

CDG Facilitators newsletter 3.10.14

Warmest sunniest greetings from Harcourt North!

2014 Update

So far this year we've had 49 CDGirls in our calendar, 81% more than last year. (A couple didn't happen and a couple more are yet to confirm so that's still about right.) Congratulations everyone for all your efforts and great work. For those not up and running yet thanks too for your blessings, and know that all the support you need is available when you're ready to launch.

Fathers Celebrating Daughters

I was delighted to run the first **Fathers Celebrating Daughters Facilitators Training** on the 10th of August. As I prepared for this I felt we were entering a whole new important field of work – confirmed by the interest in the Fathers Celebrating Daughters Facebook page. I think those who attended would agree we enjoyed a very special day and I look forward to more of you joining us. Have a look at 'fathers' on the website for more info about this.

The next **Fathers Celebrating Daughters Training** will be held by conference calls on these dates:

Mondays 10, 17 and 24th of November - Victoria, Tasmania and NSW: 10-12am

- Queensland: 9-11am

Sundays 9, 16 and 23rd of November - United Kingdom: 10pm-12 midnight

This is definitely running and we have room for more participants. If you want to know more be in touch!

Annual CDGirls Facilitators Meeting

Sunday 1st February 2015

The Centre, 25 Donaldson Road, Kangaroo Ground

9.30am to 12.30 meeting, lunch and sharing until we're done!

Bring lunch to share and we will share the cost of the venue. I will collect agenda items and ideas to structure our sharing time a little closer to the day. One of the things I want to talk about is an organizational structure for CDGirls as we are fast moving beyond my 'sole trader' status. I'm attending a Business Model Clinic at The Difference Incubator (for social enterprise) this month and hope to have lots of ideas and clarity following that. If you'd like to chat with me about this before our meeting/s lets talk.

Remote Annual CDGirls Facilitators Meeting

If you live a little far or can't make 1st February we can meet by conference call.

I suggest two dates: Sunday 11th January and Sunday 18th January, *Or another date? Would a weekday suit you better? And, what time of day would suit best?*

For the remote meetings I think 2 hours would be the maximum workable time. Let me know your interest and thoughts and we'll firm up meeting times and dates.

Surveys

Emily Stewart (Bristol, UK) has volunteered to be our Survey Queen for the next 12 months. So, when you run a CDGirls you will soon receive an email from her reminding you to fill in your survey. This will be incredibly useful data for us so please take 5-10 minutes to do this. A couple of months after your CDGirls Emily will contact you again to send the email (template provided) survey request to Mums. Please be sure to get mums email addresses, or send you can send the email through to the organizing mother, if you have one, to email all the mothers.

Bookmarks and letterheads

I have lots more bookmarks so if you would like some to distribute at CDGirls and other events I'm happy to send them for the cost of post.

I also have lovely recycled paper colour CDG letterheads that I will similarly send to you for the cost of post. I suggest using one per 'official' letter with nice plain paper just for the front page.

Would you like to join me in Canberra?

I am running 2 CDGirls for Orana School in Canberra on 29th and 30th of November (Mums 27th and 28th). If you would like to join me to observe and assist please be in touch. I will cover your (eastern states) travel costs and the school will organize billeting for us.

Facebook

Thank you Melinda for your work on our Facebook pages, and Melissa for keeping the 'events' up to date. If you're on Facebook do visit and like and share and contribute.

Wholesale resource details

I have had some enquiries about ordering my books and cards wholesale, so here's where to go:

A Blessing Not a Curse – New South Books, www.newsouthbooks.com.au

02 8936 0011

accounts@newsouthbooks.com.au

The Pill: Are you sure it's for you? United Book Distributor

03 9811 2606

Girlltopia - a world of real conversations for real girls Innovative Resources, 03

54420500

cristina@innovativeresources.org.au

Juju Freebies

Brenda at Juju - www.juju.com.au – has sent me 15 small and medium Juju menstrual cups and lovely bags for them for us to use at CDGirls. I'm happy to send you a set, or save them for you for when we next meet. Alternatively you can contact her to send you some directly.

Experiences to enjoy

Kate Waud, Albany WA: 'We had a beautiful Celebration Day on the 10th August. It was a gorgeous group of mums and girls, I knew everyone and all the girls knew at least two other girls there – so although they were a little nervous at the start they quickly settled in.

I had a blast – I felt that I brought to the day my own flavour (lots of energy!) and felt I held the space more confidently than my first Celebration Day. We played a tampon and spoon relay – which the girls loved – during morning tea break and I received some great feedback from the girls without having to ask (they were more than happy to share!). After the first ten minutes I could see them all relaxing going to themselves 'ahhh this is what it's going to be like!' which was great – they openly said how great it was to have someone like me (a positive third party) to talk to them about it. Even though most of them had my book (well before the Celebration Day) so they had all the information available to them, they really blossomed during the day – you could just see their confidence grow the more the day progressed.

I had some awesome feedback from the mums too – saying how the day (and mothers evening) had made this process so much easier and they felt more empowered in their mother daughter relationship!!'

Anna Cole after attending a CDG with me in Hove, UK: 'I loved our day together. It was truly one of the most moving and wonderful things I've ever been a part of. Definitely found my calling! Just got to build it now as more of a business ...

I could go on and on - I thought it was subtle, gentle, but strong, fun - pitched just at the right level, respectful but not over serious. Oodles of experience, care, good thinking and feeling has shaped a pearl of a workshop.'

Dolores Rubio-Fernandez, Ann Arbor, Michigan: Dolores found a crochet set for fallopian tubes, ovaries, uterus, vagina and vulva, on Etsy for 50\$ I think too, and made her own polymer uterus's.

'I had seven girls + Cassia (my daughter). It was quite fun for them to do the mandala, they got so much involved and worried to make it perfect that they were very chatty and it was hard for me to be heard! They also loved the experiments, with tampons and sponges. I had prepared some words in cards and I ask them to work in groups to guess what they meant and slowly we managed to make sense to some very basic vocabulary like hormones, ovaries, show, fallopian tubes, pituitary gland... etc. They loved to learn about the show!! I put a show on for them dancing!

The one thing that I think I transmit really well and they got it was: WE ARE CYCLIC LIKE NATURE AND IT IS ALL PERFECTLY NATURAL, NOTHING TO BE ASHAMED OF.'

And to her fellow trainees, and all of us Dolores says: 'GO FOR IT!!! IT IS A VERY REWARDING AND CREATIVE WORK!!!'

Anne Hall, Kangaroo Ground, VIC: 'I loved doing my CDG. I knew many of the mothers.....a couple have been long time members of my womens' circles.....I felt so so happy to be asked by them!!

It was a lovely day and I "felt" it went swimmingly :) Knowing the mums helped form an intimacy so it was special. I took a few of my percussion instruments and the girls helped add "mood" to the fairy story adding sound effects :) It was ace! They were spellbound.... the koala cards made a big impact with this group and it led to quite a meaningful discussion amongst them. Some girls chose up to 4 cards to explain the complexity of their feelings. It was unexpected for me and a delight.

During the day a little flying fox [bat] found her way into my box and I drove home with her. Found her when investigating the strange "rustle" coming from my boot. Drove her back up to KG and looked up spiritual meaning of the flying fox and found it to be a connection between wisdom of the ancient past and connecting it to the present!! How's that! It was a lovely little gift at the day's end.'

Sally Quinn, Footscray, VIC: 'It was a great day & process, and I have had some beautiful feedback. I have had lots of enquiries since then too, and will run another day in November. Carolyn & I both learnt heaps & feel clear on things we can further develop in our approach & delivery. It was really special & valuable to work together ... I'm in the process of writing a funding application to help subsidise the day for these sorts of families.'

🌙 **Worth a read:** www.ritesforgirls.com/i-hate-my-periods/

🌙 **Toilet door graffiti:** This was seen at Collingwood College Secondary School written in black pen on the back of the toilet door in the girls' loo:

"Everybody needs someone to have REAL conversations with. It may seem an obvious suggestion but it takes courage and risk."

🌙 **Henna:** Olaia found Elisabeth, from Henna Oasis in QLD: www.hennaosis.com.au which has organic Henna, just a dollar more expensive than Jamila. Bottles are just under \$2 each with a plastic tip and you can buy an extra thin metal tip for \$3 for finer lines, and they are all reusable, washed and it's ready to go again. She also sells empty cello cones for people who prefer them (I think Melinda uses this), and pre made henna cones ready to go (I think Jac uses them).

🌙 **Tigress Mag for Girls:** check it out, show it to your daughters – teens and young adults – and encourage them to contribute: writing, art, photos, ideas. Lots of great stuff and growing. Spread the word. (started by my passionate and talented daughter Freya)