

# PORTLAND GROUP BULLETIN

ABN 64 005 081 523

## March to August 2010



australian  
breastfeeding  
association

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**National Helpline**

**1800 686 2 686**

**1800 mum2mum**

The Australian Breastfeeding Association (ABA) welcomes all women – from all walks of life and all stages of mothering. Meetings are casual with a breastfeeding counsellor in attendance. The Association's vision is to empower women to breastfeed their babies exclusively for 6 months and continue for at least 2 years.

**BABIES & CHILDREN ARE WELCOME AT ALL EVENTS**

### Dates for Your Diary

**March. Thursday 4<sup>th</sup> March at 1:30pm**

Nykoal's House, 334 Edgar Street, Portland.  
'Cradle, Crèche, and Kinder...Chaos! Bring stories of how you survived.

**April, Thursday 8<sup>th</sup> at 7:30pm**

Angela's house 39 Cape Nelson Road, Portland. Social Night.

**May, Wednesday 5<sup>th</sup> at 1:30pm**

Rebecca's house. 47 Hurd Street, Portland.  
I Can't work AND breastfeed can I?

**June, Wednesday 9<sup>th</sup> at 7:30pm**

Bernie's House, 5 Adamson Crt, Portland.  
Trouble shooting Breastfeeding.

**July, Thursday 8<sup>th</sup> at 1:30pm**

Nykoal's House, 334 Edgar Road, Portland,  
Social get together.

**Aug, Thursday 5<sup>th</sup> at 7:30pm**

Lynda's house 191 Bentinck Street,  
Portland. Breastfeeding around the world,

Please check for updates in the "What's On" section of the Portland Observer on the Friday before the meeting.

Every Monday 12 ~ 1pm Portland Group on  
Air 99.3 3RPC-FM

Make a lunch date with Nykoal and Pixie and tune in - breastfeeding information, ABA news, views and great music.

### Message from the group leader.

Welcome new subscribers: Please come and join us in a cuppa. This year is shaping up to be a busy one. We will be holding a baby change area at The Heywood Wood Wine and Roses Festival, holding many Breastfeeding Education Classes and of course our monthly meetings. In May will be our annual Baby and Child Bonanza as well as selling tickets in the National Raffle. If you are able to volunteer your time at any of these, or at any other time please let me know. Your assistance would be greatly appreciated.

Congratulations to any and all new mothers and their families in our community.

### Contact Us.

**Group Leader** - Rebecca McMillan 5523 3672

### **Breastfeeding Counsellors**

- Bernie 5523 3250

- Pixie (Hilary) 5523 7460

**Breast Pump Hire** - Bernie 5523 3250

- Victorian Coordinator 9885

6333

**Community Educators** - Lynda 5523 1395

- Rebecca 5523 3672

- Nykoal 5523 2260

**Treasurer** - Bernie 5523 3250

**Sales** - Mothers Direct 1800 032 926 or

[www.mothersdirect.com.au](http://www.mothersdirect.com.au)

Is there a job that you would like to do to help our group? Talk it over with Bec. 5523 3672.

**Australian Breastfeeding Association - Baby & Child Bonanza Garage Sale**

Sunday, 30 May 2010  
11:00 AM - 1:00 PM



The Portland group of the Australian Breastfeeding Association is holding its 17th annual Baby & Child Bonanza Garage Sale. Items for sale include cots, prams, pushers, cradles, change tables, baby clothes, toys, books, children's wear and much more. There will also be a B.B.Q, tea, coffee, muffins and soup. Even more bargains after 12.30pm.

**LOCATION:** Civic Hall, Bentinck St, Portland

**CONTACT NAME:** Lynda Cooper **PHONE:** (03) 5523 1395

**EMAIL:** [lcooper1@bigpond.com](mailto:lcooper1@bigpond.com)

Stay tuned for the date to book in your table.

**Breastfeeding Education Classes (BECs)**

Breastfeeding Education Class's are scheduled on an as needs basis this year. If you or your friends want a complete overview or brush-up for breastfeeding for success, give Rebecca a ring to book in. Your registration fee includes our wonderful 240 page ABA Breastfeeding Naturally, a years' subscription to our magazine, *Essence*, and Mothers Direct discounts, (also big discounts for breast pump hire). We also provide afternoon tea and light refreshments.

**Venue:** Portland Campus, South-West TAFE, Hurd Street, Portland. Check the local news paper for upcoming dates or ring Rebecca direct on 5523 3672.

**National Raffle**

The tickets have arrived in Portland and will be on sale shortly in and around the Portland area, so keep your eyes open for these great tickets. First prize is a \$15,000 shopping spree, closely followed by second prize of \$10,000 Shopping Spree. Portland group will be selling these in various locations until Mothers day when it will be drawn. If you are interested and able to help sell these wonderful tickets please call Rebecca on 5523 3672 to arrange it.

**SUBSCRIPTION FORM**

Title \_\_\_\_\_ First name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_

Previous/Renewing subscriber Y/N Subscr No if known \_\_\_\_\_

**Subscription Prices:**

**New** \$65 (concession \$50)     2 years \$95     **Renewal** \$50 (concession \$35)     2 years \$85

Centrelink Concession Card No \_\_\_\_\_

Payable to Australian Breastfeeding Association. **You can also subscribe, or give a gift subscription online** [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au), or Fax: (03) 9885 0866; or Phone: (03) 9885 0855.

Payment Details: Cheque/money order for \$ \_\_\_\_\_

Please charge my credit Card \$ \_\_\_\_\_ Mastercard or Visa \_\_\_\_\_ Exp Date \_\_\_/\_\_\_

Cardholder's name \_\_\_\_\_ Cardholder's signature \_\_\_\_\_

Post to .....Australian Breastfeeding Association, PO Box 4000, Glen Iris Vic 3146

**Your Privacy is Important to Us**

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so.