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Issue No: 1

Welcome to the first Westside Business Women newsletter!

Our vision is that you will find this newsletter informative and entertaining and will enjoy reading and contributing to it. If you like what you see, feel free to forward it on to others... the more the merrier!

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Feature Article:

Be Aware, Stay Safe!

WBW Lifestyle: A Storm's Brewing in your Coffee Cup

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Be Aware, Stay Safe!

Everybody has a right to feel safe all of the time – this is the message that special guest speaker Sergeant Nadine Webster sought to impart at our January meeting – and impart it she did! We thank her for her informative and vibrant presentation about something that is so important to us all.

Did you know that 90% of abuse is perpetrated by people that we already know? Our right to feel safe all of the time comes with corresponding responsibilities (it seems those can never be avoided...) to ourselves and to those around us. With whom we choose to spend time is our responsibility, as is how we treat others. It seems that the biblical mantra – love your neighbour as you love yourself – remains as relevant today as it ever was.

See page 2 for tips on staying safe...

A Storm's Brewing in Your Coffee Cup

Whether you love it or you hate it, coffee always elicits a passionate response. There is nothing 'on the fence' about it. A brief look at the turbulent story of coffee throughout the ages only serves to strengthen this view, and that the Italians have taken on coffee as an expression of their national identity confirms it...

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admin@westsidebusinesswomen.com

Need finance???

The Choice is Clear...

Contact Laura on 0422 320 497

laura.sillano@optusnet.com.au

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**Or perhaps this side
would suit you better???**

Contact

admin@westsidebusinesswomen.com

WBW Latest News and Events...

We're Live and Loving it! Our website is up and running - check it out for up to date info on our events and who's new... www.westsidebusinesswomen.com

After a great turnout for our first breakfast of the year in January, we can't wait for our next meeting on Wednesday 28th February. Starts at 7am and you won't want to miss our guest speaker Peter McAllister. Come along and hear about how to "Improve your health and reduce stress, stay focused, positive and motivated. - Free yourself from worry."

Be Aware, Stay Safe! (Continued)

Tips for Staying Safe...

Being aware of how your body reacts when you feel unsafe is the first step. Listen to your body, and know how you respond when you feel safe, and when you feel unsafe. Recognising that difference is the first step in staying safe!

Safe = secure, confident, relaxed and in control – how does this feel to you? Unsafe = intimidated, threatened, scared, tense – how does your body react when you feel unsafe? Your body's reactions to feeling unsafe are your early warning signs.

Recognise your early warning signs – butterflies, goose-bumps, dry throat, sweaty hands, flushed or pale, fainting – each person has his or her unique responses to feeling unsafe – what are yours?

Listen to your body – and have confidence in what it is telling you. Recognise your instinctive response to fear and then take action. Being safe is about being pro-active – get help!

If something does happen to make you feel unsafe, who is your network of five people that you can call on in an emergency? If someone you know feels unsafe, would you be able to help? Setting up networks keeps you, your family, friends, neighbours, colleagues and community safe.

Finally, if you have been abused, or felt unsafe, there is nothing so awful that it can't be talked about. Remember that you have a right to feel safe all of the time.

Resources/Contacts:

Goodna Police Station: 3436 2999
Springfield Police Beat: 3884 6144
Sgt Nadine Webster, Officer in Charge, Crime Prevention Unit:
3817 1351 email: webster.nadine@police.qld.gov.au

Contributors...

Editor: Laura Sillano

Laura runs her own finance business, Clear Investment Solutions. She is also contracted by people in the coffee industry to conduct training sessions on the art of creating great espresso! She can be contacted on 0422 320 497.



A Storm's Brewing in Your Coffee Cup... (Continued)

Did you know...

Coffee was banned by authorities in a number of countries as it was considered to stimulate subversion.

Medieval women petitioned the king asking for prohibition on the grounds that it made their men impotent.

Pope Clement VIII was asked to forbid the faithful from drinking the 'beverage of the devil'.

Despite these attempts to dampen the influence of coffee around the world, the use of coffee as a popular social lubricant and intellectual stimulant has only increased. In the words of Pope Clement VIII:

'This beverage is so delicious it would be a pity to let only unbelievers drink it. We can beat Satan by blessing it. There is nothing in it to prevent it from being a Christian drink.'

Italy, the country where coffee preparation techniques have been refined over the last century or so, is clearly the home of espresso. Espresso, a drink that has taken the world by storm with its syrupy bitter-sweetness, is a potent reminder of the passion behind the café tradition. And who would argue that the Italians are not passionate?

So why not enjoy an espresso today... and may your day be touched by the passion and mysticism inherent in every cup of coffee!

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Is this your picture?

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Are you the next contributor?

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Contact

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