



ZENDA FOR THE 21ST CENTURY WOMAN

JUNE-JULY 2023

FOR WOMEN BY WOMEN



Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend an appointment is unavoidable, but if you have booked a spot for a workshop or counselling session, and no longer able unable to attend, please ring to cancel as soon as possible. Our waiting list is growing and it may be possible to put someone into that place.

WE THANK YOU FOR YOUR CONSIDERATION

inside...

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
INDIGENOUS NEWS	4-5
CALENDAR - JUN-JUL	10-11
LIBRARY NEWS	15
RECIPE PAGE	16
POET'S CORNER	17
NOTICE BOARD & CONTACT NUMBERS	18-19

acknowledgement

TO OUR VOLUNTEERS WHO HELP US HERE AT THE CENTRE WE WOULD LIKE TO GIVE A HEARTFELT THANK YOU ~ FROM ALL THE TEAM AT THE WOMEN'S HEALTH CENTRE.

VOLUNTEERS PLAY A BIG PART IN ANY ESTABLISHMENT AND WITHOUT YOU, THE CENTRE WOULD NOT BE THE SAME. A SPECIAL THANKS TO LISA, MICHELLE & CHEZ FOR GIVING OUR GARDEN SOME TLC RECENTLY - WE'VE HAD A BIG CLEAR OUT, AND THE ADDITIONAL OF SOME BEAUTIFUL PLANTS. THANK YOU!

ALSO A BIG THANKS TO EVERYONE WHO HAS DONATED GOODS, FROM BED LINEN TO TOILETRIES. THESE ITEMS HAVE HELPED MANY WOMEN WHO COME TO THE CENTRE.

PLEASE NOTE: OUR TOILETRY SUPPLIES ARE RUNNING LOW AND WE WELCOME CONTRIBUTIONS FOR THE WINTER MONTHS AHEAD.

THANK YOU ALL



Bill of Rights for Women

Physical

- I have a right to be free of physical violence
- I have a right to decide who can touch me
- I have a right to personal space
- I have a right to pay attention to messages given to me by my body
- I have a right to make my own decisions about my physical appearance
- I have a right to access health care of my choice

Sexual

- I have a right to be free of sexual violence
- I have a right to say no to sex
- I have a right to say no to a sexual activity that makes me uncomfortable
- I have a right to insist on safe sex
- I have a right to get to know someone before having sex
- I have a right to change my mind about having sex with someone

Emotional

- I have a right to say no to things asked of me
- I have a right to be treated with respect
- I have a right to be free of verbal abuse
- I have a right to express my own opinions
- I have a right to my own beliefs and spirituality
- I have a right to make my own decisions
- I have a right to privacy
- I have a right to pursue my dreams
- I have a right to end a relationship if it no longer feels right for me
- I have a right to change my mind
- I have a right not to have to report all of my movements and activities to another person
- I have a right to decide how I would like to spend my free time
- I have a right to prioritise my self-care
- I have a right to set my own personal standards
- I have a right to choose not to keep a secret that makes me feel bad
- I have a right to express my feelings

Social

- I have a right to see my friends and family
- I have a right to spend time with my friends or family on my own
- I have a right to make new friends
- I have a right to speak to other men
- I have a right to work or study
- I have a right to ask for help and support
- I have a right to have fun

Financial

- I have a right to be involved in deciding how joint finances are spent

Spiritual

- I have a right to choose and practice my own religious or spiritual beliefs

from the manager

Welcome

I would like to say a big thank you to the wonderful women who access our Centre. You are strong, brave and simply amazing for turning up and we are very grateful for your attendance at our workshops and events.

We're planning some new activities for the next 6 months of the year, so look out on Facebook and our newly updated website for flyers and workshops. Many of you are making requests for more workshops, which we aim to do, and encourage you to join, to learn something new or to top up skills you already have.

All members please be aware that we are holding our Annual General Meeting (AGM) at 5.00pm on 20 September 2023 at the Centre, and if you would like to join or renew your membership for 2023-2024, please contact Linda or Marilyn. Being a member gives you the right to vote at the AGM and only costs \$5.00 per year.

We will soon start planning for our end-of-year function again and as last year was such a great success we would like to make it an annual event. If there is anything you would like us to include on the day please submit your suggestions. More information will be included in later editions of Zenda.

Last we celebrated Reconciliation Week here at the Centre, with a morning tea, a special poetry reading by Lahni Caminiti, a viewing of the movie 'Black Chicks Talking' and personal accounts of what 'reconciliation means to me'. The morning was finished off with a hilarious impromptu performance of Nutbush City Limits with an all-star crew, in honour of the incredible Tina Turner. It was a great morning had by all, and we encourage you to join in our Cultural Connection events held throughout the year.

Thank you, and take care.

Lynette





Indigenous News with Marj

Gyalangoor D'Buthbee

GOOD MORNING IN 'BUTCHULLA' LANGUAGE

MANAGEMENT & STAFF OF WIDE BAY WOMEN'S HEALTH CENTRE INC ACKNOWLEDGE THE TRADITIONAL CUSTODIANS, ELDERS
PAST, PRESENT AND EMERGING LEADERS OF THE 'BUTCHULLA' PEOPLE WHOSE COUNTRY WE LIVE, WORK AND PLAY ON

APPRECIATION & GRATITUDE

Women's Yarning Circle (WYC) on 'Butchulla' Country continues to grow and glow each and every week, with women joining our circle - connecting all cultures, supporting each other and just being together.

I would like to express my appreciation and gratitude to Aunty Jan Williams and Henny - aka Henrica Duxbury.

Every week Aunty Jan shares her weaving skills, her wisdom, her stories and culture and encourages every woman to have a go at weaving. There have been many women who've never weaved before and are now making earrings, baskets, skirts and other beautiful gifts. Henny is our Women's Support Worker at Wide Bay Women's Health Centre Inc and is the right hand for our circle. Henny goes above and beyond to bring the circle together, organising food, arts, crafts, monitoring comings and goings and ensuring risk management is adhered to. Henny takes care of all the seemingly 'little things' that are really BIG things behind the scenes, making our circle go round and round.

I am forever grateful to have the support of each and every woman who joins our circle. This program is funded and supported by management & colleagues of the Centre because *Together We Are Better*. Partnerships are at their best with other services and organisations in our community coming together and referring women to our yarning circle, contributing to our expansion and growth. Thank you ALL.

NAIDOC WEEK 2-9 JULY 2023

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country. FOR LOCAL INFORMATION ON EVENTS CONTACT THE ABORIGINAL & TORRES STRAIT ISLANDER NAIDOC COMMITTEE MEMBERS & ORGANISATIONS.



WIDE BAY WOMENS HEALTH CENTRE INC



Indigenous News with Marj

2023 NAIDOC THEME & POSTER - For Our Elders

Bobbi Lockyer, a proud Ngarluma, Kariyarra, Nyulnyul and Yawuru artist, born and based in Kariyarra Country in Port Hedland, is the winner of the prestigious National NAIDOC Week Poster Competition for 2023 with her entry, For Our Elders.

"Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future." said Bobbi.

CLIMATE CHANGE SCARVES - KNIT FOR CLIMATE ACTION CAMPAIGN.

WYC have been requested by Erica Neate to make Climate Change Scarves for the Paddle Out event she is co-ordinating for the August Whale Festival, in addition to the Lantern project.

We have had four knitters/crafters making the scarves in our circle for the past months - Jenni, Evelyn, Deb and my sister Tracy from Ballandean. The idea is to showcase the visual representation of climate change over the past 101 years. This project is a political statement as well as education on climate changes as the scarves are put together.

We've also have been invited to make an additional 30 climate change scarves for a World Heritage event that will be taking place at K'Gari in October 2023. These scarves will be gifted to Elders/Leaders who are attending the event and once again providing an opportunity to make a political statement - visually showing Politicians/Leaders what is happening to our climate.

We are looking for more knitters who would like to help and have a user friendly pattern available. Please contact us at the Centre if you are interested.

Background.

Brooke Prentis, CEO of Christian social justice organisation Common Grace: The scarves show the bands of colour weaving their way from placid blue at one end, to searing red at the other.

This is no ordinary scarf. It is in fact a climate graph. Each stripe depicts one year in the history of global climate change over the past 101 years. Starting from 1919 – the cool "blue end" – the graduation of colour shows the rise in average global temperatures until 2019.

Marj



SERVICES/WORKERS AVAILABLE IN OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY

- ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255
- BUTCHULLA ABORIGINAL CORPORATION - 4124 9144
- BUNDA'S DREAMTIME PLAYGROUP - 1800 171 882
- CQID – CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT – 4313 1195
- DATSIP - 4183 9107
- GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554
- HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599
- HERVEY BAY HOSPITAL INDIGENOUS HEALTH – 4325 6670
- IUIH HOME SUPPORT HERVEY BAY – 1300 852 598
- KORRAWINGA ABORIGINAL HOUSING – 4124 6908
- KAL'ANG RESPITE'CARE CENTRE – 4124 7780
- KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION
- FOR COMMUNITY DEVELOP. – 4123 5910
- POLICE LIAISON OFFICERS – 4128 5333
- MARYBOROUGH ABORIGINAL CORPORATION FOR HOUSING & CULTURAL DEVELOPMENT – 4122 4382/0498578110
- UNDERNOO KINDERGARTEN – 4121 5831



WIDE BAY WOMENS HEALTH CENTRE INC

UPCOMING WORKSHOP

MIND YOUR MOOD

2 HALF DAY WORKSHOPS
7 JUNE & 21 JUNE 9.30-12.00



THESE TWO HALF DAY WORKSHOPS ARE DESIGNED TO EXPLORE
WHEN AND HOW YOUR THINKING MIND IMPACTS YOUR MOOD.
THE WORKSHOP WILL ALSO PROVIDE TOOLS THAT YOU CAN
IMPLEMENT TO FACILITATE UNDERSTANDING AND CHANGE FROM
WITHIN YOUR OWN MIND.

FACILITATED BY TANYA BARICH - COUNSELLOR

PLEASE CONTACT CENTRE TO RESERVE YOUR PLACE - 4125 5788

FOOD & MOOD

Eating a nutrient-dense diet reduces your risk of major depressive disorder. Equally, diets high in ultra-processed foods are associated with increased risk of depressive symptoms.

How does it work?

Our guts (enteric nervous system) and our brains (central nervous system) talk to each other via the gutbrain axis. Body processes like inflammation, oxidative stress, and our gutmicrobiota (the bugs in our guts) can influence what gets said between the gut and the brain. and Our diet influences all these processes.

IN OTHER WORDS, WHAT WE EAT AFFECTS HOW OUR GUTS AND BRAINS WORK - AND THEREFORE OUR MENTAL HEALTH.

So what should I am for?

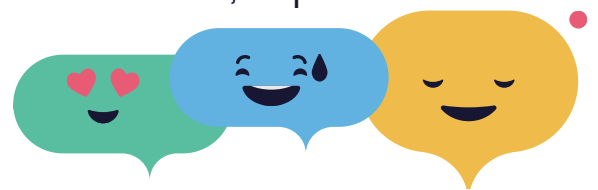
Every brain and body is different, and many people have specific needs to work with (e.g., food intolerances, health concerns like diabetes). best to see an accredited dietitian to support individualised and sustainable dietary improvements

SOME GENERAL GUIDELINES HAVE BEEN LINKED TO REDUCED DEPRESSIVE SYMPTOMS.

- Increase consumption of fruits, vegetables, legumes, whole grains, nuts, seeds, herbs, and spices as tolerated.
- Limit intake of ultra-processed foods and treats, and replace highly-processed foods with minimally processed nutritious foods.
- Include a high consumption of foods rich in omega-3 polyunsaturated fatty acids (e.g. salmon, omega-3 enriched eggs) and fibre (e.g. beans, vegetables, nuts, and fruit).
- Consume red meat in moderation and opt for lean sources rather than processed and/or fatty cuts.
- Include extra virgin olive oil or other polyunsaturated oils (e.g. rice bran, canola oil) as the main source of cooking and added oil. Avoid saturated fat sources.
- WATER! Consume the daily recommended water intake.
- Avoid excessive alcohol consumption.

Focusing on diet quality, and eating a variety of nutrient dense, unprocessed foods can help you improve your mood.

source: Deakin University, Melbourne



Tips for Managing Anxiety

Managing anxiety can be a challenging process, but with the right strategies and techniques, it is possible to reduce its impact on your life.

Here are a few tips:

1. **Understand your anxiety:** Learn about anxiety and its various symptoms. Understanding how anxiety affects you can help you recognise when it's happening and take appropriate steps to manage it.
2. **Practice deep breathing:** Deep breathing exercises can help calm your nervous system and reduce anxiety. Take slow, deep breaths, focusing on your diaphragm. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.
3. **Engage in regular exercise:** Physical activity is a natural stress reliever. Regular exercise helps release endorphins, improves mood, and reduces anxiety. Aim for at least 30 minutes of exercise most days of the week.
4. **Prioritise self-care:** Take care of yourself by getting enough sleep, eating nutritious meals, and engaging in activities you enjoy. Avoid excessive caffeine and alcohol, as they can exacerbate anxiety symptoms.
5. **Practice relaxation techniques:** Explore relaxation techniques like meditation, mindfulness, progressive muscle relaxation, or guided imagery. These practices have great results.
6. **Challenge negative thoughts:** Anxiety often stems from negative thinking patterns. Challenge your negative thoughts by asking yourself if there is evidence to support them. Replace negative thoughts with more positive and realistic ones.
7. **Establish a routine:** Create a daily routine that includes structure and consistency. Having a predictable schedule can help reduce uncertainty and provide a sense of control.
8. **Seek social support:** Opening up and sharing your feelings can provide emotional support and perspective. Consider joining a support group or seeking professional help if needed.
9. **Limit exposure to triggers:** Identify situations, environments, or people that trigger your anxiety and try to minimise your exposure to them. If certain situations are unavoidable, develop coping mechanisms to help you navigate them more effectively.
10. **Practice self-compassion:** Be kind and gentle with yourself. Accept that anxiety is a common human experience, and it doesn't define you as a person. Treat yourself with compassion and practice self-care regularly.

Remember, managing anxiety is an ongoing process, and different strategies work for different people. It's essential to find what works best for you and be patient with yourself as you develop coping mechanisms. If your anxiety becomes overwhelming or interferes with your daily functioning, then give us a call to book an appointment or consider booking into one of our upcoming workshops.



Did you know....



....about Zonta Club of Hervey Bay?

Zonta Club of Hervey Bay art exhibition

Featured artists:

- Will Hazzard
- Kelly Hazzard
- Creative Heads by Jaycee
- Hervey Bay Photography Club Inc

The Tree House Urangan Community Wellness Centre
Friday 2nd June 2023
5 - 7.30pm

Entry ticket \$30
includes:

- Welcome drink
- Grazing table
- Lucky door ticket

Raffle tickets \$5
Funds raised support our Birthing Kit project.

Tickets at:
<https://events.humanitix.com/zonta-hervey-bay-art-exhibition-2023>
Wilsons on Bideford St
or scan here:

Supported by:

-
-

Raffle Prizes

Donated by Will Hazzard:

Donated by Creative Heads by Jaycee:

Will Hazzard is the amazing artist behind this artwork generously donated to be raffled at our Art Exhibition fundraiser. Will and his mother Kelly Hazzard are exceptional artists whose work will be featured at our exhibition.

Raffle tickets are only \$5 each and can be purchased at Wilson's on Bideford St.

Entry tickets include a welcome drink and a grazing table, with funds raised supporting our Birthing Kit Project.

The Zonta Club of Hervey Bay was chartered in December 1990 and is part of the Zonta International District 22 which comprises of five (5) Areas. The Zonta Club of Hervey Bay is part of Area 2.

Zonta Club Hervey Bay's mission is to empower women through service and advocacy.

Their vision is to achieve a world in which women's rights are recognised as human rights and every woman is able to achieve her full potential.

In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

How do they do this?

The Zonta Club of Hervey Bay works at the international, district, and local levels to achieve the Zonta objectives through:

- Education
 - Projects to support young people and women in our community to enter careers for the future such as the Women in STEM scholarship.
- Service
 - Support to Hervey Bay community through the assembly and provision of Dignity Bags to women and children in need
 - Donations to support various community organisations
 - Birthing Kits to assist traditional birth attendants in developing countries.
 - Fundraising for local and international projects
 - Advocacy for Prevention of Violence Against Women and Children
 - Awareness raising through the 16 Days of Activism against Gender Based Violence
 - International Women's Day breakfast
 - Raising community awareness through events and media
 - Partnerships with likeminded organisations



WHAT'S ON

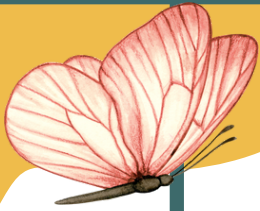
June

		1	2					
	<div><div>NATIONAL RECONCILIATION WEEK 2023</div><div>BE A VOICE FOR GENERATIONS</div><div>27 MAY — 3 JUNE</div><div>NRW.RECONCILIATION.ORG.AU</div></div>		<div><div>MABO DAY</div><div>JUNE 3</div><div></div></div>					
5	<div><div>WORLD ENVIRONMENT DAY</div><div></div></div>	7	<div><div>MIND YOUR MOOD</div><div>2 HALF DAY WORKSHOPS</div><div>7 JUNE & 21 JUNE 9.30-12.00</div><div></div><div>THESE TWO HALF DAY WORKSHOPS ARE DESIGNED TO EXPLORE WHEN AND HOW YOUR THINKING MIND IMPACTS YOUR MOOD. THE WORKSHOP WILL ALSO PROVIDE TOOLS THAT YOU CAN IMPLEMENT TO FACILITATE UNDERSTANDING AND CHANGE FROM WITHIN YOUR OWN MIND.</div><div>FACILITATED BY TANYA BARICH - COUNSELLOR</div><div>PLEASE CONTACT CENTRE TO RESERVE YOUR PLACE - 4155 5784</div></div>	8	<div><div>HAPPY BEST FRIENDS DAY</div><div>JUNE 8TH</div><div></div></div>	8	<div><div>World Ocean Day</div><div></div></div>	
12	13	14	<div><div>June 15th</div><div></div><div>WORLD ELDER ABUSE AWARENESS DAY</div><div>Building Strong Support for Elders</div></div>	16	17	18		
	<div><div>19 JUNE</div><div>INTERNATIONAL DAY FOR THE Elimination of Sexual Violence in Conflict</div><div></div></div>	21	<div><div>MIND YOUR MOOD</div><div>2 HALF DAY WORKSHOPS</div><div>7 JUNE & 21 JUNE 9.30-12.00</div><div></div><div>THESE TWO HALF DAY WORKSHOPS ARE DESIGNED TO EXPLORE WHEN AND HOW YOUR THINKING MIND IMPACTS YOUR MOOD. THE WORKSHOP WILL ALSO PROVIDE TOOLS THAT YOU CAN IMPLEMENT TO FACILITATE UNDERSTANDING AND CHANGE FROM WITHIN YOUR OWN MIND.</div><div>FACILITATED BY TANYA BARICH - COUNSELLOR</div><div>PLEASE CONTACT CENTRE TO RESERVE YOUR PLACE - 4155 5784</div></div>	22	<div><div>WINTER SOLSTICE</div><div>The Shortest Day The Longest Night</div><div></div></div>			
19	<div><div>World Refugee Day</div><div>20 June</div><div></div></div>							



July

WHAT'S ON



Butterfly Sisters Walking Group
6.30-7.30 Every Mon. Wed. Fri.

1

2

3



FOR OUR ELDERS
2-9 JULY 2023
NAIDOC WEEK

9



World Chocolate Day
7 July

12

13

14

15

16

17

18



19

#MANDELA DAY

TAKE ACTION.
INSPIRE CHANGE.
MAKE EVERY DAY A MANDELA DAY!



30

National Tree Day
30 July

23

24

25

26



30



WIDE BAY WOMENS HEALTH CENTRE INC

Mandela Day 18 July



What is Mandela Day?

On 18 July every year, we invite you to mark Nelson Mandela International Day by making a difference in your communities. Everyone has the ability and the responsibility to change the world for the better! Mandela Day is an occasion for all to take action and inspire change.

67 years in service of humanity

Nelson Mandela devoted his life to the service of humanity — as a human rights lawyer, a prisoner of conscience, an international peacemaker and the first democratically elected president of a free South Africa.

How did the day come about?

November 2009 - in recognition of the former South African President's contribution to the culture of peace and freedom, UN General Assembly declares 18 July "Nelson Mandela International Day". Resolution A/RES/64/13 recognizes Mandela's values and his dedication to the service of humanity in: conflict resolution; race relations; promotion and protection of human rights; reconciliation; gender equality and the rights of children and other vulnerable groups; the fight against poverty; the promotion of social justice. The resolution acknowledges his contribution to the struggle for democracy internationally and the promotion of a culture of peace throughout the world.

source: United Nations



THE FIVE D'S

Cravings, we all get them. They are defined as “a powerful desire for something”. For a lot of us, this “something” is FOOD. Of course, we rarely get a craving for something nourishing like a cucumber or an orange. Our cravings usually for something salty, like potato chips or something sweet, like chocolate! More often than not, we crave the foods that give us PLEASURE. Unfortunately, that pleasure is usually only temporary, because soon after giving into our cravings, we are burdened with the feeling of GUILT. Cravings have been compared to a wave in the ocean. They start out slow, increase in strength, rise to a crest and then gradually fade away over time. Using the 5 D's may help you manage your cravings.

The 5 D's are: D-Determine, D-Delay, D-Distract, D-Distance and D-Decide.

1. Determine- Ask yourself if you are actually hungry or if you are eating for reasons other than hunger i.e. emotional eating. If you are truly hungry, it has been 3-4 hours since you last ate, your stomach is growling or you feel lightheaded, you should eat a nourishing snack or meal.

2. Delay- If you think you are eating for reasons other than hunger (i.e. boredom, stress, anxiety, anger, sad or tired), do not react on impulse. Acknowledge that this is just a craving and delay eating for 5-10 minutes.

3. Distract- It may be easier to delay a craving if you distract yourself with another enjoyable activity i.e. do a crossword puzzle, knit, read a book or call a friend.

4. Distance- Distance yourself so that you are not near food, i.e. go to a different room, go for a walk or take a relaxing bath. If your cravings occur at the same time each day, you may plan an activity that will get you out of the house during that time, such as taking a course or going to the gym.

5. Decide- After 5-10 minutes, decide whether you will eat a reasonable portion of the food you are craving, eat something more nourishing or try to delay your craving by another 5-10 minutes.

Delaying will help you take control of your craving, rather than your craving controlling you! The longer you can delay a craving, the weaker it will become. If you think you may be an emotional eater, it will help you in the long term to identify your triggers (i.e. boredom, stress, anxiety, anger, sad or tired), and then think of ways to manage those triggers rather than eating.

Eat Well. Live Well. Mind Your Mood.

SOURCE: CHERYL CORRY R.D.

Winter Solstice 22 June

Winter Solstice usually occurs on 22 June, as the sun travels the shortest path through the sky giving us the longest, darkest night of the year. Solstice happens twice a year, (winter and summer) and marks the exact moment that one of the Earth's poles is at its maximum tilt.

Also known as “Yule”, the winter solstice has been celebrated for centuries as a rebirth of the sun. It was revered as a catalyst of great resilience to endure the dark, cold days before the sun's radiance returned once again. The promise of Spring's life force, fertility and abundance brought faith and hope inside the winter's barren, dark times. For Indigenous people across the globe, the natural world is a source of teachings about natural and universal laws. In understanding the interconnectedness of all things, we recognise that the cosmos– the sun, moon, stars, and other planets– affect us and connect us in undeniable ways. Here in south east Queensland, there's a perceptible change. There is a stillness in the air during this time. The air is crisp and the sky is a sparkling clear azure blue. Nature is resting, yet she is also active. Cassowaries and wedge tail eagles are laying eggs. Cockatoo chicks are hatching and ringtail possums are breeding.

Yellow flowers are in abundance at this time of year, the banksia and tea tree are blossoming and bees are active on the xanthorrhoea spikes. The golden wattle blooms, these tiny orbs reminding us that we are a small speck in a vast universe. Within these three plants we see tiny suns, reminding us of the rebirth of the sun.



It is a wonderful way to honour this time of season with hearty foods like roasts, soups and stews. Winter fruit and veg is abundant with cauliflowers, cabbages, carrots, celery, fennel, broccoli, pumpkins, shallots, tamarillos, rhubarb, citrus, apples, Lilly Pilly and custard apples all in season now.

In Latin, “solstice” translates into “sol” meaning the sun, and “sistere” meaning to stand still. For an astronomical moment in time, the sun stands completely still. Symbolically, we too can honor a sacred pause within our own being. We can sit peacefully, soften to receive our breath, and light a candle to spark the flame of our true nature. We can release the desire to do more, crave more, and be more. We can literally and metaphorically connect with the universal zenith of winter solstice by aligning with the reciprocal nature of duality: our inner self to outer self, giving to receiving, and darkness to light. We can activate rituals of letting go to release excess and imbalance of the past year. We can ignite the flame of inner peace and call forward our fresh inspirations for the coming year. Through Solstice's sacred pause, we can go beyond the mundane of self-limiting narratives and discover greater meaning and purpose in life.

It's a time to give thanks and take nothing for granted. Honour the farmers who grow our food. Celebrate abundance and volunteer time or give to those in need. Send out warm blessings of compassion and love to friends & family, to the earth and the sun for the sustenance we receive daily. Give thanks to the plants and animals for contributing to a healthy ecosystem. And know that by showing up and honoring the solstice, you are aligning with radiant souls across the globe who are doing the same.

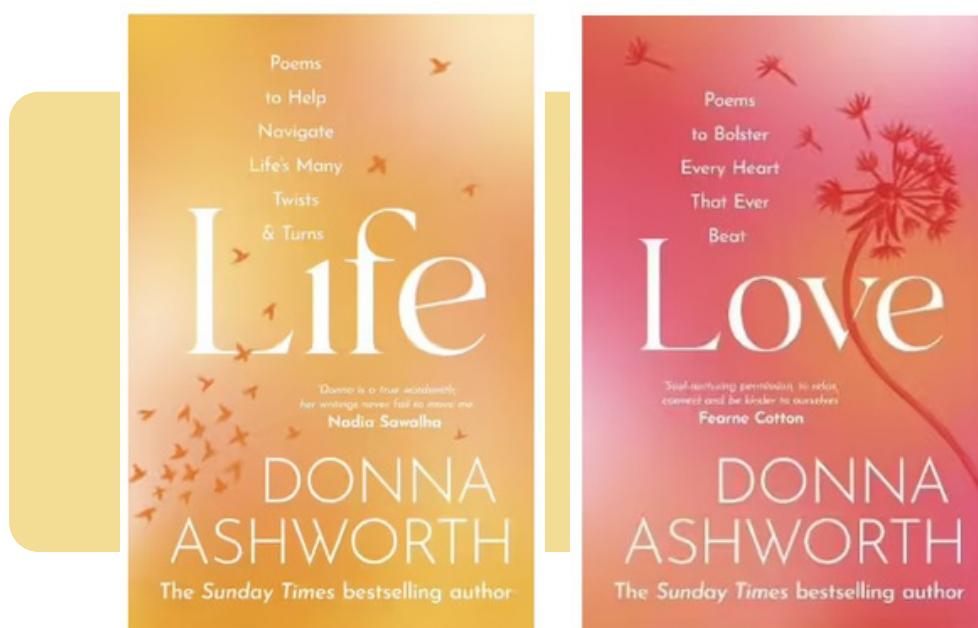
LIBRARY NEWS

Each newsletter we feature a book from our wonderful library, with an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, to the art of Zen. All on loan for our members, so pop in, sign up, and have a browse.

Title: LIFE; LOVE

Author: DONNA ASHWORTH

Publisher: BONNIER



What is life if not everything, and sometimes all at once. This collection of poems is for anyone who has lived and loved, with still more to do.

Donna Ashworth is the wordsmith behind the social media phenomenon LADIES PASS IT ON, and her community of more than 680,000 followers across two platforms is growing by 10,000 every month. LIFE is a collection of poems which address the issues we all face, like ageing, mental health and body image issues as we learn to navigate the bumpiest of life's roads.

A manual for the ups and downs, ins and outs and mountains in the way that we all experience, LIFE has comfort, compassion and wisdom on every page and sheds light on the beauty in small pleasures, teaching us how to create a memorable journey full of peace, laughter and fearlessness.

The second of her books featured here - LOVE - is a guidebook for navigating the many complicated connections we humans have, these poems give wisdom and advice to maintain and grow the love we hold for friends, partners, family and ourselves, inspiring us to cherish the joy it brings. It is a collection of poems which show us that love is always present in our lives, even in the most unexpected places.

Donna's poems have travelled round the world and been viewed by millions. Using her own experiences to nurture others, her work is celebrated by many and we hope you too will enjoy her beautiful words.



RECIPE PAGE



Moroccan Butternut Squash and Chickpea Stew

INGREDIENTS

- 1 small butternut squash, peeled and cut into $\frac{3}{4}$ -inch pieces (3 cups)
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- $\frac{1}{2}$ cup chopped onion
- 4 cloves garlic, minced
- 4 cups vegetable stock
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon ground ginger
- Pinch of cayenne pepper
- 1 (5-ounce) package fresh baby spinach
- 1 (15-ounce) can no-salt-added chickpeas, drained and rinsed
- 1 cup cooked brown rice
- $\frac{1}{4}$ cup coarsely snipped fresh parsley
- Lime wedges



METHOD

1. Combine the butternut squash, diced tomatoes, onion, garlic, stock, curry, cumin, paprika, ginger, and cayenne in a 5 1/2 litre Dutch oven or pot. Bring to a boil over high heat; reduce heat to medium-low. Simmer for 18 to 20 minutes or just until squash is tender. Stir in the spinach, chickpeas, and rice; heat through.
2. Top servings with parsley and serve with lime wedges for squeezing.



POETS CORNER

THE CURE FOR IT ALL

Go gently today, don't hurry
or think about the next thing. Walk
with the quiet trees, can you believe
how brave they are—how kind? Model your life
after theirs. Blow kisses
at yourself in the mirror
especially when
you think you've messed up. Forgive
yourself for not meeting your unreasonable
expectations.
Praise fresh air
clean water, good dogs. Spin
something from joy. Open
a window, even if
it's cold outside. Sit. Close
your eyes. Breathe. Allow
the river of it all to pulse
through eyelashes
fingertips, bare toes. Breathe in
breathe out. Breathe until
you feel your bigness,
until the sun rises in your veins.
Breathe until you stop needing anything to be different.

~ ©Julia Fehrenbacher
www.juliafehrenbacher.com





Wide Bay Fall Prevention Service

Information for consumers, family and carers

The Wide Bay Fall Prevention Service is a pilot project involving Wide Bay Hospital and Health Service (WBHHS), the Queensland Ambulance Service (QAS), the local Primary Health Network (PHN) and the local Neighbourhood Centres.

What's the purpose of the service?

To reduce your risk of repeat falls and improve your health and social wellbeing through comprehensive assessment, access to services, strength and mobility programs and social group support. Our overarching aims are to:

- promote a healthy, active lifestyle
- promote and enhance your independence
- promote social connection
- avoid serious injury and poor health associated with falls

How can you get access to the service?

You can be referred to the Wide Bay Fall Prevention Service through your GP, the QAS or the Emergency Department. If you consent to be referred to the service, your contact information and details about your fall will be provided to WBHHS. A nurse will contact you within 2 working days of receiving the referral to further explain the service benefits and answer any questions you may have.

What can this service do for you?

Options to reduce your risk of another fall may include:

- Strength & mobility training - a 12 week programme
- Short-term restorative care - an 8 week programme
- Social group support - a weekly group exercise programme
- Private non-government providers
- Commonwealth Home Support Programme or Home Care Packages
- Coordination - you may be eligible for extra assistant

Wide Bay Fall Prevention Service

Fraser Coast Email: wbhhs-ics-falls-fc@health.qld.gov.au

Phone: 07) 4325 6191





Mobile Women's Health Service

Providing a free and confidential range of screening, health promotion and preventive health services for women living in the Wide Bay.

Services Include:

- ❖ Cervical Screening
- ❖ Sexual Health Screening and Advice

Health Education and advice about a range of Women's Health topics

Hervey Bay

To make an appointment phone:
1300 090 760


**Wide Bay Hospital
and Health Service**

 **Queensland
Government**

HERVEY BAY CANCER CARE CENTRE –
MEDICAL PLACE URRAWEEN



CHAIR

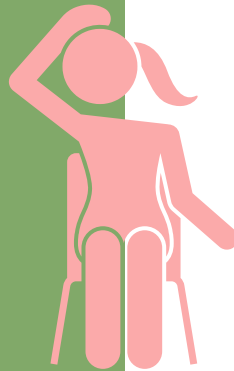
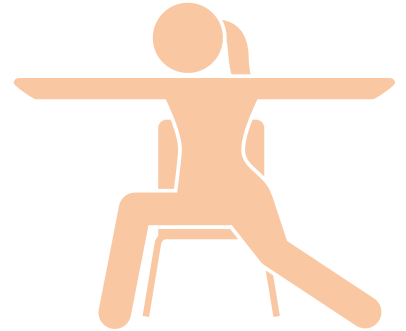
YOGA

for beginners

Every Monday
fortnight
10-11am

will resume early July
- please call Centre
to confirm date.

WBWHC
8 Truro St, Torquay



Wide Bay Women's Health Centre Inc.



Do you feel your rights are being respected?
Are your family members supportive,
or do they create stress in your life?

Are any of the following scenarios happening to you?

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a
FREE service for people over 60
whose rights are being compromised.

For More Information please call
07 4124 6863

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help?

Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only.
Hervey Bay, Maryborough, Tiara and Burrum Heads residents

Please call 4194 2663.

DV Connect (Qld)

State-wide Domestic Violence Hotline

1800 811 811

24 Hours, 7 Days

State-wide Sexual Assault Helpline

1800 010 120

7.30am to 11.30pm 7 days

www.dvconnect.org

HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from 1 July - 30 June 2023 - please check your current membership! Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. **Annual membership only \$5.00**

Mobile Women's Health Service Pap Smear Clinic

The Mobile Women's Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast - Wide Bay Area.

Cervical Screening / Pap smear

- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment
by calling
1300 090 760

Breast Screen Queensland

is at the

**Madsen Medical
Centre, Urraween**

Make an appointment by
calling
13 20 50 or 4150 2800

Women over 40 yrs. are
eligible

CHILDREN BY CHOICE COUNSELLING, EDUCATION & INFORMATION

All options with an unplanned pregnancy

ABORTION - ADOPTION - PARENTING

An unplanned pregnancy may represent a crisis in a woman's life.

Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options.

Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725

FOR THE 21ST CENTURY WOMAN
WIDE BAY WOMEN'S HEALTH CENTRE Inc.

8 Truro Street
PO Box 5003
TORQUAY QLD 4655
Phone: 07 4125 5788
Fax: 07 4125 5911
Email: info@wbwhc.org.au
Website: www.wbwhc.org.au (under construction)

Copies of flyers and brochures are available
for groups advertised in this newsletter.

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health Hervey Bay/M'brough	4122 8733
Community Rental Group	4124 1183
Domestic Violence	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Taylor Street Legal Service	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
Neighbourhood Centre HB	4194 3000
Neighbourhood Centre M'Boro	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4837
Seniors Legal and Support Service	4124 6863
Women's Health Qld Wide	1800 017 676
Women's Infolink	1800 177 577
Women's Legal Service	1800 677 278

*The Wide Bay Women's Health Centre is a free confidential service
For Women By Women.*

*"It's a Dynamic and vibrant organisation which facilitates
the individual and collective growth and well-being of women."*

*The Centre is a point of contact for women in need of support, information,
counselling and/or referral.*

Please call for any further information.

Opening Hours:

Monday, Wednesday and Thursday 9.00am - 5.00pm.

Tuesdays: 9.30am - 5.00pm,

Fridays: 9.00am - 2.00pm .

The Centre is closed on the last Friday of every month

Counselling

A free and confidential counselling service by appointment
is available to all women in the area.

Therapies include but are not limited to Mindfulness,
Narrative and Acceptance and Commitment Therapy
(ACT), Neuropsychotherapy and Sand Play Therapy.

The Wide Bay Women's Health Centre Inc. is funded
through the Department of Justice and Attorney General.

This funding allows us to provide programs and services
free of charge or for minimal cost.

Your donations are still greatly appreciated and put to
good use.

Thank you

Disclaimer

The Wide Bay Women's Health Centre Inc. has made every effort to
ensure information contained within this newsletter is accurate.
However, we accept no responsibility for any errors, omissions or
inaccuracies. Any articles contained within this newsletter are for
information purposes only and we accept no responsibility to persons
who may rely upon this information for whatever purpose.

 *Wide Bay Women's Health Centre Inc.*

If undeliverable please return to:
Wide Bay Women's Health Centre
P O Box 5003,
TORQUAY QLD 4655

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WIDE BAY WOMENS HEALTH CENTRE INC