



*From*

# WOMEN UNLIMITED

Hello Everyone and welcome to the last edition of the Womens Health Centres Newsletter for 2013 !

This year appears to have flown by as we have a lot of activity here within the Centre.

The staff and I have been busily planning workshops and community education discussions for the coming year throughout our community. These programs cover a range of issues that clients and the community have requested. We have utilised the counsellors experience and knowledge to create new and update existing workshops.

If you are interested in any workshops, please don't hesitate to ring the Centre to obtain more information regarding what's currently running or about to be run over the next few months. We are always happy to answer queries .

We had a very successful Annual General Meeting in September and I would like to take this opportunity to give a very warm welcome to our new 2013-2014 Management Committee: Beverly Schimke (Chairperson), Rhonda Inslay (Treasurer), Emma Haughton (Secretary), Lee-Anne Simpson, Ruth Griese, Natasha Rann and Judi Pettit for volunteering their very valuable time to govern and support our excellent service for the next 12 months.

On behalf of the staff and the clients of the Centre, I would like to wish Lauren our Librarian wellwss and joy as she prepares to go on Maternity leave, I am sure we will see you around in the near future with the little one.

On a final note, I hope you have a safe and merry Christmas and a happy new year !

I look forward to seeing you in 2014

Best Wishes

*Belinda*



# WHAT'S ON @ WHC



## **Art, Craft & Chat Group**

Starting 3rd February

Every Monday, 10 to 12pm

## **WINGS**

Starting 4th February (TBC)

1st Tuesday of every month 10 to 12pm

## **Meditation**

Starting 5th February

Every Wednesday 1pm to 3pm

## **Capricornia Dance Exchange**

Starting 6th February (TBC)

Every Thursday, 7.30 to 9.30pm

## **Mahjong (U3A)**

Starting 4th February

Every Tuesday 12.30pm to 4pm

## **Tai Chi**

Starting 7th February (TBC)

Every Friday, 10.30 to 11.30am

## **Women Over 50**

Starting 12th February (TBC)

2nd & 4th Wednesday of each month

10 to 12.30am

## **Fake it til You Make It: Building self esteem through self awareness**

6 Sessions

9.30am—11.30am

Thursdays 13th February - 20th March

## **Sexual Assault Awareness**

1-3pm, Monday 3rd February, Rockhampton

1-3pm, Monday 3rd March, Yeppoon

1-3pm, Monday 7th April, Mount Morgan

## **International Women's Day**

8th March

Theme: Ending poverty for women & girls through achievements

## **Move, Think, Change & Grow**

Yeppoon Community Development Centre

6 Sessions

6.30-8.30pm

Thursdays 17th April—22nd May

## **Creative Strengths**

5 Sessions

10.30 – 2.30

Tuesdays 22nd April—20th May

## **Peri Menopause Information Session**

9.30 – 2.30pm

Monday June 2nd

TBC Times

**For More Information On  
Workshops In 2014**

**Call The Centre  
4922 6585**



# Easy to Make Christmas Ornaments

These paper ornaments look beautiful made out of double-sided patterned scrapbook paper, but I've made the instructions with plain coloured paper just so they are easier to follow. Enjoy!

- Colourful paper or card
- A pencil
- Something circular to trace around
- Scissors
- Some mini glue dots or double sided glue tape
- Craft wire (florist wire will do) or a stapler

## Instructions

### Step 1

Use your glass and pencil to draw 12 circles onto your paper and cut them out. I'll use three different colours, but you can use as many or as few as you like.

Paper that has different colours on the back and front gives a nice effect, if you can find some.



### Step 2

Fold all the circles in half and stack them on top of each other.

Here are some tips for getting a symmetric-looking colour distribution on the final bauble:  
If using **3 colours** A B C,

then stack them in the order **ABBCCAABBCCA**.  
If using **2 colours** A B, then stack them in the order **ABBAABBAABBA**.

If using a single type of card, but **double sided**, then alternate "heads up" and "tails up".

### Step 3

Wrap a length of wire all the way around the stack, so that it runs along the fold. Twist the ends together to secure. You can just see the wire in this photo - it's the thin black line down the middle.

If you don't have wire, you can also just staple the stack together, once at the top and once at the



bottom, so that the staple sits right on the fold.

### Step 4

Stick a glue dot onto a circle, about 1/3 of the way from the bottom. The dot is hard to see, so I'm pointing to it with a pencil. Fold the facing flaps together and press to secure the bond. If you don't have glue dots, you can use double sided tape or a bit of glue. I prefer not to use regular glue, because it can warp the paper.



### Step 5

On the next circle along, stick a glue dot about 1/3 of the way from the top. Continue like this all the way around, alternating high and low glue dots.



### Step 6

Once you've glued all the adjacent flaps together, this is what the finished bauble looks like from the top and from the side. Now you can attach a ribbon and hang it on your Christmas tree. Or give it as a gift for someone else to hang on their tree :-)



# JANIS' S ROAD TO WELLNESS...

Hi everyone.

Let's have a chat about ..... "BREATH CONTROL"

How do you breathe when you feel panic? People who experience panic have a tendency to gasp, then take a breath and hold on to it. After this, they take shallow breaths but don't empty their lungs. This is because they are breathing in regularly and think they should be getting enough air. The problem with this is that failing to let all the air out creates a disturbing sensation of fullness and then a feeling of not getting enough air. The feeling of not getting enough air is a distressing illusion that causes you to breathe faster. If this continues you will then start to hyperventilate which then escalates the cycle of panic. There it is, now you know and the following 5 steps can be very helpful to practice for yourself and your family too J...

1. Exhale first as soon as you feel panicked or nervous with a fast heartbeat etc. Completely empty your lungs as you need to have plenty of room in your lungs to take one deep whole breath.
2. Next inhale and exhale through your nose. Breathing through your nose slows your respiration down and prevents hyperventilation.
3. Take deep breaths way down into your abdomen. Place one hand on your stomach and the other on your chest. If you're doing the belly breathing correctly your belly will rise and fall and the one on your chest pretty much stays still. This will also stretch your diaphragm and relax muscle tension.
4. Count while you breathe. Exhale first and then breathe through your nose counting, "One... two... three...four". The counting is helping to protect you from rapid panicky breathing. When you exhale count one more on the out breath to make sure the lungs are emptied.
5. Now finally, it is time to slow down by counting one more with each breath in and out. That is breath in and count one... two... three... four and breathe out one... two... three...four... five.

There you have it. Practice it and it just may make a difference to your wellness

Janis

(Ref: Matthew Mckay PhD Troy Dufrene 30 Minute Therapy for Anxiety (2011); The Art of Healing Vol3, Issue 40 Sep/Nov 2012

# JARS OF LOVE



While I was busy looking for thrifty Christmas tips, I came across a pile of great ideas on how to transform a jar into a great gift. I never realised how fantastic jars were. Of course, there is the traditional homemade jam or pickles. Jars are super handy, and easy to get; you can even ask family or friends to save theirs for you. They have so many uses, and can be a great way to create cute, simple, thoughtful and budget gifts. There are hundreds of great ideas on the internet, but here are a few to get you inspired.

## Recipe in a Jar

Put the dry ingredients in a jar; layering is a nice decorative touch. You could do anything from cookies, to brownies, to a nice healthy soup using colourful lentils. Add a gift tag that provides the directions for adding the wet ingredients.



## Journal Jar

Grab some strips of paper. On each strip, write a thought provoking prompt, fold it up, and put it in the jar. Decorate the jar, and on the gift card, write directions on how to use the prompts. You could even find a pretty, budget journal to pair it with.



## Bath Salts in a Jar

Grab some Epsom salts, put in a couple of drops of a nice essential oil (a little goes a long way), mix it through a little and voila! Bath salts... you could even add some colouring drops, and layer the different colours in the jar. A great gift for someone who needs a bit of pampering.



## Project Jar

Put some items for the recipient to be creative into the jar (and any directions if necessary). For example, Some beads, clasps and jewellery wire or for children, maybe some crayons and some printed colouring pages.



## Candle Holder Jar



If you can get a hold of some wax, you could melt it down and make a candle inside the jar. Alternatively, you can buy a candle, put something heavy to hold it in place in the bottom of the jar (such as sand), and maybe even some small Christmas decorations. Beautiful!



## Affirmation Jar

Write or print out a variety of affirmations on pieces of paper, and put in the jar. That way, when the recipient needs a pick-me-up, they can pick out an affirmation. You could even make one of these as a gift for yourself!



## I Love You Jar

Similar to the affirmation jar; write down or print out a variety of things you love about the recipient. Again, when they need a reminder of how amazing they are, they can pick one out of the jar.



## Decorate a jar!

Why not let the recipient decide what they want to put in the jar and just decorate it! You could use all sorts of amazing things to decorate a jar... craft items, found items, even items from nature such as shells.



## Other Ideas

And There you have it... so many creative ideas for how to make a jar into a gift that someone will love. For more ideas, try the internet. I just googled 'jar gift', and found dozens of great ideas. For picture inspiration, I just looked at google images. I hope you have been inspired just as much as I have!



Cheers, Chantelle



Hi there,

My name is Roxanne Hodda and I am the Health Promotion Officer at BreastScreen Queensland's Rockhampton Service. This year, BreastScreen Queensland celebrates 20 years of providing quality, world-class breast cancer screening services to Queensland women. Throughout the past 20 years BreastScreen Queensland has provided 3 million breastscreens to over 750, 000 Queensland women.

Breast cancer is now the most common cancer diagnosed among women with about 2,400 women being diagnosed with the disease each year. One in eight Queensland women will develop breast cancer at some stage in their life. Early detection could save your life.

All women aged between 50 and 74 years are strongly encouraged to have a free breastscan every two years. Women aged 40 to 49 and over 75 are also eligible to attend.

As women, wives and mothers, we are often so busy caring for other people that we forget to stop and take some time for ourselves and look after our own health. A breastscan is the best way to detect breast cancer early, well before a woman or her doctor can feel anything. An appointment is quick, free and one-on-one with a female health professional. A doctor's referral is not necessary. Take action now by joining the BreastScreen Queensland Program today.

Phone 13 20 50 today to make your appointment for a free breastscan.

PS. We have services in Rockhampton, Gladstone and our mobile van (which is currently in Yeppoon until Christmas!).

**Contact**

Roxanne Hodda  
Health Promotion Officer  
Roxanne.hodda@health.qld.gov.au  
4920 7209

BreastScreen Queensland Rockhampton  
North Street  
Rockhampton

**13 20 50**

# ON THE LIBRARY SHELF

BY LAUREN

**Season's Greetings** from the Library at the Women's Health Centre Rockhampton. This will be my last newsletter addition for a while as I am going on maternity leave for the next little while. This however does not mean you cannot access the library facilities, in fact it will still be available as normal.

New for the library this month we have had an influx of new CD's going onto the shelves, including ones for meditation by Petrea King. Lots of music CD's that include music by Chopin, Mozart and even some local performers.

Also you can now get your hands on some old copies of magazines owned by the library, they are located at the library desk. The centre asks for a donation of 50 cents per magazine and titles include:

- Scrapbooking magazine
- Card Making
- Good taste
- Good health

## Treasured Memories

By: Mary Maguire

This book has some great ideas you could use to make personalised Christmas presents, if you have the time and are looking for something a bit different to give away this year.

The author, Mary Maguire, uses her broad range of art and craft skills to provide you with a fantastic and basic step-by-step instruction for making both albums and one-of-a-kind decorative boxes. These can be used to preserve and display your precious keepsakes that quite often are left to sit in drawers.

## The Little Book Of Thrift

By: Paul Lonergan

It's not about being cheap, it's about being smarter.

Forget sack cloth undies, doing your own haircuts, and reusing the tea bag. The Little Book Of Thrift doesn't mean you have to learn knitting, make your own jam or eat fried rice for dinner every night.

When times are tough, the tough can still go shopping. This book will just show you how to do it better!

- Be more organised
- Save hundreds at Christmas
- Spend less on groceries
- Give the kids more money, but spend less on them
- Eat out for less

## Waste Not Want Not

By: Patrik Jaros and Gunter Beer

This book shows you how to turn your leftovers into yummy meals perfect for those post-Christmas left overs.

You call it leftovers – we call it ingredients

The waste not want not cookbook will show you how to create interesting and often surprising dishes from everyday leftovers. Why throw away stale bread or yesterday's cooked rice if you can use it to conjure up such tasty dishes as Bread and Spinach Gnocchi or Rice Pudding with strawberries.

With step-by-step photographs and informative text.

# A Very Merry Thrifty Christmas!

Everybody has good intentions to have a special Christmas, but unfortunately, sometimes life has its own plans, and Christmas is here before we know it, short of time and money. There is also a lot of pressure from external sources making us think that we need to have the best of everything, we may get the feeling that the giver is only as good as the gift they gave. The reality is however, that it is the thought that counts. Here are some tips I found to take a little of that stress off the wallet for this Christmas.

## HOMEMADE GIFTS

Funnily enough, sometimes the best gifts you receive are the ones that have been handmade for you. Many of us are good at some sort of craft... whether it is crochet, knitting, beading, card making, etc. so why not make something and give it as a gift?



## GIFT CERTIFICATES FOR HANDMADE GIFTS

Many of your friends or family will be familiar with your crafty talents. They may already have something in mind that they would like you to make for them; so why not make them a gift certificate for one of your handmade items, and then you can make it after Christmas?

## GIVE YOUR TIME

The best gift you can give family and friends is your time. In addition to lending an ear, you could volunteer your time by offering to help out with everyday tasks such as cleaning. For elders, you could even cook something like a casserole and freeze it in individual portions so they can eat it later.



## BAKING

Baking is a great Christmas idea... why not bake something yummy and colourful with a Christmas theme, and wrap it up nicely; some favourites include cookies, brownies, truffles, or even Christmas cake.



## OP SHOP CHRISTMAS

A co-worker recently shared a fantastic idea with me that they are doing with their family. Each family member can purchase a unisex gift to a set dollar limit, and on the day, each person receives a gift. Or why not do all your gift shopping at the opshop?

They have tonnes of great things. At this time of year, they also have Christmas decorations for sale.

## SHARE THE RESPONSIBILITIES

Instead of leaving it up to the one person to organise the main Christmas meal, why not ask everyone coming to bring a plate of food each; make sure you keep a list to track who is bringing what.

## MAKE YOUR OWN DECORATIONS

Many families now have a reusable Christmas Tree, and reuse their decorations each year. If you don't have these already, why not make your own decorations. If you go online, there are some fantastic ideas for making your own decorations, particularly on the cheap from recycled materials.



## BUBBLE AND SQUEAK

Combine your leftovers with whisked eggs, and pour into a saucepan—great for breakfast, lunch or dinner, and a great way to get an extra meal out of those left overs.

For more information, try checking out the internet, or why not even ask friends or family for suggestions. They too can be a great source of knowledge. The main thing is to let go of expectations and choose not to stress out about making Christmas perfect. As long as you and the people you care about enjoy yourselves that is all that matters.



## 2013 Christmas Hampers

As many people are aware, every year before Christmas the Rockhampton Women's Health Centre gathers food items and gifts for a number of families who are in need of support. This year, we have identified eight families who could benefit from this support. If you would like to help us out and put smiles on children's faces who may otherwise go without, you can do so by making a donation. We appreciate anything such as food, gift items, and particularly monetary donations. Any donation, big or small is greatly appreciated. For further information, please contact the centre.





## White Ribbon Day 2013

White Ribbon is the world's largest male-led movement to end men's violence against women and it is the **only** male-led primary prevention campaign in Australia. White Ribbon Australia is a non-profit organisation utilising initiatives and their annual campaign 'White Ribbon Day' held on the 25<sup>th</sup> of November, to change the attitudes and behaviours that lead to and perpetuate men's violence against women, by engaging boys and men to lead social change.

The violence perpetrated by men against women must stop and it is up to men to stop it. The victims are not merely statistics; they are wives, sisters, mothers, daughters and friends. Good men cannot and will not sit on the sidelines while those they love are at risk of harm.

The White Ribbon Campaign is about recognising the positive role that men play in preventing violence against women. It fosters and encourages male leadership in the prevention of violence against women, based on the understanding that most men are not violent. The Campaign is a means for men to speak out against violence against women, and to safely and effectively challenge the attitudes and behaviours of a minority of men who use or condone violence against women.



This year the Women's Health Centre supported this campaign in collaboration with Rees R & Sydney Jones Solicitors by hosting a fundraising breakfast at the Leichardt Hotel on the 14<sup>th</sup> November. It was attended by approximately 50 men and women who work in our local community in the human services, legal and political fields. Judge Anne Demack generously gave her time to speak to the group about the importance of the White Ribbon Campaign and the prevalence of violence against women in our society.



**“ In Australia male violence against women claims at least one life each week.”**



The Centre also partnered with the local Zonta club to produce a safety card with useful contacts and information for women who may be experiencing and/or wanting to escape domestic violence. This safety card was made available at the Heritage Village Markets on Sunday 24<sup>th</sup> November, with a number of members from the local Zonta club and staff from the Women's Health Centre attending the markets to hand out the safety cards and promote White Ribbon Day. The safety cards are available free of charge at the Centre for anyone needing them. White Ribbon Day merchandise was also available to purchase at the Centre in the weeks leading up to the 25<sup>th</sup> of November, as well as at the fundraising breakfast.

Reference: [www.whiteribbon.org.au](http://www.whiteribbon.org.au)

# Christmas Calm:

## Ten Tips for a Stress-Free Holiday Season

By Cynthia Ewer, Author of **Complete Idiot's Guide to Getting Organized**



Sure, you love the holiday season --but just not so much of it! This year, you're hoping to cut the crazy out of Christmas: to trim the celebration back to one that is sustainable and calm.

Question is, just how do you do less--and enjoy it more--during the Christmas holiday season?

If you're aiming to simplify Christmas, take time to ponder ways to cut stress, save money and tame over-the-top traditions. Setting simplicity strategies in place early will keep you from being swept up in holiday madness.

Get armed! Try these ten simple strategies to calm holiday chaos and rein in the seasonal overkill this year.

### 10 Simplicity Strategies

**Prune the to-do list.** Ask, "If I don't do this, what will happen?" Aim to knock down the list of chores to the rock-bottom necessity.

**Cut the gift list.** Rein in gift exchanges that have been outgrown or lost their meaning. Limit gifts to children only, draw names, or organize a gift exchange.

**Wrap as you go.** Who needs to spend Christmas Eve catching up on wrapping chores? Sticky notes will help you keep track of gift contents.

**Buy, don't bake.** Turn your back on the oven this year. Supermarkets, bakeries and the freezer department of the discount warehouse are a great source for delicious, pre-baked holiday treats.

**Call, don't send cards.** Reach out and touch someone ... the easy way. Online greeting cards are easy, inexpensive and fun to send. No more lines at the post office!

**Scale back décor.** Substitute a simple door wreath for outdoor lighting, a table top tree for the over-the-top decorations. Focusing holiday decor on the Big Three--front door, tree and focal point--can bring a festive feel to the house without day-long decorating sessions.

**Cut the clean-a-thon.** Focus cleaning attention on kitchen and public rooms; private areas can slide til season's end. Better to schedule deep-cleaning chores like carpet cleaning until after the wear-and-tear of the holiday season.

**Downsize dishwashing.** Hand-washing fine china is nobody's idea of a good time, so move to everyday stoneware. Simpler still: paper plates!

**Finger food, not feast.** A smorgasbord of tasty tidbits is easier on the cook and kinder to the waistline than a sit-down dinner. Share the work by hosting pot-luck events.

**Stay home!** Cuddling down close to the hearth beats holiday travel any day. A holiday "stay-cation" allows for evening drives to see the lights, family camp-outs in front of the Christmas tree, and evenings spent with carols and popcorn. Fun!

### Reality Check

- See more at: <http://christmas.organizedhome.com/reality-check/ten-ideas-stress-free-holiday-season#sthash.AQ79fleA.dpuf>

I wish everyone a Merry Christmas and a happy and safe new year.

**Karen - Counsellor  
SASS Program**



# MERRY CHRISTMAS TO ALL

from the DFVCAS Staff

Kerrie, Kath & Louise

## The Reality of Christmas

for some

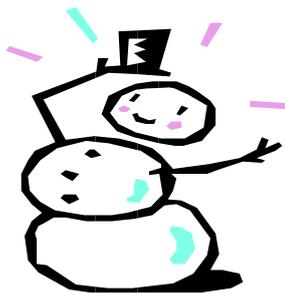
Christmas is usually associated as a happy time, a time for getting together with family and friends, giving and usually some well earned days off.

Unfortunately, research indicates that some Australian social services and emergency departments report an increase in the number of domestic violence (DV) incidents around certain times of the year, especially during the Christmas and New Year period. Not only can the increase in temperature at this time of the year impact on people's aggressive behavior, but the addition of increased alcohol consumption, added financial burden (Christmas shopping), and access to children in divided families can also have an affect on pressures trigger-

ing incidents of DV.

We would ask that you keep this in mind this Festive season when making choices and spare a thought to those who may experience DV over the Christmas break. Also, to be aware of emergency contacts should you experience DV yourself or know someone who is in a DV situation.

In an attempt to prevent Domestic and Family Violence we prompt family, friends, neighbours and colleagues at this time of the year, to be vigilant and if you suspect that some-



one is being abused,

“MAKE THE CALL”.

### In an emergency

**CALL 000**

### DVConnect Womensline

**1800 811 811**  
**(Queensland) 24 hours, 7 days a week**

### DVConnect Mensline

**1800 600 636**  
**(Queensland) 9am–12 mid-**  
**night, 7 days a week**

### Elder Abuse Helpline

**1300 651 192**  
**(Queensland) 9am–5pm,**  
**Monday to Friday**

Stay safe and happy and



## The DFVCAS

**office will be closed from 12midday Christmas Eve 2013 and will re-open Mon 6th Jan 2014**

## Domestic and Family Violence Court Assistance Service

### Domestic & Family Violence is Against the Law

Appointments please

phone:

Ph: 4927 0302

Ground Floor, Virgil Power Building

Court House cnr Fitzroy & East Streets

Office Hours

8.30 - 3.00 Mon, Tues, Fri





# Sexual Assault Support Service

Taken from Bravehearts

SASS: Karen

It's that time of the year when we are all busy and the SASS program is no different. If during the Christmas period you are in need of assistance or supporting someone here are some ways to respond and offer options to any one that has been raped or sexually abused.

## Rape:

For adults

Consider options for preserving forensic evidence. Do not use plastic bags, brown paper or just put clothes together and carry them.

Help the person to access counselling and medical services.

Consider reporting to Police.

For children

If you believe a child is in immediate danger or in a life-threatening situation, contact the Queensland Police Service immediately by dialling **000**.

Your response to any disclosure of an assault can be the first important step in stopping the assault and protecting the child from further harm. This initial response can vary depending on circumstances and needs. Responses may consist of implementing protective strategies, engaging in appropriate support services or making reports to relevant authorities. If a child discloses, try to keep in mind the following steps:

- LISTEN: Listen carefully to all that they say. Have eye contact at the child's level, check that you have understood, put your adult thoughts aside and be respectful of the child's perspective.
- AFFIRM: Tell the child that you believe them.
- DON'T BLAME: Let the child know that what has happened is not their fault.
- SUPPORT: Tell the child that they are not responsible for the assault and acknowledge that it must have been difficult for them to tell you.
- SAFETY: Let the child know that you will do everything in your power to help them.
- DOCUMENT: Write everything down, using the child's own words as best you can. Include behaviours and anything they have said previously that may have hinted at the assault.
- ACT: In the best interests of the child, report the disclosure to your State's statutory child protect

REMEMBER the decision about what to do is always with the person who has been sexually assaulted.

[http://www.bravehearts.org.au/files/Responding%20to%20Disclosures%20of%20Chld%20Sexual%20Assault\\_TS.pdf](http://www.bravehearts.org.au/files/Responding%20to%20Disclosures%20of%20Chld%20Sexual%20Assault_TS.pdf)

## Important Phone Numbers :

Womens Health Mon to Fri 9am to 5pm: 49226585.

Closed from 25<sup>th</sup> December 2013 and re-opening on 6<sup>th</sup> January 2014

Immediate Danger call police on 000

Respect: Sexual Assault, Domestic Family Violence Service on 1800 737 732 – 24/7

DV Connect Domestic Family Violence, Sexual Assault Service 1800 811 811 - 24/7

## Child Safety Services:

**During normal business hours** - contact the [Regional Intake Service](#)

**After hours and on weekends** - contact the Child Safety After Hours Service Centre on **1800 177 135** or (07) 3235 9999. The service operates 24 hours a day, seven days a week.

If you believe a child is in immediate danger or in a life-threatening situation, contact the Queensland Police Service immediately by dialling **000**.



# Easy reindeer cupcakes recipe



**These cupcakes are super easy and super cute. Get the kids to help make a batch for festive gatherings or parties. They're a winner every time!**

**Ingredients:** 125g butter, melted 3/4 cup caster sugar 2 eggs 1 1/2 cups self-raising flour 125ml (1/2 cup) milk 1 tsp vanilla extract 12 red patty cases white icing chocolate Tiny Teddies brown Mini M&Ms red Smarties

**Method:** Preheat oven to 180°C or 160°C fan-forced.

Beat butter and sugar with electric mixer until creamy.

Add eggs one at a time, beating after each.

Add flour, milk and vanilla extract, beating again until just combined.

Place red patty cases in a 12-hole cupcake tray and pour in mixture.

Bake for 15 minutes or until golden. Cool.

Ice with white icing. Decorate with two Tiny Teddies for antlers, two brown mini M&Ms for eyes and a red Smartie for a nose.

**Notes** Bake a batch ahead and store in the freezer until you're ready to ice them. Give a Christmas flavour to the cupcake mixture by adding 1 tsp cinnamon or 1 tbsp chopped Craisins and 1 tbsp white choc chips.

# A LITTLE CHRISTMAS TREAT

## Naughty or Nice Coconut Ice

Most people are shocked that this traditionally sugar-filled treat can be replicated in a sugar-free version. Well, we're here to tell you that not only can it be replicated, but we think it tastes even better (perhaps we're a little biased).

The only way to find out is to try our sugar-free coconut ice recipe yourself.

**Makes 16 large or 64 bite-sized squares**



### Ingredients

- 1 can coconut milk
- 2/3 cup coconut oil
- Pinch of beetroot powder (or natural red food colouring of your choice)
- 4 cups desiccated coconut
- 1/2 cup rice malt syrup

### Method

1. Grease a 20cm square tin. Line base and sides with baking paper extending 2cm over edge of tin.
2. Place coconut milk, coconut oil and rice malt syrup in a small saucepan over low heat. Stir until melted and combined well. Remove from heat and stir through desiccated coconut. Press half the mixture into the base of prepared tin. Place in freezer to help base firm a little.
3. Meanwhile add beetroot powder to remaining mixture and combine well until colour is evenly distributed. Press pink mixture into tin and place in the fridge for at least 2 hours, or until firm.
4. Remove from tin and trim edges. Cut into 16 large squares or 64 smaller squares.

Don't have beetroot powder? You could use a natural red food colouring (you'll only need a drop or two), a splash of beetroot juice or some smashed raspberries.

**Merry Christmas and a Fabulous New Year to all and remember ....take time to take care of YOU.....Janis ☺**

<http://www.iquitsugar.com/sugar-free-coconut-ice>).



All the staff here at the  
Women's Health Centre  
would like to wish you all a very  
Merry, Peaceful &  
Safe Christmas and a Happy  
& Prosperous New Year.  
The Centre will Close at Midday  
Christmas Eve & Re-Open  
Monday 6th January 2014.

## Memberships & Renewals (expires 30 June each year)

Please enter your details and return to us with fees as detailed below:

Unwaged  
Membership \$ 5  
Newsletter only \$10

Waged  
Membership \$15  
Newsletter only \$20

Community/Government/Corporate  
Community Org (newsletter only, no voting rights) \$25  
Government/Corporate Orgs newsletter only, no voting rights) \$35

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Member Type: NEW  RENEWAL  COMMUNITY ORG GOVERNMENT/CORPORATE

Interest Areas: \_\_\_\_\_

## Rockhampton Women's Health Centre

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PO Box 472  
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