

A Message from Rajshree

Hi Ladies,

Welcome to our third journal - "*A Woman's Way*".

I hope you enjoy this newsletter as there is so much "*food for thought*" in this one. So many good things have happened this year that I hope you have all enjoyed the journey so far.

I've been through some changes lately and thought I would share with you what I thought.

I wonder why we struggle with change?

Change is inevitable, something we can't stop, control or hold back. I believe we can slow down the process by the decisions we make, but I wonder if that helps us or does it make it harder to go through, depending on our decision making and whether our decisions are positive or negative.

Lately I had a few changes in my business and personal life. It left me feeling a little bit in the lurch and caused a tremendous amount of growing pains. My attitude, I have to say, was negative and I felt a little lost for a while. The outcome, I had to find my path, walk through it and make some solid decisions to make it worth my while. When I went through this, it got me thinking, why do I ark up or get negative when the outcome at the end is great, positive and I've grown from it anyway?

What I've learnt is this..... when circumstances in our lives change, you can feel it coming, (if you stop and listen). Instead of handling change with fear, why not embrace the challenge?

I think, if we faced our changes with a positive attitude, faith and acceptance, the journey through it may even be less painful. Sooner or later we have to go through it anyway, so why not go through it with a great expectation?

An analogy I would use is that of a goldsmith. A goldsmith's job is so highly skilled. To form the best metal or the most extravagant jewel, it has to be filed, soldered, forged, casted and polished.

I think change does this to us and it depends on how difficult the change is. Change when it is filing us, smoothes us and gets rid of the bumps. The heating process of change is like the goldsmith casting. The heat can be that intense that it gives our character flexibility to be moulded and shaped, forging us into better people. Then change polishes us, reducing the rough or irregular surface we have, leaving us smooth and shiny.

And this is the beauty of change coming into our lives. We go through this so that our life may be a beautiful gift to other people and ourselves.

So the next time "change" is knocking on our door – let's embrace it."

Keep believing, keep dreaming
Rajshree



Girlfriends in Your Life

When I was little, I used to believe in the concept of one best friend, and then I started to become a woman. I then found out that if you allow your heart to open up, you will see the best in many friends.

One friend is needed when you're going through things with your man. Another friend is needed when you're going through things with your mum. Another when you want to shop, share, heal, hurt, joke, or just be.

One friend will say let's pray together, another let's cry together, another let's fight together, another let's walk away together. One friend will meet your spiritual need, another your shoe fetish, another your love for a good laugh, another will be with you in your season of confusion, another will be your clarifier, another the wind beneath your wings, another your mentor.

But whatever their assignment in your life, on whatever the occasion, on whatever the day, or

wherever you need them, whether to meet you with their gym shoes on and hair pulled back, or to hold you back from making a complete fool of yourself Those are your best friends.

It may all be wrapped up in one woman, but for many it's wrapped up in several. One from 7th grade, one from high school, several from the college years, a couple from old jobs, on some days your mother, on others your sisters, and on some days your daughters.

- Time passes
- Life happens
- Distance separates
- Children grow up
- Love waxes and wanes
- Hearts break
- Careers end
- Jobs come and go
- Colleagues forget favours
- Men don't call when they say they will

BUT.....

Girlfriends are there, no

matter how much time and how many miles are between you. A girlfriend is never farther away than needing her can reach.

The world wouldn't be the same without them, and neither would we.

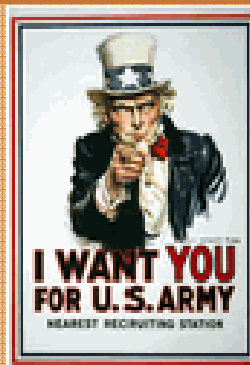
When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other.

Every day, we need each other still. Hold onto the women who help make your life work.

*“Be not afraid of going slowly,
be afraid of standing still.”*

WE NEED YOU!!! Volunteers Needed

Dancers, speakers, helpers, storytellers, musicians, entertainers, child minders, craft specialists, singers, dance teachers, choreographers, sound engineers, graphic artists, public relations person, marketing manager, arts and craft teachers needed.



Do you have special talents or skills you'd like to share with us?

Do you have an idea for a workshop you'd like to offer?

Please call Rajshree on
0423 143 907

Women In a Man's World ...

presented by Annemarie Kanturek, Management Consultant

Women

Annemarie was a guest speaker at the "Women In a Man's World" seminar on Friday, 26 May 2006.

Annemarie's talk included her stories on . . .

- Transition and change – study & changing careers;
- The many challenges she faces working in a male dominated industry;
- Dealing with lack of acceptance and facilities, often being the first female underground; &
- Time and travel demands and the balance between work, family and a healthy lifestyle.



In A Man's World

Website: www.kanturek.com.au

Point of View

Hello, my name is Ans and I just wanted to take you back to the seminar where Annemarie took the time to share with us her obstacles and hurdles that she encountered and had to overcome to effectively perform her job. I do not remember who was at this particular seminar and who wasn't, and to refresh your memories for the ones that were there and to enlighten those that weren't, Annemarie is a tiny little lady who has a very unusual job as a boss of many men in the mining industry. Annemarie delighted us with some of her stories and gave us a slide show so we could actually see how life is lived underground. The pictures were absolutely magnificent and truly gave all of us a brilliant insight as to what life is for her as the only female amongst all these men, especially when she first started in her career.



On a personal note, I noticed how driven and determined she is in wanting a thing so badly and just going for it. In spite of her fears, her worries and her insecurities Annemarie just did what she wanted to do and didn't let anything stand her in way. She took a huge jump and learned to develop her wings along the way.

I thought it was so inspiring especially because she is so tiny and it just showed me that size really doesn't matter. If you are determined in wanting to achieve something, Annemarie proved that "Persistence kills Resistance".

I have really enjoyed Annemarie's insight into her life and I would like to leave you with some food for thought:

*"If you think that size doesn't matter
.... try going to sleep with a mosquito
in your bedroom."*

Calculate Your Healthy Weight

Body Mass Index (BMI)

As we are all different shapes and sizes, there is no singular recommended weight for your height. Instead, there is a range of weights that are healthy for your height. One way to check your weight is to calculate your body mass index or BMI. To do this you need to divide your weight (measured in kilos) by your height (measured in metres) squared. That is:

$$\frac{\text{weight kg}}{\text{height (m}^2\text{)}} = \text{BMI}$$

Example, your weight is 80kg and height is 1.8m:

$$\frac{\text{Weight } 80\text{kg}}{1.8\text{m} \times 1.8\text{m}} = 24.7 \text{ BMI}$$

The accepted definitions of weight categories by BMI are:

- Underweight BMI – less than 18.5
- Healthy weight BMI - between 18.5 – 24.9
- Overweight BMI - greater than 25 and up to 29.9
- Obese BMI – equal to or greater than 30

These BMI values apply to adults aged 18 years and over.

Another way to check your weight is to measure your waist circumference using a tape measure. This is the narrowest point between the top of your hips and the bottom of your ribs. This gives you an idea of whether you have a lot of fat stored around your middle.

People who have a lot of fat around the middle are at greater risk of developing diseases such as heart disease and Type 2 Diabetes.

Waist Circumferences in Centimetres:

- Women: waist circumference greater than 80cm
- Men: Waist circumference greater than 94cm

If you are going to exercise this Spring, make sure you consult your doctor. With being healthy there is no luck, just eating well and doing a little exercise.



How to weigh yourself correctly

RECIPE Martini by Oprah

Oprah loves Martinis – and this is one of her favourites! She served it at the Legends Ball.

Ingredients

- The juice of 6 lemons
- 4 tablespoons sugar
- 6 fresh mint leaves
- 4 shots of Vodka
- A sugar-rimmed martini glass

Mix lemon juice, sugar and vodka in a martini shaker filled with ice.

Shake well and pour into sugar-rimmed martini glass.



UPCOMING EVENTS

- **7 October (Saturday), 1-4pm:** "Oma's Kitchen", Indonesian Cooking Demonstration for Modern Times
- **17 November (Friday), 7-10pm:** motivational seminar– "Negativity is not my Cup of Tea"
- **2 December (Saturday):** Christmas Lunch–Mean Fiddler Hotel

Contact Rajshree for bookings/enquiries—0423 143 907

Tired, Sore & Stressed Out? Find Relief Through Massage

July 2006

Generally people agree that massage makes them feel good. But many people don't realize the many physical and psychological benefits massage has on the body. Regular massage is good for overall health. Massage can improve a person's performance, help to prevent and even eliminate injuries, improve circulation, relieve muscular tension and reduces stress and anxiety levels.

A good massage therapist will tailor each session to the specific needs of their client and use the massage modality that best suits their particular needs eg **Swedish/Relaxation Massage** to promote general relaxation, improve circulation and range of movement and relieve muscular tension, **Remedial/Deep Tissue Massage** to help restore function to injured "soft tissues" i.e. muscles, tendons and ligaments, drain and disperse excessive fluid and cellular waste products and to increase joint range of movement, **Sports Massage** to enhance sports performance and speed up rate of recovery. This modality is a very effective component of any training program.

Swedish/relaxation massage techniques involve firm, yet calming pressure using massage oils to achieve a series of smooth, long, gliding strokes, kneading of the muscles and vibrations. The aim of this modality is to decrease stress and anxiety, leaving the person with an overall feeling of wellness and relaxation.

Remedial/deep tissue massage involves deeper pressure applied by the massage therapist. The strokes of this type of massage are slower and deeper in order to warm the muscle tissue and reach the deeper layers of muscle. This modality is used on specific injuries to aid in recovery, and focuses on particular areas of muscular tension to decrease pain and increase range of movement.

Sports massage involves fast, rhythmic techniques to increase circulation, warm the muscles and to stimulate the nervous system before exercise. Sports Massage techniques after exercise concentrate on using strokes that encourage the dispersion of lactic acids in the muscles in order for fresh supply of blood and oxygen to be supplied. This modality is important in any training regime to promote healthy muscle tissue and decrease the risk injury.

Massage is used for people suffering from:

- Headaches & migraines
- Frozen shoulder
- Sore shoulder and neck
- Back pain & sciatica
- Tennis and golfers elbow
- Sprains, strains and tears
- Over-use injuries.



Massage is thought to be the oldest form of medical therapy practiced on the human body and has been used to heal the body for over 7,000 years. It is a proved and established natural health therapy.

Due to the busy, hectic lifestyles that many people now lead, it is often difficult to find time to visit a clinic. **At Your Fingertips Therapeutic Massage** offers a mobile massage service so you can now receive a professional therapeutic massage in the comfort and privacy of your own home. Phone for an appointment and experience the benefits of massage for yourself!

HEALTH FUNDS REBATES AVAILABLE

Lauren Pearce

Dip Health Science

For Appointment Phone:

At Your Fingertips Therapeutic Massage

0422 171 875

A TIME OF REFLECTION

Today I felt down and depressed and the death of Steve Erwin and Peter Brock has affected me more than I would like to admit. I had an absolute horrid day at work and felt personally attacked by one of the directors at my work place. I went home and had a good cry, went to bed, got up early in the morning to go back to work and still I feel depressed, sad and alone. Most of all I feel so misunderstood. My thoughts are with the family of the 2 Aussie Icons that have died within the same week and it has prompted me to take stock!

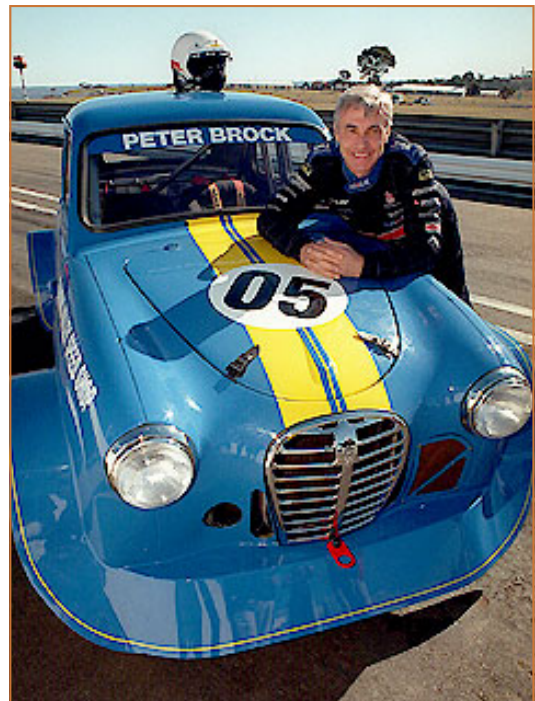
I feel a little better today thinking how blessed and grateful I am that all of my family is happy, healthy and alive! My eldest son is getting married next weekend to his childhood sweetheart and it fills me with happiness and joy.

It dawns on me that there are so many thoughts, feelings and emotion in one body and one mind. The point that I am trying to get across is that there are many seasons in our lives and one has to be thankful and grateful for all of them. Without sadness one cannot know happiness, without goodbyes there are no hellos.

The word SILENT has the same letters as LISTEN, if you can be still for a while and listen to your heart, you will find what makes you happy!

My prayers and my heartfelt sympathy are with the families of Steve Irwin and Peter Brock. May their souls rest peacefully and may we have the wisdom to know that "Nothing ever stays the same and Nothing lasts forever" but if God brings us to it, He will bring us through it! On this note, I would like to say that if a human brain can hold one thought, you might as well make it a BIG one! My name is Ans Fredriksz and I am just having my say. May God bless you all!

[Extract taken from Ans' journal]



I would like to pay tribute to two great Australians who helped keep us all sane and provided an inspiration to so many.

Steve Irwin for being one of the craziest and funniest maniacs I have ever seen.

Peter Brock for burning rubber and showing us all what it meant to be King of The Mountain.

Words simply do not describe what these two characters achieved and the entertainment they gave us.

Thanks for the great memories.

Book Club

Are you interested in joining the Book Club?

The Book Club is underway meeting once a month
Rosalie Englebrecht, Book Club Coordinator can be contacted on
0414 188 911 for more details.



If you are interested in forming a club, or have a suggestion to add that might form a fun and/or educational group let us know by emailing royall9@optusnet.com.au or call Rajshree on

Dreams Do Come True ...

Recently I achieved a dream of a lifetime (for me anyway) that I'd like to share with you. My name is Melinda and in my spare time I run my own fashion jewellery business. The company that supplies my jewellery ran a promotion for 6 months late 2005/early 2006 and the reward was a 3 day, all expenses paid holiday to the only 6 star hotel in Australia 'Palazzo Versace' in Queensland. When I heard of this promotion I made the decision that I was going. I'd not had a holiday in a long time and thought what a way to go.

And so my journey began. I sat down and worked out my plan of attack and what I had to do to get there. I must say, at times I really thought it was all over and then I had to remind myself of the promise I had made and somehow I managed to pull it off.

Well it certainly was an experience I'll never forget. Palazzo Versace is not somewhere an ordinary person like myself would normally go, and then all the extra touches we received made it all the better. The lavish breakfast, lunch & dinners, cocktail party, formal dinner with a fashion parade where professional models paraded the latest fashions, presents left on our pillows, beauty treatments to mention just a few treats we received.

I believe everyone who sets themselves a goal can achieve anything. Just remember to set your goal, write it down, believe in yourself and just go for it. **YOU CAN DO IT! I DID!**



If you love jewellery and people and would like to know more about my business I'd be happy to share it with you over a coffee. Call me on 0413 325 904, Melinda Benecke.

The China Bear Rescue is Underway! from Beverley Hellyer

In farms across China, Asiatic Black Bears are imprisoned for up to 22 years in tiny metal cages no bigger than their own bodies. (The most recent government figure is 7,002 farmed bears). Known as Moon Bears because of the beautiful golden crescents on their chests, these bears are milked daily for their bile through rusting metal catheters implanted deep into their gallbladders, or via permanently open holes in their abdomens. The bears live a life of torture which is ongoing for years before dying an agonizingly slow death as a result of chronic infection.

Following her discovery of bear farming in 1993, Animals Asia Founder and CEO, Jill Robinson MBE, began tireless work within China, resolutely building relationships and negotiating with government departments to bring an end to this cruel practice.

Jill signed a landmark agreement in July 2000 with the China Wildlife Conservation Association and the Sichuan Forestry Department to free 500 suffering Moon Bears in Sichuan and to work towards the total elimination of bear farming. Sanctioned by the Central Government Department in Beijing.

Now over 40 farms have been closed down by the Government and 198 bears have been

released into the care of Animals Asia at the Rescue Centre in Sichuan.

A level of compensation is paid to the farmers to ensure that none of the bears are slaughtered and to help them move into alternative areas of employment, once their farms have been closed.

On arrival, each bear undergoes an emergency health check and prioritises each bear for surgery. Safe in the hospital for the first time in their lives, the bears are fed tasty, nourishing food prepared with life saving medicines and antibiotics.

Operations lasting up to 8 hours are performed to mend massive damage which has been inflicted on the bears.

The ongoing rehabilitation of the bears takes many months – physiotherapy with sweet treats encourages them to stretch and climb, strengthening wasted muscles and building confidence.

The integration process of rescued bears is carefully monitored. Many of the bears have now formed lasting friendships with their den mates and happily play together for hours before falling exhausted into their hanging basket beds!

These bears cannot be released into the wild; many are defenceless or disabled, others were snared as cubs and thus have not

learnt vital survival skills.

Animals Asia has constructed the first phase of a permanent sanctuary on a beautiful piece of bamboo forest where these bears are living out their lives free from pain and fear see: www.animalsasia.org.



For more information on Animals Asia Foundation, visit the website:

www.animalsasia.org

All donations are fully tax deductible.

“The road of life twists and turns and no two directions are ever the same. Yet your lessons come from the journey, not the destination.”

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WHAT A GREAT NIGHT!!!!

On 24 June 2006 we held a cocktail party .. *Cocktail Extravaganza* ... at Parramatta Town Hall. Everyone who came had a really great and fun time, dancing the night away. The band was fantastic playing hits from the past and the judebox catered to everyone's needs with music from the 50's to today's top 40. Karaoke was enjoyed by all. Towards the end of the night we had to disconnect the judebox to get off the microphones singing.

The Deputy Mayor, Councillor Maureen Walsh, opened the night with great enthusiasm and her wonderful insight on how important community support is.

Melinda Gauci from Hills Youth Services Network Suicide Prevention Working Party shared the goals of where Youth Suicide Prevention is heading, and what they have achieved in the past. The proceeds of the night was donated to Youth Suicide Prevention.



A big thank you to all the sponsors that contributed to the evening and helped make it a success. We would like to thank Parramatta City Council, Deputy Mayor Maureen Walsh, Rachel Redman, Community Coordinator from Krispy Kreme, Auburn, The Judebox Hire Pty Ltd, Melinda Gauci from The Hills Youth Services Network Suicide Prevention Working Party, the band: 'The Predictors' (your music rocked), and Graeme Copeman for his time and effort. We would also like to thank the people that helped on the night, The Forgan Family, Karen Moon, Ans Fredriksz and Adam Hellyer. If I have left anyone out, forgive me and thank you to you.

WHAT A GREAT NIGHT!



One Flaw in Women

By the time the Lord made woman, He was into his sixth day of working overtime.

An angel appeared and said: *"Why are you spending so much time on this one?"*

And the Lord answered: *"Have you seen my spec sheet on her? She has to be completely washable, but not plastic, have over 200 moveable parts, all replaceable and able to run on diet coke and leftovers, have a lap that can hold four children at one time, have a kiss that can cure anything from a scraped knee to a broken heart and she will do everything with only two hands."*

The angel was astounded at the requirements. *"Only two hands!? No way! And that's just on the standard model? That's too much work for one day. Wait until tomorrow to finish."*

"But I won't" the Lord protested. *"I am so close to finishing this creation that is so close to my own heart. She*

already heals herself when she is sick AND can work 18 hour days."

The angel moved close and touched the woman. *"But you have made her so soft, Lord."*

"She is soft" the Lord agreed, *"but, I have also made her tough. You have no idea what she can endure or accomplish."*

"Will she be able to think?" asked the angel.



The Lord replied: *"Not only will she be able to think, she will be able to reason and negotiate."*

The angel then noticed something, and reaching out, touched the woman's cheek. *"Oops, it looks like you have a leak in this model. I told you that you were trying to put too much into this one."*

"That's not a leak," the Lord corrected, *"that's a tear!"*

"What's the tear for?" the angel asked.

The Lord said: *"The tear is her way of expressing her joy, her sorrow, her pain, her disappointment, her love, her loneliness, her grief and her pride."*

The angel was impressed. *"You are a genius, Lord. You thought of everything! Woman is truly amazing."*

AND SHE IS!

Women have strengths that amaze men. They bear hardships and they carry burdens, but they hold happiness, love and joy. They smile when they want to scream. They sing when they want to cry. They cry when they are happy and laugh when they are nervous. They fight for what they believe in. They stand up to injustice. They don't take "no" for an answer when they believe there is a better solution. They go without so their family can have. They go to the doctor with a frightened

friend. They love unconditionally. They cry when their children excel and cheer when their friends get awards. They are happy when they hear about a birth of a wedding. Their hearts break when a friend dies. They grieve at the loss of a family member, yet they are strong when they think there is no strength left. They know that a hug and a kiss can heal a broken heart. Women come in all shapes, sizes and colours. They'll drive, fly, walk, run or e-mail you to show how much they care

about you. The heart of a woman is what makes the world keep turning. They bring joy, hope and love. They have compassion and ideals. They give moral support to their family and friends. Women have vital things to say and everything to give.

However, if there is one flaw in women, it is that they forget their worth.

You can find your Life's Purpose in your Values

by Anne Hartley

We all need a reason for living and the stronger the reason, the more motivation we have. You can think of your life's purpose as something you do, such as being a good parent, or good wife/husband. Or, you can think of your purpose in terms of achievement such as being successful or helping others. I found that a better way to distinguish my purpose from my achievements, which can be ego driven, is to focus on my values. I demonstrate my purpose every day through my actions in the way I treat people and the way I react to life's challenges. Who you choose to be is the code of honour that you live by.

Unfortunately most people have never really thought about their values in depth, they usually have a vague idea but not enough to give them a clear sense of purpose. Knowing and living according to your values has a number of benefits. Firstly by making a commitment to demonstrate your values on a daily basis you have a very clear code of ethics and standards to live by, this makes it easier to respond positively to the ups and downs of daily living. Secondly, by choosing to act on these values you break the pattern of reacting, and this is how you change old beliefs and create new beliefs about yourself. And most importantly acting on these values makes you feel happier.

Let me give you an example of how this works. If a person cuts you off just as you are about to drive into a parking spot, think about how you want to act. If you *reacted* you might be tempted to make a rude gesture, give the other driver a black look, scream abuse or mutter to yourself³/₄you could even go so far as to let another person's actions spoil your day. Or, you can make a conscious

Hart
Life
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Anne Hartley



choice to act like the person you choose to be. If, for instance you choose to be a kind person you might let the other person have your parking spot. You might even feel irritated for a short while, but you will feel good about yourself and the way you behaved therefore turning a potentially negative experience into something positive. Acting on your values is a form of self mastery.

When you react you give your power away. All you have to do is observe the world around you and you will see people reacting constantly, and it doesn't make them happy. When you consciously choose to act on your values you not only feel good about yourself, you reinforce your chosen beliefs. When you act consistently on your values your perception about what you can be, do and have changes, and the world in turn changes its perception of you.

When you give you also need to receive otherwise it's easy to burn out or become resentful and the easiest way to create a healthy balance between giving and receiving is to know and then live by your values. I break values up into two groups which I call **being** and **having values**. Your **being values** are the character traits of the ideal person you would like to be. I suggest to my clients that they choose three **being values** that they are willing to make a commitment to live by. An example of some **being values** are: kind, loving, generous, inspirational, peaceful, wise and even powerful. By acting on these values

you **give** to others through your actions and you inspire others by being a positive role model. Mastering being these character traits becomes your life purpose.

Your **having values** are the feelings you need to create in order to be happy. These could be companionship, achievement, support, being valued or financial security. This is what you **receive** and value. You take responsibility for filling your own needs by taking steps to create these feelings and conditions in your life.

When you make a commitment to live by your **being values** it becomes easier to make conscious choices rather than reactionary ones. If your usual pattern is to talk about your problems, you could choose to think and act like a calm person. A calm person might go for a walk, meditate, or set a time limit before responding. If your usual pattern is to worry, you could choose to act like a responsible or wise person. In other words you would act like the person you choose to be³/₄this is the key to personal power.

When you choose to act on your values you not only feel good about yourself, you reinforce your chosen beliefs. Over time acting in this way changes how you perceive the world, and in turn the way other people perceive you.

Anne Hartley

www.hartlifecoaching.com.au

Unspoken Words *by Alicia Martin*

I often think who you are, sitting there
I pass you many a day
not game to stare, as I travelled along my
way.

I stole glances from the corner of my eye
alone you sat on the park seat.
Birds seemed to come from the heavens
and fill the sky
you were a stranger, so I walked on by
only seeing my feet.

Wondering who you are, someone's father
or son.
Were you a banker or lawyer but things
went wrong?
Did your dreams slip away,
or did a love one steal your heart's song?

Sunshine or rain you always sit there
no home to go to, wearing clothes shabby
and torn.
Not knowing who you are, made me
wonder and stare
And this felt as if my side had been pierced
by a thorn.

One cloudy day I passed by, beside me
was my son
so innocent and at a tender age, wearing

his scarf of blue.
My son ran to you, there was something
he wanted to do
my head was telling me, don't let him go
but my heart was saying you were a
stranger,
there seemed to be no danger.

He was running, holding his scarf,
he was saying don't be sad or cold no
more.

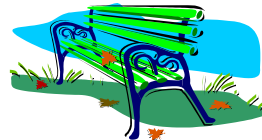
He outstretched his scarf,
you did not know whether to
cry or laugh.
I sensed that you were a
man
who used to stand so proud
and tall.

You lifted your head, which was hidden in
your knee
Your face had silvery streaks, stains from
your tears.
Your wrinkles were lines telling a tale or
three,
smiling at you I was feeling your turmoil
and fears.

You returned the smile, from your eyes
the colour of apple marine,

no words were spoken, by me or you.
That unique colour I had already seen,
They were the eyes of my son, in between
blue and green.

Days and weeks went by
I always passed, showering you with a
smile or two.
We used our eyes to say hi,
but who were you
I had no clue.



You had passed away into
eternal sleep when evening
came,
you were clutching the scarf
and a not filled with words.

It read, received plenty of smiles, no
spoken words
and a youngins love wrapped in a scarf to
hide my shame.
You signed the note and to my surprise
our names were the same.

I shared a smile with my father
And I knew as I looked in my sons eyes of
apple marine
There was no other colour I would rather.

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August 2006*

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HEART FELT EVENTS

Editorial

The Hills School at Northmead is a school that helps children with special needs. There are 100 children attending the school and have been raising funds for a hydrotherapy pool. As they have not reached their target to be able to purchase the pool, a community fete has been organised for the school by *Heart Felt Events* on Saturday, 28th October 2006 from 9am to 3pm. There will be a number of different things to entertain the children on the day including rides, craft activities, performances by local schools, Harley Davidson rides, animal farm, market stalls, chocolate wheel, raffle, clairvoyant and food.

Heart Felt Events is a partnership made up of Alicia Martin and Tracy Gravenmaker. Alicia and Tracy are Event Co-ordinators who organise fundraising events for non-profit organisations, as well as private functions such as themed birthday parties eg mock casino or corporate stress free days.

Alicia and Tracy were inspired by a motivational seminar they attended ran by Rajshree from All Woman Empowered. It was from this seminar that they then decided to take flight and follow their dreams. They not only wanted to hold themed events that were fun for people to attend but they also wanted to give something back to the community. This is where the fundraising came into the mix, what a great idea!! Not only could they hold their themed events but they could also give back to the community. That's how it all started.

Sponsors are a major asset to *Heart Felt Events* and without their support such events would not have been as successful. *Heart Felt Events* would like to take this opportunity to thank all their sponsors for their great community spirit.



If you would like more information regarding The Hills School Community Fete or on becoming a sponsor, please contact Alicia Martin on 0433 624 626 or Tracy Gravenmaker on 0433 461 724.

HEART FELT EVENTS - Keeping the community spirit alive



Endorsement

Heart Felt Events were endorsed by the Director, Belinda Adair to fundraise for Westfield Occasional Child Care Centre, Parramatta. The centre required new outdoor equipment but with the centre mainly only having casual care it was hard for them to organise any fundraising, this is where *Heart Felt Events* came in. *Heart Felt Events* hosted two major events for the centre including an Icons of Sports Auction/Dinner and a Mock Casino Night as well as other fundraising drives.

A presentation was held for Westfield Occasional Child Care Centre, Parramatta from Alicia Martin & Tracy Gravenmaker of *Heart Felt Events*. Mr Tony Mittiga, a representative from St George Bank also attended. Mr Mittiga presented Belinda Adair, the Director of the centre with the rugs which were generously donated by the bank.

Future Endorsements

If you belong to a club or community group and need fundraising and are a non-profit organisation, think of *Heart Felt Events* for your fundraising needs.

Alicia Martin— 0433 624 626
Tracy Gravenmaker— 0433 461 724

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PO Box 407

Winston Hills NSW 2153

www.allwomanempowered.com.au

AWE

Newsletter

'A Woman's Way'

Founder and Editorial Director
Rajshree

Articles & Graphics Editor
Melinda Benecke

Mission Statement

"A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be."

A Maslow

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