

## WESTERN SYDNEY CHAPTER NEWS

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Editors: Pam Hoy & Ian Brown

### WELCOME



**Written by Counsellors for Counsellors.**

#### Welcome

Hello again everyone,

I can't believe that another year is almost over and I have been in the convener's chair for almost two years, where is the time going?

In the next edition we will be summarizing the Chapter happenings for 2008, which has been a very productive one for the Chapter.

We have many new members who attend on a regular basis and I believe that the speakers who have presented throughout the year have been outstanding.

As 2009 is upon us I urge all of you to consider presenting at one of the chapter meetings. I know it is difficult sometimes to speak to groups of people, however we are all very thankful to our speakers and gain a great deal of knowledge.

If you specialise in certain areas, or have other information you believe to be relevant to counselling please let me know, as all of the other members would like to hear from you.

We would also like to hear about any challenges you have been experiencing and any accomplishments as others may be going through the same thing and your words may help them to prevail.

If you are interested in any of this, please forward your details to me at [pammhoy@bigpond.net.au](mailto:pammhoy@bigpond.net.au) and we will include it in future editions.

Until Next Month (December WOW) ...

Please Enjoy

Pam.



## Western Sydney Chapter Happenings

The next meeting is scheduled for the 29<sup>th</sup> of November 2008. Commencing at 1pm, as always the Venue is the Community Centre, Lawson St. Emu Plains and the cost is \$5, which assists in the rental of the Centre.

Once again Brigitte Madeiski will be offering supervision. Thank you Brigitte, you have enabled the group to gain valuable information and also the required supervision points.

It was discussed at the previous meeting that the opportunity for members to gain experience in public speaking may be helpful. Therefore each meeting from now on will have 1 or 2 members present their profiles.

Each speaker will have 5 to 10 minutes to deliver their presentation with Gigi Neophytou and Glenn Cameron delivering their profiles at the November meeting.

This is a great opportunity for counsellors to experience speaking to a group and develops the skills that assist facilitating a workshop or a seminar.

Del Layton has been invited to be the guest speaker if she has recuperated sufficiently from her recent surgery.

Del will talk about hypnoses for pain relief and healing. We would like to take this opportunity to wish Del a speedy and complete recovery.

As this will be the last meeting for the year at Emu Plains, we will also be having our Christmas Party. Come along and join us, every one is welcome. Please bring a plate of food to share or a cold bottle of non-alcoholic drink.

## **SYDNEY CHAPTER**

**Where** Ryde Eastwood Leagues Club  
117 Ryedale Road. West Ryde.  
**When** 13<sup>th</sup> of December 2008  
**Time.** 1: 00 PM  
**Cost** \$10: 00

Please try to come along.... Regards Lorraine.

RSVP to Lorraine Dailey on [lorraine.dailey@aarminique.com.au](mailto:lorraine.dailey@aarminique.com.au)

## CENTRAL COAST CHAPTER

Please contact Cliff Parker on [cliffp@tpg.com.au](mailto:cliffp@tpg.com.au) for information. With the advent of the M7 and M2 it is just over one hour from Sydney and could offer a cost effective way of gathering Supervision and Ongoing Professional Development Points. The Central Coast is also a lovely area to visit, so you may like to consider going for the day or the weekend and incorporate the Chapter meeting within that time.

## HUNTER CHAPTER

For information about the Hunter Chapter please contact Stephen Tsousis at [stevetsousis@hotmail.com](mailto:stevetsousis@hotmail.com)



### A Message from Donald...

The last in this series of **Free Talks For Parents** open to the Public will be held in North Sydney on Friday 14th and Saturday 15th November at 12.30pm. No further reminders will be sent for these talks - please call me on **02 9413 9794** or **0412 178 234** for details. I trust you're all well

**Donald Marmara - Core Development**



### HUMOROUS ANTIDOTES.

Life is a test, and I didn't take very good notes

This sign was seen on a plumber's Ute.  
"We repair what your husband fixed."

This sign was seen in a NO SMOKING area.

"If we see smoke, we'll assume you are on fire and take appropriate action."

## George Carlin's Views on Aging - (Thanks to Kym Lloyd for submitting this).

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four **and a half!**" You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. You **become 21**. Even the words sound like a ceremony. **YOU BECOME 21 YESSSS!!!**

But then you **turn 30**. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You **BECOME 21**, you **TURN 30**, and then you're **PUSHING 40**. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH 50** and your dreams are gone.

**But wait!!!** You **MAKE it** to 60. You didn't think you would!

So you **BECOME 21**, **TURN 30**, **PUSH 40**, **REACH 50** and **MAKE it** to 60.

You've built up so much speed that you **HIT 70!** After that it's a day-by-day thing; you **HIT Wednesday!**

You **get into** your 80's and every day is a complete cycle; you **HIT lunch**; you **TURN 4:30**; you **REACH bedtime**. And it doesn't end there. Into the 90s, you start going backwards; "I **Was JUST 92.**"

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!

## HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop" **And the devil's name is Alzheimer's.**

4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity**



Life is not measured by the number of breaths we take, **but by** the moments that take our breath away...

George Carlin



### **MONTHLY HEALTH AWARENESS – November**

Nationwide Prostate Cancer  
[www.prostate.org.au](http://www.prostate.org.au)

Lung Cancer  
[www.lungnet.com.au](http://www.lungnet.com.au)



Although we have profiled Gary before, Ian and I thought that his long list of achievements was not fully captured in the previous edition.

Gary Green is a peak performance consultant with a proven record of achievement commercially, academically and sportingly.

Gary is a 6th Dan Black Belt Taekwondo Master (MAIA), long term member (over 18 years) with the New South Wales Justices' Association (NSWJA), Director of Blessed Investments P/L, member of Mensa, former Rockdale City Councillor (Alderman) and the past President of Botany Bay Toastmasters.

Gary holds formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA), Retail Management (ISA), Ego State Therapy (Mac.), Communications (TI), Neuro Linguistic Programming (QCS) and a University Masters Degree in Counselling (Psych. UWS).

Amongst other accolades, Gary has an "Advanced Communicator Gold" certificate from Toastmasters International and helped build up a multi-million dollar business (Managing Director of Trademart Imports P/L). Gary has also co-authored a book titled Soul Purpose and co-authored 10 audio books, which are now widely distributed by iTunes, Audible, Amazon, New World Music and selected retail outlets worldwide.

Gary's the co-founder of SelfDevelopment.biz which helps people lose weight, stop smoking, meditate, relax, study and sleep better etc, through their highly acclaimed audio books, Cds and Guidebooks, now published through Bonza Entertainment P/L.

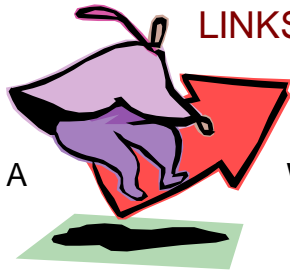
Gary was the NSW Black Belt heavyweight champion for two years running in 1988/89 and made the Australian Taekwondo team. He is a convinced theist (believes in a Higher Power) and member of the Theosophical Society (TS), Clinical Member/Supervisor with the Australian Counselling Association (CMACA) and on the National Register of the Psychotherapy and Counselling Federation of Australia (PACFA).

For more information about Gary please visit the following web site  
[http://www.garygreen.org/gg\\_002.htm](http://www.garygreen.org/gg_002.htm)

## QUOTE OF THE MONTH

"In gentleness there is great strength; Power most of the time can be a very quiet thing."

Sun Bear, Native American Author and Teacher.

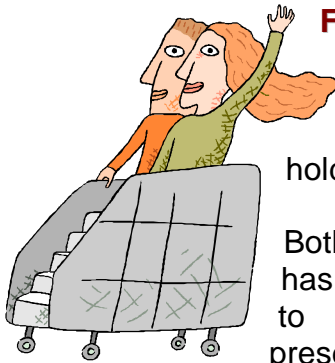


## LINKS OF INTEREST

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Self-development biz [www.selfdevelopment.biz/](http://www.selfdevelopment.biz/)

Web Site developed by Gary Green and Lyndall Briggs.



## Final Note:

It is now only a few weeks before the final chapter meeting of the year. The Sydney Chapter will also be holding their final meeting in December.

Both Ian and I are extremely proud of what the Chapter has achieved this year and I just wanted to say thank you to everyone who has attended, participated, and presented.

There are obviously many things going on within the Counselling Profession at present, which are a challenge to all of us.

Attending the Chapter meetings is a great way of discussing these concerns together as a group and staying linked with like-minded, professional people.

We wish you all well in your counselling practices and we'll see you on November 29th...

Stay Well

Pam and Ian.