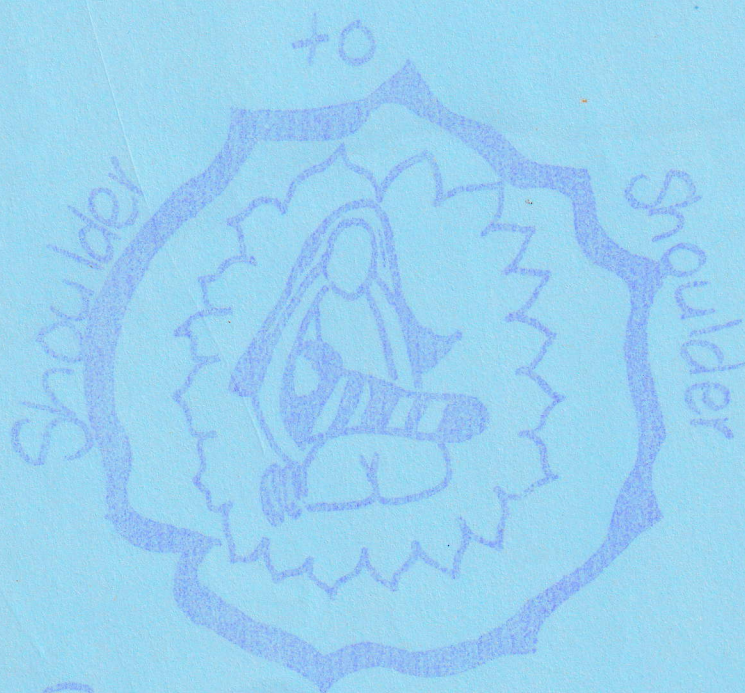


Leanne Nisbet. C/o Co-op.

Kensington Women's Group Newsletter.



Child Care Co-Op. Ltd.
89 McCracken St. Kensington
Ph. 3767280.

No. 89 McCracken St. Kensington

Editorial

Being involved in the managing committee or I should say the Women's group since 1975, has been a wonderful experience for me. I have gained many friends and learnt so much about people. You don't realise how involved or how much you gain from something until you stand back and take a good look at it, and then realise what can be done through dedication and perseverance.

From a few women meeting at a persons home, in 1975 and talking about what is needed in our community, and our own personal needs, and looking now at 1982 has been a personal achievement for me.

I have enjoyed being a part of that group of women, and when you can see the end product it has all been worthwhile.

Having a new group of women on the managing side who are keen and eager to make a commitment that proves they have enjoyed the house and know it has a great deal to offer.

Conclusion -

The Women's group has grown over the years, and is now classed a family support service. Women have gained so much confidence from other women who have been in the same situation as themselves, and trust and honesty grows with them. I feel that our house is different from any other. We have no profession telling us what to do, all decisions are made by women themselves and that's the way it should be. Being able to speak your own mind and feeling you are no different from any-body else.

I feel now that I can get involved with something different. I will still be part of the group and give support when it is needed. I wish the new committee good luck for 1982.

By A Retired Member of the
Management Committee
Maureen Fagan

CHANGES AT THE Women's House (Ken News)

In 1982 to date has been a year of changes at the Women's House. Familiar faces have moved on. The Annual General Meeting of the Kensington Women's Group Child Care Co-Op was held on 6th April and it marked the start of a new era in the life of the house.

Six directors retired and a new committee of eight directors was appointed. The retiring directors were Maureen Fagan, Edith Coffey, Mary King, Debbie Bourke, Mary Bonnici and Michael Tumour.

The new directors are: Kathy Gibbs, Vicky Cockburn, Colleen Tyerman, Lydia Keelink, Brenda Dodsley, Anita Murphy, Denise Bartala and Margaret Jones.

Some of the retiring directors had been involved with the house right from the very beginning. What the house is today is a tribute to these women and the work they put in over the years.

For those readers that don't know the Kensington Women's Group formed back in 1975 when a group of women came together and expressed a need for a place where women could meet, relax, have fun, make friends, gain confidence, support one another and learn new skills. Naturally, child care had to be part of such a neighbourhood house.

Kensington needs to thank these women for their commitment and perseverance in getting the women's House.

Hints for on your own.

Frozen sliced bread may be ~~toasted~~ while it's still frozen. When cooking vegetables place each type in it own aluminum foil parcel with salt added, and place all in a saucepan. Saves heating coals and washing up, vegetables retain their flavor.

Orange Reviver:-

To make you feel better when suffering from a cold, cut into an orange no right through to form a lid, then into this put a good teaspoon of honey and bake until well heated. Efficacy in a hurry, a delicious emergency chutney can be made by mixing equal parts of plum jam (no stones) and tomato sauce and adding a few chopped seeded raisins.

Pick you up:-

When feeling tired and needing a new dose of energy, try this refreshing drink. Beat together the juice of one orange one lemon, one raw egg and a ~~teaspoon~~ of honey. It works wonders.

Cough cure:- for a simple and inexpensive cough mixture, mix equal parts of lemon juice, olive oil and honey. Take a dessertspoon of the mixture three times daily or when cough ~~is~~ irritated.

If you want to take old lady's advice - if you want to look like a modern, slim & trim, eat like a rabbit plenty of raw vegetables.

P.S. Don't move heavy furniture on your own, remember your back has to last a lifetime.

Sesame STREET SHOW 'Live' p/1

Early in the year when the Moomia festivities were around us there was another exciting feature, The Sesame Street live show from America. This show was held under big top tents in Batman Avenue City. I have always like this show from the time it appeared on television about 9(nine) years ago. My niece was very young then so there was always the opportunity of watching it, I would say that Sesame Street was the forerunner of the popular puppet show. I think the puppets are so imaginative and presented in such a pleasing and intelligent way.

Well it's a good thing that it's still around for my children to enjoy, so when it was advertised, I decided that my children Martin and Ted and I should go and see it. It was a very gloomy day that Saturday somewhat hot and cold and wet and humid. The children and I arrived very early so we spent some time waiting in the Women's toilet at Flinders Street Station. As the time neared for starting time we walked a fair distance down Batman Avenue City where the show was being held.

It cost \$6.00 per child and \$11.00 per adult. I got in free because I'm a member of the Sesame Street Book club. That's rather expensive isn't it. I bought some badges for the boys, but you know what, I'd lost the tickets in the grounds somewhere so I had to wait in the queue to make my complaint, I was told I could still see the show, but we had to wait for the other people to be seated first.

We sat some seats away and just

Sesame Street Show 'Live' P/2

and just ahead of us a small group of men manipulating switches and so the show progressed throughout on the mystery of the "missing Big Bird". There was music and songs and dance sequences. as the New York Department of missing birds and Sesame Street neighbours finally find Big Bird who is then very happy to return back to his friend at Sesame Street.

My children were thrilled at seeing this show and I reckon a few ideas about missing Big Bird was a matter of concern for sure.

The End
Rita



↑
The Missing 'Big Bird'.

Slimmer's Lament.

I'm battling the bulge,
It's an awful strain,
A few pounds come off,
But they go on again.
There are endless diets in every book,
To help me look like a poor lean Chook.
To lose a stone,
Is no mean feat,
But to really succeed,
You just don't eat.

By Lynis Harting.

Miss Piggy.

A well-recounted story of my mother's concerns me as a child on a dairy farm. I had gone missing and them searched frantically for me everywhere. She even checked the pig pens, where she eventually found me sucking into the milk slips with the weaner piglets. The only way she picked me out was by my fully-bottomed panties which the piglets didn't wear.

By Mumta Mossman. Q.

Fun food. By Nancy Baldwin.

Self-raised Pasty Cakes.

Take 250 g wholemeal self-raising flour, pinch of salt, half level teaspoon to each mixed spice and cinnamon 9 g g, butter, half cup sugar, one egg, three quarters cup milk, 125 g mixed dried fruit. mix the flour, salt and spices. Cream the butter and sugar until light. Gradually add beaten egg. Fold in the dry ingredients alternately with the milk. Blend in the dried fruit. Spoon into greased pasty tins (if liked, top each piece with mixed peel.) Bake at 180 deg C for about 15 minutes. Makes 2 dozen.

Spiced Nut Cookies.

Take 60 g butter, 125 g light brown sugar, two level tablespoons honey, one small egg, half level teaspoon each cinnamon and mixed spice, two tablespoons coconut, one cup of peanuts, one cup lightly crushed cornflakes, two cups self-raising flour. Cream together the butter sugar honey until smooth and light. Add the egg, spices and coconut and mix well. Blend in the peanuts cornflakes and sifted flour. Roll into small balls. Place on greased trays and flatten slightly with the back of a fork. Bake at 180 deg C for about 12 minutes until light golden. Remove from tray and cool. When cold, top with chocolate icing and decorate with peanut. Makes about 2 1/2 dozen.

On air.

I made a cup of coffee and presented it to the canary, put the spray starch in the fridge, dropped tea in the dishwasher, scorched the wiening and cooked pieces of frozen chicken, thinking it was fish. Why? My wonderful employers told me that they were taking me with them and their family on a cruise to the other side of the world. I am a well-seasoned traveller but time has never allowed the pleasure of a cruise and it was almost a distant dream. I have not come down to earth. Fortunately, they laughed with me at the mishaps of that day which seem to be continuing. The canary was the only one who wasn't happy.

By Jane Warrace.

Marty. By Edith Coffey

I know this guy called Marty,
I met him at a Party,
We danced and sang,
Then the telephone rang,
He turned out to be quite a smarty.

MOTHERS EXPERIENCE OF A
"COT-DEATH" or "SUDDEN INFANT
DEATH SYNDROME."

The emptiness of a person no-one can experience unless you, yourself have lost a loved one, especially a new born babe!

You are so careful during the pregnancy the day comes the doctor tells you a healthy bouncing baby boy!

Then the shock 10 weeks later.

I awake one Friday morning to find my pride and joy DEAD!!

The pain, hurt and emptiness! Why?

Why me? Are the questions I kept asking myself. For a while I thought, no this has not happened to me, I'm only dreaming. But I had to believe it. I just couldn't understand what went wrong. Because I had three other children six years, four years and two years besides the one I lost.

I wandered around in a lost daze for a few days. Then realising I had three other children, someone had to face reality. It had to be me!

Family and friends were very comforting. You don't realise how many true friends you do have until something like this happens.

So now the months have flown by I still think and miss my baby son terribly. I picture him in my mind growing up for that's all I can do. They say time mends a broken heart but I don't think time ever will!!

I had a woman (who also lost a baby from cot-death) from the SUDDEN INFANT DEATH RESEARCH FOUNDATION come to see me. She helped me understand, I was NOT the only one whose child died this way.

She now visits me on a regular basis which I find quite comforting. I have also become involved with a local cot-death S.I.D.S. group which is run by other parents who also had a cot-death. This group offers mutual support and helps to raise money for research into S.I.D.S.

I now wait and pray for the day someone finds the cause of the biggest fear in most mums; COT - DEATH.

For enquires contact SUDDEN INFANT DEATH RESEARCH FOUNDATION, 283 WATTLETREE ROAD, EAST MALVERN. 3145 509-7722.

By COLLEEN TYERMAN.

Polemuc. By. Honor Moore. I.

This is the poem to say "Write poems, women" because I want to read them, because for too long, we have had mostly men's lives men's imaginations wandering through our lives, because even the women's lives we have details of, come through a male approval desire filter which diffuses imagination, that most free part of ourselves. One friend is so caught on the male approval desire hook she can't ~~enter~~ even write a letter. Ink on paper would be clear evidence of failure to be Sylvia Plath or Doris Lessing, or (in secret) William Butler Yeats. Hilda Doolittle, the poet who hid behind "H. D." splashed herself with ink just before writing to make her feel free, indifferent toward the mere means of writing. I would take ink baths if I'd be splash-ed free of male approval desire; This male approval desire filter and its attached hook, abbreviated M-A-D filter and hook, have

driven many women mad, could drive
me mad, won't because I see all
the other women fighting the M.
Male A Approval D Desire, and I
clench my fists to hold their hands
and I am not as alone as my grand-
mother was who painted, was free
and talented and who for some
M-A-D reason married, had kids,
went mad and stopped finishing
her paintings at thirty-five. M-A+D
is the filter through which we're
pressed to see ourselves if we don't,
we won't get published, sold, or
exhibited I blame none of us for
not challenging it except not
challenging it may drive us mad.
It is present in the bravest of us.
It comes out in strange shapes,
escapes like air through the tiniest
hole in the strongest woman's self.
It is a slaughterhouse waiting for
the calf or lamb-sized art, for
the the sausage-ready little pig
poems which never get to the super-
marked. They are lost in the shuffle
or buried as ladies' poems have been
in bureau drawers for years. Male

"Apparent Desire is a cog in the
Art Delivery Machine: It instructs
by quite magic women to sing proper
pleasant tunes for father, lover, piper
who says he has the secret, but
wants ours; it teaches us to wear
cloaks labelled Guinevere, become
dameels, objects in men's power
joustings like her: lets us summer,
disappear, promise to rise like a Lady
of the Lake, but we drown real not,
phantom. The Art Delivery Machine is
ninety-nine and forty, - four hun-
dredths percent pure male sensibility,
part of a money system ninety-nine
and forty-four hundredths percent
pure white male power structure con-
trolled. So you may wonder why I
write this poem and say: ⁶⁶ "Write
your own poems, women." Won't we
be crushed trying? No We can't be
stopped. So I write polemic I call a
poem, say "Write poems women," I
want to read them. I have seen you
watching, holding on and watching,
and I see your lips moving you have
stories to tell, strong stories to tell. I want
to hear you as much as well as hold you in hands.

MURRINDINDI '82

Bush Camp - Easter

We all met up at Maureen's place. We had all our bags downstairs. After Cathy did her hair we went downstairs. Phyl came and took our bags to the house. Around about 10.30 we started to pack the bus. 11.30 we all got on the bus. People were everywhere. We started off. It took around 2 hours to get there. As soon as we got there Andrew King asked for something to eat. As soon as we unpacked the bus, Jean, Cathy and I went for a walk to the river. I was first in the river, then Cathy and then Marlene.

The food was great. We had sing alongs and night walks. Some of the boys went into Yea. They got our orders and left. (coke, chips etc)

The day we were to go home I was the first person to get up. I started the fire and put the billy on. After everyone was up we had to go for a walk. It took one hour to pack the bus. We all got back on it and left. We were all sad we were leaving.

Karen

Thanks to :-

Danielle
Karen
Kathy

Rita
Edith
Colleen

Cheryl
Maureen
Glynis

Cathy

for work on
this edition

What's on at The House

Monday 1pm Newsletter Group

Tuesday 10am Fundraising / Social Events Group

Wednesday 10am Coffee, Discussion Groups.
11.30am Crochet - off pension week
1pm Transport Group - off pension week
7pm Bingo - pension week

Thursday 9.30am Shopping - pension week.
am finance group - off pension week

Friday am Playgroup.

Other Activities

Camp - Doxa May 17th - 21st

Learn to Drive Programme

Stall - 2nd June (Donations needed)

Directors Meeting - 2nd Tuesday of month 7pm at House

People are welcome to call into the House anytime and join in our activities. [P.S. "Group" involves work - We need your help if the house is to grow & develop] Its fun - do come!