

Hobart Women's Health Centre Newsletter



Celebrating our 20th Anniversary this Year

WINTER
2007

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To Be, or Not to Be

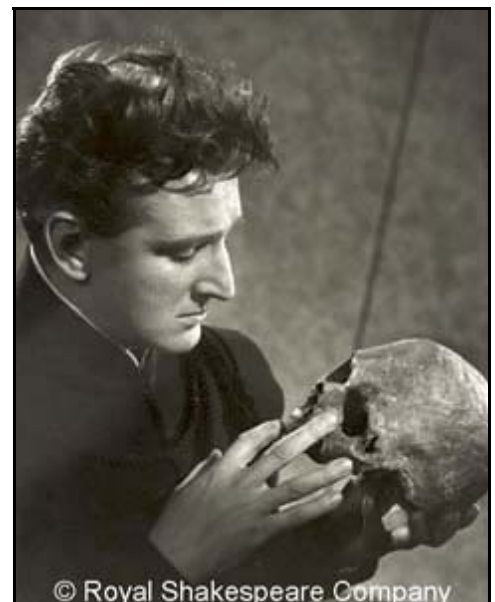
Jen Van-Achteren

Among Baby Boomers and older Australians, an increasing number are considering the conditions under which life would no longer be worth living. The call for euthanasia rights has grown from those with terminal illness, seeking to die with dignity, to older Australians not wishing to experience the ravages of ageing and those who believe they have a right to choose. But others – including some doctors, ethicists and right to life groups – believe the answer lies not in death, but in a more positive societal attitude to ageing and our elders and good palliative options.

While the debate rages on, some older and terminally ill Australians are willing to risk imprisonment for smuggling Nembutal, purchased in Mexico, into the country and others are making it in backyard laboratories - so they can have the peaceful death they desire.

Born into a period of great social change, many Baby Boomers now see the right to choose the time and manner of dying as an extension of individual freedom. Once leaders in civil rights movements and feminist causes, they are now caring for elderly parents who are living longer than previous generations; witnessing friends and family becoming debilitated through illness, and not wanting to suffer the same fate. Although not faced with the need to choose euthanasia now, many are lobbying for that choice to be available.

Then there are older people, still active and engaged in life, who are also lobbying for the right to die on their own terms. In giving their reasons, they speak of a need to maintain their independence, to control how they live and die. For this group, the quality of life is paramount; they see no value in "unnecessary suffering" or the unnatural extension of life. Choosing how and when to die is perceived as the final act of self-determination and an essential human right.



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Here for ALL women

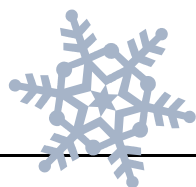


Despite a February 2007 Newspoll finding that 80% of Australians favoured terminally ill individuals having a right to seek and obtain assistance to end their life, it is not as clear-cut as that. There are many who are disturbed by the concept and argue just as passionately for life, and for a society which values its older citizens. Some doctors and ethicists worry the rising call for a "right to die" reflects a view that to be old and in need of care is to lack dignity, to be a burden on society. They feel this perception leads to depression in older people, with a subsequently louder call for the choice to die. From this perspective, if older people were obviously valued members of society, they would feel no need to cut short their lives. Further, they argue it is not widely known palliative care has developed to the point of relieving almost all severe pain and significantly reducing emotional stress; their belief is that dying people receiving such care have no reason to ask for death.

Other lobbyists view the issue from a strongly religious stance. They see suffering as a good and natural part of life, necessary for personal and spiritual growth. In addition, the choice to deliberately end suffering through death has adverse consequences for one's soul; their view is such a choice is a criminal act deserving of punishment.

Although a secular nation, Australia currently has no jurisdictions permitting assisted euthanasia, reflecting views firmly based on a Christian background. Only the Northern Territory has passed legislation allowing euthanasia, but this was over-ruled by the Federal Parliament eight months after enactment.

It was Shakespeare's question to us all – to be, or not to be? But, he didn't frame it as a matter of a moral or legal right to actively seek out death – rather, he saw it as a question of whether we are courageous enough to live the lives we have or willing to brave the unknown afterlife. He writes of continuing to live with pain and suffering as requiring strength, but no more so than choosing to end the suffering. In the discussion of euthanasia, among all the differing perspectives and highly-charged debate, it's one question we've not yet considered.



Farewell...

Carolina Valencia recently completed her one-year research project on the health needs of migrant and refugee women in Tasmania. The report on the project's findings will be launched soon.

It was great having Carolina on the team at the Centre. Her knowledge, insights and warm personality will be sadly missed.

We wish her all the best in her new role.



Material Girls

The Hobart Women's Health Centre and Women's Health South co-sponsored the textile section of the Material Girl Art Exhibition in March this year. The winner of the Award for Best Textile was Carla Crompton for her work entitled 'Tasmania a Woman's View'. The award for Highly Commended Textile went to Sally Brown for her piece 'Grandmother-Grandfather Lace'.

Pictured above is Joan Barry, HWHC Coordinator, artist Carla Crompton with her winning piece, and Kelly Bannister, Coordinator Women's Health South.



IWD WRAP UP

For HWHC this year, International Women's Day was a great celebration of women. We started with an historic walk led by Miranda Morris which traced the life of a colonial woman, Alice Gertrude Kenny, from her arrival in Hobart. The walk started on the edge of the Derwent and we were asked to imagine a flooded Wapping with Alice sitting for days on a ship in the middle of the river, waiting for the weather to ease. Imagine what a tedious wait it would have been at the end of such a long journey. Alice eventually landed and our walk followed her footsteps through her life here, sometimes visiting actual sites, at other times imagining her experiences and following her life to its end in South Australia. The walk was repeated in the evening. As both walks had a great turn up and good feedback, we are looking to do something similar in the future.

From the walk we went on to the HWHC picnic and soapbox in Parliament gardens. The chilly weather kept numbers low, but we still had around 26 brave souls. We had great singers: Arrow Rain and Ankarah Grace. And, considering the weather was a tad chilly, some very brave belly dancers from Gabi's Belly Dancing Troupe, who danced beautifully and looked wonderful - particularly after they danced away their goose pimples.



Some of us then went on to Christina Henri's Blessing of the Bonnets at St. David's. As each person walked into the church, they were handed one of the beautifully embroidered bonnets symbolising a convict woman to wear in the church. St David's was almost full and was awash with bonnets. Part of the celebration was a signing choir from Claremont Primary School. Emily Bansel played a convict girl and ABC Operatunity Oz finalist, Emily Burke, Irish musician, Vince Brophy and the South Hobart Primary School Choir all sang. As part of the ceremony, everyone took their bonnet down the aisle and placed it in a wooden boat to be blessed in an ecumenical ceremony.

Following the blessing, buses took people to the Female Factory, where various speakers told the stories of their female convict ancestors. The bleak weather suited the site but we were grateful it didn't rain. Once again we donned bonnets then stepped into the yard where the sea of bonnets was photographed from above, as part of Christina's Roses from the Heart project.



We have been following this project from its inception as just a few bonnets and a huge idea. Already there are around 5,000 bonnets made by women all over the world, with over 20,000 to go. It is exciting to be part of this project, to be launched on IWD 2008. For more information and the simple pattern log on to the website at www.christinahenri.com.

All in all, the day was a great celebration of women and resilience.

Correction!

Jenny Joseph, the author of the poem Warning in last season's Newsletter, on page 2, was incorrectly referred to as an American poet when, in fact, she is British.



Early detection of ovarian cancer

Half of all Australian women mistakenly believe ovarian cancer can be detected with a pap smear test, a survey has found.

The National Breast Cancer Centre, which also researches ovarian cancer, said that among the most misguided are women over 50, who are more at risk of the disease than any other group.

“Women should not be complacent in thinking a pap smear will screen them for the early warning signs of all gynaecological cancers,” the centre’s director, Dr Helen Zorbas, said, “it was designed to detect cervical cancer only”.

There is no screening test for ovarian cancer, which is considered a silent killer because its early symptoms are easily attributed to other causes, and it is notoriously difficult to diagnose. More than half the women surveyed could not name any of the symptoms of the disease.

However, in a recent issue of the medical journal *Cancer*, a new “symptom survey” was described which could help in the early detection of ovarian cancer.

Researchers comparing the medical histories of 225 women at high risk for ovarian cancer with those of 149 women already diagnosed with the disease, have developed an index of symptoms that could distinguish between early ovarian cancer and other benign conditions. If any of six different symptoms - pelvic or abdominal pain, frequent urination, bloating, difficulty eating or feeling full - were experienced for more than 12 days per month, this could correctly identify 57 percent of women with early-stage ovarian cancer.

“It is vital that women are aware of the symptoms that may indicate ovarian cancer and see their GP promptly about any unusual or persistent changes in their bodies.” Dr Zorbas said.

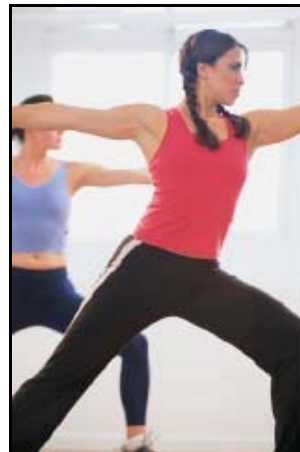
About 1500 Australians are diagnosed with ovarian cancer each year and about 900 women will die of the condition in the same period. Most are diagnosed when their disease is advanced, which means only 40 percent are still alive five years on.

A recent Senate inquiry into gynaecological cancer called for more community awareness of the conditions and better educational support for doctors.

Article by Helen Young from *Own Matters*, Newsletter of the Older Women’s Network, New South Wales Vol. 4 No. 4 May 2007.



Body Conditioning Classes



These classes are designed to develop one’s functional strength and mobility. They were originally designed to help support the training of dancers, but soon began to be used as a method of training others too. This class format was developed by individuals

who have an interest in pilates. Although Body Conditioning is entirely its own form, it pays attention to detail in relation to one’s posture and alignment during body movements.

There are four phases to each class. During the first phase, the body is prepped for the exercises by moving the joints to be worked - eg, the spine. The second phase uses traditional aerobic activities, like marching, to warm the body by increasing the heart rate. Once the body is sufficiently warmed, the specific strength exercises intended for that session are done. To end, muscles are stretched and released to maintain balance and mobility.

The classes will be held on Thursdays between 2:45 - 4 pm starting on June 28. Maia Beneke will conduct the sessions which will cost \$5 each.

Breast Cancer Support Groups

There are now two Breast Cancer Support Groups providing information, friendship and emotional support to women who have breast cancer. The groups meet on the third Tuesday of each month and are facilitated by Nola Polmear, our wonderfully supportive Breast Cancer nurse.

The next meeting date and times will be **June 19 for both the Midday Group 11:45 am - 1:15 pm and the After Work Group 4:30 - 6:00 pm**

Program

June 19

"Talking to your friends about Breast Cancer"
Jenny Fuller - Volunteer Co-ordinator,
Hospice Care Assoc of Southern Tasmania.

July 17

Amoena Breast Prosthesis – the full range plus bras and swimwear.

Clare Johnson, Amoena Company Representative.

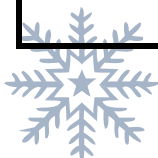
Please RSVP for catering purposes

August 21

"A balanced approach to Health Care"
Wellbeing, nutrition and natural remedies.

Ingrid Ramsdale, Ramsdale Pharmacy and Wellbeing Centre.

Please phone Rosemary on 6231 3212 to book your place or for more information.



Too Many for our Space

While it is great to be popular and in demand, some of our regular drop-in classes are bursting at the seams. The Centre and the class facilitators will endeavour to accommodate the increased interest. Unfortunately, there may be times when some participants will miss out on a session if the class is too big for the space available. The Centre sincerely apologises for any inconvenience this may cause participants.



Wiser Older Well

New six week winter sessions for older women.

Every Tuesday 1:30 – 3:30 pm
from June 26 - July 31, 2007

These sessions will begin with a look at how ageism and sexism impact on older women's lives today. We will look at issues around living alone, discuss "happiness" and the meaning of wellness for older women.

There will be opportunity for the group to select topics of particular interest to them, and to share thoughts and opinions, as well as to engage in debate about topical issues.

These sessions will be jointly facilitated by Yvonne the Older Women's Worker and Barbara Doig, who currently facilitates the older women's friendship group meetings at the Centre. All older women are very welcome- come along and have your say!



Bookings are essential. Please phone Yvonne for further information on 6231 3212.

Refugee Week

The African and Refugee Group of Amnesty International Australia has been meeting with community members and organisations, to plan and coordinate activities for this year's Refugee Week. The group hope to make it a vibrant, inclusive and informative event.

Refugee Week, from Sunday June 17th to Saturday June 23rd, is a great opportunity to celebrate diversity. The Hobart Women's Health Centre will display information about activities during the week and will host an entertainment and film night on Tuesday June 19th starting at 5:30 pm.

For further information about events, please contact the Centre or Amnesty International on 6221 1000.

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.

Acapella



Fun, easy and uplifting singing sessions every second Thursday 6:30 - 8 pm. Cost \$3:00. Beginners are most welcome. First session for Winter is June 7. For more information ring Lorraine on 6223 8323.

Ageing Well with Weights

8 week strength training program on Fridays 1:30 - 2:30 pm. \$5 per class with physiotherapist Pat Sandercock. To be placed on the waiting list for the next course please call the Centre on 6231 3212.

Birth and Beyond

Monday fortnightly from June 4 at 9:30 am for 10 am start until 1 pm. Group sessions to share and learn more about birthing and mothering experiences. Phone Rashelle on 6267 4740

Body Conditioning

Thursday 2:45 - 4 pm starting June 28. \$5 per session with Maia Beneke. Classes are designed to develop one's functional strength and mobility.

Body - Mind Analysis

A means to heal yourself in conjunction with other complimentary therapies. A three session minimum with Mind Analyst and Psychosomatic Therapist, Louise Wood on Saturdays. First session costs \$75 and \$65 thereafter. Bookings essential, please phone 0438 057 009.

Breast Cancer Support

3rd Tuesday of the month 11:45 am - 1:15 pm and for working women 4:30 - 6 pm. For any woman diagnosed with breast cancer who would like information and support.

Encore

8 week gentle exercise program, for women after breast cancer. If you would like to participate, please contact Rosemary at HWHC for more information.

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

Tues, Wed and Thurs 9:30 am - 1 pm, half hour bulk-billed consultations by appointment. Approximately a four week waiting period.

Herbalist

Thursday 1 - 4 pm by appointment only. For more information and to make an appointment phone Sally on 0407 872 792.

Massage

Monday by appointment only, \$35 per hour. For information and to make an appointment phone Amanda on 0418 355 403.

Meditation

Guided and safe relaxation meditation Tuesday 10 - 11 am (beginners welcome)

Tai Chi

Monday 10 - 11 am and 2 - 3 pm. 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 and 4th Tuesday of the month from 6 pm. Contact Tracey at the Centre.

Older Women's Friendship Group

Every 2nd Tuesday of the month from 1:30 - 3:30 pm. Are you interested in meeting new people, having a laugh with likeminded older women and becoming better informed about issues affecting older women? The group is small, friendly and welcomes new faces. Phone Barbara on 6244 3993 or Yvonne at the Centre for more information.

Older Women's Walks

Monday mornings 11 am - 12:30 pm. Calendars are available from reception.

Writers' Support Group

First Wednesday of the month 2 - 4 pm. Contact Yvonne at the Centre.

Yoga

Wednesdays mornings \$5 per session with Kathy. Ring the Centre for more information.



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



Winter Magic

Winter is a time reflection, of trying to stay warm and keep our spirits up. These Wednesday workshops are a fun, creative and informative way to keep the Winter blues away and enhance your health and wellbeing.

All workshop sessions will be held in the Backspace of the Hobart Women's Health Centre
Bookings essential Ph 6231 3212
Gold coin donation (optional)

June 20

12:45 - 2:45 pm

Body Conditioning

with Maia Beneke

The body, and how to exercise it, is the focus of this workshop. Along with some information, the session will include basic exercises that include elements of aerobic activity, posture, strength and stretching. Exercise can be as personal as the clothes we choose to wear. The enjoyment of a particular exercise form will vary greatly for each person. However, exercise is the key to good health and the principles are the same for us all.

June 27

12:45 - 2:45 pm

Communicating from the Heart

with Sunim

Non-violent communication strengthens our ability to respond compassionately to ourselves and to others. It guides us to reframe how we resolve conflict, express ourselves and hear others by focusing our attention on what we are observing, feeling, needing, requesting. Non-violent communication flows between ourselves and others based on a mutual giving from the heart.

July 4



12:45 - 2:45 pm

Wild Vibrant Women

with Ankarah Grace

This is a fun, creative workshop, designed to add sparkle and play to your winter. It offers a variety of crafts and techniques such as: treasure mapping, creative visualisation, journaling, strengths flags and boxes etc. to add to your kit bag of resources to keep the winter blues away.

July 11

12:45 - 2:45 pm

The Facts on Fats

with Chando Steiner

Following on from her Autumn workshop on Making Sense of Carbohydrates, Chando returns to give us the FACTS ON FATS. Are you confused or worried about FAT in your diet? This workshop helps clear up some of the confusion about which fats are good fats? And what fat is that?



July 18

12:45 - 2:45 pm

Vessels from the Sea

with Vicki West

Vicki West is a Tasmanian Aboriginal artist who shares her work and knowledge with the community to promote *living culture* and dispel the *myth of extinction*. Vicki will be teaching us to make vessels from kelp, which has a strong cultural significance in its sacredness and a vital role in survival. Please bring your enthusiasm, respect, hole punchers and rivets (if you have them), twine and anything from the environment you may wish to add or decorate your vessel with.

July 25

12:45 - 2:45 pm

Crystal Mud Pampering

with Christina Henri

Indulge yourself by attending this marvellous pampering workshop. The programme includes hand and shoulder massage and a fabulous crystal mud foot treat.

Please bring along a towel to your dry your feet and either wear easy to roll up trousers or a dress, so you can place your feet in the footbath.

Talking Herbs



with Sally Riley

the alternative medicines

Our beautiful autumn days, with clear blue skies and a touch of chill, are heralding the approach of winter. Our thoughts turn to cosy evenings around “log” fires and our favourite TV programs. We may even sleep



better now the heat of summer is behind us and we can once more snuggle under our doonas - or will we?

If your answer is ‘probably not’, then there are some herbal solutions that may be of help in establishing a more refreshing sleeping pattern.

Valerian (*Valeriana officinalis*) is regarded as a gentle sedative. It improves sleep quality, increases REM sleep, lowers periods of wakefulness, decreases morning fatigue, and reduces anxiety. It was used during World War II in Britain to promote sleep in the civilian population. It may also be useful for nervous headaches, and spasms such as colic and menstrual cramps. Studies have shown it contains the sleep hormone melatonin in small amounts. It must be used for at least two weeks to be effective.

Passion flower (*Passiflora incarnata*) is related to the vine we grow for its fruit. It is a sedative and anti anxiety herb. As such, it is useful for insomnia and anxiety and often used in combination with valerian.

Hops (*Humulus lupulus*) has a sedative action and sleep inducing properties and is cooling and analgesic. It was used to relax the mind and body and relieve insomnia in traditional herbal medicine. It also combines well with valerian to reduce sleep latency and waking time.

Zizyphus (*Zizyphus spinosa*) is another interesting herb derived from Traditional Chinese Medicine for “calming the heart and nourishing the spirit”. It is useful to combat night sweats in menopause, as well as aiding sleep and lowering blood pressure. This herb is beneficial for nervous exhaustion, forgetfulness and nightmares.

Doses 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 Ph. 0407 872 792 for consultation in herbal or mineral therapies by appointment at the Centre on Thursday afternoons.



Older Women’s Friendship Group

Every 2nd Tuesday of the month from 1:30 - 3:30 pm.

June 12

Becoming Big, Brave and Bold (instead of feeling invisible!)

Our Health Promotions worker, Ankarah, will lead this dynamic and fun session on how to deal with being ignored as an older woman. Come along and have your say, hear other women’s views and learn some new strategies.

July 10

Group discussion and a cuppa.

August 14

Why we eat what we eat?

The facilitator of this session will be Ruth Morgan, well known to long-standing group members as the previous older women’s worker at the Health Centre. She will lead this fascinating discussion about the way family, social and cultural influences shape what we eat today.



Some of the women in the group

Non-Violent Communication Course



This course is for women interested in reflecting on how we commonly communicate. It offers women the opportunity to develop new communication and relationship skills and deepen empowerment. Non-violent communication helps us to articulate our feelings and needs more clearly and discover what is really alive and vital within us. You will learn how to express your feelings assertively and without attacking, and so minimize defensive reactions in others; and how to make clear requests and receive critical messages without losing self esteem, or giving in. These skills are useful in all your relationships with family, partners, friends, co-workers and the world.

Sunim a Buddhist nun, teacher of personal and spiritual empowerment and non-violence, will conduct the sessions.

The eight week course will run each Thursday from 12:30 - 2 pm commencing on July 12 until August 30. The course costs \$50 in total for the eight sessions. Please ring the Centre to book.

Women's Winter Walks

There will be no walks during the school holidays June 4 to 15.

The Winter Walks will begin on Monday June 18 at the later time of 11 am. Please meet at the Health Centre by 10:40 am if you need transport.

This later time ensures we miss the colder early morning temperatures. Walkers are reminded to rug up and bring a waterproof coat, plus morning tea unless a café is suggested. The winter calendar will be available from reception by mid-May.

Walks are around 50 minutes in length, in and around Hobart suburbs. The pace is moderate, with an emphasis on friendship and support for each other as we walk.

New walkers are most welcome, for more information contact the Centre on 6231 3212.

ENCORE NEWS

ENCORE is an eight week, gentle exercise class for women who have had breast cancer treatment at any time in their lives. The program is based on floor and warm water exercise, with gentle stretching specifically designed to increase women's mobility, flexibility, and confidence. The program is sponsored by Avon, and is free to women participants.

A very successful Encore Program was completed in April but unfortunately the second program was unable to be run.



As it is so cold at the Hazelwood Pool during winter, it is not possible to hold the next Encore Program until

From the YWCA Encore website
Photographer Sharon Hickey

October/November 2007. There will be at least one program at this time. Interested women should phone Rosemary on 6231 3212 to register or for further information.

Launceston held their 1st Encore program during Autumn and, at its conclusion, participants were keen to know when the next program will be.

For further information on the program in Launceston, contact Angela on 0439 501 255.

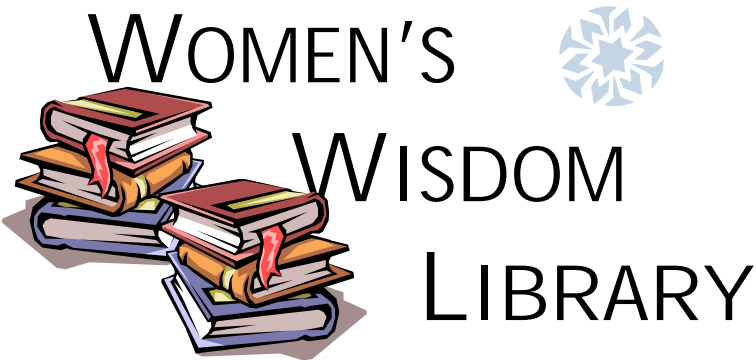


Apologies!

This is the second edition of our Newsletter to be folded and posted by Oak Enterprises. Using their service has saved the Centre a huge amount of time and resources.

We did have a few teething problems with the first run, which we feel sure are now resolved. Our sincere apologies to those readers who received the Autumn edition a day or two later than others on the mailing list.

WOMEN'S WISDOM LIBRARY



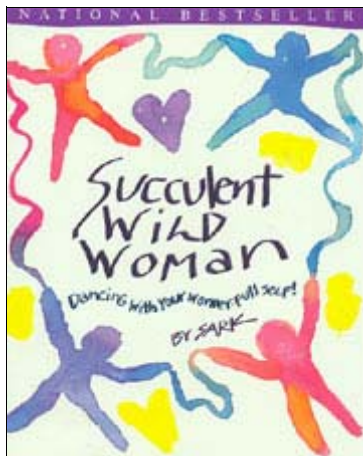
Succulent Wild Woman

Dancing with Your Wonder Full Self!

by **SARK**

SARK has a very exciting, madcap and effervescent style of writing. *Succulent Wild Woman*, makes you laugh and inspires creativity. It challenges the reader to live life in rich and succulent ways.

What is a succulent woman? Succulent women are everywhere according to SARK, "look for bright eyes, ready smile, and unusual clothes. Or perhaps it's a more shy, succulent wild woman who dresses and appears more quiet, and then you get close enough to bask in her succulent glow". According to SARK, a succulent wild woman is a woman of any age who fully expresses herself in every dimension. She is not suggesting however such a woman has conquered all her fears or shadows. SARK invites us to explore our dark places with a torch, to travel around the world from our sofas, to go on a date with ourselves and to celebrate our friendships with other succulent women.



Succulent Wild Woman explores and acknowledges the strengths of women, those who are happy and single and others who are in love and in romantic relationships. It espouses the joys of naps, going on adventures, the wearing of colourful clothes, and the companionship of other women.

SARK's book is full of great tips and ideas for having fun and living more creatively, it also mentions many other great resources and SARK's website address.

(*Succulent Wild Woman* is available in the Centre's Library)

Ankarah Grace

HAVE YOU GOT ANY OVERDUE BOOKS?

If you have any overdue books from our Women's Wisdom Library, please return them to the Centre. Or if you require your book for a little longer, please let us know by giving us a call on 6231 3212.

Thanks!



Feel like pulling your sleeves up and doing something about women's health?

The Hobart Women's Health Centre **Board of Management** is seeking new members. The Board consists of up to 11 **volunteer** women who are collectively responsible for the overall management of the Health Centre, including **human resources, finances, policies and planning**.

It is essential HWHC Board membership reflects the rich diversity represented in the broader community. We encourage women from all social and cultural backgrounds to apply.

If you have experience or expertise which you think could benefit the Health Centre, why not apply to join the Board of Management?

Please enquire at reception or phone 6231 3212 and your contact details will be forwarded to the Board.

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 Mondays between 9:30 am - 1 pm

No session on June 4 due to school holidays.

June 18: **Medicare for Midwives.** Discussing this essential element for positive Maternity Care change. How can you, Maternity Care consumers, help campaign for government-funded Midwifery? Find out - all women, grandmothers too, very welcome!

July 2: **Birth Film, "The Big Stretch"**, insights into birth.

July 16: **Birth and Breastfeeding.** How can a woman's birthing experience affect her breastfeeding experience? What are the 'success' rates following different types of birth. - Sue Cox; mother, Lactation Consultant, Author of *Breastfeeding books and International Speaker on Breastfeeding issues.*

July 30: **Medical interventions in birthing** what can they mean for a woman and her baby? Discussion on avoiding interventions, exploring ways to be supported in your choices, based on research evidence and best practice.

August 13: **Risk** has become the key word in most Maternity care settings. We discuss this paradigm, its meaning for birthing women and changes needed to shift the categorisation of women into certain Risk groups.

August 27: **The Birthing Journey.** What do we desire for our birthing and mothering experience? How can Maternity care providers best support women to achieve these desires?

"Be the change you wish to see in the world", Mahatma Ghandi.

Phone Rashelle on 6267 4740 for more information.



Lesbian and Bi Women

The Lounge

Lesbian, bisexual, questioning or curious women.

Safe, friendly and informal, come by yourself or with a friend or partner. We meet every 2nd and 4th Tuesday of the month, at 6 pm here at the Health Centre (unless otherwise planned).

Next meeting dates:

June 12 and 26 July 10 and 24 August 14 and 28

Film and games nights, BBQs, walks or just for a chance to do a bit of socialising.

Borderlines – Queer Radio

Hobart's sexuality and gender issues radio show

Every Wednesday 2 – 3 pm

Edge Radio 99.3 FM

Queens Ball

Sunday Night Fever

Sunday June 10, 9 pm - 5 am

Curly's Bar, 112 Murray St, Hobart.

Tickets pre-sold at Kaos Café, Working It Out and TasCAHRD

Member/Concession \$15 Waged \$25 At door \$5 extra



Womyn's Dances

The next women's dance will be in July, the date is yet to be announced. Call Tracey in late June for details.

After the Liberation

Ten Years of Queer

GLC Artfully Queer Exhibition opening and soiree

Friday August 10, 6 – 8 pm, Moonah Arts Centre

Call the Moonah Arts Centre for exhibition

entry forms on 6214 7633



Playback Theatre presents

Women's Coming Out Stories

Date yet to be announced.

Phone Tracey at the Centre for details on 6231 3212.

Tasmanian LGBTI Pride Festival

The festival is on again in 2007 and will run from October 12 – 27.

Would you like to be involved? We are interested in hearing from you. Contact the GLC for more information via email at glcgeneral@glctas.org



INTRODUCING . . .

Hello my name is Janet Quaggin. Many of you will know me already, as I have been a relief worker at the Centre for the last couple of years. I am now working three mornings a week in reception - assisting Maree with phone enquiries, visitors to the centre, GP clinics etc.

I have been in Tasmania for 12 years and live with my partner and our teenage son on a small acreage where we keep dairy goats, chickens, ducks and donkeys. My father has recently come to live with us and so, like most women, my life is pretty busy.

I left school at 16 and worked in a variety of admin roles until my son was born. In my mid 40's, I decided to take the plunge and started studying part-time at Uni, gaining my degree three years ago. My studies informed and increased my interest in issues around social justice and women's health and in the many ways population ageing will impact on us all over the next forty-odd years.

I look forward to talking to you next time you phone or call into the Centre.



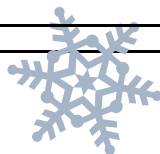
Rachael, centre, at her farewell with colleagues Shannon and Kelly.



FAREWELL . . .

Recently we bid a sad farewell to Rachael Atkins, Midlife Women's Health Worker at Women's Health South, who has returned to the mainland. Rachael was a great blessing to the women who access the Centre and those throughout Southern Tasmania who attended the many courses and workshops she facilitated. Not to mention those women whose lives she touched through counselling and support sessions.

We sincerely thank her for all the warmth, insight, sense of humour, creativity and the knowledge she shared with us. We wish her every success and happiness for the future.



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 in to reception when you visit the Centre.

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

Spring Edition: 19th July 2007 (newsletter distributed at the end of August)



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