping reforms to the Welfare and Industrial Relations sectors since gaining a majority control over the House of Representatives and the Senate in July. While these proposed changes threaten to disadvantage many Australians, it will be women who will feel it the most. Resistance to Prime Minister Howard's reform agenda is growing. Trade and services unions and a few Liberal and independent politicians who still have a conscience were the first to raise concerns. They have been joined by religious leaders, civil rights groups and increasingly, the voices of ordinary Australians.

Muted industrial reforms include the removal of unfair dismissal laws for businesses or companies with less than 100 employees, the widespread introduction of individual contracts, and the restructuring of the minimum wage award.

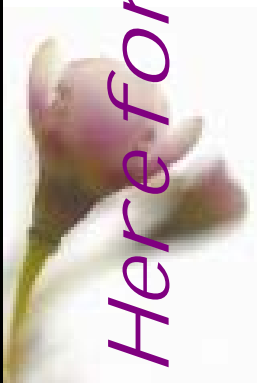
- **The removal of unfair dismissal laws for businesses or companies with less than 100 employees.**

Many of these businesses rely heavily on part-time and casual workers, the majority of whom are women. These jobs already have those with the least security and these changes make them even more precarious. For example, if your boss would prefer to have a man in your position, it will be easier for them to find an excuse to sack you.

Rally protesting Industrial Relations reforms, June 30, Hobart City Hall. Photograph courtesy of Lori Puster.



Here for ALL women



- **The widespread introduction of individual contracts, or Australian Workplace Agreements.**

Individual contracts allow employers to pressure workers to accept less pay and less benefits for their work or risk losing their job. They also undermine a healthy and co-operative working environment as workers doing the same job could be on different rates of pay. History shows who gets paid the lower rate when men and women do the same job.

With the proposal that workers 'cash in' their lunch breaks and holidays even basic Occupational Health and Safety Standards are under threat.

- **The restructuring of awards for minimum wages.**

The restructure will change the way minimum awards are set, allowing for them to be lowered. It will remove most of the conditions for the award safety net, replacing them with just 5 basic conditions. Many workers could lose weekend, shift and public holiday rates, as well as overtime and redundancy pay. Casual employees could potentially lose pay loadings, and still be without the benefits of permanent employment such as sick leave.

Proposed welfare reforms include changes to single parent and disability pensions.

- **Thousands of single parents with school-age children could soon lose their pension payments and be placed on unemployment benefits instead.**

It goes without saying that this is a reform that will disadvantage mostly women and their children, as women make up the vast majority of single parents.

- **People with disabilities, who are assessed as being able to work more than 15 hours a week, will also lose their disability pension payments and be placed on unemployment benefits.**

As the Industrial Reforms will affect part-time and casual carers, making it harder for them to earn a

living, women with disabilities will be disadvantaged twice over.

Australians have fought hard for fair and safe working conditions and to protect our way of life, which includes a healthy standard of living for all our community members. The Federal Government's current reform agenda will turn back the clock on these basic rights.

If you are worried about these changes send a letter expressing your concerns to your elected representative. You can also visit the Australian Council of Trade Unions website: www.rightsatwork.com.au or the Australian Council of Social Services website: www.acoss.org.au to find out more and make your voice heard.

Tracey Wing

Protester, June 30, Hobart City Hall. Photograph courtesy of Lori Puster.



Young person aged 12 – 25?

Hobart Police and Community Youth Club offer the following services as part of their outreach programs:

Young Women's Group - have fun & learn new skills, eg. see a movie, jewellery making and self-defence classes.

RECLink - particularly for those unemployed or homeless. Meet 10:30 am Tuesdays at the Red Cross Roadhouse.

MAC - the Mobile Activity Centre is a bus & trailer full of leisure

& recreational equipment that visits schools & communities.

These programs are sponsored by the NRMA and are free. If you are interested or know someone who might be, contact PCYC on 6230 2246, or Juanita, the Youth Street Worker, on 0439 475 793.

Aging Positively

The State government has recently released its draft plan for positive aging (2006-2011) entitled, *All ages, all Tasmanians together*. This is the second positive aging plan to follow from the 1999 *Year of the Older Person*, which highlighted the need to address aging issues proactively and in a consultative manner.

Community Consultations on the positive aging plan were held in many venues in Tasmania. Comments from a well-attended meeting at the *50 & Better Centre*, on July 18 this year, indicated that despite the upbeat messages promulgated in the new plan, an atmosphere of doubt and concern was detectable amongst seniors present. It was apparent there exists confusion about the real status of older people. We are seemingly bombarded by news stories of healthy, well-off seniors leading happy, productive lives, while simultaneously hear stories of elder abuse, social isolation and poverty experienced by many older people in Tasmania, particularly women.

Suggestions made during the consultations included the need for more affordable and accessible exercise options for older people and for a focus on suitably funded preventative health programs. Also mentioned was the need to reintroduce the Community Mentors Program; to increase the availability of disabled parking in towns and cities, particularly near supermarket entrances; for more intergenerational contact such as siting elderly housing near schools and community centres; to ensure new housing meets standards for older and disabled people; to foster



community involvement across all generations so lifelong commitments to assist others are established.

The importance to older people of meaningful involvement in the community was a recurrent theme in the feedback from discussion, and the value of the 'Grey Power movement' in forwarding and promoting this agenda also received positive comment.

As one older woman participant said:

"Good, old-fashioned community development is needed to listen to older people - they have lots of ideas, instead of government *doing* things for us!

"Mutual support programs organised by seniors for seniors may cover many gaps."

All information gathered will be considered for the final report by the Senior's Bureau, to be released in April, 2006. Further submissions and comments can be forwarded to the Department of Premier and Cabinet, Senior's Bureau, by August 31, 2005. Ph 03 62 332882 for further information.

Yvonne Hardefeldt

womensport
and recreation
TASMANIA



Hobart Women's Health Centre and Arthritis Tasmania present

Older Women Get Active-enjoy life!

Wednesday September 21-November 9 from 1.30 to 3.30 pm at the Centre

\$5.00 per session or a total of \$32 when paid at enrolment

Many older women find it hard to get the regular exercise needed to enjoy good health and well-being. Barriers may include cost, low energy levels, or self-consciousness. Some older women are put off by bad exercise experiences in earlier years and feel group exercise is just "not for them".

The **Older Women Get Active** program will include time for discussion and information sharing, as well as an

opportunity to try different ways to be physically active in a fun and supportive atmosphere. Participants choose which physical activities to be tried.

For information contact Yvonne Hardefeldt 6231 3212 or Maggi Koerbin 6224 4755. Enrolments close September 7, 2005. Sponsored by **Womensport and Recreation Tasmania**.

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Arthritis
TASMANIA



REPORTS FROM THE FIFTH AUSTRALIAN

The theme of this year's conference, held in Melbourne in April, was Reflecting on Gender | Confronting the Evidence. Centre staff and Tasmanian colleagues who participated, report on their experiences.

Older Widowed Women's Lives

Presenter Prof. Julie Byles / reporter Yvonne Hardefeldt, HWHC Older Women's Health Worker

One session I found really stimulating focussed on older women's health and reported on the *Women's Health Longitudinal Study*. This study was established in the 90s to follow three cohorts of women over 20 years.

The three cohorts of women selected for study comprised of: women aged 18-38 with a focus on relationships, contraception, childbirth, and balancing family and work; women aged 40-60 with a focus on midlife issues, older relationships, the impact of work on health; and, women aged 70-90 with a focus on healthy aging, coping with loss and grief, living alone, supports for frail aged, and nursing home experience.

This conference session reported on feedback from the older women's cohort regarding the impact of loss and grief following the death of a spouse, and their stories



Doctor Digitalis performed by Sue Moss & Tracey Wing (shadow) were very poignant.

Those who managed the transition into widowhood best appeared to be the women who had lead more independent lives and pursued their own interests and social interactions. Other personal circumstances also had a huge impact, such as the degree to which the woman had been the sole carer of her spouse, the type and degree of disability and length of time the spouse was disabled. Community and family supports were of importance for the bereaved woman. Education levels of the older woman had a bearing on outcomes for her in maintaining her independence after the death of her

spouse.

The first 12 months following bereavement was clearly the period of most vulnerability for all women, an important factor to be considered by health service providers.

We are looking forward to more information from this longitudinal study in the future to assist in planning programs for older women's health and wellbeing.

Images of Women Session

Chair Michelle Hogan / reporter Joan Barry, Coordinator

I found this session to be most thought provoking and it approached the subject from interesting angles. The speakers all questioned aspects of the promotion of an ideal of womanhood, challenging the concept that self worth and beauty can only be contained in a body that conforms to the current, homogenised model. This model was described as youthful, slim yet shapely, with shiny hair, regular features and flawless skin. Speakers examined the role and use of cosmetic surgery in the search for this mythic ideal beauty and also questioned 'weightism' and the concept the packaging is equal to, if not more important than, the contents.

Dr Samantha Cromptoets discussed the dangers inherent in thinking that weight is *the* primary health indicator. Whilst acknowledging that obesity is associated with a number of risk factors, she argued that medical professionals may become blinkered and see overweight as the cause all health difficulties faced by 'larger bodied' women. She was concerned that if doctors do not look beyond weight, they may overlook significant symptoms and not diagnose serious illnesses.

Charmaine Dennis challenged the idea of outward 'perfection' being the only possibility and discussed the provision of breast prostheses to women who have had a mastectomy. She began by talking about the experiences of women choosing prostheses. Many report having experienced a clinical approach with limited choice, which they found unhelpful or daunting. She also spoke of a Canberra association that has developed a different response by providing a beautiful, welcoming, calm space where women can 'play around' with different breast prosthesis before selecting the one(s) most suited to them. The audience greeted this concept with a collective sigh, and murmurs of 'wouldn't that be wonderful?'

The speaker went on to challenge the idea that a woman

WOMEN'S HEALTH CONFERENCE - 2005

without breasts is somehow damaged and must be restored to 'normal' without delay. She quoted cases of women being rushed into choosing a prosthesis sometimes even before swelling had subsided and then finding they were uncomfortable, or unwanted and discarding them. She questioned the thinking. She gave examples of women rejoicing in their post surgery body and feeling no need for 'restoration'. She suggested that women need time to come to terms with the whole experience before deciding whether they want to wear prosthesis, undergo breast reconstruction or to live with their new shape. Once again, women should not be pressured by the concept of only one type of body as being acceptable, but be given the opportunity to decide what works for them.

Doctor Digitalis & the Evolution of Vibrators

Performance by Sue Moss, Wendy Hartshorn, & Tracey Wing: reporter Tracey Wing

I had two conference highlights. The first was the performance presentation by Wendy (HWHC Emotional Health Worker) and Sue (Coordinator Women's Health South), which I assisted with. While it involved a certain amount of stress and bother, the reception we got made it all worthwhile. We were a hit! More importantly, we added an element of creativity to an otherwise fairly dry conference. When there is so much information going out, it becomes quite daunting if you are trying to take it all in. I think we showed that there can be, and indeed should be alternatives to how information is presented.

The second highlight was in a very different setting. Most of the Conference presentations were focused on research, clinical studies and academic theory, but with limited time frames, and lots of voices wanting to be heard, discussion and debate was not always possible. However, one session I attended inspired me to raise my voice and challenge some aspects of the presentation, and the ensuing debate allowed for a lively exchange of views and opinions.

I am looking forward to the next conference.

General Conference Reflections

Reporters Lisa Macqueen and Simone Elphinstone

We would just like to say first how we enjoyed the conference and, as students, the information we got was all valuable. We enjoyed meeting other women, especially the other aboriginal women that attended, and hearing their stories. We were a bit disappointed in not being able to listen to everybody and choosing what to go

to, as once I got there some of the talks weren't what I thought.

Where we stayed was great and meeting other women from Tassie who are involved in women's health was also valuable. We hope to catch up with some of these women soon. We hope that everyone else took home what we did - and that is more understanding on women's 'issues' and more determination to do something about women's health, especially (for me) Indigenous women's health.

Measuring Out, Sizing Up, Weighing In Performance by Coordinator Annabelle Harvey et al: reporter Jenny Barker, Women's Health Service

Annabelle Harvey's course work with women experiencing disordered eating, using yoga and drama as a means to link emotional expression and the body, demonstrated an innovative and practical approach. It encouraged the women to express themselves, their emotions, and aspects of their struggle with eating as they journeyed towards greater acceptance of themselves, their emotions and bodies.



Doctor Digitalis performed by Wendy Hartshorn & Tracey Wing (shadow)

I admired the courage of the women who were willing to share some of their therapeutic process through this very thought provoking performance. It encouraged reflection on the links between society and the media, as well as the individuals' experiences, and further emphasised the beauty of all women, particularly that of pregnant women.

The presentation showcased a positive therapeutic process from South Australia which could be offered in other areas to enhance the wellbeing of women with disordered eating.



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.

- Birth and Beyond** Monday fortnightly 9.30 for 10 a.m. start until 1 p.m.
Women considering pregnancy, who are already pregnant, those with babies and young children, and midwives are invited and encouraged to attend this group session to share and learn more about birthing and mothering experiences. Ph Rashelle 6267 4740
- Breast Cancer Support** 3rd Tuesday monthly 11.30 a.m. to 1 p.m.
For any woman diagnosed with breast cancer who would like info' and support.
- Encore** 8 week gentle exercise program for women after breast cancer. The final Encore program for the year begins Oct 5 and runs until Nov 23, by enrolment only. Contact facilitator Sheena Short on 62 477602 for further information
- Fitball Beginners' Class** Tuesday & Thursday 10.00 am – 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** Tues, Wed & Thurs 9.30 am -1 pm
½ hour bulk-billed consultations by appointment.
- Massage** Alternating Wednesday and Thursdays by appointment only. \$30 p.h.
For information and to make an appointment phone Jackie 0423 482 125.
- Meditation** Guided and safe relaxation meditation Tuesday 10 - 11 a.m. (beginners welcome)
- Older Women's Friendship Group** Every 2nd Tuesday monthly 1.30 to 3 p.m.
Interesting speakers, great conversation and lots of laughter. Phone Muriel on 6229 2292, or Barbara on 6244 3993 for information.
- Reiki** Tuesday afternoons by appointment only.
Take care of yourself and your welfare in pleasant and peaceful surroundings. \$25 per session, phone Cynthia 0419 337 544.
- Tai Chi** Monday 10 to 11 a.m. & 2 to 3 p.m.
This is a low impact form of Tai Chi which focuses on increasing mobility and flexibility while developing inner strength and tranquility.
- The Lounge** Friendly and informal meeting space for same-sex attracted women.
Every 2nd & 4th Tuesday each month from 6 p.m.
- Walking Group** Thursday mornings at 11 a.m. until 25th August, when the winter program ends.
Spring Walks for Women Thursdays at 10.00am beginning September 22. Phone Yvonne if you are interested in walking for health and companionship during the coming months. A calendar of walks is available from the HWHC Ph 62 313 212
- Yoga** Wednesdays 10 - 11:30 a.m. with Zoe \$5 per session. Phone the Centre to book
- Come in for a cuppa and browse our library, or use the photocopier.**



Spring in the Spirit

Mind, Body and Spirit-enhancing workshops to promote women's health and wellbeing.

All workshop sessions will be held in the Backspace of the Hobart Women's Health Centre

Tuesdays from 1.30 until 3.30 pm - September 20 to November 22

Booking essential Ph 62 313212



September 20

Balancing body and mind

with Roslyn Alexander

Gentle movement, stretches and breath exercises to help balance, revitalise and calm both mind and body.



September 27

Feng Shui

with Vicki Sauvage

Learn how the principles of Feng Shui can have positive outcomes for our health and wellbeing. Vicki will speak about her understanding of Feng Shui, vibrational remedies and will launch her *Feng Shui Manual and Vibrational Remedies* book and audio c.d. (2 sessions 1.30-3.30 and 5.45-7.00)



October 4

Body Music

with Fiona Stewart

Explore your capacity to use your individual voice and experience the nourishment that is provided through collective song. No musical or voice training necessary.

This event has been organised as part of Senior's Week. All women welcome, especially older women Cost \$5.00 per person.



October 18

Laughing from the Heart

with Robyn Bishop

A fun workshop that teaches women how to use laughter as a tool for good health and wellbeing.



October 25

The Angel You Are

with Dee Gibson

Explores our inner wisdom, intuition, guardian angels and inner wellbeing. Learn how our attitudes and coping mechanisms can influence our life pathways and personal growth.



November 1

Women's Journeys in Writing

with Rosie Waitt

Rosie will assist individual women to find their unique 'voice' through writing and to use these records for self exploration, identity formation and consciousness raising.



November 15

Bach Flower Remedies

with Diane Freeman

Diane will repeat her popular workshop from earlier in the year, which explores how Bach flower remedies can enhance women's health and wellbeing, and provide valuable information that can enhance an individual's personal insight.



November 22

Spring out of the Blues

with Cecile Roberts

This workshop will explore ways of beating depression using your own inner resources, as well as providing some good information about depression medication.



Roses from the Heart

In 2000 Christina Henri exhibited an evocative installation of babies' bonnets at The Female Factory, symbolising the babies born to convict women. She has now embarked on a remarkable and ambitious tribute to the women convicts shipped to Australia. 25,000 women's 1860-style cloth bonnets will be made by community women in Australia, Britain and Ireland, and displayed as part of this tribute.

If you would like to participate by making a bonnet, come and join the Centre sewing group on Thursdays between 12.30 & 3 pm. No experience is necessary and if you need assistance friendly, helping hands will be available. Bonnet patterns are available at the Hobart Women's Health Centre. For further information or to download a pattern visit the following website:

www.femalefactory.com.au/exhibit.htm#Roses

Birth and Beyond

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

August 8: **Baby Massage**

(bring a towel to lay baby on)

August 22: **Benefits of Osteopathy for women and babies** with Chando Steiner, Osteopath

Sept. 5: **Environmentally friendly cleaning products** with Malcolm Morton, Grandfather and TriNature distributor.

Oct. 3: **Learn about the benefits of "baby-wearing" for you and your baby** with Anita Lincoln-Lomax, Mother & Entrepreneur



Oct 17: **Travelling with children**

Oct 31: **Life as a Home Birth Midwife** with Annie Popellier, Mother & Home Birth Midwife

Ph Rashelle 6267 4740 for more information.

Good Grub!



Healthy Eating and Cancer Protection
with Ree Van Galen

Hobart Women's Health Centre

Sunday November 13

from 10 a.m. to 2 p.m.

\$30 per person

With a background in nursing and naturopathy, Ree has a wealth of information to share about eating well and staying healthy.

Registration is essential as there are only limited places available in this workshop, so don't delay and phone the HWHC on 62 313 212!

For further information about the workshop phone Sheena Short on 62 477 602.

Chinese Medicine & Massage

Join a free information session and workshop on Chinese medicine and massage in women's health and wellbeing. This 1 hour session will attempt to answer all your questions on the 'ins and outs' of Acupuncture, herbal medicine and other forms of therapy. A short workshop demonstrating simple massage techniques will be included.

Come along and share your ideas and experiences of natural health, in a relaxed atmosphere at the Hobart Women's Health Centre.

1:00 p.m. Wednesday 14th September

If you would like to attend please ring the Centre on 6231 3212, . to Thursday.

Workshop

Lesbian and Bi Women

There are a few new and established groups and events happening around town, read on to find out if there is something that interests you...

The Lounge

Lesbian and Bi women's meeting space.

The Lounge is continuing at the Health Centre, we meet every 2nd and 4th Tuesday of the month, at 6pm. Video/DVD and games nights, a cuppa or drink, and general chat and socialise. Informal and friendly, come by yourself or with a friend.

Gays 'R' Us

Social group for LGBT Hobartians

Meets every 2nd Thursday at 1pm

Kaos Café, 227 Elizabeth St, Hobart

Next meeting dates: 8th and 22nd September

Borderlines – Queer Radio

Hobart's new sexuality and gender issues radio show

Every Wednesday 2 – 3pm

Edge Radio 99.3 FM

Over 40's Pink Sofa lunch

A lunch get-together originally organised on The Pink Sofa, the Lesbian Chat, Info and Personals Website, but open to all over 40's Lesbians. For information on next lunch date and place call Tracey at HWHC 6231 3212.

Tasmanian Gay & Lesbian Rights

Group Community Forum

Mapping Homophobia – a community forum to discuss strategies for creating change in Tasmania.

12 noon to 2 p.m. Sunday August 28th

HWHC, 25 Lefroy St, North Hobart

Light lunch provided for information call (03) 6224 3556

In or Out – The Evolving Door

GLC Inaugural Art Exhibition

Last days til August 31st at the Moonah Arts Centre

65 Hopkins St Moonah 12.30 - 5.30 daily

GLC Halloween Masked Ball

October 29, details TBA.



A barbeque at The Lounge

BREAST CANCER SUPPORT PROGRAM

WHAT NEXT?

Information sessions for women with a diagnosis of breast cancer

at Hobart Woman's Health Centre

25 Lefroy Street, North Hobart 6231 3212

11.45 – 1.15 pm

Dates and Topics with Guest Speakers are:

Tuesday 11th October

Cancer myths and the ongoing role of the hospital

Tuesday 25th October

Your questions answered by an Oncologist & de-stress/self-management

Wednesday 2nd November 5.30pm

An evening BBQ with family/friends

Tuesday 8th November

Looking after ourselves

Tuesday 22nd November

Nutrition and Breast Health

All sessions are free to attend and light lunch and drinks will be provided.

RSVP to Tracey or Virginia on 6222 8354 or to Nola on 6222 7602 for catering purposes

Quilt the Blues community quilt project



re-TIE-ing the blues

A quilt of hundreds of hexagons cut from donated men's ties has been made by groups of women from all over the state.

Exhibited at the **Schoolhouse Gallery in Rosny**

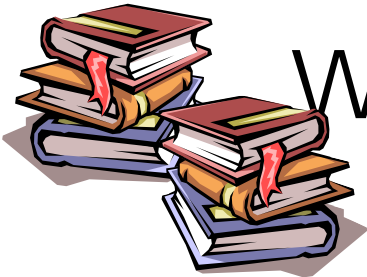
as part of the Annual Textile Exhibition

from September 15 to October 6

then **Mawson's Place** as part of Mental Health

Week from 8 to 15 October.

WOMEN'S WISDOM LIBRARY



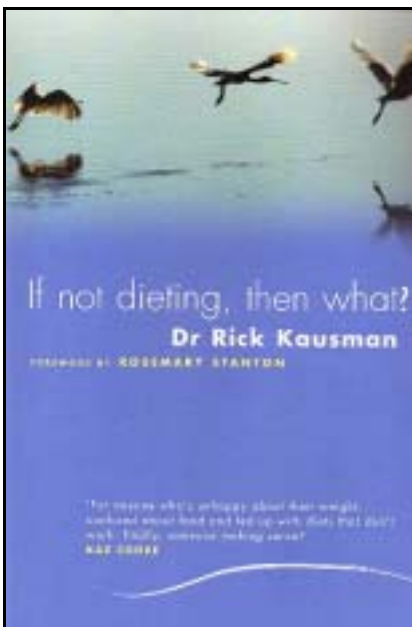
If not dieting, then what?

by Dr Rick Kausman

When I read this timely donation to our library, I became really excited because the author addresses many of the issues covered in our *Winning Winter Workshops* and reaches the same conclusions in a clear and logical manner. These workshops invited women to review their relationship with food, diet and weight, which many found challenging. This book addresses much of the confusion surrounding food and suggests ways to achieve, and maintain, a healthy attitude to food and weight.

The author challenges the 'Western' preoccupation with weight loss and the manner in which we have become divorced from healthy eating and enjoyment of food. He takes a non-dieting approach to healthy weight management and explains his reasons for this in easily accessible language.

Many of us have tried a fad diet or ten, and experienced a fast weight loss followed by a bigger gain, possibly accompanied by guilt and self-loathing. The author clearly explains why weight gain happens and debunks the myth that it is due to a lack of willpower. He challenges the idea of a 'one size fits all' approach to maintaining a healthy weight and suggests we get rid of the scales, because they control us rather than assist in controlling our weight.



What really spoke to me was the heading "There is no such thing as 'good' food or 'bad' food". Yes! Food is actually 'morally neutral'. If we replace good/bad thinking with the idea that some foods are healthier than others, but all food has a place in our lives, we can get rid of the success/failure/guilt approach to eating. For example, if we use terms such as "healthy

food, party food or sometimes food" we have a guide to the place of food in our lives. The author suggests we can then give ourselves permission to eat something such as a piece of cake and enjoy it, accept we can have more at another time, and stop at one or two slices. If however we consider we have failed by eating 'bad' food, and put ourselves on a guilt trip, because we have broken our diet and anyway we are useless, and what does it matter anyhow, we are likely to eat more, possibly telling ourselves we'll be 'good' tomorrow.

I liked the use of terms such as "hungry and non-hungry eating", and "eating with awareness", and discussions of nutrition, nurturing yourself, living in your body, and being active. I also like the clear language and the exercises such as how to decide what is 'natural' for you.

There is so much more to the book. It is a great addition to our library. Thoroughly recommended to all who are interested in making sense of food and healthy eating.

Joan Barry

Real Food

by Loukie Werle

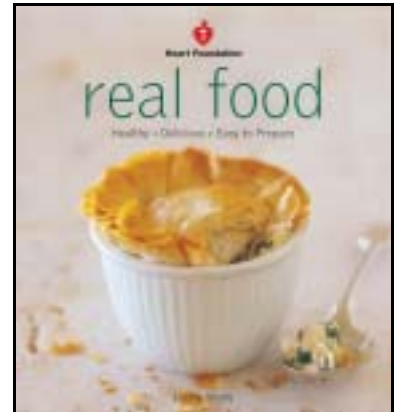
In response to demand for healthy, practical, no-fuss meals, the **National Heart Foundation** launched a new cookbook. *Real Food* features heart-health information and more than 50 easy-to-prepare recipes, and includes breakfasts, snacks and starters, vegetarian dishes, desserts and baking options.

Each recipe meets specific Heart Foundation requirements for saturated fat, kilojoules (energy), sodium (salt) and fibre, and features a handy nutrition analysis panel so you know what is in each serve.

As well as complete nutritional analysis, the book includes a practical guide to modifying recipes so you can turn traditional dishes into heart-healthy favourites, by showing how to reduce, remove and replace ingredients to reduce saturated fat intake.

Proceeds from *Real Food* will support the Heart Foundation's life-saving research and community health programs. *Real Food* is available for a RRP of \$19.95 in newsagents, bookstores and where all good books are sold. The book can also be purchased online at www.heartfoundation.com.au or by phoning 1300 55 02 82.

We currently have a copy in our library so come in, see if you like it and then if you can, buy yourself a copy and help a good cause at the same time.



the inaugural Betty Pybus Memorial Lecture

1970s founding member of the collective which set up the first abortion referral service & then Leichhardt Women's Health Centre.
1990s convenor of Older Women's Network Tasmania & Kingborough Older Women's Network. Both groups an influential focus for comment and action on the issues of ageing and women.



Member of the Hobart Women's Health Centre Board, representing needs of older women. Health Centre then appoints a health worker to coordinate and deliver specific services to older women.
Accomplished writer on feminist and social justice issues, published in many Australian newspapers. Awarded an OAM in 2004 Australia Day Honours.

Betty Pybus - A life committed to effort and achievement in women's affairs.

Please join us for

"Feisty Mothers: Betty Pybus and Edna Ryan as path breaking feminists of the late 20th C."

with Professor Lyndall Ryan (PhD)

Lyndall Ryan is the daughter of Edna Ryan, and was a personal friend of Betty Pybus.

Her distinguished career includes:

- Publication of four books (including *The Aboriginal Tasmanians*) and monographs, 20 book chapters and 30 refereed journal articles
- Pioneer of courses in Women's Studies and Australian Studies.
- Established the Australian Women's Studies Association and convened its first conference in 1989.
- Reader in Women's Studies at Flinders University in Adelaide
- Foundation Professor of Australian Studies at the University of Newcastle

on Tuesday October 18th, 2005

7pm for 7.30 drinks & nibbles available (gold coin donation, please)

at Hodgkin Hall, The Friends School,

Carr St entrance, North Hobart.

RSVP to Hobart Women's Health Centre on 6231 3212

The organisers would like to acknowledge the support & assistance of Hobart Women's Health Centre



A WORD OF GOODBYE . . .

from **Wendy Hartshorn, Emotional Health Worker January 2000 - June 2005**

Unfortunately I left without the opportunity to throw a party and give thanks to all the wonderful women who I have laughed and learnt with while working at the Centre. So I am saying that thank you now, it has been a rewarding and challenging journey. I also wish you a happy and healthy present with an even brighter future.

In working for my own and others' health, I have found the following words helpful. I offer them here in the hope you may also gain by them, just as they have granted me strength, particularly in recent times. This meditation was found on the wall of Mother Theresa's ashram:

People are often unreasonable, illogical, and self-centred
Forgive them anyway
If you are kind, people may accuse you of selfish ulterior motives
Be kind anyway
If you are successful, you will win some false friends and some true enemies
Succeed anyway
If you are honest and frank, people may cheat you
Be honest and frank anyway
What you spend years building, someone could destroy overnight
Build anyway
If you find serenity and happiness, they may be jealous
Be happy anyway
The good you do today, people will often forget tomorrow
Do good anyway
Give the world the best you have, and it may never be enough
Give the world the best you've got anyway
You see, in the final analysis, it is between you and God
It was never between you and them anyway

*Wendy at work - Cuppa for Cancer
2004 (We'll miss you Wendy, Ed.)*



'BYE FROM ME TOO . . .

I will also leave the Centre soon and would like to thank all those people I have worked with who made me feel so welcome, gave me such wonderful support, and shared their time, energy, humour and knowledge so generously during my time here as Information and Resource Health Worker.



Warmest regards, **Kelly Banister (Ed.)**

CONTRIBUTIONS. . .

Contributions from readers are very welcome, so 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 or email, or drop it in to reception when you visit the Centre. To be considered for inclusion, all contributions must be received by the following deadline:

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