

A happy warm group hug to you. Make a cuppa, relax and catch up with all things CDG ...

Three Trainings

A big-hearted welcome to our *twenty-two new CDG facilitators*.

Cool on the Inside Training

Weekend of 17/18 October in Melbourne, and Starting Monday 2nd November for 6 x 2hr sessions (remote)

Let me know if you're interested and I'll send you more information. If you've already advised me *I already know who you are!*

Fathers Celebrating Daughters Training

Sunday of 22 November in Melbourne, and Starting Monday 2nd November for 4 x 2hr sessions (remote)

Also, let me know if you're interested and I'll send you more information. If you've already advised me *I already know who you are!*

Trees

Last minute plug: if you're free and want to get your kids out into the bracing fresh air, *and* do something worthwhile for native flora and fauna come and join us for <https://40000trees.eventbrite.com> at our place in North Harcourt. You need to register for the group 'summit'. All welcome!!!

New flyers

There are newly tweaked generic flyers in the 'Toolkit' on the CDG website. I suggest you download these to your desktop and delete your old ones.

Articles

I recently found some very pertinent articles for us from a 2008 edition of the *Annals of the New York Academy of Science*. The whole edition was about menarche and I've uploaded 16 of these to the Toolkit (down the bottom of the page) for your perusal. If you don't have an abundance of leisurely hours to read the second one down by 'Stubbs' is perhaps the most pertinent of the bunch and I highly recommend you read this. (The rest are great too.)

2015 Workbook

Is in the Toolkit too as are other helpful docs. There are changes in the Workbook and worth a look if you attended the CDG Training a few years ago.

New Melbourne meeting date

**13th September 2015,
Waratah Wellness Yoga Studio,
69 William Street,
Preston
9.30 am – 3.30 pm**

This will be part business and part workshopping, and all great company.

Afternoon Story Telling Session to be facilitated by Anne Hall

'The afternoon will be an opportunity for individuals to tell a story about their CDG experiences or something related. In a warm open-hearted space you can tell us your tale and if you would like a reflection back from your sistas there will be an opportunity for this.

Our CDG community is strongly rooted with women grounded in women wisdom work and we all have our individual support networks to offer a kind ear and good counsel, but, it is a beautiful balm to share stories with women offering the same work. The act of listening allows us a reflective pool of understanding where we may illuminate each other. We are all working in varying communities and bringing to the CDG day our individual light and the sharing of stories is a gift of ourselves to each other. Women sitting in circle sharing story stirs an ancient pulse so we may see ourselves more clearly

and kindly and sit within ourselves more comfortably.

There is unlikely to be time for every sista to tell a tale, so please come prepared to simply enjoy the gift of receiving if our time runs away from us. Undoubtedly, we will have time for more stories at another gathering in the future.

With this in mind, we will allow @ 10- 15 minutes for a story and @ 10-15 minutes for reflection and discussion with the hope of hearing a variety of stories throughout the afternoon. Being mindful of our flow on the day, this will be a fluid process.....If you have any queries, do not hesitate to contact Anne xx'

Remote Meeting

I am very happy to schedule a 'remote' meeting with those who can't make it for geographical or availability reasons. Let me know if you're interested and I'll plan it for after 13th September. I expect this to be 2 hours using Go To Meeting.

Red School Online

If you haven't seen Alexandra Pope and Sjanie Hugo-Wurlitzer's new, and glorious, offering go to www.redschoolonline.net. There are wonderful courses for you and to recommend to mothers (and others)

Lisa Hendrickson-Jack – Fertility Friday talk

I was interviewed recently by Lisa about 'Celebrating Menstruation from Menarche | Embracing your Fertility and your Menstrual Cycle with Fertility Awareness'. You can listen here:

<http://www.fertilityfriday.com/jane/>

Or here: Here is the link to the podcast in iTunes:

<https://itunes.apple.com/ca/podcast/fertility-friday-radio-fertility/id953371091?mt=2>

Buttafly Seat

Tilly James's presentation at the CDG Training (Camerton, 2013) was her Buttafly seat. We were all very impressed and greatly enjoyed trying it out. Tilly is a highly skilled physio and yoga teacher and her seat is a joy. <http://www.buttaflyseat.com/> (These will be available in Australia soon, or can be ordered from Tilly's UK site.) I have a couple to bring to our September meeting to try out ...

A couple of fun clips

Start slow, then go faster, Norway debuts explicit sex-ed show for 8-year-olds: <https://www.youtube.com/watch?v=gkRDqSeCFes>

If boys got their period, <https://www.youtube.com/watch?v=92t3evWvQsw>

If your period was a person,

<https://www.youtube.com/watch?v=gkRDqSeCFes>

Tigress Magazine for Girls

Check out TMFG <http://www.tigressmagforgirls.com> new format and show it to the girls in your life – teens to young adults. All are welcome to contribute!

This is a great magazine – *no ads!* – all run by volunteers, with thoughtful and fun content, art, interviews and articles.

Tigress Pozible campaign!

Tigress is mid-Pozible campaign to produce a hard copy 'Annual'. Go <http://www.pozible.com/project/195878> to check it out. Anything you can contribute is gratefully received and there are great rewards, including a beautiful Tigress mag to keep or give away.

All my love,

Jane