



## e-newsletter

*Affiliated to the New Zealand Federation of Business & Professional Women Inc.*

May 2017

### From the President.....

Hello Ladies,

Welcome to the May newsletter and hope you all are keeping well and not succumbed to the nasty cold that I have had and then shared with John so both of us are coughing and sneezing. It's a good time for friends and family to stay away until we recover.

It has been a sad time for several of our members who have lost loved ones recently, I'm sure I can speak for all our members that we are all thinking of you as you learn to live without your dearly loved partners.

Its time again for our Regional meeting, this time in Huntly, this is a great opportunity to meet and greet other members and to learn what other clubs are doing in promoting BPW. Do attend if possible. Hear our new BPWNZ President Hellen Swales speak, Sally talking about Grow Me, IT updates and Janet issues on Taskforce and Club Liaison and Vicky about Resolutions, they were passed at Conference, where to now.

I have also sent out request for Sub Committee members and there are still gaps that need to be filled. Most only require a couple of meetings a month and the more volunteers we have it makes lighter work for all. Please let me know what subcommittee you would like to work on and it will save me phoning you. We have Candle Lighting coming up in June. (Bree needs help)

Once again Virginia has some very interesting guest speakers for our meetings; she would love some ideas or names of speakers who you might recommend. Look forward to meeting you all again at our dinner meeting.

Thanks and regards

Glenys Hayward

President BPW Franklin



### Katherine Du Luc, Franklin Locality—the future

Kathryn is the Franklin Locality General Manager employed by Counties Manukau District Health Board. The Locality is a partnership of health related organisations from within Franklin and recognizes that place is important to health. The localities approach acknowledges that population health improvement is largely about working locally.

Kathryn has a background working in health both in the UK and New Zealand. She moved to New Zealand in 2002 with her husband after working within the NHS and working as a management consultant. She studied for her MSc and PhD at Birmingham University. In addition to working for Counties Manuka District Health Board she also worked in Northland for a GP Practice and the District Health Board.

Kathryn's hobbies include gardening and swimming.



**"A mother's happiness is like a beacon,  
lighting up the future but reflected also  
on the past in the guise of fond  
memories."**

**Honore de Balzac**

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### **BPW NZ - Northern Regional Meeting**

**21 May 2017, 8:30am - 3pm**

**Huntly & Districts**

**RSVP by Tuesday 16th May**

Members have been emailed registration form.

## Apologies

### Please note changes below:

Members if you are unable to attend this month's dinner, please phone an apology through to:

**Marilyn Bennett**

**(09) 236 0636 (leave a message)**

**(027) 479 9121 (text preferred)**

**Email: marilynbenett35@gmail.com**

**Before 8.00pm  
on Sunday 21st May**

**If you have any special dietary needs,  
please notify Marilyn**

- If you are bringing guests, please let Marilyn know.
- An account for dinner will be sent for late apologies.
- Waiving of this charge will be at the discretion of the committee.

## May Birthdays

There are no members birthdays in May.

*A birthday is the first day  
of a 365 day journey  
around the sun...enjoy the trip*

### Draft Programme 2017

- June 28th: A suitcase of Saris  
(Candlelighting Ceremony)
- July 26th: Neelam O'Neill Paralympian shooter  
(Mother/Daughter evening)
- August 23rd: *Candidates Panel (Election Sept 23)*  
(BPW Franklin Birthday)
- Sept 27th: Jen Birch Autism Spectrum Disorder
- Oct 25th: Predator Free NZ
- Nov 22nd: Stan Gammon—Light-hearted Tales  
from the Metropolitan Police Special  
Escort Group (Partners welcome)

**24th MAY 2017**

### Franklin Club

7 East Street, Pukekohe

Mix 'n mingle at 6.30pm, start 7.00pm

**COST: \$30.00**

**THEME:** Bring a friend

**HOSTESSES:** Hansa N & Janice G

(Hostesses set up room please.)

**INTRODUCER:** Bree C

**THANKER:** Sharon W

**ASSIST. TREASURER:** Juliet P

(AT to take tablecloths home to launder please.)

**COLLECT READER:** Annette S

If you are unable to undertake your role, it is your responsibility to find a replacement. However, if you need help finding a replacement a committee member will assist you.

### BPW FRANKLIN AIMS

1. To stimulate and encourage women to realise and accept their responsibilities in the community —locally, nationally and internationally.
2. Work for higher standards of education and training for business and professional women.
3. Work for equal opportunities and status for women in business, trade and the professions and in economic, civil and political life.
4. Work for the removal of discrimination.
5. Collect and present the views of its members to the New Zealand Federation of Business and Professional Women Incorporated (hereinafter called 'the Federation').
6. Ratify, action and support the policies of the Federation.
7. To promote co-operation amongst business and professional women throughout the world.

## HAPPY MOTHER'S DAY



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## Members Happenings...

Deepest sympathy to **Heather Walden** (and **Nicky Taylor**) on the death of Heather's husband, Trevor, on April 25th. Our thoughts are with you at this very sad time.

Congratulations to **Marion Walker, Noeleen McGuire, Liz Hall** and **Raewyn Fricker** who have received certificates from BPW NZ for 10 years plus service. (Also Heather and Nicky who are still to be presented.)



Congratulations to **Janice Gammon** who has achieved her Bronze Key to Achievement and **Lee Walter** who has put in a lot of effort to achieve her gold key. A lot of work goes into obtaining these keys. Thanks to **Trudi Harrison** for motivating and encouraging members to reach these goals.

**Virginia Warren** was honoured on her trip to Florida to be made an associate member of North Sarasota BPW. Virginia said "It was super to join this lovely group of women at their meeting and exchange ideas and find our similarities and differences." We wish Virginia safe travels and hope to see her at this month's meeting if the jet lag isn't too bad.



### Website

[www.bpwfranklin.org.nz](http://www.bpwfranklin.org.nz)

Like us on Facebook

[www.facebook.com/](http://www.facebook.com/)



### A NOTE FOR ASSISTANT TREASURERS

Please take the table cloths home and launder them., bringing them back the following month. As this is a new initiative, if there are any issues, please see one of the committee so it can be discussed.



### BPW Huntly & Districts

Candlelighting ceremony

Tuesday 13 June, 6pm

\$35 dinner

Guest speaker: Judi Davidson

RSVP by 2nd June



Introducing your

### 2017 BPW NZ Executive

from left:

Adele Hardie (Treasurer),  
Christine Berridge (Executive Secretary), Sally Smith (VP Membership and 2<sup>nd</sup> VP),  
Hellen Swales (President),  
Janet Gibb (VP Issues and 1<sup>st</sup> VP), Lorraine Cameron (IT Administrator), Vivien Johnson (YoungBPW), Vicky Mee (Immediate Past President).

### Your Business advertising here...

**\$60 for a year**

Distributed to almost 40 members, over 50 other contacts, with the newsletter also available on BPW Franklin Website as well as BPW NZ website.

For more information please contact [bpwfranklin@gmail.com](mailto:bpwfranklin@gmail.com)

### BRAIN FIT FOR LIFE

Further Brain Fit for Life course is being offered in **Pukekohe** on 6th June, 6pm to 7:30pm.

If you would like to find out more about it contact Virginia 238 9430 or [vvwarren@ps.gen.nz](mailto:vvwarren@ps.gen.nz)





## In the News...

### local art historian to speak at BPW event



BPW Franklin will welcome Dr Angela Mackie, an Art Historian at Auckland University and a local Franklin resident as their guest speaker this week.

The BPW Franklin April dinner will take place on 26 April. Dr Mackie will be speaking about Art which comes from war, as a timely tie in with ANZAC Day. She regards work by Goya and Picasso, as being the best examples of war art and will explain this at the dinner.

Angela is a local Franklin resident and lives in a 100 year old villa surrounded by her art books, music,

dogs and horses! Rural life is balm to her soul. The Mauku resident has academic interests in Art History and Italian, and lectures one day a week in the Undercroft of Holy Trinity Cathedral. She is also passionate about horses and has been breeding thoroughbreds and warmbloods, and is returning to competing.

Choral singing has always been a part of Angela's life, travelling the world with the Auckland University Festival Choir and the New Zealand Choir which included a concert at Westminster Abbey and being received by the First Lady, Mrs Nixon at the White House, and the Secretary General at the United Nations. Angela has sung with the Cathedral Choir in Auckland, the Bach Choir in London and at St Mark's, Florence.

"It is strange, but true, that at a certain age your roots begin to call and so I left my beloved Melbourne and returned home to Auckland which is where this story began."

If you would like to hear Dr Angela Mackie are welcome to attend and can contact Marilyn Bennett on [marilynbenett35@gmail.com](mailto:marilynbenett35@gmail.com) or text 0274799121 to book a place.

(Tuesday 18 April 2017 | [www.the-post.nz](http://www.the-post.nz))

Tuesday 25 April 2017 | [www.thepost.nz](http://www.thepost.nz)

### Survivor speaks out about violence

Simonne Butler, who is lauded for her dedication to eliminating violence in New Zealand, recently spoke at a meeting in Pukekohe.

Simonne is a Survivor Spokesperson for the NZ Women's Refuge, and an advocate for ending intimate partner and family violence in homes and communities.

In 2003 she survived an attack by her boyfriend, who was high on methamphetamine. He cut off both her hands while trying to execute her with a samurai sword. Her hands were reattached in groundbreaking marathon surgery and she spent the next decade healing her mind, body and spirit. Now, she is sharing her experiences, to shine light on domestic violence and also to show that no matter what happens, there is a way to heal.

At the BPW Franklin March dinner, the members were in awe of what Simonne has achieved and how she has healed with no trace of bitterness to mar her wholeness. Simonne told her story with passion, as well as calm and graceful humour. Simonne shared how she conquered the demons and rose like a phoenix from the ashes, learning how to live with passion, honesty and love. It was said by BPW Franklin members that the story she shared was a 'sobering' experience. BPW nationwide, also continues to work towards eliminating violence in whatever way possible.



Tuesday 2 May 2017 | [www.thepost.nz](http://www.thepost.nz)

### Healthy Living

#### Brain fit classes give hope

It was brought to the attention of the ladies at Franklin BPW that many people are worried about memory loss, and have become concerned that these occasional lapses may be the beginning of losing memory altogether.

Striking up a partnership with the Brain and Memory Foundation, the group are offering courses which are designed to build a buffer against future memory loss.

So far, over 100 people in Pukekohe have joined the BPW-sponsored Brain Fit for Life™ classes, with many being left feeling empowered and confident within themselves about memory loss.

"It hasn't just given me skills, it's given me hope!" said participant, Joan.

"This has been such a reassuring course—it's great to know there are lots of ways I can keep my brain active and sharpen my memory," said Sue Crozier.

The classes are based



The participants at the last Brain Fit for Life class, who left feeling empowered and confident within themselves about memory loss.

around neuroscience, with the aid of sophisticated imaging techniques. Memory Foundation experts Dr Allison Lamont and renowned educator, Gillian Eadie, have created practical solutions to help people remember confidently and well at any age.

For those who are in the workplace, social situations, studying, or simply struggling with memory lapses, the course is aimed to improve memory and brain agility.

After an overwhelming response at the first class in Pukekohe earlier this year, the Brain Fit for Life™ classes will be introduced to Waiuku in May. The next course is being facilitated by accredited coach, Cherie Powrie, commencing on Tuesday 6 June, and following each Tuesday for five weeks from 6pm at the Franklin Club.

For more information on the classes, please contact Virginia Warren on 09 238 9430.

### Future BPW NZ Conferences

2018 - Warkworth

2019 - Wellington/Upper Hutt/Hawera

2019 is BPW NZ 80th Birthday.

Diamond Celebration in Wellington!



Photos from Last months meeting...



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TAANZ



## My First BPW Conference by Toni Hill

I registered to attend conference with the aim of finding out more about BPW, to meet other members from around the country, learn what other clubs are doing and see if there was anything that could be brought back to Franklin. I was also looking for a fun weekend away from home.

Friday morning Virginia, Lee, Janice and I loaded ourselves into my car and set off for Central Hawkes Bay (CHB). We had a pleasant trip down stopping for morning tea and lunch before realising we better get a move on to make it to Oruawharo Homestead in time for the preconference events.

We arrived just in time to find our bags of goodies at the registration table, purchase a few raffles and say some quick hellos to any familiar faces and welcoming members before setting into the pre-conference resolution discussions. With a few minor friendly amendments to resolutions we were back in the car to check into our motel, get changed for dinner and back to the homestead for the official opening and awards dinner.



Conference activities were mostly held in a converted church on site. For the official opening and dinner we were assigned seats, forcing me to sit with people I hadn't met before. This was a great

way to get to know new people over dinner and find out what other clubs have been up to.

CHB Mayor, Alex Walker gave a warm welcoming and keynote speaker Sally Jackson was very enthusiastic and passionate about what the Hawkes Bay has to offer.



I'm looking forward to heading back down that way soon for another conference and will be visiting a few of the attractions Sally mentioned.



The awards section wasn't so good for Franklin with the awards heading to other clubs. It was great to see the excitement from these clubs and here's hoping we can find ourselves on stage next year celebrating.

Saturday morning eased into the formalities with reading the collect, lighting the candle, standard meeting protocols, executive reports and Hellen Swales president candidate speech. Following lunch there was a panel discussion on Entrepreneurial women making it work rurally. This was chaired by



Alex Walker and included five talented local ladies, Gretchen King (Agrecord - Cloud Farmer), Justine Kidd (CEO, Argibusiness), Mavis Mullins (future inductee to NZ Business Hall of Fame), Sally Maguire (Artist) and PJ White (Cheese maker). I love hearing other peoples stories and found the panel really inspiring. They had a wide range of business they were involved with and at different stages of their careers. Messages I came away with included; have a great team around you, one that is hard to get into, but easy to get out of; benefits of a 100 year plans; if you are going to show up, try to win, don't show up to try to try; and the entertaining insight that some rural woman pick a block and 'hope it's not too much of a clanger' as you often end up on working on inherited farms where you don't get much of a say in its location.

After the panel there was a small amount of time to provide some feedback in groups on resolutions, membership and issues for the executive to take forward, then a few messages before heading back to the motel to get dressed up in our 60s gear.



The 60s night was an absolute blast. The effort some went to for their costumes was absolutely amazing and meant trying to recognise people I'd only recently met was quite the challenge. Tables were set up with a centrepiece that included an album



cover. Part of the evening's entertainment included each table getting up and singing a song from their table centrepiece. Our table was first up and did a pretty good job of Engelbert Humperdinck's Release Me. It was a fun way to

spend the evening between 60 inspired courses and hearing the owner of the homestead talk about its history, how they got there and their plans for the future. The night finished by burning up the dancefloor to some iconic 60s music.







Sunday saw a few more reports/messages and the continuation of resolutions. This was the day to see the wide variety of work that BPW does. It's impossible to put into a report like this but for anyone interested I would suggest taking the time to look up the little bits of information found in this newsletter.

The resolutions side of things were an interesting experience following the standing orders in place to debate the issues. Most resolutions passed, albeit with a few teaks here and there. It's a tough ask having so many passionate, intelligent women with different experiences to all agree on so many issues and the debate does I believe bring out better outcomes, even if a few of us would rather just get on with it than debating the small details. I wish Vicky all



VICE PRESIDENT PRE

the best for her term looking after the resolutions side of things.

The end of the conference was a pretty emotional time. With Vicky stepping down as president there were so many lovely things said about and to Vicky. It was a pretty

proud moment for Franklin to have one of our own so clearly well respected and loved by all. So I achieved all of the aims I had for attending conference and so much more. While I got to find out a lot more about BPW and other clubs I also managed to find out a lot more about our own club members. From seeing Vicky leading up the front and all the kind words that were said about her term, to Hellen Swales thanking Dianne Glenn for all the work that she has done over the years that made her job a lot easier when presenting at the international level on women with disabilities, which as a new member to Franklin I wasn't aware of. Not to mention the great time I had getting to know Virginia, Lee and Janice (and now independent Sue) while travelling around. It was so nice to spend a lovely weekend with so many wonderful women.



Overall I think conference was a great experience where I met some wonderful ladies. (Joan Bielby, 50 years of service to BPW – amazing). Well done to Central Hawkes Bay for a great weekend and BPW NZ executive for all they do for women. I would definitely recommend all members attend at least one conference to see what it is like and appreciate some of what goes on behind the scenes.



## Days for Girls

Makes washable feminine hygiene kits that last each woman or girl for up to 3 years and partners with

organisations to distribute kits for free.

Sally is looking at setting up sewing teams or chapters and has already had a lot of interest in New Zealand for using the product.

Watch this space or check out [daysforgirls.org](http://daysforgirls.org)

## Individual Membership

An individual membership provides the opportunity to connect with women or clubs across the country via email or e-club. For more information please contact [membership@bpwnz.org.nz](mailto:membership@bpwnz.org.nz)

## Friends of BPW

Object of Friends of BPW is too raise funds for BPW without having to greatly increase members dues.

Bronze Friend \$100

Diamond Friend \$1000

Silver Friend \$250

Platinum Friend \$3000

Gold Friend \$500

Friends receive a distinctive 'Friend of BPW NZ' pin in recognition of their support.

## Nepal Project



Pauline Gapper, past president BPW NZ met with members in Kathmadu in 1998 when Nepal had the lowest literacy rate for women in the world.

BPW chapters in Nepal run classes for illiterate women and BPW NZ has traditionally raised funds to support these classes. One of the awards at conference recognises the club that raises the most funds.

## One in Four Campaign

A campaign to raise empathy for sexual abuse survivors living in our community.

