

CDG News 28.7.14
Dearest All,

Warmest greetings.

****Make yourself a cup of tea** then READ CAREFULLY - LOTS OF
SPLENDID NEWS and other useful stuff!**

But first here's the funnest part for me: I have recently returned from a wonderful month in Europe and the UK, and trained a great new group of facilitators at Redhill House (!), amongst other joyous events and meetings. I forgot to take a group photo, so you can't see all their beautiful faces, nonetheless here we are enjoying a peaceful moment:



From left around the circle: Lara Heppell, Sharon Weatherby, Tilly James, Brigitte Laurent, Dolores Rubio-Turtle, Victoria Jones and Louise Press.

And, here are the equally fabulous group from May at Harcourt North:



Top row from left: Olaia Melo, self, Mardi Terrasson, Carolyn Shurey and Lydia Bowen Clare

Bottom row from left: Charlotte Young, Kate Lawrence, Kathy Rowe, Robyn Fausett and Sally Quinn.

Big welcome to all of you!!

Mega Congratulations to Janoel Liddy and Jac Torres-Gomez for their successful grant application!! I'll let Janoel tell the story ...

"We are excited to announce that the City of Darebin has recently provided funding to two of our *Celebration Day for Girls* facilitators to deliver the program to a number of schools in the region over the next 6 months.

Each year, the Council makes financial grants available the community, with a high priority area being healthy and connected communities. Together with a group of mothers from Thornbury Primary School (some whose daughters have experienced A *Celebration Day*, and some who are looking forward to it), Jac Torres-Gomez and Janoel Liddy applied for a grant in March 2014.

The application outlined the need for A *Celebration Day for Girls* to be provided for girls

in any socioeconomic situation. In creating a healthy and grounded experience of puberty's changes, we encourage girls to develop their self-esteem with a positive body image. This leads to healthy decision-making around relationships, social inclusion and other life choices as they mature, enhancing community wellbeing, promoting human rights and helping to build a healthy, connected safe, inclusive and equitable community.

It is wonderful to see City of Darebin acknowledging the need for this education, and we look forward to the many opportunities created by their decision. As a direct result of this grant, fifty to seventy-five girls and their mothers will experience education with a positive approach about their menstrual cycle and the changes they will undergo during puberty. Things can only get better!"

Awesome!

Here is the link for information about what they were awarded: http://www.darebin.vic.gov.au/Page/Download.aspx?link=../Files/2014_2015_Cash_Grant_Applications____.pdf&size=413475&name=2014/2015 Cash Grant Applications (it's a big doc, just search for 'mothers').

The actual application is already in the toolbox. While other grant applications may well have different questions and criteria this is a very useful template.

Be inspired!! And be in touch if you would like to have a chat about grants.

Fathers Celebrating Daughters - 10th of August

As you know I am offering training for this workshop on 10th August in Melbourne. Very soon! If you are suddenly able to come there are still some places available.

Fathers Celebrating Daughters - remote training

After the face-to-face training for **Fathers Celebrating Daughters** I will schedule sessions to offer this training remotely (phone, Skype, email ...). Depending on numbers I may offer two sets of dates. If you are interested in hearing about this (not a commitment at this stage) let me know and I will keep you posted. This training will license you to offer this workshop with no ongoing royalty payments.

Cool on the Inside - 11th & 12th October, Melbourne

I still have a few places available for this training. Let me know if you want to know more.

I'm seeking a couple of volunteers!

CDG is growing exponentially and, as you can imagine, that means there's lots to do. I am looking for two volunteers:

- one to input events into the website calendar, and
- another to send facilitators the Survey Monkey survey to send out to mothers (and teachers) about two months after the CDG. (Survey Monkey does all the compiling etc)

My plan is that these roles would be for 12 months, by which time we will train the next two volunteers. *If you're interested or want to know more be in touch.*

Another teacher for the 'contact me about CDG' list

Lyn Farrow, who has attended CDG with her class (twice) is a strong advocate of this programme, and she is happy to speak with schools contemplating CDG, either as a one-off or incorporating it into their curriculum. Her email is:

lyndavid@ozemail.com.au

I would suggest it's best to email, then set up a phone time if you wish to speak with her, as, like all teachers I know, she's hard to catch during the day.

I will add a doc to our Toolbox page called 'Teachers for CDG' with Lyn and the other teachers' details.

New Card template for girls, mothers and grandmothers

By the end of this week I will have uploaded a new template for cards that you will be able to print from a colour printer on heavy paper/card (whatever your printer will handle). These have lovely hand painted mandalas with the same quotes. Thanks to my talented daughter Freya for the mandalas!

CDG Bookmark as business card

I spoke with Stef at Greengraphics about creating a CDG bookmark with a box that you can insert your details, like the generic flyer. Unfortunately this is not possible for the bookmark as it's in a graphics programme and can't saved as a word doc. However for a maximum of \$AU30 he can adjust the bookmark to create one that includes your name and contact details. Our idea is that by bumping up the text and photos on side two this would allow ample space for this. He is aware that CDG facilitators may contact him about this. His email is:

stef@greengraphics.com.au

Of course if you have your own graphics wizz, then you're welcome to ask them to do it. The bookmark is in the Toolbox on the website.

Invitation to CDG Facilitators communication portal committee

I am regularly having conversations about the wish for facilitators to have a way to communicate with the group, as well as the need for this to be private and secure. We also spoke about this as a group at the meeting in February. I suggest a small group of facilitators, perhaps those who have both a good handle on the techy possibilities as well as an understanding that others may need *simple* access, meet to discuss, research if necessary and recommend the best option/s so that we can find the most suitable way to set this up, ideally by the end of this year, or early next year. Would anyone like to put their hand up as convenor of the group? Who would like to join the group? I expect this group to be quite time specific and not ongoing, unless you find something else you want to do together.

Items of interest

- <http://menstruationresearch.org/2012/02/13/why-cant-we-criticize-the-pill/>
- <http://www.dailylife.com.au/health-and-fitness/dl-wellbeing/the-p-word-20140703-3bb36.html>
- <https://tigressmagforgirls.squarespace.com/tigress-magazine/2014/july/meet-tallulah> , and while you're there have a look at the article about periods in the Health section by Freya Bennett (I'm a proud mum, I think this makes her a 2nd generation menstrual activist). Do share this great, free magazine for teenage girls and young adults. Girls can send in articles, artwork, share interests, be interviewed etc.
- And, if you haven't seen it, check out this great poem: <https://www.youtube.com/watch?v=4vu2BsePvoI&feature=youtu.be> or google 'The Period Poem' Dominique Christina

If you didn't see it on Facebook here's a pic of my sister, Viv, and I at the Maitrea Centre in Prague on June 16th at the launch of A Blessing Not a Curse in Czech. It was just a lovely coincidence that she was in Prague at the same time as me.



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- Do check out the CDG Calendar periodically and/or CDG facebook page events so that you are familiar with the when and where of CDGs. You may like to send your blessings to the facilitator/s, girls and mums for this special day in their life.
- If you haven't yet made the (gentle, little) leap to offering A Celebration Day for Girls yet and the time feels right to begin lets have a chat. Or, contact any of the other facilitators who have crossed the threshold. I know they would be more than happy to speak with you.
- That's it for now. Wishing you great joy and peace,
- Love Jane
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Jane Bennett

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