

Older Women's Friendship Group

2nd Tuesday Monthly from 1.30 to 3.30pm

Are you new to the area, or wanting to meet new people for discussion and friendship? A group of older women meet monthly at the Hobart Women's Health Centre. The last meeting for the year will be December 14 with meetings recommencing on February 8th 2005.

Quilt the Blues

Quilt the Blues is the new health promotion and education undertaking planned by Senior Momentum and is linked to the national *Beyond Blue* initiative. The project involves setting up a network of small informal groups of older women who will meet together to sew and chat while making a series of blue quilts.

The purpose of the project is to provide peer support by older women for older women. It is anticipated that working together on the quilts will create an opportunity for women to recognise and utilize their strengths, share their life experiences and the challenges of later life, thereby reducing the effects of social isolation.

Members of Senior Momentum will form a pilot quilt-making group during November and December at the Hobart Women's Health Centre to make the first blue quilt and the experience will be utilised to mentor subsequent groups during 2005.

Participating women do not have to be experienced "quilters"! Basic sewing skills and lots of enthusiasm are sufficient.

If you are interested in participating in this project Ph Jennifer Line 62 721128 or Yvonne at Hobart Women's Health Centre on 62 313212.

Rajah Quilt Project Exhibition

The Rajah Quilt was hand sewn by convict women as they sailed to Van Diemen's land aboard *The Rajah* during 1840's. As well as being a work of art in its own right, *the Rajah Quilt* is a unique symbol of women's lives in early Tasmania and is normally housed at the National Gallery in Canberra.

The quilt can be seen at the Tasmanian Museum and Art Gallery from Nov 11- Dec 12, 2004. The exhibition is an initiative of the Female Factory Historic Site Inc.

A contemporary textiles exhibition, drawing its inspiration from the Rajah quilt, can also be seen at the Gallery, in the Bond Store, from Nov 14-Nov 20.

Women's Walking Group

Thursdays 10.15am

The walking group meet on Thursday mornings at 10.15 and walk for approximately 50 minutes, followed by tea/coffee for those who have time. Currently about six women regularly attend the walk and new members are always welcome. December walks include our regular *Soldier's Walk* on the Domain (December 2) and a final walk for 2004 along the Fern Tree Pipeline track, followed by a picnic lunch on December 9. To join a walk or for further information call Yvonne on 62 313212 at the Centre. A Summer Walks calendar for 2005 will be available from the Centre in mid-January.



Get Walking Tasmania Week
"Women's History Walk on the Domain" Oct 7, 2004.

The Southern Cross Young Achievers Award

The Awards recognise Tasmania's outstanding young achievers in the 14 to 26 age group in the arenas of art, sport, community service, regional initiative, science and technology, career achievement and the environment.

The winner of each category will be presented with a magnificent trophy and a \$1,000 grant from Holden. The ultimate winner (The Premier's Young Achiever of the Year) will receive an additional \$1,000 grant from Holden, a trophy and a holiday for two anywhere in Australia, flying Virgin Blue, with accommodation provided by Wrest Point.

Closing Friday 17 December

phone: 6234 9677 email: tas@awardsaustralia.com

web: www.awardsaustralia.com

Oil Burner Recipes

with **Banner O'Brien**

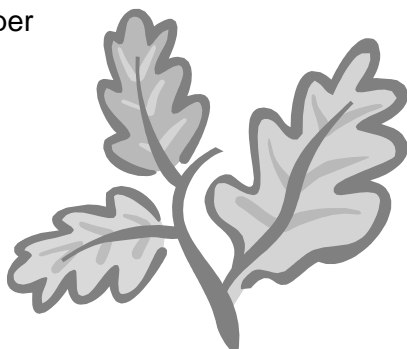
To gain maximum benefit always use quality Essential Oils. Two good brands are The Oil Garden and Auroma.

Recharge Your Batteries (your's not the car's)

- 3 drops Mandarin
- 3 drops Black Pepper
- or
- 3 drops Ginger
- 3 drops Lemon

Peace

- 3 drops Sandalwood
- 3 drops Geranium



Banner is an Advanced Bowen Therapist and available for appointments at the Centre.

Bowen is a dynamic remedial body technique that is extremely gentle and relaxing. It empowers the body's own healing resources achieve balance and harmony, resulting in fast and lasting relief from pain and discomfort. For information or to book an appointment, phone Banner on 6265 5161.

\$30 waged / \$25 conc. / \$10 children 4 to 17 y.o.

Focus on Aging

Older women are invited to participate in focus groups to discuss the outcomes of papers presented to the Community Parliament recently. Relevant topics include health; depression; co-housing; information technology; local action groups; opportunity for learning; the challenge of an aging population; agism; redirecting after retirement. The Positive Aging Plan is also under review in the new year so this is an important time for older women to make their contribution into future government policies.

Ph: Joy Tunney after Nov 1st 2004 on 6229 9787

Feminist Economics

CALL FOR PAPERS

The Australian and New Zealand Chapter of the International Association for Feminist Economics (IAFFE) is organising a plenary and several paper sessions at the third conference of the **Australian Society for Heterodox Economics**, University of New South Wales, Sydney, **13–14 December 2004**.

Papers on all aspects of feminist economics are welcome and possible topics include:

- The gendered impact of economic policy
- Developments in feminist economic theory
- Reflections on where feminist approaches fit into heterodox economics
- Explorations of the philosophical underpinnings of feminist approaches to economic problems
- Research on the relative economic position of women in different race or class groups
- Interdisciplinary approaches to analyzing gender in the economy
- Feminist approaches to finance theory in general and superannuation / pension systems in particular

Non-economists are welcome to participate in the conference and submit papers in related areas.

Information about this conference available at:

<http://she.web.unsw.edu.au/>

Information about IAFFE at: <http://www.iaffe.org>

As I've matured... I've learned that whatever hits the fan will not be evenly distributed.

Women Get Active

We often hear of the need to participate in regular physical activity, however for many women and girls the opportunity to join in and feel the benefits of physical activity is limited by barriers and constraints.

Finding time amongst a hectic schedule, organising childcare, meeting the costs of activities, having negative exercise experiences from the past, low motivation, low self confidence and feeling concerned about appearance are just some of the reasons that can prevent women from improving their health and well-being through participating in physical activity.

Womensport and Recreation Tasmania has recently introduced the *Women Get Active Program* which aims to assist women and girls of all ages, abilities and cultural backgrounds, in addressing their barriers to participation. The program comprises a 10-week series of 2 hour sessions. The first hour of each workshop consists of a discussion or educational component, followed by a physical activity suited to the participant's needs and interests. The program can be

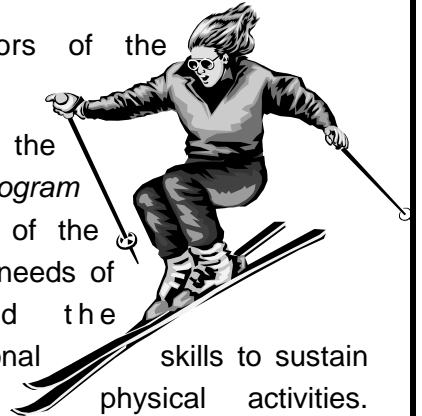
taken up by service providers and community groups to increase participation opportunities for women within their local communities. Womensport and Recreation Tasmania provide training and resources for people

to become facilitators of the program.

Strong points of the *Women Get Active Program* include the flexibility of the program to meet the needs of individuals, and the development of personal skills to sustain being involved in physical activities. An emphasis on fun and the creation of a supportive environment promotes the development of strong social ties within the group. Utilising local resources and facilities also establishes connections with the local community.

For more information about the program contact Kim Menadue on 62 227061 (Tues & Wed) or at: womensporttas@yahoo.com

The *Women Get Active Program* was developed by Womensport and Recreation Victoria. In Tasmania, the program is auspiced by Womensport and Recreation Tasmania, and receives additional support from the Department of Health and Human Services, Premier's Physical Activity Council, Women Tasmania, Sport and Recreation Tasmania, and Equity and Youth Strategies (Department of Education).



8th National Rural Health Conference

Alice Springs, 10-13 March 2005

Draft program & registration at: www.ruralhealth.org.au

This conference will be a major opportunity to hear reports on research and service developments for health in rural and remote Australia. There will be a trade display, arts-in-health performances and exhibits, and participants will be able to visit local health care sites and agencies.

Early Bird Registration for three and a half days costs \$682 is available until 17 December 2004.

Further information phone: 02 6285 4660

Email: conference@ruralhealth.org.au



The Lounge



Hobart Women's Health Centre

25 Lefroy St, North Hobart

Call Tracey 6231 3212

Friendly, informal. Come alone or bring a friend.

Different activities each fortnight.

Videos, games, BBQs, adventures & more!

**Meeting space for same-sex
attracted women**

**2nd & 4th Thursday 6pm
every month**

WOMEN'S WISDOM LIBRARY

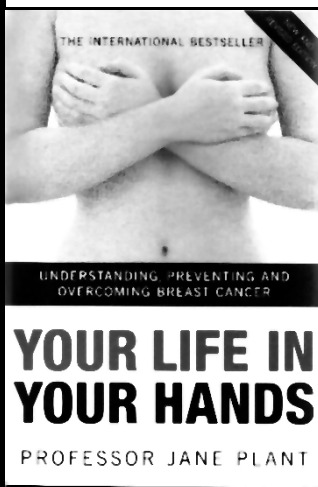


New Titles & Reviews

Your Life In Your Hands: Understanding, Preventing and Overcoming Breast Cancer

By Professor Jane Plant

Professor Jane Plant is the Chief Scientist of the British Geological Survey. She was diagnosed with



breast cancer in 1987 and following four subsequent recurrences, the cancer had spread to the lymph nodes in her neck. In 1993 Jane was given only three months to live by her doctors. Once her panic had subsided after this prognosis she felt "that the only person who could save me was the scientist within".

Both Jane and her husband Peter had worked throughout the world. She frequently visited China and was aware that the incidence of breast cancer there was much lower than in western countries. After analysis of the Chinese diet and knowing that most Chinese do not eat dairy products, Jane immediately eliminated all dairy produce from her diet. About two weeks after her second chemotherapy treatment and one week after giving up dairy products the lump started to soften and reduce in size. Within six weeks the lump had disappeared and Jane has been free of cancer since 1993.

Professor Plant has written "Your Life In Your Hands" to be both an account of her personal battle with breast cancer and her subsequent search for risk factors for breast cancer. Most of the book is spent analyzing why she believes dairy products to be unsuitable for human consumption and also the dangers of chemicals and artificial ingredients in our diet. Jane also presents a lifestyle program to reduce

your risk of cancer, including stress-reduction, and other suggestions.

I found *Your Life In Your Hands* very thought provoking and a valuable resource in the fight against breast cancer. I would like a more detailed examination of Professor Plant's theories in relation to dairy products and would hope that this is pursued in the medical research community.

From my perspective the following reflection from Professor Plant identified the only benefit of breast cancer, "it made me stop. And smell the (wild) roses."

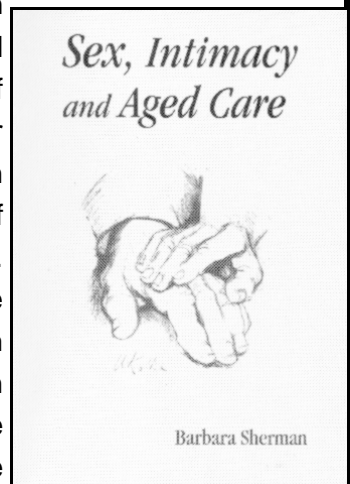
Ruth Virth



Sex, Intimacy and Aged Care

by Barbara Sherman

This is an excellent book for a caregiver, student or health care professional, as well as those simply interested in issues around aging and sexuality. The first two chapters explore the philosophical perspectives around aging, sexuality and intimacy, confronting stereotypical beliefs that older people who express sexual longings or engage in sexual behaviour are "weird, perverted or at least not quite normal" (P4). We now believe that traditional low reporting of interest in sexuality in the aged population is the result of *failure to survey* older people's views, rather than an accurate picture of interest in sexual activity. Chapter 2 quotes a more recent study which indicated that the median age for women to cease having sexual intercourse was between 60 and 81 years, with the upper age limit due to lack of partners rather than lack of interest!



For the many older people in residential care, the personal has become the public - unless there is recognition of the need for intimacy, sexuality can become a "problem" to be dealt with by staff rather than a personal or family matter.

Issues around sexuality are often raised by the personality changes resulting from dementia. Approximately 60 % of nursing home residents have



Web spinning

Useful websites and digital destinations

Reproductive Rights

The Centre for Reproductive Rights has recently introduced a new briefing paper entitled "Governments Worldwide Put Emergency Contraception into Women's Hands: A Global Review of Laws and Policies". This publication calls upon governments to adopt laws and policies that make emergency contraception (EC) accessible and available.

You can find this report online at:

www.reproductiverights.org/pub_bp_ecworldwide.html

www.reproductiverights.org

ARROW

The Asian-Pacific Resource & Research Centre for Women (ARROW) based in Kuala Lumpur, Malaysia, is a regional non-profit and non-governmental organisation concerned with ensuring development policies and plans influencing women's health status included women's and gender perspectives. It provides women NGOs governments, the UN and other stakeholders with practical information from other countries to assist them in planning and implementing their activities, particularly related to gender-sensitisation, reproductive health and rights, and violence against women.

www.arrow.org.my

WomenWatch

WomenWatch is the website of the Inter-Agency Network on Women and Gender Equality (IANWGE) and provides access to information and resources on the promotion of gender equality and the empowerment of women throughout the United Nations system. This system includes the UN Secretariat, regional commissions, funds, programmes, specialised agencies and academic and research institutions.

From 28 February to 11 March 2005, the United Nations Commission on the Status of Women (CSW) will undertake a review and appraisal of the implementation of the Beijing Declaration and Platform for Action adopted at the Fourth World Conference on Women (1995), as well as the outcome document of the twenty-third special session of the General Assembly (2000).

To provide input into the review and appraisal, WomenWatch is hosting a series of online discussions on the critical areas of concern on the Platform for Action and other important issues from 11 October 2004 to January 2005. These discussions will be facilitated and moderated by UN entities that are members of the Network.

- To access the discussions, go to:
 - <http://www.un.org/womenwatch/forums/review/>
 - **www.un.org/womenwatch**



→ some degree of dementia, sometimes resulting in changes in sexual behaviour. The vast majority of changes are towards reduced interest in sexual activity, but a small percentage of people demonstrate either heightened sexual interest or loss of inhibitions (such as loss of sense of "modesty").

This book presents an invaluable discussion on the changes in attitudes and values towards sex that have occurred over the past 50 years and the impact of these changes in residential care settings, where intergenerational challenges are presented by younger staff caring for older residents, and interfacing with the family and/or spouse of the resident. Legal and ethical issues are also explored in later chapters with the use of scenarios to present the very human side of the story. The last section of the book poses questions useful for discussion or educational purposes.

Recommended reading!

Yvonne Hardefeldt



Take extra care at this time of year...

THOUSANDS of Australian women are falling victim to drink spiking and related sexual assault, according to a crime study recently released by the Australian Institute of Criminology. The Institute's report found that about one-third of drink spikings led to sexual assault.

In drug-assisted rape, most people don't realise that the most common drug used is alcohol, according to Vanessa Swan, Rape and Sexual Assault Service SA director.

"Ordering someone a double or adding more alcohol than normal is what we come across the most," she said.

So this festive season, take extra care when celebrating. Only accept drinks from people you know and trust, don't leave drinks unattended and if drinking alcohol, drink one glass of water after every glass of alcohol consumed.

Hobart Women's Health Centre will close for the day on

TUESDAY 7TH DECEMBER

for strategic planning of the coming year's program. **Fitball and Reiki sessions will be held as usual,** however, general services will not be available. Our normal service will resume the following day:

Wednesday 8th December, 2004.

We hope this closure will not cause you too much inconvenience.

HOLIDAY CLOSING DATES

HWHC will close from 4pm Thursday 16th December 2004 and reopen at 9:15am on Tuesday 4th January 2005.

Thank you to all our clients, sister service organisations and funding bodies for your generous support throughout 2004 and we look forward to your company again in the new year.

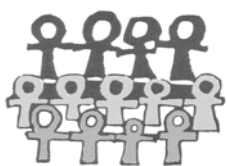
We wish you a safe, happy and peaceful time, whatever you do and wherever you are.



CONTRIBUTIONS...

Contributions from readers are very welcome, so if you have an article, review, comment or notice that would be of relevance 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:

Autumn Edition: 29 January 2005 (newsletter distributed at the end of February)



...GETTING IN TOUCH

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

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: hwhc@trump.net.au Website: <http://www.tased.edu.au/tasonline/hwhc/hwhc.htm>

HWHC receives funding assistance from the Commonwealth Government, under PHOFA.