



# Jane Bennett

8<sup>th</sup> February 2014

Warmest of heat wave greetings!

I have a bevy of things to tell you about so have a scan through and if you have time make a cuppa and settle back ...

## **Celebration Day for Girls**

A Celebration Day for Girls is a one-day workshop for 10-12 years old girls with their mother or female carer. This carefully crafted workshop has been designed to support girls and mothers at this special threshold in both their lives, and to provide an affirming, grounded and connected celebration of the journey to womanhood.

In 2013 we launched a dedicated website [www.celebrationdayforgirls.com](http://www.celebrationdayforgirls.com) to honour 15 years since I ran the first Celebration Day, and to spread the word as more facilitators come on board.

Also during 2013 we put together a lovely little clip about Celebration Day for Girls. Here's the link, <http://www.youtube.com/watch?v=ufzY5dwPx7c>

We're on facebook too! [www.facebook.com/ACelebrationDayForGirls](http://www.facebook.com/ACelebrationDayForGirls)

## **Celebration Day for Girls Facilitator Training 2014**

In 2012 I began training women to facilitate A Celebration Day for Girls and there are now over 30 women running this programme in 5 countries (and counting). See [www.celebrationdayforgirls.com](http://www.celebrationdayforgirls.com) for a list of facilitators. There are three Trainings happening this year:

9<sup>th</sup> to 11<sup>th</sup> of May, Harcourt North, Central Victoria, Australia

27<sup>th</sup> to 29<sup>th</sup> June, Camerton near Bath, Somerset, United Kingdom

*Also teaching workshops in Italy, Netherlands, and Czechoslovakia June/July*

6<sup>th</sup> to 8<sup>th</sup> September, Hamilton Hill, Perth, Australia

If you think this may be for you email me at [jane@janebennett.com.au](mailto:jane@janebennett.com.au) for an invitation to apply (and with your questions).

## **Girltopia** – *real conversations for real girls*

I'm enjoying hearing about so many ways people are discovering to use the Girltopia cards. Pam told me last week about spreading the FEELING cards face down for her Year 9 girls, and asking them to pick a card and for a few minutes consider the title FEELING of the card, and the little questions at the bottom. After writing themselves some notes they then shared with a partner what they came up with. After an animated discussion, girls asked to repeat the exercise, several times. This then developed into a general discussion about noticing and naming feelings, how everyone experiences a whole range of them, easy and difficult, and you may not realise it from the outside. 'I would say everyone left the classroom with a much stronger sense of connection, empathy and self-acceptance than when they walked in.'

If you have been using the Girltopia cards I'd love to hear your experience. Write to me at [jane@janebennett.com.au](mailto:jane@janebennett.com.au) with your story or we can arrange a time to speak. Cards are available from [www.janebennett.com.au](http://www.janebennett.com.au) and [www.innovativeresources.org](http://www.innovativeresources.org).



## **The Waratah Project** - *Exploring menstruation and menopause in a positive and contemporary context* - An initiative of The Victorian Women's Trust and The Dugdale Trust for Women and Girls.

I am honoured to be working with Lara Owen (author of *Her Blood is Gold*) and the team on this terrific project. For more information here's a [flyer](#). [flyer here]

## **Celebrating Your First Period: Inspiring Traditions from Around the World**

The first clip from The Waratah Project: <http://youtu.be/szjEBgO61b4>

## **Social Media**

If you like the project's facebook page please let us know and pass it on: <http://facebook.com/waratahproject> and follow us on Twitter @waratahproject.

## **Questionnaire**

The Waratah Project questionnaire on women's thoughts and feelings about menstruation and menopause is now online! Please take this chance to be a part of creating positive change for women and girls. The information gathered will guide the Project's recommendations about what women and girls need in terms of education and support. It is important to know what women say from all over the world so please share this widely. The questionnaire is also available in a hard copy version for use in schools and women's groups. The questionnaire was designed by Lara Owen and Adrienne Bogard with support and advice from Mary Crooks at The Victorian Women's Trust, so please send any comments or requests directly to [adrienne@vwt.org.au](mailto:adrienne@vwt.org.au).

The online version of the questionnaire is at

<http://www.surveymzmo.com/s3/1533593/The-Waratah-Project-Questionnaire-for-Women-and-Girls>

Also at The Victorian Women's Trust:

## **Rosie**

A dynamic web resource for young women, to be launched in 2014.

To kick off the development phase of Rosie we've created a survey for teenage girls 14-18 years. We want to know what teenage girls are reading and where they go for help or advice. Please pass this onto all 14-18 years old young women in you life. They could win a \$30 itunes voucher. Rock on!

Link: <http://www.surveymonkey.com/s/rosierespect>

## **Body image song: The Crowd**

Listen to a clever and insightful song (great tune too!) about body image and the critical voices in our head by emerging Melbourne singer songwriter [www.freyabennett.com](http://www.freyabennett.com) You can listen there and buy the track or whole album if you want. (And, yes, I'm her proud Mum)

## Two great new books

### Cycling to Grandma's House

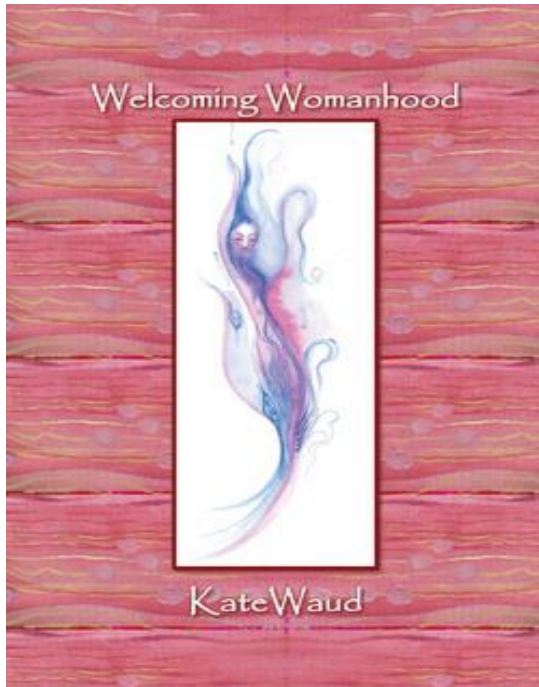
*Cycling to Grandma's House* is a colourful and adventurous story book that will help parents, carers and teachers start talking to children about menstruation in an interesting, open and positive way. Written by award winning community development practitioner, teacher and writer Jac Torres-Gomez, with illustrations by Erin-Claire Barrow. Jac is an accredited Celebration Day for Girls facilitator.

For more information, visit <http://crimsonmovement.com/home/projects/cycling-to-grandmas-house/>



### Welcoming Womanhood

*Welcoming to Womanhood* is a beautiful book about the transition from girl to young woman. It supports girls' discovery of how amazing their bodies are, and the development of a positive image of themselves. Author Kate Waud is a naturopath with a passion for natural fertility and women's health. Kate is an accredited Celebration Day for Girls facilitator. Illustrator, Ruth Denison. Available at [www.welcomingwomanhood.com](http://www.welcomingwomanhood.com) and Amazon.



## **Rad-Pads for sale**

I was the proud owner of Rad-Pads from 1996 to 2003 and sold it to Wendy Dumaresq who has added her spectacular business savvy, passion and creativity over the past decade. Wendy is now finding her life fuller than full and the time has arrived to pass this great business on. [Read more](#) [flyer below here]

That's it from me for now.  
Wishing you an inspirational and joyful year,

With love,  
Jane



## *For Sale* – *Rad-Pads cloth menstrual/incontinence/pants liners pads.*

Rad-pads is a wonderful business to be involved in – it has led to many opportunities for myself as well as many other women involved and to wonderful interactions with women all over the world.

At this stage of my life (the 'grandmother' stage) I am looking to travel quite a bit presenting my events around Women's Sacred Ceremonies, Nature as Healer and Women Wisdom Keepers. It is time for me to relinquish Rad-Pads to the next custodian to ensure Rad-pads continuity.

Rad-Pads business model would suit someone who is:

- a self-starter with lots of initiative and passion for her chosen occupation,
- interested in women's health and the environment,
- wishing to develop or has skills in business and marketing,
- Ideal for the woman wishing to work from home, wishing to be independent and empowered,
- willing to build contacts and great enthusiasm for 'women's work',
- happy to cut and sew the pads **OR** to do what the current business model is and contract the productions work out to others,
- Someone who is good with people regarding communication and translating intent into action, would enjoy the stimulus and fun of eco- and women's events which are a great way of meeting women and getting the name out there even more.
- A woman wishing to be independent and have a small business for interest, and additional income potential through to full time income potential, depending upon the new owners lifestyle etc.

### **Sale of Rad-Pads is based on current stock and equipment and includes:**

- all stock (sewn and unsewn, and left over bolts of cloth if any) , equipment packaging, labelling, steel templates for cutting.
- This includes a commercial sewing machine specially adapted to sew the Rad-Pads ,
- all graphics for logo's images, photo's etc which are relevant,
- all 'Rad-Pads' brand products on our website and the opportunity to continue with the Lunette cups (approval from Lunettes required).
- The customer Affiliate plan which is on our website. (will email details to you).
- Full customer list which is on the website from the day of first sale on current website – a treasure trove of loyal customers.
- Website administration keys - this is an X-cart site hosted by BlueHost.
- I would be available for 3 months for 1 hour per week if necessary to bounce things off, questions, mentoring etc.
- lists of suppliers. And of current stockists in Australia.
- Referrals to your new Rad-pads Facebook page from my NWN facebook page.

**'Passing on' amount - \$30,000** which is the base price of stock, equipment and website.

Enquiries - Wendy 0408 517796. [info@rad-pads.com](mailto:info@rad-pads.com)

[www.rad-pads.com](http://www.rad-pads.com)