

## PINK RIBBON Breast Care Afternoon Tea!



Midland Women's Health Care Place hosted a FREE Pink Ribbon Breast Care afternoon tea on the 19th October.

Breast Cancer is so common these days if you don't know of someone that has it its very rare. Sonya

from Breast Screen WA and Caroline from the Cancer Foundation facilitated the workshop. Sonya and Carolyn spoke to attendees about early detection methods, behavior that can increase your risk, and answering any questions that were presented. Breast cancer is a group of abnormal cells which continues to grow and multiply. Eventually these cells may form a lump in the breast. If the cancer is not removed or controlled the cancer cells

can spread to other parts of the body and may eventually cause death. The predominant message throughout the workshop was to get to know your own body. To feel what is normal and abnormal for you is the key in diagnosing this disease. Our attendees wore their best Pink outfits with one winning a door prize for their efforts. This workshop was a great way to get knowledgeable about breast cancer and support a great cause.

## SWAP Energy Saving Workshop

With environmental and financial concerns in mind Midland Women's Health Care Place, City of Swan and Environment House ran a Saving Energy and Power Work Shop on the 21st October 2009.

The workshop was aimed at providing individuals with practical advice skills and knowledge on how to reduce costs and ultimately lower green house pollution.

The workshop was presented by Rob Gully of Environment House.

Environment House was also offering free home visits to home owners and tenants with Health Care Cards. I took advantage of this opportunity to get my house audited. The main point made was that we don't have to take drastic measures to make a difference to our pocket or benefit the environment. It's the consistent effort of little changes

that can make a difference. Shorter showers washing in cold water etc... Recycle reuse and minimise the use of power rather than looking at installing solar panels and water tanks to enable greater use. Large carbon immersions are created when producing these products. In minimising your usage and getting the whole family involved you can not only reduce costs but become more aware of the impact our lifestyle has on the environment.



## Poetry Corner by Karen Wood

Sounds of Summer

Summer is here, in all its sweltering glory  
Hot summer days, air conditioners working hard  
Hot summer nights, swimming in the dark  
Barbeques tinting the breeze with their smell, teasing the neighbors  
Children's voices floating on the air, laughter in playing  
Nothing on TV, ratings period is over

Sitting outdoors on tenuous chairs, drink perched in hand  
Blowflies buzzing lazily, heavy drone in the air  
The sound of the ice cream van, children running along beside  
Sun beating down on a parched earth, ice cream melting in hand  
Everything bright and glaring, heat shimmering  
A wish for winter, coolness in long evenings  
Summer continues on meantime,

long hot days  
When winter comes, we'll remember summer  
And wish for warm days, once again.



& good wishes to all!



The team at Midland Women's Health Care Place wish you all a wonderful Christmas and a joyous New Year !!



Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER

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## Ways to De-stress during Xmas

Christmas. What does this mean to you? To some people it is a religious holiday. To others it is presents under the tree. To some people it is visiting with families. Whatever the day means to you, stress is often involved. Why? Because of our own expectations of ourselves and what Christmas "should" be. Many people live their lives surrounded by shoulds.

I think we forget to set our own boundaries and decide what WE want for our families and ourselves. Many people spend the Christmas period running from place to place, living up to someone else's standard of the "perfect" Christmas - whatever that might be.

Here are some tips I've learned over the years:

Prune your shopping list to the important people in your life. Don't buy presents for people just because they gave you one last year. This starts to become ridiculous. Do more secret Santa's. Do

you have a grown up family? Then each person pick a name from a hat, decide on a maximum amount to be spent, and each person buy 1 present for that person.

Be realistic about your cooking. If Christmas is at your place, organise people to bring something. Share the work around the family. I remember my ex



mother-in-law being horrified that I wouldn't make my husband (her son) a Christmas cake every year. I hate Christmas cake and couldn't see the point in baking something I don't like. She ended up making the Christmas cake and everyone was happy.

Personally, I do not send out any Christmas cards to anyone. I believe they are a waste of paper, time, effort and money.

Christmas is not about how many cards you receive. If you feel there are people you want to contact, people you only get in touch with on a yearly basis, write up an email, and send that email to all those people, include photos if you wish. Saves money and saves time. When doing your grocery shopping for Christmas, remember that the shops are only shut for a day or two. No one will die of starvation if you don't buy everything in the shop. Alcohol. Don't buy any unless it is what you like. You do not need to supply alcohol to every person who comes to your house over that period. Try having a "dry" Christmas and see how much fun can be had when everyone is totally sober.

Think smart about Christmas. It can be done with minimal stress and even less money. Bring back the spirit of Christmas which is about sharing a day with family and/or friends, about not drinking yourself into a stupor, but having a few quiet drinks and enjoying the day. I hope you all have a safe, enjoyable Christmas. *Madeleine*



### OUR CHRISTMAS CLOSURE DATES

Close  
Tuesday  
22 December  
2009

Open  
Monday  
11 January 2010

Merry Christmas

### Xmas Ideas Chocolate Fudge

Ingredients:

450gm Icing Sugar  
50gm Cocoa  
100gm Butter  
1/4 cup Milk  
1 Tsp Vanilla Extract

Method:

Microwave Fudge quickly by combining icing sugar, cocoa, butter, milk in a non-metal bowl. Cook this uncovered on full power for 2 minutes without stirring.

Add vanilla extract and stir till well blended. Pour in 7-1/2 inch greased square tin and refrigerate for 1 hour. When set, cut in squares and put in paper cases to arrange in your gift box.



## Seeking Great Australian Heroines

Jodie Forsyth has written a number of factual books distributed throughout Australia. She is now researching her next work entitled "Great Australian Heroines". There are so many stories out there of women who within their local communities have acted above and beyond the call of duty without ever receiving much or any recognition for their actions.

Jodie is interested in receiving any information concerning Australian ladies from settlement to

1960, who were born before 1940, and have left their mark within their local communities through their dedication, acts of kindness or sadly committed the ultimate sacrifice and until today have received little or no thanks, have never had a book written about their good deeds or received any formal notifications of appreciation, gratitude or recognition for their actions.

If you have stories of family members, friends or know of any wonderful la-

dies within the local area whose good deeds (from being the most reliable tuck shop lady, helping children, families or animals within the local community, organised local events, headed committees, companies, was a doctor, a nurse, a lawyer, a teacher or was just there to give support to someone when needed Jodie would appreciate you contacting her [greaustrianheroines@gmail.com](mailto:greaustrianheroines@gmail.com) or by snail mail to J. Forsyth, P.O. Box 2009, Moorabbin, Vic. 3189.

## Next Years Programme

2010 is just around the corner so take the time to look through our new Programme for next year. See what interests you and make a note to give us a call in the New Year to book in for your next group. Next year we will be reintroducing our Laughter Yoga and

Weight Loss Meditations. Please do not hesitate to let us know of any other activities you would like to see included in our Programme. We are always happy to hear your feedback and ideas. After all this programme is for you!

Special Thanks  
to Local Business owner Peter  
Silvestre's Good Guys for your  
support in providing Electrical  
Appliances  
to MWHCP



## Welcome Tracey

Hi everyone,

My name is Tracy Conway I am the new receptionist here at Midland Women's Health Care. I will be filling in until the new year when I will apply for the fulltime position. I am married with three children, two sons and a daughter who are all now in their twenty's. I come from a big family of 15 children, 8 sisters and 6 brothers. I taught primary school for five years in the Midwest and Pilbara and decided it was time for a change. I returned to Perth to be closer to family and friends. I am a people's person so when I saw the position advertised I thought it would be a great way to meet new and interesting people, to have a career change and less stress!

I am settling in well here at the centre, all the staff are fantastic, warm and very helpful.

## Xmas Ideas-Chocolate amaretto sandwich biscuits with fresh cherries



### Ingredients

- 250g plain flour
- 120g caster sugar
- Pinch of salt
- 200g butter, chopped
- 1 egg yolk
- 1 tsp vanilla extract
- For the filling 3 tsp amaretto (or other liqueur)
- 25g soft butter

90g icing sugar  
**For serving**

- 250g dark chocolate, melted
  - Gold leaf, optional
  - Fresh cherries, to serve
- Author: Lynne Mullins  
Source: <http://www.cuisine.com.au/>

### Method

Preheat oven to 160C. Combine flour, sugar and salt in a food processor. Add butter and process until mixture resembles coarse breadcrumbs. Add yolk and vanilla and

process until mixture forms a ball.

Roll dough between two sheets of baking paper to 5mm thick, then cover and rest in the refrigerator for 30 minutes or until firm. Using a 7cm star-shaped cutter, cut out 24 shapes. Place biscuits on baking paper-lined oven trays and bake for 10-12 mins or until golden. Cool on a wire rack.

### For the filling

Beat amaretto, butter and icing sugar in a small bowl

until smooth. Sandwich biscuits together with teaspoonfuls of filling.

### To serve

Half-dip biscuits into melted chocolate and rest on a wire rack. With tweezers, decorate with a little gold leaf, then rest until set. Serve two biscuits with cherries on the side. Serves 6.

## Message from Manager



Hi there everyone

Well another year draws towards "Crazy Christmas" and I find myself digging around the boxes of "recycled" Christmas paper from last year to make Christmas cards, and trying to talk unenthusiastic family members into making paper chains. Planning and lists can be essential at this time of year, also NOT going to everything - otherwise by the time the day comes, I'm cranky and exhausted.

We do have some exciting things planned before we close up on 22<sup>nd</sup> December. On Wed 2<sup>nd</sup> Dec is a chance for Aboriginal ladies to come

along to a health forum with speakers on disease prevention and an opportunity to attend the Pap Clinic. Do encourage Aboriginal friends to have their health checks - offer to go along too (and make a booking for yourself!!). We are acting to "Close the Gap" between the health outcomes of the general population, and Aboriginal people, who die on average, twenty years earlier than that. We are also having a little celebration and inviting the agencies we have worked with all year to a Sundowner on Tuesday 15<sup>th</sup> December. The Board will be attending to represent all of us and recognizing the importance of spreading our resources with other like minded agencies to make the best of what we have. It is with

great pleasure that we welcome Tracy onto Reception - and we welcome a new administration Volunteer - Kim who has been helping with office chores on Fridays. Alison (our esteemed Treasurer) is also doing the administration for the Pap Clinic every Tuesday. Sincere thanks to all our Staff and the wonderful Board who have kept the place going through lots of changes this year, and farewell to Xandra who has moved on to another position. Wishing all our Members and supporters a safe, happy and joyful festive season with lots of belly laughs with friends and family.

Warm regards  
Patsy Molloy  
Manager

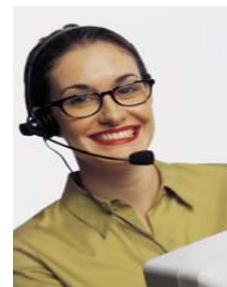
## Farwell Lyn and Monica

Earlier in the year, we welcomed Monica into the Counselling Staff to work on the general emotional counselling program. Monica has a background in assisting people with trauma, and has a broad experience both here and overseas. As our first bilingual Counsellor, Monica brings skills, understanding and a taste of tango to MWHCP. She has recently

taken leave to visit her family and we wish her well and will see her again when we re-open in January 2010. We also need to recognise the fabulous contribution another Student on placement has made to the Centre. Lyn has been with us a mere six months working with Madeleine on the Post Natal Depression program, but has contributed in so many ways -

including fixing things with her ever trusty tool box! We have all had a prod and poke under our car bonnets with her helpful instruction and we congratulate her on winning the overall Line Honours at her sailing club. Is there nothing this woman cannot do? Lyn and Monica will be sorely missed over the next few months, but we wish them both well over the festive season.

## Vacancy- Fulltime Female Receptionist/Client Liaison



Midland Women's Health Care Place is seeking a fulltime Receptionist / Client Liaison Officer at our Midland Office. The ours are

Monday to Friday 7.5hrs daily from 8.30am - 4.30pm  
It is essential that you have

1. Proven advanced computer literacy, Word, Excel, Outlook as well as internet and email.
2. Professional, friendly, tolerant, and "unflappable" personality.
3. Ensure a high standard of phone-etiquette and communication skill.
4. Demonstrated ability in recep

tion and Customer service.

5. Demonstrated ability with statistics, reporting and data entry.
6. Experience in general office duties such as photocopying, facsimile operation, correspondence in - out, and processing administrative paperwork.
7. Experience in working in a dynamic small team environment.
8. Ability to multitask and prioritise duties
9. Excellent personal presentation.
10. Must be prepared to undergo a Police Clearance Check with the Health Department of WA.

Desirable:

TAFE qualification (or equivalent experience) in a relevant discipline would be an advantage.  
Knowledge of database and webpage development an advantage.

Applications MUST address the above selection criteria; include your curriculum vitae, the names of two professional referees and a contact telephone number. Applications should be marked Private & Confidential and addressed to: The Manager, Patsy Molloy, Midland Women's Health Care Place, 4 The Avenue MIDLAND WA 6056 or emailed to [patsym@mwhcp.org.au](mailto:patsym@mwhcp.org.au) and received by 1.00 pm 11<sup>th</sup> December 2009.

\*Being female is considered to be a genuine occupational requirement for this position under the Equal Opportunity Act 1984-Section 32. This allows for the exclusive employment of women in women specific services.