

Kaitiā Business & Professional Women Inc



Business & Professional Women, Kaitiā

BULLETIN

OCTOBER 2014



Women working for women

e bulletin for
October 2014



October Event 2014

WHEN: Tuesday 21st October
WHERE: Orana Motor Inn
TIME: 5.30pm
COST: \$27.00
Please give no's to Marie by midday 20th
(027 343 2252).

A.G.M.

**Bring: Keys to Achievement Booklets,
Lorraine Cameron will update you all.**

Duties for this Month

HOSTESS:
Raewyn

INTRODUCER:
Pam
THANKER:
Lorraine

GRACE:
Donna

THOUGHT FOR THE DAY:
Gabrielle

RAFFLE
Sharon

READ COLLECT
Naomi

An **apology** is required for each dinner meeting you are unable to attend otherwise you will be charged the cost of the meal. If you are bringing guests, please let **Marie Berghan** know the names of the people coming before **midday** on **Monday 20th**
(Ph 027 343 2252)

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President's Pen by Raewyn Pennell.... 

Hello ladies!

As I write this, I am juggling several balls in the air - after a lovely few days away in Wellington with our daughters at our Annual Girls' weekend away for WOW (World of Wearable Arts), along with Marie, Sandy, and for the first time Gabrielle experienced the wonderment of this New Zealand produced, globally recognised extravaganza of creativity, colour and choreography. Such an amazing event - so glad we are addicted to it!

Some months ago, I committed to opening my garden (read scruffy but well loved) for the Riding for the Disabled Garden Safari next month. My farm-sitters kept the weeds at bay while we were overseas, but with the warm weather, they are back with a vengeance! So, every spare moment I am out there, wielding every garden implement I possess, to beat it into submission. Luckily, the garden is more mature now, and the 'bones' are good, so it's just a matter of coaxing everything into bloom at the right time! Spring is well and truly underway, and I am smiling every day to watch the progress. A little rain each night, and sunny days are all I ask.....and the energy to use daylight saving for evening gardening!

This weekend, Sandy, Lorraine, Marie, Tina and I are attending the Leadership Forum in Pukekohe - a great representation from our club! The

programme looks thought provoking and challenging, with a business coach, mentor and trainer as well as the BPW National Executive giving their time and expertise to help us reach our full potential, as well as helping and encouraging others to reach theirs also.....we will report back next Tuesday full of enthusiasm! Watch this space!!

Next Tuesday, as well as being our AGM & monthly dinner, BPW Doubtless Bay celebrate their 10th Anniversary, and we send our sisters our congratulations for spreading the BPW aims, vision and Woman's Empowerment Principles in our Far North Community. Our two clubs complement each other, and it was a pleasure to spend an afternoon High Tea on Sunday, September 21st celebrating Suffrage Day at Taipa with the Doubtless Bay BPW members.

I look forward to seeing you all on Tuesday, when we commit to another year of Business & Professional Women - what can you offer your club and community in 2015?

- Leadership?
- Mentoring?
- Committee member?

We need your input! Please give this serious thought.....and enjoy this glorious weather!

Raewyn.

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Please note the following dates for your
BPW Club calendars.

It is hoped that with plenty of notice Clubs will be able to send as many members as possible to these events.

18th-19th October
Leadership Forum to be held in Pukekohe.

BPW Franklin where possible will billet as many as possible, please advise numbers as soon as possible so we can make arrangements.

If you prefer a motel please also advise so I can get costs for you.

Regards

Gail Littin

BPW NZ Executive Secretary

Contact Details

New Zealand Business & Professional Women (BPW NZ)

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RIDE OUT OF THE BLUE

OCTOBER 2012
WWW.RIDEOUTOFTHEBLUE.CO.NZ



New Zealand actress [Aidee Walker](#) continued Alison Blyth's amazing 2011 Ride Out of the Blue. And you can still [DONATE online here!](#)

The 21-day ride went from Bluff to Cape Reinga. There was a group of eight inspirational core riders from across New Zealand taking on this epic journey.

"I was so inspired by what Alison and her crew of riders achieved that I was determined to make sure Ride Out of the Blue happened again" Aidee says. "It sure is one challenging and unique way to raise

awareness and funds for something that affects so many New Zealanders."

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As the riders travelled north they were involved in a number of exciting events along the way.

Mental Health Foundation Chief Executive Judi Clements says: "We have been looking forward to the 2012 event as the ride was hugely successful in 2011, not only in financial terms but also as a way to promote positive mental health messages."

Over the journey the riders used nothing but pedal power and determination, encouraging discussion about mental health and suicide prevention along the way - celebrating life while [raising money for the Mental Health Foundation](#).

To find out more about Ride Out of the Blue, the riders visit our [Facebook page](#) or email: rideoutoftheblue@gmail.com

You can still donate via the official [Fundraise Online page](#). It's simple and fast. If you live in New Zealand your donation is tax deductible and a receipt will be issued.

Thank you!

How Ride out of the Blue began



In 2011 mother and lawyer Alison Blyth, motivated by the death of her family members and her own experience of depression, led a group of courageous cyclists in the inaugural Ride Out of the Blue.

Over their 27 day journey they used nothing but pedal power and determination to travel from Bluff to Cape Reinga encouraging discussion about mental health and suicide along the way celebrating life while raising over \$30,000 for the Mental Health Foundation.

22 DAYS, 2330KM, 10 RIDERS

RIDE OUT OF THE BLUE RAISES AWARENESS FOR DEPRESSION AND SUICIDE PREVENTION WITHIN NZ

10 amazing individuals riding to make a difference... and it's not a relay, all riding every single inch of the way!

Over their 22 day journey Ride out of the Blue will use nothing but pedal power and determination to travel from Bluff to Cape Reinga. Encouraging discussion about mental health and suicide along the way, celebrating the simplicities of life, and aiming to raise over \$50,000 for the [Mental Health Foundation](#).

<http://www.rideoutoftheblue.org/news/>

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BPW NZ Executive Secretary - Gail Littin

FROM BPWNZ

Contacting BPWNZ

We'd like to make it easy for you to keep in contact with the BPW NZ Executive and have put together the information below to support you with this.

Note: the President's Associate keeps a record of all correspondence so if you're emailing any of the Executive, including conveners, please copy (cc) her in.

BPW NZ President:

Vicky Mee (BPW Franklin) President@bpwnz.org.nz

If the correspondence with the President is of a general nature, and by email, please copy in the President's Associate. You may choose to also copy in the appropriate Executive Officer, Convener and/or Club Liaison.

President's Associate:

Sheila Riddell-Harvey: presass@bpwnz.org.nz PH: 09-2321140

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From the Committee....



AGM 21 October 2014

Positions available for nominations:

- President
- First Vice President
- Secretary
- Treasurer
- Committee Members x 4

President:

Raewyn will be standing down as President.
This needs to be put out for other takers to consider.
Possible option of 'job sharing' available.

Scholarship Raffle:

Raewyn and any volunteers – please contact Raewyn if you can help.

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Keys to Achievement Programme

Could everyone please bring their Keys to Achievement booklets!

Lorraine Cameron has agreed to be our KTA mentor and hold our booklets, which will be updated at our dinner meetings, as tasks/challenges are completed. Lorraine will talk to us about KTA before dinner.....

How will members benefit from participating in the Keys to Achievement program?

- Take up the challenge and learn more about yourself and your fellow BPW Club members.
- Learn about all the aspects of BPW; Policy, Development, International, Leadership, Networking
- Receive a certificate of completion for each level achieved and the corresponding post nominal after their name.
- Receive recognition within BPW through the titles, Graduate of BPW for the first level, the second level is Professional of BPW and the final level is Fellow of BPW.
- Above all, through participating in the Keys to Achievement program, you will meet new people, develop new skills, contribute to BPW and have fun.



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MEMBER NAME	EMAIL	PHONE	CELL
Berghan, Marie	mberghan@xtra.co.nz	4080237	027 343 2252
Cameron, Lorraine	Lorraine.c@xtra.co.nz	4087299	027 475 9078
Dawson, Pam	BR-PA-DAWSON@xtra.co.nz	4080556	021 162 1492
Dawson, Tina	235 Okahu Road, Kaitaia (no email)	4081480 wk	027 946 6473
Harrison, Donna	PO BOX 34, Awanui – no email option	4067343	
Kemp, Cathleen	Cathleen@kemps.net	4098191	02102740804
Munro, Helen	heldonmunro@slingshot.co.nz	4084992 hm	021 408 871
O'Sullivan, Marlene	Osullivan.marlene@gmail.com		021618490
Pennell, Raewyn	ostemu@ihug.co.nz	4068807	0274 921 931
Peterson, Nancy	peterston@maxnet.co.nz	4084825	
Pfaender, Gabrielle	Nznorth@yahoo.com		021 884 145
Rae, Justine	Justine.rae001@msd.govt.nz	4080093	9010414
Rider, Sharon	riders.sports@xtra.co.nz	4080252	
Torrington, Ciaran	ciaransteve@ihug.co.nz	4093499	0211506201
Waldron, Naomi	Naomi@farnorthmidwives.co.nz	4060877	027 756 5456
White, Sandy	kdfkainc@xtra.co.nz	4081488	027 479 1375
LIFE MEMBERS			
Andrea Panther	Apanther71@hotmail.com	07 3080300	02108411927

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October Birthdays



TINA DAWSON 16th

Thought for the Day

Knowledge is knowing
a Tomato is a fruit.
Wisdom is not putting it
in a fruit salad.



Did You Know

A.A Milne wove an enchanted childhood fantasy about a boy a bear and his friends. Milne named Winnie-the-Pooh after a teddy bear owned by his own son, Christopher Robin. Piglet and Eeyore were Christopher's toys as well. Christopher's original stuffed toys are on display at the New York Public Library.



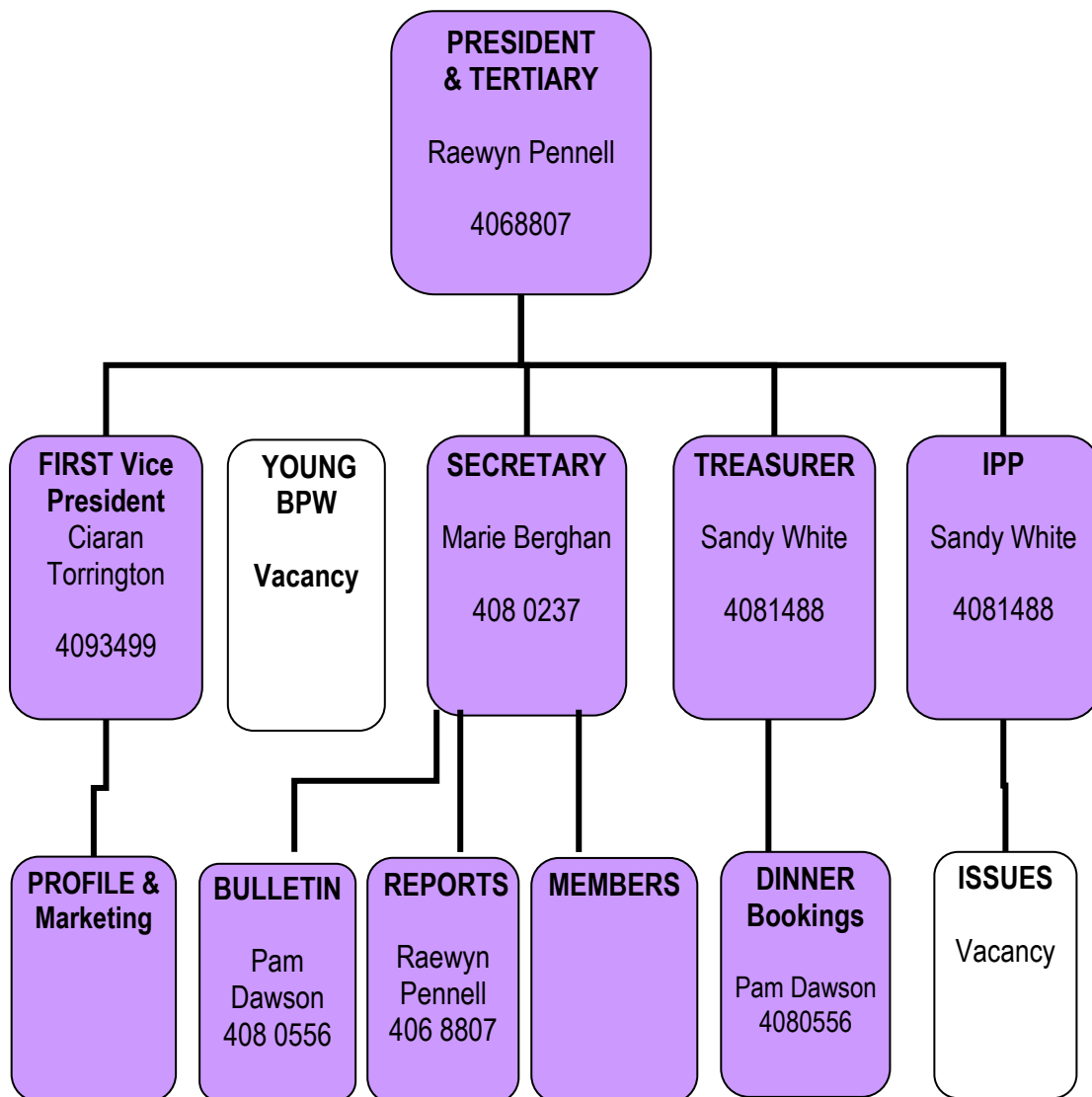
Reminder to Guests

You can come along to any **three** meetings. After this time if you are interested in what we can offer, then **please** ask the person who invited you along or a committee member for a membership form.

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Who is on your Committee?



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**Support our local businesses
Who proudly support us**

**EMU OIL PRODUCTS,
FEATHERS & EGGS**
388 Kaimaumu Road, RD1, Awanui, Far
North,
New Zealand
☎ Ph/Fax: 09 406 8807
✉ email: ostemu@ihug.co.nz

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Money Week – 13 to 19 October 2014

Money week 2014 quiz

<http://www.stuff.co.nz/business/money/10609837/Money-week-2014-quiz>

TEN WAYS YOU CAN SAVE MONEY

MARC KRIEGER

Last updated 05:00 14/10/2014

I know that many people struggle to save and I am not judging the many people that are struggling. However, here are 10 tips that have really helped me.

- 1.** Document all expenses and categorise them (e.g utilities, groceries, rent, dinning out, holidays etc). This gives you a great idea of where the money is going and what expenses one can trim.
- 2.** Realise that cheapest is not necessarily the most value. Often paying 20 per cent more for a better item that is twice as durable is the way to save in the long run.
- 3.** Avoid eating out, drinking coffees out, and instead eat all meals at home. Eating out is expensive and often not the healthiest option.
- 4.** Stock up when an item is on sale. If you buy specific items regularly and the item is on sale, then take advantage and stock up. Similarly, buying in bulk saves money because the per unit cost is lower.
- 5.** Consider investing in KiwiSaver. I am not giving personalised advice, but it is worth considering given that the employer matches and that the government gives you \$10 per week.

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- 6.** Do not buy a depreciating item on credit, but use credit responsibly. Paying interest on a credit card is usually disastrous. However, it is possible to buy items on a credit card, pay off the balance immediately, and keep the money in the bank earning interest during the billing cycle. This requires discipline, but it is great.
- 7.** Understand the power of compounding. Compounding can turn even modest sums into big money in the long run.
- 8.** Shop around for things like insurance, mortgages etc. It might surprise you that you are overpaying for things. Of course, cheapest might not be the best, but it is always worth enquiring.
- 9.** Keep tyres inflated at the right pressure and plan well. Knowing where you are going to drive and in what order you accomplish errands will help stop you making unnecessary trips and save petrol in the process.
- 10.** Have a portion of your “mandatory savings” directed to a separate account or fund. Not seeing the money by putting it away initially ensures that you save and that your money is working for you.