

Dear Grand Mistresses of skillful multi-tasking and self-care,

Warm greetings to you in these dying days of 2015. I hope your year has been a rich and rewarding one.

I have numerous newsy bits and announcements for you: make yourself a cuppa and take the time to read carefully ... or flag for a more leisurely moment. I will try to be succinct ☺

I'm very happy to be offering Cool on the Inside Training in February and March - feeling very inspired with lots more ideas for this special program ...

Cool on the Inside Facilitator

In-Person Training

Weekend of 20/21 February 2016

9.30am to 5.30pm

Melbourne or Central Victorian (venue to be announced)

Cool on the Inside Facilitator

Remote Training

6 x Wednesday evenings beginning 2nd March 2016

7.30 – 9.30pm (Australian Eastern Summer Time, then Standard Time for the last week)

For an invitation letter with full details email me, or go to the top of the Toolkit page of the facilitators section of the CDG website.

[Proposal to raise the Celebration Day for Girls fee in Australia](#)

At our last meeting in Melbourne we discussed raising the fees. I was going to get fancy and send a poll, but that hasn't happened and at this pointy end of the year I'm peddling fast to clear my 'to dos'. So here's the proposal:

- We uniformly raise the fee per girl/mother pair from \$125 to \$140, keeping the concession fee to \$100
- We simultaneously raise the per event fee from \$1000 to \$1150, which is proportional to the per girl raise
- *I think this is a great idea, and that the fees are still very reasonable*
- If you have concerns or objections to the price rise, please let me know - I'm keen to hear from you (as I haven't gone for the poll/vote option at this stage)
- If there is general approval of a price rise – as indicated either by silence or a 'yes!' email - we can aim to have this in place for all Australian CDGs in 2016. If you have already advertised a CDG for 2016 and don't want to change that price after the fact, no problem. It's normal to have a transition period.
- *I will mail out again in January to confirm the fee change, or otherwise*

Hoorah!! At last!! A Google-doc List of all CDG Facilitators:

Double hoorah! This has been some time coming. Here is the link:

<https://docs.google.com/spreadsheets/d/1ZnAxIPcCl1bTrTC3simo8498iLooBFJm6kv-pmHFgP8/edit?ts=560272d7#gid=0>

- In order to access the document you will need a Google account. It's easy peasy to sign up and you don't need to then use any of their other services like email
- The idea for this doc is so that facilitators can be in touch with each other, reach out and support each other, connect with those in their area, share skills, find new buddies etc etc.
- Please check and edit: your contact details, your mini-bio (it's pretty rough!), and *especially* fill in the column of schools you are currently running CDGs in – this is the official place to do this
- I had asked for you to let me know a while ago if you didn't want to be included on this document. I didn't hear from anyone, so have included everyone. Let me know if you wish to be removed from the list.

Guiding principles (policy) for CDG facilitator's spheres of facilitation

I have prepared a draft document to help us clarify grey areas concerning facilitator's spheres of facilitation. I would like to send this to several of you for thoughtful consideration, a 'Facilitators Policy Council'. We may schedule a meeting in January or February, or email comment may be enough. If you'd like to be part of this Council email me and I'll send you the draft document.

This is primarily an issue in Melbourne/Victoria so it would be great to have some of you in that area put your hand up. I hope this will be fairly straight-forward, and I'd really appreciate group consideration to polish this document.

Please note: I'm downing tools at 5pm Wednesday 23rd, so if you email me over Christmas/New Year I will send the policy doc to you on or after Monday 4th January.

Not For Profit Organisation

I am finalising paperwork in January and getting to work on grants applications in February, with the guidance and auspicing of Womens' Health Loddon Mallee. For now I'm very happy to announce the name of the new foundation ... drum roll *!?!*!?!*!?!*!

Chalice Foundation

Once I am through the next stage I'll send you more information. Next year will primarily be about grant seeking (and learning all about), carefully gathering a board and getting a website up, so not much to see for the time being. My hope is that this organisation will be the umbrella for: promoting and providing positive menstrual education, and, training and supporting menstrual educators.

New to the celebrationdayforgirls.com Toolkit page

- CDG gift postcards for girls, mums and menopausal women all as separate docs for selective printing
- Cath Hakanson made us beautiful *key* words to print and laminate for the start of the CDG workshops
- Melissa Gonella created us a 'photo permission' doc for mothers to sign

CDG Facilitators Facebook Group

Even if you're allergic to Facebook – and probably we all are a bit – the CDG Facilitators Group is a great place to go to share finds, ideas and get support. Charlotte Young is the convenor of this group: drop her a line at charlotteyoung007@gmail.com with the date and place of your CDG Training and ask to become a member. See you there!

Surveys

Thanks everyone for diligently filling out your CDG surveys and sending them on to mums. In the new year we'll be working on the best way to get your CDG results to you in a way that retains everyone's privacy as well as inform us how we're going overall. When I have a non-systematic look every now and again the responses are all warm and glowing. Just so you know.

Tweaks for the Calendar Page on the website

There was a request to clarify for potential participants the 'private groups' and 'places are available for this workshop' type messages on the CDG Calendar. With consideration to the conversation we had about this at our meeting in August here is what future calendar entries will say:

If your CDG is for a class group: 'This is a class event. If you would like to discuss joining a workshop in this area please contact [the facilitator].'

If your CDG is open to the public: 'Places are available for this workshop.'

On the page above or under the Calendar:

'Some Celebration Day for Girls workshops on this Calendar are for class groups and will say so, others are open to all girls aged 10 to 12.

If none of the dates or places suit you you're also welcome to contact the facilitator closest to you to organise a Celebration Day – most facilitators are willing and able to travel *just ask!*

Fathers Celebrating Daughters and Cool on the Inside workshops are also listed here.'

Articles:

- <https://earthmedicine2015.wordpress.com/2015/10/19/the-ceremony-of-bleeding/>
- From Brigitte Laurent: http://www.theguardian.com/world/2015/oct/14/singing-tampons-follow-dancing-genitals-on-swedish-kids-tv?CMP=fb_gu

Red School Job Opportunity

Alexandra Pope and Sjanie Wurlitzer are looking for a Business Developer to join Red School. With the right skills and equipment this can be done from anywhere in the world. Here's the link to the PD: <http://redschoonline.net/job-opportunity-at-red-school/>

Labia Library

Check out this great resource courtesy of Women's Health Victoria:
<http://www.labialibrary.org.au>

This Girl Can

Real girls enjoying sport, dance ... moving their bodies:
www.youtube.com/user/thisgirlcanuk

And finally ...

A big warm welcome to our 34 new facilitators this year.

And huge congratulations, thanks and a luscious petal shower to everyone for your great work running Celebration Day for Girls workshops this year, nearly 60 in all. / love that you're enjoying this precious work, and *know* that you're making a life-changing difference to these girls and their mothers.

Ditto to everyone else for all the ways you have expressed your love and joy this year.

Warmest wishes,
Jane