



# BPW New Zealand

*“advancing the interests of working women”*

Theme for the Year “New Dimensions of Leadership – for the Future”

July 08 Circular

## How to stop being a victim

The first step in not being a victim is to realize that you don't have to be one and that you deserve to be treated well. To help you in this vein, I'd like to end by sharing with you something I used in my work with abused women when I ran groups for social service agencies. I'm not sure of the origin and I apologize for this. I did not write it and bless the person who did. Feel free to post it somewhere where you will be reminded daily of its contents:

### **My personal Bill of Rights**

- I have the right to make my own choices.
- I have the right to follow my own values and standards, as long as I am not abusive towards others.
- I have a right to dignity and respect.
- I have a right to all of my feelings.
- I have the right to express myself as long as I am not abusive toward others.
- I have a right to determine and honor my own priorities.
- I have a right to recognize and accept my own value system as appropriate.
- I have a right to have my needs and wants respected by others.
- I have the right to say no when I feel I am not ready, unsafe, or if it violates my values.
- I have the right to make mistakes and not have to be perfect.
- I have the right not to be responsible for others' behavior, actions, feelings, or problems.
- I have a right to be uniquely me, without feeling I'm not good enough.
- I have the right to make decisions based on my feelings and judgment for any reason.
- I have the right to change my mind at any time.
- I have the right to my personal space and time needs.
- I have the right to be flexible and be comfortable with doing so.
- I have the right to be in a safe, non-abusive environment.
- I have the right to forgive others and forgive myself.
- I have the right to give and receive unconditional love.
- I have the right to enjoy being sexual and celebrate my sexuality.
- I have the right to my own spiritual beliefs and to celebrate them.
- I have the right to grieve when I don't get what I need.
- I have the right to grieve when I get something I didn't need or want.
- I have the right to joyfully receive without feeling guilty.
- I have the right to healthy relationships of my choice.
- I have the right to be angry with someone I love.
- I have the right to be, and can be, healthier than those around me.
- I have the right to trust others who earn my trust.
- I have the right to terminate conversations for any reason.
- I have a right to expect honesty from others.
- I have the right to change and grow.
- I have the right to follow my own path.
- I have the right to be happy.

By Esther Kane, MSW RCC

Women's Web <http://www.womensweb.ca/k2news/index.php?Action=Full&NewsID=1258>

## **President's Message**

Kia ora tatou, greetings to all BPW members and friends.

June and July have traditionally been candle lighting months for BPW clubs in New Zealand. Regretfully I have not been able to go to all the evenings to which I have been invited, but it has been my very real pleasure to share International Night with Tamaki, Auckland, Te Awamutu and Franklin Clubs so far this year, with Hibiscus Coast still to come. I am always delighted by the way that each club weaves its own personality around the central theme of the lovely candle lighting ceremony. Speaker topics have varied from author Tessa Duder, who assured us she was still very much alive, to Dr. Maria Galikowski who gave us a picture of the changing face of women in China. It was also exciting to see Auckland's evening so beautifully organized and run by their Young BPWs, leaders of the future without a doubt.

Preparations continue behind the scenes for our attendance at Congress in Mexico City in October. We have a party of twelve going to represent New Zealand and they will all be kept very busy indeed attending the business sessions and workshops so we can bring as much information as possible back to share with you all on our return. Joan Bielby has been working extremely hard on the International Constitution Advisory Committee to review proposed Constitutional Amendments to ensure they meet the criteria for presenting at Congress. I will be chairing a health panel on work-life balance, "Success – is it worth dying for?" and also speaking during a Plenary Session on "The Power to Make a Difference Through Advocacy – the New Zealand Experience", so I have some homework to do. Rachael Clarke, our Young BPW Convener, will be speaking to the New Zealand resolution re changing the age of Young BPW to "under forty years".

What other organization gives ordinary working women like us the opportunity to take an active part in an international forum, making decisions with international impact!

**Faye Gardiner  
President BPW NZ**

### **President's Calendar 2008**

July	8	Wellington, meetings with Hon Steve Chadwick, Minister of Women's Affairs, and Shenagh Gleisner, CEO of Ministry of Women's Affairs.
	8	Mana BPW Meeting, Speaker
	9	Tamaki BPW meeting, hosting Cecilia Thompson, BPW Brazil Executive.
	15	Hibiscus Coast BPW Candle Lighting
August	2	BPW Executive Teleconference
	13	Tamaki BPW meeting
	14	Central Hawkes Bay BPW 40 <sup>th</sup> Anniversary
	16	Central Regional Forum, Kapiti
Sept.	10	Tamaki BPW meeting
	14	Northern Regional Forum, Warkworth
Oct.	2-5	NCW Conference, Masterton
	8	Tamaki BPW meeting
	24-28	BPWI Congress, Mexico City

# Keys To Achievement

~~Beyond 'It's a Great Idea' to 'Action & Reward'~~  
Beyond 'It's a Great Idea' to 'Action & Reward'

I recently sent 3 questions to all Club Presidents –

1. Does your Club have a mentor co-ordinator?
2. Is your Club using the new Member Induction pack – the buddy system for starters?
3. Is your Club using the Keys To Achievement Program or planning to use it?

**A warm thank you to Presidents** of Central Hawkes Bay, Upper Hutt, Whangarei, Mana, Kaitaia, Franklin, Gisborne, Dunedin, Warkworth, Taupo, and Southland for your replies. (No it's not too late for you other busy leaders to reply. Waiting! Thanks)

You told me all shades of from “Yes! to everything” through to “thinking about it, doing something soon, setting up a 3-person driving group, want to but haven't started yet, have good intentions, launching in June with enthusiasm, positive energy flowing, have bought the books for all members” on to “No, never heard of it; No, established members not interested/ have no need for it”. **It was great to receive all feedback, thanks again.**

Personal communication is the first key in any success strategy. Technically, we're good at cleverly bouncing messages from outer space and back – but for BPW our greater need is to connect at the human level with other BPW members to stimulate, encourage, and become what our Aims state. In the June Circular I gave the Seven KTA success steps. Check it out again, or ask me. Make it easy for your club. Get onto your success track. The system is the solution. So get a system that works. Success will not come and claim you, but when opportunity knocks, for goodness sake answer.

## An example of KTA in action

Notes from Whangarei club June event.

**Gwendolyn introduced the Keys to Achievement** program, challenging all members to achieve their Bronze Key by April 09. Workbooks and worksheets given. “Get started! Enjoy!”

**Club 3-person KTA team** is Lesley, Ruth, and Gwendolyn.

President has **Bronze Level Achievement Sheet ready to register your progress.**

**Teaching module** – Learn a skill - The arts of “Introducing and Thanking a Speaker”.

**Audrey presented her prepared speech** – (Challenge No 2 – “Speak for 3 mins about your background, interest, career, and value from BPW”)

To fulfill KTA Challenge No 7, - ‘**Attend 2 meetings/events at other clubs**’ a group will visit the **Kerikeri BPW Club on 9 July**, for 6.30p.m meeting, traveling in Noell's large vehicle – Janet, Lesley, Anne, Faye, Noell, Gwendolyn, Diana. Own expenses, (\$30) plus shared petrol costs. The KK meeting is at “Pete's Transport Museum”; guest speaker is Hon. John Carter, MP.

Police Sgt. Vicki Allen, **introduced by Margaret T**, enlightened and stimulated us on the topic- “Set goals to make teamwork a reality” – ‘keep learning – don't burn bridges – hold your tongue – learn from mistakes – have a clear system for dealing with unhappy situations - deal with negativity through accepted channels – crises will happen – have a group strategy for success. Give back to the community’.

Vicki has 21 years of Police work plus top level sporting achievements to her credit.

**Diana E. thanked Vicki and presented** her with a BPW pen.

**Club newsletter editor** plans to mail out hard copies, 2-monthly to members. Next issue mailed by 12 July. She needs your contributions and snippets e-mailed to her by 4 July – your profile; publicity ad; ‘my passion is..’; ‘I recommend this book, because ....’; my personal goal for 2008 ..... other news...(KTA tasks 3 – **Express yourself by writing articles, and task 8 – become a media mogul.**)

**Noell to present 3-minute speech in July.**

Ma te ora, ka mohio; ma to mohio, ka ora.

Through life, there is learning. Through learning, there is life.

# NZ Diversity Action Programme Roundtable

## Draft Statement on Race Relations

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Colleen M Brooker and Penny Stevens represented BPW Auckland at the roundtable discussion on the Draft Statement on Race Relations in New Zealand called by the Human Rights Commission.

The purpose was to find common ground on race relations through discussion amongst people involved in community groups, services to immigrants and local bodies.

Statements have been formulated under the following headings:

- 1 Rights and Responsibilities
- 2 Tangata Whenua
- 3 Freedom from Discrimination
- 4 Freedom of Expression
- 5 Safety
- 6 Participation
- 7 Equal Opportunity
- 8 Settlement
- 9 Education
- 10 Cultural Diversity.

Feedback had been received from interested parties and those at the meeting addressed each statement in light of the feedback received. Additional comments were added by the group.

Further information can be seen on the following website to which BPW NZ has been added as an interested party:

[www.hrc.co.nz/diversity](http://www.hrc.co.nz/diversity)

**Colleen Brooker – BPW Auckland**

## YOUR BPW MEMORIES...

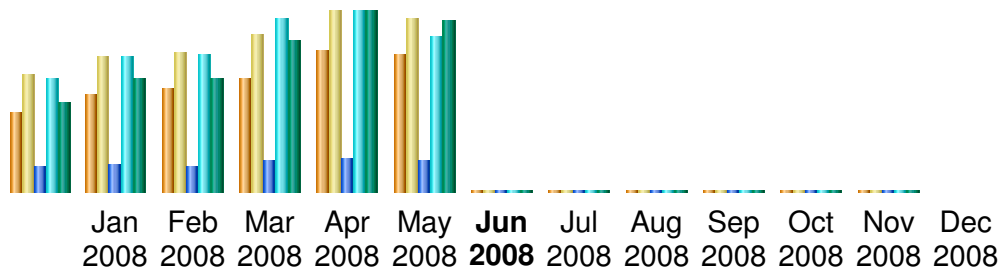
Preparations are underway for an update of the BPW NZ history and we need photos that are digital or can be loaned for publication. We are looking for photos from 1993 to the present of national historical significance but that does not disqualify suitable photos of club activities. All care will be taken with your photos and we may need them for a three to six month period.

Also any written anecdotes of historical interest for this period would be gratefully considered for publication.

If you think you may have suitable photos or stories and would be prepared to lend them, then please send them with names and dates and some information about the occasion to: The Archivist, BPW NZ, PO Box 28 326, Remuera, Auckland. If you would like to discuss any photos or memories, please contact Anita Devcich phone 0274 828 064.

**Anita Devcich – Immediate Past President**

# Website updates



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2008	454	663	1902	8820	53.80 MB
Feb 2008	552	775	2080	10396	69.31 MB
Mar 2008	592	791	1981	10591	69.12 MB
Apr 2008	642	891	2406	13328	92.28 MB
May 2008	805	1027	2557	13939	109.77 MB
<b>Jun 2008</b>	784	992	2407	12006	104.04 MB

Don't be put off by the pictures – rather than try to analyse them, just look at the general trend of an increasing number of people accessing the BPWNZ web site! To maintain and increase the interest in the web site, I need to ensure that the information is as up to date as possible. The number of changes made over the past month are too numerous to mention but can be gauged from the fact that I try to keep the updates to around an hour's work. This last month has seen a total of approximately 4 hour's work by the Web Master and this is not counting the time that is spent preparing the updates to go to the Web Master.

Hopefully you visit the web site regularly to keep up with the changes. The most obvious changes are on the Projects page which has details of the Project Rewards from Conference and on the Young BPW Page where there are more photographs from Conference.

Another focus this month has been to find out if the BPW web site is listed on other web sites such as NCW and Unifem. This is an ongoing task. If you know of any web sites to which BPW should be linked, please email me – the more people who assist in ensuring that the BPW profile is raised the better.

I have been disappointed that Clubs have not contacted me with any views, articles or details of their own web site. There are enough 'hits' on the BPW NZ web site – some of those visitors must have been BPW members!

Another area that needs some member / club participation is the email addresses. There have been several instances recently where emails have been 'bounced' because the club contact details have changed and in another instance, emails were being re-directed to an out-of-date contact. All these problems are minor irritations but irritations none the less. It is a relatively easy job to change the Club contact details that are used by the web site email addresses – you just need to tell me. If I cannot do it right away (because the updates for the month have been completed), it will only be a matter of weeks before the next updates are due and I will ensure it is scheduled for the next time round.

What do you think of the web site? Are there changes that you would like to see? Why don't you email me with some of your ideas and I can look at the feasibility of making any proposed changes. As I have said before and will say again – the web site exists for the benefit of the members – you! I can be contacted at [technology@bpwnz.org.nz](mailto:technology@bpwnz.org.nz)

Many thanks,

**Ann Desmond**



# Club Projects - Why have them?

As we all know people tend to function much better when they have a project on the go. These projects can be quite complex like building a new home or planning a overseas trip to simple things like working out what to plant in the garden for the summer or where to go for the weekend. There is nothing like a project to get us focused and enthused about life.

Our BPW Clubs are much the same. Give members a project to get their teeth into and there is no stopping them. Projects have great benefits both for the clubs and the individual.

What are the benefits of club projects?

- They give a club focus
- They develop people's skills.
- They are a great opportunity to mentoring club members
- They educate members
- They develop opportunity to get to know people
- They bring new people into the club
- They put BPW out into the community

Some clubs do projects very well and some clubs struggle with them. This year the Federation plans to support clubs with ideas for projects by running some national ones. These ideas for projects have come out of the workshops that were held at conference so you will have some information about them already.

The first one is attached to the mail out and it is following on from Linda Shaw's presentation at conference on protecting our Environment. I have put together an outline of a national project which I hope you will take on board and run with. It has ideas on what you can do to protect our environment and it also gives you a website to go to for more ideas. The idea is to see which club can come up with and implement the best ideas for protecting the environment. These ideas need to be sent to [projects@bpwnz.org.nz](mailto:projects@bpwnz.org.nz) monthly to go into the circular and then clubs can either enter their "Protecting our Environment" project for a BPW NZ Club award or bring it along to conference to be displayed and judged at conference for a special one off award.

Elizabeth Horrell  
Project Convener

## Management training

The New Zealand Institute of Management Inc. offers two training and development programmes specifically for women, Women in Management and Women Leading.

More information about these can be found at [www.nzimcentral.co.nz](http://www.nzimcentral.co.nz) under Training and Development, or phone Antony Zogg or Nick Patterson, (04) 495 8300.

**In the Mail Out this month - Protecting our Environment -A BPW NZ Project, BPW NZ Submission on Income Splitting June 2008**

Articles from clubs for the Circular need to be with Barbara by 20<sup>th</sup> of the month. Send to [secretary@bpwnz.org.nz](mailto:secretary@bpwnz.org.nz)

