

Warm greetings from sunny North Harcourt.

What a full and fabulous year! Every time I think I'll get a newsletter out to you *\*urgencies\** nudge me in another direction. So! This is a rather chokka newsletter – please take your time as there are many useful and important items and/or tuck it away for later ... *then take time!*

### How Many Periods?

Big thanks to Angela Fraser (Wellington, NZ)'s husband Hamish for applying his graphic skills to the 'How many period's?' doc. And thank you Angela for asking him! The result is a fabulous graphic reno that you can print for your Celebration Days. To get your copies –for home printing or for commercial printing – go to the rejigged facilitator's section of the website, and then to the 'Resources' page.



### \*\*New Website login\*\*

I'm aware some of you haven't got the new facilitators login so here it is again:

Username: facilitator

Password: cdg2017\*

## CDG Facilitator Conference 2018

I'm very excited to announce our CDG Facilitator Conference, 10 – 11 September, 2018 at Common Ground in Seymour - [www.common-ground.org.au](http://www.common-ground.org.au). This will be a full two days and residential, so if there's a chance you can come block the dates out in your diaries. More details to come early 2018!

## Sydney Facilitator Training, March 2017

Please welcome our beautiful new facilitators...



Top row L-R: Anna Gunn, Jenni Mitchell, Ashley Carr, Ange McCann, YT, Bridget Martin, Clare Hammond, Janet Murton. Botto Row L-R: Cate McRae, Amy Cook, Amanda Rootsey and Monique Winderbaum

## Fathers Celebrating Daughters Remote Training



The remote **Fathers Celebrating Daughters Facilitator Training** will start the week of 28 May 2018 and continue in 2 hour per week sessions for 5 or 6 weeks after that. If you're interested but haven't yet advised me please do so. I will send out more information to those who have early 2018.

Here's Julia Dendrinis, Patricia Falcetta, Angela Fraser and I at the **Fathers Celebrating Daughters Facilitator Training** in Canberra this July. Thanks ladies for your awesome participation.



### Make Your own Womb Apron

We had a lot of fun making womb aprons on the 23<sup>rd</sup> May at the online workshop. Here's a pic of the very tidy womb+ that Monique's mum (mostly) made! If we do this again you are welcome to bring your mum or other skilled and willing sewer. Let me know if this is of interest.



### Fascinating Fertility Facts

We had a lot of fun journeying down the rabbit hole of fertility on 21&28 June this year. As always I learnt new things, and we all agreed we could keep going and going and going!

Your CDG and related listening / watching program *Easy!*

- Well researched and scary article about the Pill, autoimmunity and depression: <http://kellybroganmd.com/new-research-birth-control-pill-depression-and-autoimmunity/>

- Ramona Magazine has a new series of interviews with girls about their periods: [www.ramonamag.com/2017/10/bloody-hell-part-one/#comment-935](http://www.ramonamag.com/2017/10/bloody-hell-part-one/#comment-935)
- Dr Jane Ussher and Karen Pickering interviewed by Yumi Stines about the menstrual taboo  
<http://www.abc.net.au/radio/programs/ladies-we-need-to-talk/lets-slay-the-menstrual-taboo/8964452>
- Some lovely aromatherapy for cycle support:  
<http://auramama.co.uk/stepping-power-lights-dim/>
- Chella Quint talking about menstrual education in the UK:  
<http://www.bbc.co.uk/programmes/b0977v1t>
- Lovely German program for girls 9-12 (click translation!)  
<http://www.mfm-programm.de/>
- Parents try to explain periods and period products to their kids – boys and girls ... we won't be out of a job for a while!  
<https://youtu.be/mxjUHgmLaCo>
- *Just One Drop* - excellent film on homoeopathy. If you're like me and have had good experiences with homoeopathy but don't really know how to explain it this is fascinating gives voice to this much maligned modality. (Not menstrual education per se ...) Check out the calendar for where it's playing or you can have a screening where you live, and watch the trailer! [www.justonedropfilm.com](http://www.justonedropfilm.com)
- Go to [https://www.youtube.com/watch?v=b74bpo-aXyc&feature=youtu.be&mc\\_cid=c54f5c1dd3&mc\\_eid=797d34dbea](https://www.youtube.com/watch?v=b74bpo-aXyc&feature=youtu.be&mc_cid=c54f5c1dd3&mc_eid=797d34dbea) for Angela Fraser's testimonial about the Red School Menstrual Cycle Literacy Online course [www.redschoolonline.net](http://www.redschoolonline.net). It's 1.52 minutes and a beautiful testimony to menstrual cycle literacy and the great work of our sister's Alexandra and Sjanie at Red School.

- There are many many period tracking apps. This one looks interesting from Alicia Vitta, author of WomanCode. Go to [www.myflotracker.com](http://www.myflotracker.com). Would someone like to trial it and let us know? (Can't do this myself anymore ☹)
- How to simulate a period (for transgender women) from Precious Stars Pads ([www.preciousstars.co.uk](http://www.preciousstars.co.uk), started by Bryony when she was 15) [www.youtube.com/watch?v=BcNco-mM700](http://www.youtube.com/watch?v=BcNco-mM700) A great watch, perhaps even to explain what pads and cups are really like for girls and women. I think girls would like this too!
- Julia Dendrinis and Patricia Falchetta talking about CDG (the first 6 mins are news, so you can skip this). Great interview and great articulation of what CDG is on about Julia and Patricia!  
Recommended listening!  
<http://www.2xxfm.org.au/programs/holistic-living/2017-09-22>
- Great Nellie Thomas audio on body image – entertaining and on point:  
[http://mpegmedia.abc.net.au/rn/podcast/2016/03/bia\\_20160316\\_2005.mp3](http://mpegmedia.abc.net.au/rn/podcast/2016/03/bia_20160316_2005.mp3)
- Very good, especially for gender assignment  
<https://scribeschool.net/reproductive-system-info-for-scribes.html>
- Library of historic pad/belt ads. Your CDG girls and mums might enjoy some of these.  
<http://library.duke.edu/digitalcollections/adaccess/>
- Radio National program about women's experience of their vulvas  
<http://www.abc.net.au/radionational/programs/lifematters/when-women-dont-like-their-vulvas/8696228>
- Philanthropic initiatives – great to see these blossoming all over the place these days: <http://binti.co.uk/> (tagline: dignity.period.) and pads for girls in Vanuatu  
[www.chuffed.org/project/pads](http://www.chuffed.org/project/pads)

- A great clip by a woman gyne about using correct names for vulva etc. [https://www.girlology.com/please-stop-calling-vulvas-vaginas?mc\\_cid=51edb84345&mc\\_eid=2ca624cded](https://www.girlology.com/please-stop-calling-vulvas-vaginas?mc_cid=51edb84345&mc_eid=2ca624cded)

#### Great new resources

- [www.goodbeingagirl.com](http://www.goodbeingagirl.com) is live and stocks *Making Pink Lemonade* by Sarah Mahoney. Rachel Pilgrim, Beck Meyers and I have been reading this in serialized form at our Period Parties this year (for mostly post CDG girls). You could hear a pin drop!
- Here is a clip about the 'Bella Flower' anatomical sex therapy puppet, designed by Waratah Karleu, which has the complete clitoral structure and it's position within the vulva. Have a look at: <https://www.youtube.com/watch?v=RajZLRlwWks>

#### Youth Mentor Training

Amanda Rootsey, who trained to be a CDG Facilitator with me in Sydney this May, has offered a \$250 discount to all CDG Facilitators who want to participate in her highly regarded program. I've been meaning to send this for a while and am cutting I fine – there is a training starting 1<sup>st</sup> November, but as this is online if you are called you may well fit it in as you can attend in your home clothes/hair etc.

Here's a quiz from Amanda to give you a flavor and link to her site:

[http://youthmentors.shinefromwithin.com.au/?wpam\\_id=7](http://youthmentors.shinefromwithin.com.au/?wpam_id=7)



SHINE FROM WITHIN  
youth mentor  
training

DO YOU HAVE WHAT IT TAKES TO BE A  
*youth mentor!*

FREE EBOOK  
+ QUIZ!

+ DISCOVER YOUR  
YOUTH MENTOR ARCHETYPE!

Or, go here for more info.

[http://youthmentors.shinefromwithin.com.au/?wpam\\_id=7](http://youthmentors.shinefromwithin.com.au/?wpam_id=7)

### The Last Taboo

Patricia Falcetta kindly reported to us about a recent workshop she attended:

"I was invited to attend a workshop on Women's Menstrual Health Management in the Pacific. The purpose of the workshop was to discuss the findings of a paper called "The Last Taboo – Menstrual hygiene intervention in the South Pacific. This report can be accessed through the

following link: <http://www.pacificwomen.org/wp-content/uploads/The-Last-Taboo.pdf>

This study aimed to explore the challenges experienced by women and girls in managing their menstruation, and whether these challenges make it hard for them to equally participate in school and work and engage with their communities. The study was undertaken in Fiji, the Solomon Islands and Papua New Guinea (PNG), in both urban and rural research sites.

Attending the workshop were representatives from the Department of Foreign Affairs and Trade, the Burnet Institute, Water Aid, the International Women's Development Agency, International Planned Parenthood Federation, the Solomon Islands Planned Parenthood Association, Plan International, Family and Youth Health services from Papua New Guinea as well as representatives from UNICEF, OXFAM and Marie Stopes.

I was invited attend this workshop because myself and Julia Dendrinis have a vision to take positive menstrual education, awareness and understanding programs into Fiji and train Fijian women to run these, including a culturally adapted Celebration Day for Girls. We also aim to set up a cottage industry in Fiji for the manufacturing and distribution of cloth pads. This would be for all Fijian girls and women in need but especially for the girls from the group categorised as the poorest amongst the poor. These goals are in line with Fiji's Sustainable Development Goals around Gender Equity and poverty alleviation.

Attending the workshop enabled me to network and establish some good connections. Julia and I are now in the process of applying for funding to make our vision in Fiji a reality."

*Thank you Patricia. Great to hear about this work and your vision.*

And thank you all for your great work and service so far this year – running CDG workshops and/or menstrual education in other forms, Fathers Celebrating Daughters workshops, Cool on the Inside workshops, and

generally living awesome lives of ever-evolving awareness and integrity.  
Wishing you a graceful run up / stroll to the completion of 2017 ...

Much love and blessings

Jane