

2014 Issue 3

Editor:

Trish Gray
Gray.zone@paradise.net.nz

President:

Christine Edney
edney@paradise.net.nz

Secretary:

Sally Kean
kean@paradise.net.nz

BPW Upper Hutt

Meets: 2nd Tuesday every month
 Venue: Porterhouse Blues
 King Street, UH
 Upper Hutt
 Time: 6.30pm – 9.30ish
 Cost: \$25 per person and includes
 - Dinner
 - Cash Bar
 - Raffles
 - Invited guest speaker

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Coming Up:

- 8 November fundraising for a member
- 11 November AGM
- 9 December Christmas Dinner Meeting

Check out:

www.bpwnz.org.nz
www.bpw-international.org
www.nzbpw.wordpress.com
www.twitter.com/NZFedBPW



Upper Hutt Business & Professional Women August 2014 *Advancing the interests of working women*

We are on the verge of summer when lots of changes will be made:

Weather
 Christmas
 Holidays
 New hopes, New plans
 New BPW committee

With that please consider how you can be become involved in the running of the club. At our November dinner meeting we will be voting for a new committee. As our president has said, 'we would love to have new faces at the committee table.'

In this issue I have included a lot of different stories and reports. You may be interested in 'What the Gray's are promoting: page 10. There are some excellent reports and articles not to mention the activity Pauline E has generated throughout not only NZ but also internationally. Check page 7. Check your trivia on page 12 and become updated on what NCW are mooting on page 8. Penelope Pig is, as usual, very grateful.

I would appreciate any contributions you make – I will always find a space: big or small. Has anybody got any club photos?

Try and get out into the sunny days. Plant a few pretty flowers, put in a few vegetables and reap the rewards. You can't beat the pleasure in doing that.

Thank you BPW for supporting the sale of my books.

Trish



President's Report

The days are now getting longer and I can spend time in my garden, or outside, when I get home from work. When I have the garden up to date I will be able to sit outside and enjoy a wine listening to the birds singing and tweeting away.

Over the past few months it has been a busy time for us all. Seven members attended the regional meeting held in Otaki. It was great to catch up with branches, network and learn about WEP'S and how to apply the principles into our own club activities.

Our fundraising Fashion Parade event was a great success and we will be able to use this template and grow. It was great to be able to support local businesses from around upper Hutt and to know they existed was a great insight to what Upper Hutt has to offer. Thanks to Hellen for putting the effort into organising this event and a big thank you to our club members for providing the wonderful afternoon tea. I thank you all for your contributions in making this event such a success.

Sally and I have just returned from the Leadership Forum held in Pukekohe last weekend. It was a full on two days which focussed on:

- working with groups
- how to facilitate meetings
- workshops
- discussions
- membership
- attracting members
- planning events
- another chance to network with other BPW ladies
- hearing ideas that we can use

We have our AGM next dinner meeting and it would be nice to see some new faces on the committee.

The Christmas decorations are in the shops which tell me Christmas is on the way. I really enjoy looking at the decorations and seeing if I can find something new to add to my collection.

In my last message I mentioned that a trip to Australia was on my "to do" list. Well, it is now going to happen. I leave on 26 October for two weeks. A time to relax with friend, do some Christmas shopping and chill out!

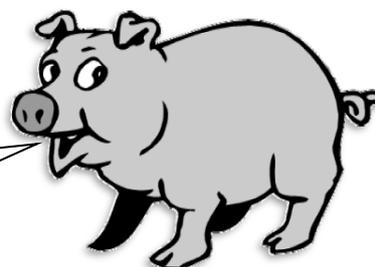
This will be my last message to you in the newsletter as President and say thank you for giving me the chance to develop within myself. To gain confidence in talking to groups of people and the chance to meet a wide range of ladies at BPW conference, leadership forums and regional meetings.

Thank you

Christine

Penelope Pig

Ladies
Thanks heaps and heaps
for your donations.
Mounting up nicely
now. Will let you know
when target is met.



Dinner Meetings

- November 11th At Porterhouse Blues, King Street, Upper Hutt
AGM
Speaker - Kirstin – about flowers
Give some thought as to how you can be involved in the running of the club.
Have your say about fundraisers, outside club events, meetings, and offer your good ideas.
On the Roster: Thanks to the Speaker = Trish L
- December 9th At Porterhouse Blues, King Street, Upper Hutt
Christmas Dinner Meeting
On the Roster: Thanks to the Speaker = Trish G

Fundraising Events For remainder of the year

Finger Food Supper

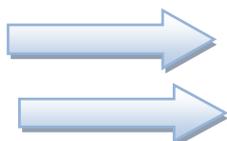
- When:** 8 November
Venue: Upper Hutt
Why: Alison P. is celebrating. She has asked, via the committee, would the club prepare, and serve, a finger food supper for possibly 50 guests, as a fundraiser. The committee agreed. We've done it before (remember!)
Diary: Note it. Put a ring around the date. Listen out for updates.

Wine Orders

During November Sally will be taking wine orders.
Think of Christmas and New Year.
Ask your friends, family, and colleagues if they'd like to order.
This is great fundraiser and takes so little work from us. Easy!
Note: Minimum of 6 bottles.

Remember

To watch out for early registrations
And support this event
1st May 2015 BPW NZ Conference at Christchurch
Rydges Hotel
Latimer Square



Regional Meeting At Otaki in August

What a super day out. Thank you to the many members from Upper Hutt, Hawera, Central Hawkes Bay, Wellington and Mana Clubs for attending the day and making it fun, bright, educational and interactive. Federation President Vicky Mee, 1st Vice President Robyn Davison and VP Issues Hellen Swales had a very interesting and interactive programme for us. And we loved it.

An excerpt from Robyn's article in the Federation Newsletter:

"...one of the successful activities provided by the Executive team was the "Beginners Guide" to WEP's (Women's Empowerment Principles). WEP's literacy and understanding by members has taken a quantum step forward and has been realistically linked to existing club activities, once again confirming that Clubs are engaging with stimulating, challenging speakers and raising the Club profile within their communities..."

For many of us Women's Empowerment principles (WEPs) seemed out of reach for clubs. However broken down it was enlightening to see just how all the WEP concepts are being applied in clubs. WOW!

And here they are:

- 1 Establish high-level corporate leadership for gender equality.
- 2 **Treat all women and men fairly at work – respect and support human rights and nondiscrimination.**
- 3 Ensure the health, safety and well-being of all women and men workers.
- 4 **Promote education, training and professional development for women.**
- 5 Implement enterprise development, supply chain and marketing practices that empower women.
- 6 **Promote equality through community initiatives and advocacy.**
- 7 Measure and publicly report on progress to achieve gender equality.

Thank you to Mana club for arranging the event and the lunch.



More on WEPS - from a BPW blog

Media Release: BPW NZ – Congratulations to NZ’s Banks

Posted on [October 2, 2014](#) by [BPW New Zealand](#)

The New Zealand Federation of Business and Professional Women (BPW NZ) congratulates the banking industry for showing true leadership in gender diversity.

BPW NZ welcomes the results from the recent New Zealand report on the *Women’s Empowerment Principles: Equality Means Business, a partnership initiative of UN Women and UN Global Compact*, (WEPs). The report was compiled from information provided by corporations and banks throughout New Zealand who’s CEO has signed the WEPs Statement of support.

“At the White Camellia Awards organised by UN Women National Committee Aotearoa New Zealand, BPW NZ, Human Rights Commission and EEO Trust the Banks proved to be the leaders of change by empowering women in their workplace,” says Vicky Mee, BPW NZ President.

“BPW NZ acknowledges this year’s results showed a shift in the winners of the award categories with businesses and corporations achieving a higher representation.

“Of the seven awards covering each of the WEPs, the banking corporations have shown true leadership taking out four of the awards.

“Overall winner, BNZ, showed innovative leadership in gender equality and provided many opportunities for their female staff through the implementation of the WEPs,” says Mrs Mee.

The following winners illustrated true leadership within the core principles.

#1: ASB & BNZ: established high-level corporate leadership for gender equality

#2: Bell Gully: treating all women and men fairly at work – respect and support human rights and non-discrimination

#3: Farmers Trading Company: ensuring health, safety and well-being of all women and men workers

#4: Deloitte: promoted education, training and professional development for women

#5: ASB Bank: implemented enterprise development, supply chain and marketing practices that empower women

#6: Westpac: promoted equality through community initiatives and advocacy

Supreme Winner: BNZ: for progress on implementing the Women’s Empowerment Principles.

“It is inspiring to see these winners empowering women in the workplace with an emphasis on training and developing a pipeline of women in management positions.

“The momentum for change is building,” says Vicky Mee President BPW NZ



2014 BPW International General Assembly Resolutions Report

These are the resolutions as passed by the General Assembly in Jeju, Korea, at the 2014 Congress **Resolutions related to BPW International external advocacy**

E-1	BPW New Zealand	UN Convention on the Rights of Persons with Disabilities	Amended and PASSED
E-2	BPW New Zealand	OP Convention on the Rights of Persons with Disabilities	Amended and PASSED
E-3	BPW New Zealand	CEDAW and the Rights of Persons with Disabilities	PASSED
E-4	BPW Japan	Gender empowerment to reduce damages by disasters	Amended and PASSED
E-5	BPW France	Gender Balance on Boards	PASSED
E-6A	BPW Africa	Prevention of Child Marriage	PASSED
E-6B	BPW New Zealand	Prevention of Forced Marriages	Amended and PASSED
E-7	BPW Germany	Endorsing the Clean Clothes Campaign – renamed Endorsing the campaigns for decent working conditions in the garment industry	Amended and PASSED
E-8	VP UN	BPW International Statement to CSW	PASSED

Resolutions related to BPW internal matters

I-1	Past President Antoinette Ruegg	Renewal of Committees, Taskforces and Projects	Amended and PASSED
I-2	Past President Sylvia Perry	Maintaining the virtual Webex web office platform	Amended and PASSED
I-3	BPW Australia	Rotation of Regional meetings within a Region	PASSED
I-4	BPW Australia	Allocation of budgets to Regional Coordinators	PASSED
I-5	BPW Legislation Chair	Procedure Manual: review and reform	Amended and PASSED
I-6	BPW New Zealand	Procedure Manual: voting on amendments	PASSED



From BPW International

BPW Upper Hutt member, **Pauline Edwards**, sent our President Vicky Mee an email raising her concerns over the plight of the women of Gaza. With the executive's backing Vicky wrote to BPW International expressing our concern and referring to BPW International policy and UN Security Council resolution 1325. (as reported in the September newsletter)

Congratulations to **Pauline Edwards** who requested that BPW NZ raise the issue. She initiated international actions which we were informed of in letters from our Asia Pacific Regional Co-ordinator and from our BPW International UN Vice President.

and then...



On the 16th September:

Dear Vicky,

I wanted to share news of my recent trip to Egypt where President Yasmin and I were invited as guests to attend the AGM of the Council of Arab Business Women (prior to BPWI Executive face to face). We took the opportunity to share the content of your resolution with many of those attending and it was met with great pleasure. Women representing the twenty two countries of the Arab League were there and it strengthened the prospect of them wanting to join our great organisation. Thank you for this, I wanted you to know that what you wrote has had a very positive impact on those women I was able to speak with during the meeting. This is especially pleasing since it was our founder, Lena Madison Philip's dream to expand BPW into the Middle East, and as you may recall she died on the ship taking her from the United States to Lebanon.

I am pleased to report that we now have affiliates in Bahrain (Federation status granted in May), Jordan, Kuwait, Palestine and United Arab Emirates. In addition we are in the process of finalising membership of Lebanon and Yemen with expressions of interest from both Oman and Qatar.

We have appointed Sheika Hissah Al-Sabah as the BPW Regional Coordinator for the Arab States and I know she will do much (to) grow BPW in the region. Thank you again for helping to make Lena's dream a reality

Warmest Regards

Susan (Jones, Asia-Pacific Regional Coordinator)



On the 20th September:

Dear President Vicky Mee,

First of all, I would like to thank you once more for your resolution which is about the action to alleviate the suffering of the women of Palestine. I am happy to inform you that the executive board members have agreed on starting campaign for the women who are living on Palestine, Ukraine and Syria.

After the consultation of President Yasmin and Coordinator of Asia-Pacific Region Susan Jones, I have decided to take an action with great pleasure. One of my wish (please see work plan of VP UN 2014-2017) is to start ad-hoc initiatives on UN Processes, agreements and/or resolutions. Thereby, I would like to start "Women and Peace Initiative" according to the United Nations to implement UN Security Council Resolution 1325 and BPW International Resolution No: 2002-4 in order to help in the protection of women who are victims of wars under the coordination of you. If you will accept my invitation, we will discuss further steps in details.

Best Regards, Dr. Arzu Özyol

Vice President UN



This is an ongoing project for BPW NZ, BPW International and UN Representatives. As President Vicky says, 'Feeling very humbled that we are able to make such a difference.'

Media Release

National Council of Women calls for 50/50 by 2020

The new leader of the National Council of Women of New Zealand is calling for gender equality by 2020.

Rae Duff, the new National president, in her opening speech, said that while progress had been made – women faced inequality in too many critical areas.

After the speech gave a background of well-known facts concerning pay equity the article reports....

“There are many wonderful groups and individuals working to improve gender equality in a range of different ways. I know that some of those fighting for gender equality are running out of patience and believe progress has stalled. As a lead umbrella women’s NGO in New Zealand, we are turning up the heat on this issue. The status quo is unacceptable.”

Rae Duff said the council had been weakened in recent years by being wrongfully deregistered and the time and resource that had been channelled into fighting that decision and its implications. She said the council, which was established in 1896 and is a strong contributor internationally to various United Nations bodies, was now strengthening so it could better make a difference for women.

“To give effect to this stretch target of 50/50 by 2020, we are developing a gender equality strategy for New Zealand. We will write this in partnership with our membership, which includes branches the length and breadth of New Zealand and national members representing a range of sectors.

“The gender equality strategy will lay out the current situation, what New Zealand would look like if we achieved gender equality for men and women, and what we need to do to get there, and how to measure our progress.”

Also at this conference 11 remits were passed that various parts of NCWNZ will now seek to action.

This includes a remit to request the Government to review abortion law and practice with a view to simplifying it and ensuring a woman’s right to choose. Rae Duff said the organisation passed this remit to allow pregnant women to have fully informed choice and support.

Another remit passed was a call for a voluntary industry code of conduct on body image to stop negative and exploitative portrayals of women and girls in all forms of media.

Rae Duff said the abortion remit was a major decision for the National Council of Women of New Zealand.

“Our membership includes organisations that are both for and against abortion, and the vote was a majority one but was not unanimous. Currently legislation considers abortion a crime. Women who have been victimised by rape or incest do not have the right to a legal abortion,” Rae Duff said.

The council’s Auckland branch put forward the remit, which was seconded by Abortion Law Reform New Zealand (ALRANZ). Auckland Branch President Julie Fairey said legislation needed to change to focus on trusting women to make the best decision for their circumstance.

“National Council of Women conference delegates had a respectful and balanced debate prior to the decision. We have a leadership role in continuing to encourage productive conversations on this issue.”



We Give Ourselves Away

I spotted this on *The Training Practice* website. It is a *Tea & Toast* discussion/presentation. The following is an excerpt.

We give ourselves away

Everything about us gives away who we are. By everything we mean: clothes, postures, facial expressions, eye contact, voice, words etc. We leak and others can see easily who we are. We all have a social presence. But does it convey poise: self-confidence and composure? Or does it convey fear and insecurity?

Accept imperfection and drop perfection

Be at peace with imperfection: it's normal. You are more likely to be successful if you are honest with yourself about those things you don't do well, and may never do well. You can also take the pressure off by helping others understand that you're not going to be perfect—otherwise why would you need them?

You can't grow without personal stretch

Think about vulnerability as growth rather than weakness. Prompt your own stretch on occasion and grow more resilient in the face of uncertainty and personal risk. Be proactive about your development and career progression.

Manage, rather than solve, problems

Many of the problems or issues we deal with aren't neat, one-dimensional and straightforward. Instead, they're complex, multi-dimensional and change while you're working on them. So, work on and manage problems, rather than striving for the one, true solution. A mentality of trial and error and adaptation help here.

Get feedback

Feedback is a poor word. It puts most people on the defensive. When someone says: may I give you some feedback, they may mean they want to give you veiled criticism, wrapped up in a sterile formula. But, we all need feedback. If nothing else, it can trigger some vulnerability and from this vulnerability, you can potentially grow.

Appreciate who you are and what makes you unique

So, what are your unique talents and strengths? What is your personal fingerprint? Learn how to use your strengths to work on problems and confront vulnerabilities.

Learn to unplug

Spend time displaying your personal fingerprint: being who you really are. Then, you'll know what it feels like. To be your confident self, you have to know yourself. You will get angry, you will have a bad day: this doesn't make you awful—it makes you human.



Activity in the Brain

This may come as a surprise...

Accustomed as you probably are to the idea that 9/10^{ths} of your brain's 100 billion or so neurons are wasting away on holiday, but today's brain researchers, who have much more sophisticated tools than the old electrode-zappers, have discovered that the human brain doesn't seem to have any dormant regions. "It turns out, though, that we use virtually every part of the brain and that (most of) the brain is active almost all the time,"

John Hopkins University neurologist Barry Gordon explained to *Scientific American* in 2008.

Taken from *Headlines* National Newsletter – Summer 2014

The Gray's are promoting And selling the fruit of their labours

From Trish



The TREATY HOUSE

The events surrounding its construction and existence

By Trish Gray

This book is about The Treaty House, the focal points of the grounds and gardens (including Te Whare Runanga).

The beginnings of The Treaty House, its chequered history, and rescue. The Treaty House is the focal point of the Waitangi Reserve and built in 1834 for British Resident James Busby.

The grounds were developed by James Busby and that during his era the gardens were at their height of glory, ‘...a more delightful and romantic spot would be difficult to find in the bay...’ says one visitor.

It was at the instigation of Ngapuhi to erect a Maori Meeting House, Te Whare Runanga, beside the pakeha meeting house, The Treaty House, to mark the relationship between the two peoples and the signing of The Treaty.

\$20 per copy



From Bert

I have heard from many in the club how they like the planters Bert have made for raffles. Pictured below are samples of planters he is prepared to make to order if members want to put an order in. Contact to Trish. Note: Completion approx 2 weeks (single). Orders picked up from Upper Hutt.



Left to Right

Planter 1	\$80	69 cm long x 44 cm wide x 41cmhigh (outside measurement + painted and lined)		
Planter 2	\$100	89cm long x 44 cm wide x 41cm high	“	”
Planter 3	\$60	44cm long x 39 cm wide x 41cm high	“	”

On a Health Kick

At a recent BPW Dinner meeting a member talked about a book she has come across.
'The Fat Revolution' by Christine Cronau.



I am busy reading my way through it and while being enlightened to much information I am beginning to agree with what is advocated and am looking to reshape my own diet. I think the following excerpt is worth sharing with you.

Written by Dr Graham Lyttle, Naturopath, Oeateopath, DO, ND, MSc, DC, FIMCA, CAcp, MIBPA, PhD (Cand)

In the 1960's the NSW Egg Board promoted the slogan-'eat an extra egg a day' and continued right up until the cholesterol scare campaign, driven mainly by the Heart Foundation's reaction, and their idea that 'fat produces fat'. It wasn't long before the media joined in and the poor old innocent egg yolk was found guilty, without a fair trial, of producing plaque, so the old chook egg got the chop through no fault of its own.

Butter, cream and even coconut oil were next, all looked on with suspicion: big chemical companies were very quick to fill the gap with artificial plastic-like table and cooking margarines, which in themselves were far worse than the natural substances they were replacing.

My father is 101 and has eaten every bit of fat he can lay his hands on all his life. As kids we joined him in 'bread-n-dripping' with pepper and salt, often with bubble and squeak (left-over vegetables fried in butter). Dad's cholesterol is 'normal to high', he has not lost his mind, in fact, he is as sharp as two tacks and still licks up every bit of cream and fat off his lamb roast as well as consuming large doses of antioxidants and mineral foods (barley greens). Unfortunately, my 90-year old mother took 'doctors advice' with all their drugs, including cholesterol-lowering drugs, and she now suffers with severe dementia and many other major health conditions.



I have been in a health practice for over 40 years, my cholesterol is also very good and in 'normal range'; how is that possible when I eat three to four eggs every day, lots of quality olive oil and sesame oil, and have coconut cream in my black coffee? I regularly advise people to avoid the pitfalls of cholesterol-lowering drugs, protect their bodies from fat-reducing diets, maintain good exercise and deep breathing, keep their body alkaline and liver in a very healthy state. I also advise them to ask their doctor for tests to check these key important markers of chronic heart disease.

And further on.....

Find quality advice from a good experienced health care provider. Request blood tests, eat wisely, reduce obesity and protect the most important thing you don't ever wish to lose: your mind, your brain, nerves and heart. They all need good fats!



Did You Know?

Here is some trivia (but educational information to file away. You never know when you'll need this knowledge. Trivial Pursuit maybe?)

Berry Good:

Blackberries are definitely good for you. Their purple skin contains polyphenol antioxidants that have been found to lower the risk of cancer and help ease inflammation.

Sappy gum:

Chewing gum is not just something that children and many adults of the 21st century enjoy. Early civilisations also had their own kind of chewing gum which was often sap from the trees that were native to their area.

Rock opera:

The British rock band, The Who, is responsible for two famous rock operas: Tommy (1969) and Quadrophenia (1973). Composing credits go to lead guitarist, Pete Townsend, with other band members contributing to a couple of tracks.

Mall Shopping:

Historically, and in countries all over the world, open air markets have existed for the masses. However, it was not until 1956 that the first modern day enclosed shopping mall opened near Minneapolis, Minnesota USA.



Upper Hutt was overrun when people came from everywhere to see Maidstone Mall on its opening day in October 1974. It was the first shopping mall in the Wellington region as well the first to include a cinema in a shopping mall.
Highlights Upper Hutt

This makes you think!

Generally, when one thinks of pink lips, it is women's lipstick that comes to mind. However, there is a fad in Nigeria right now for men. It seems that a pink bottom lip on a man is considered to be an attractive feature, so men are having their lower lips tattooed in that colour. To make this fashion statement a reality, men go to a tattoo parlour for the procedure, which costs about \$30 to \$40. Some tattoo shops can also provide various shades of red for the end result. Because tattoos are permanent, the question one might ask is why don't they just do what women do and use a tube of lipstick.



And to finish off:

If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success.

John D. Rockefeller

Thanks to 'Coffee News' for these contributions!