

Hobart Women's Health Centre Newsletter



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Commit and Deliver

Crucial time for plan to stop violence against women

by Annalisa Rigby

Tasmanian Community Campaigner
Amnesty International Australia

Violence against women is widespread, systematic and culturally entrenched. In Australia, one in three women who have been in relationships has experienced violence. The responses to this violence only compound the problems: women fleeing violence are turned away from shelters for lack of space; prosecution rates for sexual assault are among the lowest for all offences; and there are no systematic education programs to give the next generation the skills to condemn violence and build healthy relationships.

A National Plan of Action (NPOA) is an international human rights obligation. The need for national plans of action to eliminate violence against women was first identified at the World Conference on Women in Beijing in 1995. Since then, many members of the Organisation for Economic Cooperation and Development, and other countries, have adopted NPOAs. These include: Brazil, Canada, Ecuador, Germany, Indonesia, New Zealand, Norway, Spain and Switzerland.

In order to achieve impact and be more than a statement of good intentions, the NPOA must be adequately resourced and broadly implemented. An NPOA must also be more than a policy statement or a fresh presentation of existing policies and practices. In order to be worthwhile and effective, an NPOA must be new, in both its approach and its content. Part of that new approach should be the placement of human rights squarely at the centre of all policies and practices that deal with violence against women.

SETTING THE STANDARD

Amnesty International's research has found that to meet international good practice a national plan must:¹

- Prevent violence through education;



Participants in the Amnesty contingent in the recent Christmas Pageant in Hobart.

continued over...

- Provide services to survivors of violence; and
- Prosecute offenders.

The plan must also be:

- Structural, across all government agencies and all levels of government;
- Strategic, built around targets and timeframes; and
- Sustained, because a lack of sustained funding is the most common reason why other plans have failed.

In April 2009, the National Council to Reduce Violence Against Women and their Children produced the Time for Action plan and the Federal Government responded by referring the development of the NPOA to the Council of Australian Governments (COAG) for completion at some time in 2010. This is a great achievement, but there is more to do.

We must ensure that the plan put in place is to the highest standard possible, and meets the international good practice that has been shown to be successful. If it does not, women will continue to be at risk of violence.

GOVERNMENT RESPONSE SO FAR

In 2008, the Federal Government established the National Council to Reduce Violence against Women and their Children, to research and advise on a national plan.

The National Council's Time for Action report was released in April 2009, setting a framework for change. At the heart of this strategy is the council's vision that:

- communities are safe and free from violence;
- relationships are respectful;
- services meet the needs of women and their children;
- responses are just;
- perpetrators stop their violence; and
- systems work together effectively.

The Federal Government has said it will deliver a National Plan to Reduce Violence against Women and their Children in 2010 by working with the Council of Australian Governments (COAG). The plan will include a series of four three-year action plans.

The Federal Government also announced a range of immediate actions while the plan is developed, including:

- Developing a training package for family law professionals to improve consistency in handling of family violence cases; and
- Implementing Respectful Relationships programs for school-age young people to change attitudes and behaviours that contribute to violence.

ACT NOW

The Federal Government has committed to a National Plan of Action – but to be truly national, the state and territory governments need to be on board.

Write a letter to The Hon David Bartlett MP asking him to:

- Announce public support for a National Plan of Action to end violence against women and their children that incorporates all government departments and all levels of government;
- Ensure that the national plan has funding that is designated, significant and ongoing. Mention that Amnesty International has found that inadequate funding is the most frequently-cited impediment to the overall success of national plans in other countries; and
- Ensure that the national plan includes the full range of comprehensive and ongoing programs recommended in the National Council's Time for Action report.

The Hon David Bartlett MP
Premier of Tasmania
GPO Box 123
Hobart TAS 7001

Want to find out more about Amnesty International's Campaign to Stop Violence against Women?

You can put up posters, join our women's rights action group, access copies of our reports, book our meeting space or volunteer at the Tasmanian Action Centre.

Contact us via email at tasaia@amnesty.org.au or call (03) 6221 1002.

Notes

1. To find out more about Amnesty's report go to <http://www.amnesty.org.au/svaw/> and check out our campaign resources.

**AMNESTY
INTERNATIONAL**



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.



Photographer Sharon Hickey
YWCA Encore website

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.

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

Wednesdays February 17 - April 7, 2010

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



Only after the last tree has been cut down
Only after the last river has been poisoned
Only after the last fish has been caught
Only then will you find that money cannot be eaten.

Cree Indian Prophecy



Anti-Poverty Day at HWHC War on Poverty Day



Jen

Anti-Poverty Day at the Hobart Women's Health Centre on October 13 was a fun day filled with loads of practical skills and ideas women could adopt to enrich their lives.

The generous support of A & B Food Store, Pane Cucina and St Vinnies (Argyle St) was greatly appreciated. It enabled good food and great entertainment, (in the form of a fashion parade) to be enjoyed by all.



Ali



Ali

Thanks also to the informative stall holders Lori from Home Sustainability, Jennie from Women's Health South and Meredith for the Tenants Union of Tasmania.



Jen



Harriet

The Photos above are of Centre worker Jen, student on placement Ali and Harriet strutting their stuff in the Vinnies' Fashion Parade.



Healthy Eating

by Wendy Meek

The sun has come out and the veggie garden should be ready for planting an abundance of delicious veg to eat through summer. If you haven't already, plant some tomatoes - remembering to choose your seedlings carefully. Make sure the stem is strong and well formed. If you have raised them in punnets indoors, make sure you put them outside for a few days before you plant them out. I have done some reading about tomatoes this year and have discovered from a few different sources that it is good to let the tomatoes get a bit 'pot bound' in the punnets before you plant them out. I found this pretty hard to do but have given it a go. Don't forget they need plenty of sun, not too much water, or the fruit will split, a little potash and good organic veg fertiliser every 2-3 weeks. Think about what you want from your tomato plants, is it quantity or quality? Sometimes it pays to pull some of the very young fruit off so the plant can concentrate on less fruit, but more flavour.

Something else I am experiencing in my garden at the moment is 'fruit drop' (my favourite apricot is inflicted!). I got expert advice and, unfortunately, it is from too much rain when the fruit was first forming; the nursery has seen other trees with the same

problem. There is nothing I can do, except hope for a couple of apricots to stay on the tree until they ripen. It is also affecting my cherry and to a less extent, the quince tree. If this is happening in your garden, you must pick the fruit up off the ground because you don't want a fungus affecting the soil.

Here are some clues about what to pick and what to plant. Remember, even if you don't grow your own it is important to understand the seasons so you can purchase quality in-season fruit and veg. It is better for you and cheaper too.

If you don't already know about it, Hobart has its first central Farmers Market - every Sunday morning at the Melville Street Carpark - where you can buy straight from the farmer. This is a great way to shop, and it's great fun too!

Harvesting: garlic, rhubarb, spinach, tarragon, sage, asparagus, potatoes, early basil.

Planting: late potatoes, brussels sprouts, tomato, capsicum, kale, eggplant, zucchini, cucumber, sweetcorn, cabbage, cauliflower, celery, broccoli, silverbeet, lettuce, leek, Asian brassicas and roots.

see recipe opposite...

BIANNUAL NEWSLETTER



Hobart Women's Health Centre activities continue to grow at a great rate, but our funds have not kept pace with the increase in activity.

One of the most expensive things we do is the creation, printing and distribution of this newsletter. We receive more positive feedback about the newsletter than almost any other thing we do. For environmental reasons, but also to cut costs, we have tried to increase the number of women who receive the newsletter by email only. We were pleased when many of you responded to this request, but we understand many women like to read a hard copy.

In 2010 we have reluctantly decided to reduce the number of issues to two, while we investigate ways to fully fund the newsletter production. At the same time, we want to continue to keep you up to date with major issues and so we will be publishing and distributing occasional articles.

The 'What's on at HWHC' pages will continue to be available throughout the year.

We know this news will disappoint many women who have supported us for many years and we hope this will be only a temporary measure. Meanwhile, we hope to be able to maintain the many vibrant and popular activities at 25 Lefroy Street and in the community.

Recipe - Gravlax

We have just decided we are going to have a Scandinavian Christmas at our house inspired by this very dish. Have a great Christmas everyone!

Gravlax is a Scandinavian dish of raw salmon cured with dill, salt and sugar. The name comes from the words grav (grave) and laxs (salmon), as fishermen used to bury salted salmon in sand to preserve it.

For a simple appetiser, serve gravlax on crusty bread, topped with aromatic herb salad.

Ingredients (serves 6)

Gravlax

- 1kg piece centre-cut salmon fillet, skin on, pin-boned
- 1 bunch dill, coarsely chopped (1 cup)
- 1/2 cup (130g) coarse sea salt
- 1/3 cup (75g) white sugar
- 1 1/2 tbs (15g) white peppercorns, crushed
- Crusty bread, to serve

Herb salad

- 1 1/2 cups dill sprigs (1 bunch)
- 1 1/2 cups torn flat-leaf parsley leaves (1 bunch)
- 1 bunch chives, cut into 3.5cm lengths
- 2 cups chervil sprigs (1 bunch)
- 3/4 cup French tarragon sprigs (1 bunch)

- 1/2 cup salad burnet leaves (1 punnet)
- 1 tsp coriander seeds, crushed
- 1/4 cup (60ml) lemon juice
- 1/4 cup (60ml) extra virgin olive oil

Method

1. Cut salmon into 2 equal pieces, then place 1 piece, skin-side down, on a sheet of plastic wrap. Combine dill, sea salt, sugar and peppercorns in a bowl. Press the dill mixture into the flesh of the salmon, then place the other salmon piece, skin-side up, on top. Wrap salmon tightly in plastic wrap or alfoil, then place in a shallow dish. Place another dish on top, weigh down with cans of food, then refrigerate for 24 hours.
2. Remove the weights from the salmon, drain off any liquid, then rewrap salmon in plastic wrap. Refrigerate for a further 2 - 3 days, turning every 12 hours.
3. For herb salad, place all ingredients in a large bowl and gently toss to combine. Remove salmon from plastic wrap, scrape off curing mixture, then cut into extremely thin slices on an angle. Serve gravlax with slices of crusty bread and salad.

Reference: <http://www.taste.com.au/recipes/14304/gravlax>

New Doctor in the House

We are pleased to welcome Dr Juliet Tait to the Hobart Women's Health Centre for one morning a week on Thursdays from 9:30 am – 1:00 pm.

Juliet will be with us over the summer until she returns to her tutoring position at the University.

Juliet has a keen interest in women's health and well being. In line with the Centre's philosophy of providing a safe and supportive environment, Juliet would like women to know they can feel comfortable discussing any health issue with her.

Confidence and Assertiveness Course

Free four week course Confidence and Assertiveness Courses will be conducted at the Centre in 2010. The courses are designed to enhance self awareness, confidence and assertiveness.

For further information contact: Ankarah at the Centre on 6231 3212 or via email at ankarah@hwhc.com.au

Green Mail

The Hobart Women's Health Centre is keen to reduce our carbon footprint and embrace environmentally friendly practices. You can help us in our endeavour, dear readers, by receiving the Centre's Newsletter via email rather than snail mail.

If you currently receive our Newsletter in the mail and have an email address we could send it to instead, please let us know. You can do so by either giving us a call on 6231 3212 or sending an email to info@hwhc.com.au.

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 1:15 - 2:30 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. Last session for 2009 is December 16 and recommences January 4, 2010.
Birth and Beyond	Wednesdays fortnightly, 10 am to 12 pm. Last session for 2009 is November 25 and recommences January 20, 2010. 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. Recommences January 19, 2010. For any woman diagnosed with breast cancer who would like information and support.
Fitball Beginners' Class	Tuesday and Thursday 10 - 11:30 am. Last session for 2009 is November 24 and recommences January 12, 2010. \$5 per class with physiotherapist Pat Sandercock. Numbers are limited, so phone Pat for information and to book on 6229 7488.
GP services	Thursdays 9:15 am - 1 pm, half hour bulk-billed consultations by appointment with Dr Juliet Tait. Last session for 2009 is December 17 and recommences January 7, 2010.
Grandparents Raising Grandchildren	Support and relaxation. Contact Ariella for more information on 6234 7948. Recommencing in March 2010.
Herbalist	Thursday 1 - 4 pm, by appointment only. Last session for 2009 is December 17 and recommences January 28, 2010. Cost is \$25.50 for the 1st one hour consultation and \$15.50 follow up appointment. To make an appointment phone Sally on 0407 872 792.
Massage	Remedial and Lomi Lomi massage on Wednesdays 12 - 4 pm \$45 per hour. Last session for 2009 is December 16 and recommences January 13, 2010. Phone 0409 219 278 for a booking with Tanya Langdon. Shiatsu by appointment \$60 for 1½ hours or \$45 for 1 hour Last session for 2009 is December 17 and recommences January 7, 2010. 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). Last session for 2009 is December 8 and recommences January 12, 2010.
Midlife Outreach Service	Individual sessions on midlife health and menopause symptoms. 10 am - 12 noon at the Centre on February 22, April 19, and June 21. Bookings essential contact Jennie Gorrige on 6222 7242.
Stitches and Stories	Last Thursday of the month from 1:30 - 3:30 pm. Last session for 2009 is November 26 and recommences January 28, 2010. 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. Last session for 2009 is December 14 and recommences January 11, 2010. 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. Last for 2009 is December 8 and recommences January 12, 2010. 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. Last session for 2009 is December 17 and recommences January 7, 2010.
Writers' Support Group	1 st Wednesday of the month, 2 - 4 pm. Last session for 2009 is December 2 and recommences February 3, 2010.
Yoga	Wednesday mornings, 9:30 - 10:45 am, for experienced participants and 11:00 am - 12:15 pm for beginners. \$5 per session with Kathy. Last session for 2009 is December 16 and recommences January 20, 2010.

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

Conversations in the Courtyard

Over the holiday period come and enjoy our beautiful shady courtyard, a cuppa and the opportunity to chat with fascinating women.

Come along and meet other women, and participate in stimulating discourse.

Tuesday, February 2

1:30 - 3:30 pm

Come and join us for a conversation and cuppa with **Sheila Given**.

Sheila is a vibrant member of the Tasmanian community, an advocate for older people and a strong commitment to education, and lifelong learning.

Thursday, February 4

1:30 - 3:30 pm

Are you feeling a little sluggish after Christmas and New Year feasting? Come and join **Sally Riley**, our herbalist, for a chat about herbs at a **Herbal Tea Party**.

Thursday, February 11

1:30 - 3:30 pm

Pull out your mad caps and hats and join **Ankarah** for a bit of fun at a **Wild Hatters Afternoon Tea**.

Tuesday, February 16

1:30 - 3:30 pm

Come along and meet **Helen Burnet the Deputy Lord Mayor of Hobart**, who will be joining us for a cuppa and a chat about her life and politics.

Tuesday, March 2

1:30 - 3:30 pm

The very active and colourful Tasmanian writer **Robyn Mathison** will join us for a conversation and cuppa in our final Conversations in The Courtyard for the season.



"A woman's opinions are useless to her, she may suffer unjustly, she may be wronged, but she has no power to weightily petition against man's laws, no representatives to urge her views, her only method to produce release, redress, or change, is to ceaselessly agitate."

Louisa Lawson, speech to the inaugural meeting of the Dawn Club. Published in *Dawn*, July 1889.

Fortunately, at least with regard to the vote, things have changed since Louisa Lawson was an agitator. In many countries women have fought long and hard for their right to vote in democratic elections, but there are still many places in the world where women's voices are not heard.

It is easy to become cynical about politics at times, but every occasion I cast my vote I am grateful I live

Votes for Women

by Glynis Flower

in a democratic country which recognises the right of every adult citizen to participate in choosing their representatives.

In 1902 all non-indigenous women were able to take part in national elections in Australia for the first time. But it wasn't until 1967 that Aboriginal women and men gained the right to vote in all State and Federal elections.

Over the next twelve months or so, both a State and Federal election will be held. The Hobart Women's Health Centre urges all women to ensure they are correctly enrolled to vote and to have their say. Enrolments forms are available at post offices and can be downloaded from the Tasmanian Electoral Commission's website at www.tec.tas.gov.au

In the lead up to the elections, Hobart Women's Health Centre will certainly be asking questions of candidates - especially with regard to women's health policy. If there are issues you would like us to raise, please contact us at info@hwbc.com.au.

Oral Health - for women of all ages

by Annette Davey

Health Promotion and Communications Coordinator
Oral Health Services Tasmania

As women, there are life-stages that require extra awareness of specific health needs. Times of change, or times where the focus is on our own health or those we care about the most. There are unique health needs for women during times of maturation and change, for example puberty or menopause, or during life events such as pregnancy. An often overlooked aspect of women's health at these times is oral health. Hormonal fluctuations occur across the lifespan, dietary changes, everyday stresses can all have an effect on our oral health. Periodontal (gum) disease and dental problems can, however, often be prevented by incorporating some basic key messages of good oral health into everyday lives, no matter which stage of life you are in.



Good habits start young, and children's teeth are an important investment in their future health. As girls enter puberty, hormonal changes can cause an increase in blood circulation to the gums. Sensitivity, and irritations caused by food particles and plaque, can lead to swollen tender gums. Gingivitis may sometimes be more prevalent just prior to menstruation in some women. Bleeding gums, redness and swelling, and mouth ulcers may occur at this time.

A focus on health during pregnancy should include a good oral health regime. Evidence of a relationship between periodontal disease and pre-term, low birth-weight babies is good reason to attend an oral health check-up before setting off on the adventure

of motherhood. Attention to any tenderness, swelling or redness of the gums is important throughout pregnancy.

Oral contraception may also lead to similar oral health conditions experienced by pregnant women. Some medications, such as those prescribed to treat periodontal disease, may also interfere with the effectiveness of oral contraception.

Changes to the oral environment may also occur during or post menopause. A dry mouth, altered taste experience, increased sensation in gum tissue may all occur at this time. The importance of preventing osteoporosis is well-documented, but it is less commonly known that the bone loss of osteoporosis is also suspected to be associated with periodontal disease.

So what to do? - Women of all ages are encouraged to:

Eat Well – Attention to good nutrition is an important part of health and wellbeing, including oral health.

Drink Well – Steer clear of sugary drinks that attack the teeth. Tap water is refreshing, and it's free!

Clean Well – Attention to oral hygiene is important right throughout life. Brush twice a day with fluoridated toothpaste, and floss daily. Make sure you brush right to the gum line. Ask for some tips on brushing at your next dental visit.

Stay Well – See a dental professional regularly. Don't wait till you experience problems to have a check-up. Bleeding, swollen or tender gums need to be assessed. You should also make an appointment if you experience persistent bad breath, loose teeth or teeth that move or change. Don't forget to tell your dental professional about any medication or life changes you may be experiencing.

Talking Herbs

the alternative medicines

with Sally Riley

The rain was almost continuous throughout the winter months and during spring it kept on coming. We are all well and truly ready for bright sunny days and outdoor activities. But perhaps we need to find extra energy and enthusiasm, which seems to have waned over the last few months.

We need to consider some adaptogens or “tonics” to help give us energy and stamina to face the outdoors. Adaptogens by definition, help us to adapt to stress, tonics stimulate the adrenal glands and adrenal tonics support the adrenal glands.

Siberian ginseng (*Eleutherococcus senticosus*) is an old favourite and was reputedly used by Russian astronauts, on expeditions to the moon to provide extra stamina. It is beneficial for those recovering from debilitating illness, improving mental functions and endurance. Siberian ginseng is the purest adaptogen. Do not take it if infections are present.

There are a number of other adaptogens, all with slightly different properties, but with the overall “tonic” effects. These include *Glycyrrhiza glabra* (licorice), *Rhodiola rosea*, *Centella asiatica* (gotu cola), *Rehmannia glutinosa* and *Withania somnifera*.

Centella asiatica is sometimes called the arthritis herb because it promotes the healing of connective tissues, such as the chondrocytes and osteocytes in bone. It is also good for improving memory and concentration and is useful for night cramps and restless legs.

Licorice is an adrenal tonic, an anti inflammatory, antispasmodic and a demulcent. This means it is kind to the gut and useful for irritable bowel syndrome. It helps with respiratory problems such as bronchitis, asthma and coughs. Licorice should not be taken with medication for high blood pressure.

Rehmannia is another adrenal tonic, but may be taken for allergies and skin disorders.

Rhodiola rosea, also known as arctic root, is a general tonic and adaptogen shown to be beneficial for those suffering fatigue or insomnia and can improve physical and mental work capacity.

Withania is interesting because it has a calming effect on a stressed out individual and in turn helps with sleep. However, it is still a tonic and will provide more energy and enable one to cope better with everyday problems.

Magnesium is a mineral essential for generating energy. If our blood is low in magnesium, it takes the mineral from our muscles, causing stiffness and cramping.

Chromium can help to support and regulate the production of energy from the metabolism of food.

Sally is available on Ph. 0407 872 792 for a consultation in herbal or mineral therapies and nutritional advice or by appointment at the Centre on Thursday afternoons.

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.

Birth and Beyond

Birth & Beyond nurtures a holistic 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.

Fortnightly on Wednesdays between 9:30 am - 1 pm

The dates for this season are as follows:

January 20

February 3 and 17

March 3, 17 and 31

April 14 and 28


May 12 and 26

June 9 and 23

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



WOMEN'S WISDOM LIBRARY

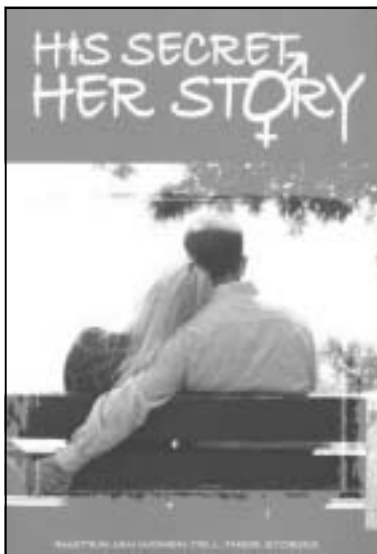


His Secret, Her Story

Australian women tell their stories

**by Produced by The NSW Women Partners of
Bisexual Men Service**

We often hear about coming out experiences from those stepping out of the closet, but rarely from the loved ones whose lives are forever changed by the affirmation. This book gives voice to the experiences of women who discover they are in a relationship with a man who is bisexual or gay. In *His Secret, Her Story*, fifteen courageous women each share with the reader their personal story and the journey taken after the discovery of their partner's sexuality.



As the foreword in this book explains, it is impossible to know just how many women are in relationships with men who are bi or gay because of the 'closeted nature of this situation'. What is important for women, who discover their

husband or boyfriend is same-sex attracted, to know is they are not the only ones experiencing this situation. It is clear, from the messages and words of encouragement to the reader, this was the motivation of the contributors to this book. While all the women's stories and journeys are different, all of them benefited from being able to talk to other women in support groups run by the NSW Women Partners of Bisexual Men Service. While the book has been written with a specific

target audience in mind, it will interest and hold enthralled anyone who wants to understand the experience.

The emotions of hurt, pain, anger and outrage the women all felt when they discovered their partners' sexuality, and often the deceit used to keep the closet door firmly latched, is raw and confronting. At times, the descriptions of abuse and actions of some of their partners are difficult to read, but necessary to understand the experience of the women.

Interestingly, nearly all the women wondered early on if it was their fault their partner was same-sex attracted. This says a lot to me about how indoctrinated women are by our patriarchal society, that they would take on responsibility for something completely out of anyone's control. Many of the writers found a strength they never imagined they possessed and moved on with their lives; some maintaining contact with their partners, others not. All these women came to recognise a common fact – had their partners lived in more accepting times and places, all the anguish suffered by everyone involved need not have happened at all.

Jen Van-Achteren

Web Spinning

The Women Partners of Bisexual Men Service provides counselling, information and support groups to women in NSW whose male partners are sexually attracted to men. The Service's website has very useful information applicable to women living in any state. www.lwchc.org.au/womenpartners

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. www.oa.org.au

Kaz Cooke's Completely Gorgeous website is jammed packed with loads of fun and positive information about body image. www.completelygorgeous.com

Amnesty International is a global movement of over 2.7 million people committed to defending those who are denied justice or freedom. www.amnesty.org.au

Ageing Well with Weights

After a short break over the holiday season, the popular Ageing Well with Weights eight-week strength training program will start again in on Friday January 22, 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."

Tuesday December 15 from 4:30 to 6 pm.
at 39 Burnett Street North Hobart

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

Connect 4 Life

GLBTI picnic on the banks of the Meander River Deloraine

12 pm December 12, 2009

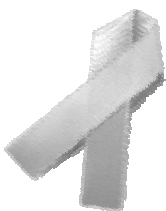
Sausage Sizzle, Burgers, Coffee & Cake
Vegetarian options available. Music. BYO Salads.

Connect4Life is a community based group dedicated to increasing the social opportunities within the GLBTI community.

All monies raised are distributed to regional Working It Out projects.

Contact Sharon on 0419 361 128 or via email northwest@workingitout.org.au for further information.

Breast Cancer Support Groups



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

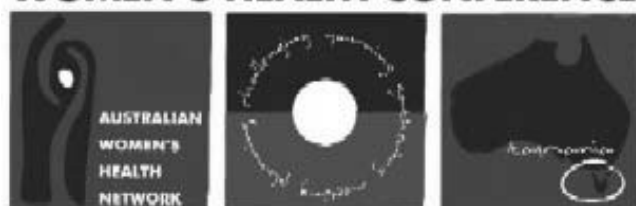
The next meeting dates between 11:45 am - 1:15 pm are:

January 19
March 16
May 18

February 16
April 20
June 15

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



FIFTEEN YEARS ON. . .

Liz Russell has been the Centre's Bookkeeper for fifteen years. During her time here, Liz has witnessed many changes and weathered major alterations to financial management and reporting.

Liz's eye for detail, head for figures, integrity and historical perspective make her irreplaceable. Many times over the years, Liz has been told by staff and management alike she is not allowed to resign or retire. No one is quite sure the Centre would survive without Liz as our lynch pin.

Here's to another fifteen years. Please, Liz!



INTRODUCING. . .

My name is Kylie Franklin. I have been on the Centre's Board of Management since July 2007 and recently at this year's AGM took on the role of Chair.

Before joining the Board, I was on the Centre's Newsletter mailing list for a number of years and was very impressed by all the good work being undertaken and the amazing services offered. I joined the Board to further promote awareness of the Centre and to find ways to expand the services currently being offered.

The area of women's health I am most passionate about is mental health. It is so important for women have access to someone they can talk to and access to services that are not only affordable and confidential, but happen in a safe environment.

Outside of my role on the Board, I run my own bookkeeping business and thoroughly love spending time with my daughter Ellie. I also enjoy cooking whether it is toasted sandwiches or a gourmet meal. I love a good dinner party, reading, going to the movies and sailing with my friends.

HOLIDAYS CLOSING DATES. . .

The Centre will be closed from 4 pm on December 17, 2009 and reopen at 9:15 am January 5, 2010.

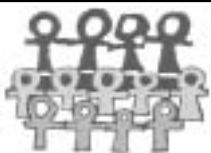
All the staff at the Centre would like to wish everyone a very happy and safe holiday season.

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:

Autumn/Winter Edition: March 18, 2010 (newsletter distributed at the end of April 2010)



. . .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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