

Authors remind women about welfare

By **FALLON HUDSON**
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ALL it takes is two minutes a day to realise you are worth it.

Sometimes as women it can be hard to find the time to take care of ourselves – that is why we need to be reminded.

Yesterday, the best-selling authors of Like Chocolate for Women, Kim Morrison and Fleur Whelligan, gave an inspirational presentation to Mackay women at

Femnasium Health and Fitness Boutique.

Their main focus was that self-care was not selfish, it was essential.

“Our main thing to get into their heads is that it is so important they get themselves, their health and wellbeing first, because when they do, everyone else around them benefits,” she said.

“We give them tools and techniques when they feel they don’t have money, time or if they are stressed and

overworked – we give them the strategies to bring the focus back to them.

“We call ourselves professional reminders, sometimes we need to hear it over and over to fully understand that we need to take care of ourselves.

“We look at it, if you are feeling happy, content, confident and your self-esteem is good, you are probably covering all the bases.

“If life is a struggle, challenging and you are not

being a great mother in your eyes, you don’t feel fit and fabulous, and you don’t wake up energised and excited – there are some areas that need addressing.

“If you are feeling fantastic we say celebrate it because those moments are really exciting,” Kim said.

“To us there is no one simple answer; as long as you walk into a room feeling happy, confident and feeling like you know who you are then that is ultimately what we are looking for,” Fleur

said. Fleur said women’s happiness and wellbeing came back to them.

“You are the only one who is going to take responsibility for you and nurture you – no one else is going to do it,” Fleur said.

“No one is going to make you happy or smile or look after you the way you can,” Kim said.

Their book Like Chocolate for Women is a “dip into book” so a busy time poor woman can open the book to any page and find an

inspirational message.

The duo said some of their tips for women to take care of themselves was having the right attitude, prioritising yourself; eliminating chemicals and stress from your bodies and lives, exercise and getting back to nature.

“We teach a technique, which is a two-minute ritual using essential oils to set you up for the entire day, it gets your mind right and helps to acknowledge you in the morning,” Fleur said.



YOU'RE WORTH IT: Author Fleur Whelligan, Femnasium manager Robyn Agius, Mater Foundation's Chicks in Pink Central Queensland regional co-ordinator Amanda Vickers and author Kim Morrison at yesterday's event.

PHOTO: LEE CONSTABLE

Compromise decision allows BMA 100% FIFO at new mine

FROM PAGE 1

BHP profits than positive outcomes for the community. Our community has donated hundreds of hours to being a constructive stakeholder in this process... and it is clear the government has simply acted as a rubber stamp for BMA's \$50 billion dollar money tree in the Caval Ridge Mine."

Isaac Regional Mayor Cedric Marshall said the decision was final.

"There's no right of ap-

peal," Cr Marshall said.

"This decision is final.

"I think it's the best we could have got out of it."

While BHP Billiton Metallurgical Coal president Hubie van Dalsen admitted the new conditions allowed for 100% FIFO, he said the company was yet to decide the make-up of its Caval Ridge Mine workforce.

"We expect to make a final decision in the fourth quarter of this (calendar) year," Mr van Dalsen said.

"The single most impor-

tant thing for the community is that the Caval Ridge project go ahead – without workers it can't go ahead."

Co-ordinator General Keith Davies said the go-

with a ratio.

"The new conditioning will ensure choice for employees across the operations and that the majority of employees will reside in

We expect to make a final decision in the fourth quarter of this year. – Hubie van Dalsen

vernment wanted to recognise the broader community's interests, rather than conditioning each project

the community in line with government's recently released Major Resource Project Housing Policy," Mr

Davies said.

"Equally the conditions on BMA recognise the importance of protecting the liveability and sustainability of resources communities such as Moranbah through requirements of significant housing investment."

Mr Davies said BMA would also have to report twice a year on the status of the workforce.

State Development Minister Andrew Fraser yesterday said he took "the broader

interests of the state" into account when approving construction of BMA's \$155m Buffel Park Accommodation Village.

"Between the Caval Ridge Mine and the Buffel Park Village 2000 construction jobs and 500 operational jobs will be generated," Mr Fraser said.

"There will be significant economic impact flowing onto the state as a whole and obviously to Moranbah and the Bowen Basin region."

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