



BPW Joondalup News

June/July 2007

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Next Dinner Meeting

Tuesday 10th July

BPW Annual Changeover Evening

Guest Speaker: Jasmyn Mumme, BPW National Vice President



- Why does BPW have such a high profile at the United Nations yet is so little known locally?
- Why have consecutive Australian Prime Ministers met regularly with BPW's national president?
- How can membership really enhance your life and influence the world when you've barely got time for things now?

Jasmyn will answer these questions and more and tell us how women now have more opportunities to make a difference than ever before. Unmissable!

6.30pm for 7.00pm at
Joondalup Function Centre, Boas Avenue, Joondalup

Members please note: If you are coming and/or if you are bringing a guest *please* email our President, Liz Flatters by **midday on Friday 6th July** at liz@stayingintouch.com.au

August Dinner Meeting: "YOUNG BPW PRESENTS..."

Invite your young colleagues, friends and daughters to this special "Young BPW Presents..." evening on Tuesday 14th August. Our guest speaker is Jasmine Denkha. Jasmine, 26, was the winner of the Junior Lawyer of the Year Award in 2006. Jasmine's family moved to Australia as refugees from Iraq following the Gulf War. She is a passionate human rights advocate, using her legal skills to co-found and convene Australian Lawyers for Human Rights in WA. Jasmine is an inspiration to women young and old. Please join us.



RAISING MONEY BY RAISING THE ROOF



Wow! How much fun was the auction at June's dinner meeting? Sherryl shines again! Everyone had a great laugh and got a great bargain. And wait for it, we raised over \$700 to go towards building a family home in Cambodia! In July Brenna Watt will embark upon a five day trip to Cambodia to assist with house building, an initiative of the Tabitha Foundation. Brenna explained at our April meeting that it costs only \$1200 to build a substantial family home, importantly one that raises both people and their belongings above the level of the annual floods. Find out more about the Tabitha Foundation's work at www.tabithafoundationaustralia.com

Annual General Meeting

This year's AGM is on Tuesday 26th June at Lyn Girvan's home at 6 Wandina Grove, Duncraig. Drinks & nibbles on arrival and a light supper afterwards set the tone for what is always an enjoyable and positive evening. Elections will be held for the BPW Joondalup executive committee as all positions are declared vacant annually. Remember that you must be a financial member to vote (have you paid your membership renewal yet??) and that you must attend to vote. **RSVP by Friday 22nd June to Liz Flatters.**

BRING THE WORLD TO YOU...

Bianca Chantry is the WA coordinator for AFS Intercultural Programs Australia, which is currently celebrating its 60th year. Cheaper, less effort and just as rewarding as travelling, being an AFS host family allows you to experience the world from the comfort of your home. Right now AFS is seeking volunteer host families to allow exchange students from other cultures to enjoy and explore the Australian way of life. Bianca has students arriving in less than 8 weeks, so call her on 0424 504 613 or visit www.afs.org.au for more details about hosting a student. - *"You learn about yourself: the way you use your language, your sense of humour, your idiosyncrasies. You learn about differences, you learn about similarities, you learn about your capacity for love."* (AFS host mother to Kjersti from Norway)

Raise your Hand and Raise your Voice

As a long-time club executive member I would encourage any member – including you new ones! – to join the committee. We all know that everyone brings something different and valuable to a committee – experience, opinions, energy – and these give a club its personality. The very reason that BPW Joondalup is so healthy and so successful is because we spread the load and have clear direction – we can't do these things without a committee. Hands up please! (Did I mention stepping out of your comfort zone, camaraderie, giving back and skill-building?) - *Nicky Badman, BPW Joondalup & BPW WA Community Officer*

THOUGHT-PROVOKING UCLA STUDY

A recent study conducted by UCLA's Department of Psychiatry has revealed that the kind of face a woman finds attractive on a man can differ depending on where she is in her menstrual cycle. For example, if she is ovulating, she is attracted to men with rugged and masculine features. However if she is menstruating or menopausal she tends to be more attracted to a man with duct tape over his mouth, a spear lodged in his chest and on fire...

No further studies are expected.

Hot Links:

Sandra Cook suggests visiting these websites to learn more about climate change:

- www.carbonneutral.com.au
- www.acfonline.org.au
- www.climatefriendly.com.au
- www.synergyenergy.com.au
- www.climatecrisis.net
- www.cooltheglobe.com

Climate Change - What Can I Do?

Sandra Cook's informative presentation on climate change at June's dinner meeting had us all thinking about what part we can play in making a difference. Amongst many other suggestions, the following are invaluable steps:



- Visit www.synergyenergy.com.au for an interactive energy calculator for whole house
- Phone 131353 and choose natural power (renewable) or earth friendly (offset)
- Consider Smart Power (off peak).

The Synergy calculator takes you room by room through the house estimating your usage in terms of power costs, and also how much CO2 you use. This is a great incentive to both decrease your home usage and allow you to offset your usage.

Below are some suggested changes you can make in your daily home and working life. Sandra has a number of handouts from this presentation. Please contact her if you missed out on these: sandra.cook@corum.com.au

- Walk, cycle or use public transport
- Adjust your thermostat heating and cooling
- Eat less red meat
- Take short, efficient showers
- Car pool to work; share taking kids around
- When on holidays cycle to explore instead of drive.

When you are shopping:

- Buy less red meat
- Buy local fruit and vegetables or grow your own
- Buy organic
- Buy locally-made products instead of imports if possible
- Don't buy fruit and vegetables out of season
- Don't buy bottled water if tap is safe
- Don't buy over-packaged products
- Recycle as much as possible

Suggestions for business/travel:

- Use train or bus if available over plane
- Consider energy when purchasing car
- Turn off lights and air-con when you leave your office or hotel room
- Have towels washed every second day at hotels
- Use green office supplies
- Don't print unnecessarily; consider double-sided
- Organise recycling such as SITA
- Turn computers off when not in use
- Turn off charge for mobile once full



Welcome to our new members!

We're delighted to welcome the following new members to our favourite BPW club: Dorsa Nazemi (now in Canberra and working on starting a new club there!), Rita Cleaver, Tracii Vann, Carolyn Crook, Sandie Watts, Lorraine Wylie, Jacqueline Hope, Melissa Stanton, Bianca Chantry and Beverley McDougall. A warm welcome to all of you from all of us. We look forward to getting to know you.

Mexican Nursing School thanks BPW Joondalup

Last September BPW Joondalup held a quiz night to raise funds to support our club and the various projects we undertake. 50% of the funds raised that night were donated to a Project Five-O initiative - the La Paz Nursing School in Mexico - for facilities and nursing scholarships. BPW Joondalup has been supporting the La Paz Project for four years. Project Five-O supports vocational training for women and girls in developing countries and countries in transition.



In the La Paz region health facilities are scarce and the project supports the school which now educates more than 200 nurses every year. This nursing school is the first education institution in Mexico to achieve the ISO 9001:2000 certification. The BPW International Projects Chair, Australian Susan Jones, has just returned from visiting the Nursing School in Mexico and has written to us...

"The school graduation was wonderful and attended by our International President Nok Viravan and our Vice President Liz Benham. BPW Joondalup's generous donation of \$1400 was handed over in person. When I arrived at the school I was advised that the three year scholarship for one nurse was becoming difficult to administer so it was agreed to sponsor three nurses for a one year (two terms) on your behalf. You have made THREE young women in La Paz very happy as you can see by the attached photographs. I gave them each a small koala which they are wearing. I have included letters of thanks from all three for you.



Please contact them, they would be delighted to hear from you. Thank you for making a difference to the lives of these young women."

A Very Happy Birthday to...

June

24th Jasmyn Mumme
30th Karen Kotze

July

12th Lorraine Wylie
18th Lauren Kotze
28th Lareesa Herron



August

1st Penny Twining
6th Sandie Watts
10th Sandra Cook

PS. Calories don't count on your birthday!! Hurray!!

Invitation to UN Online Discussion

BPW members are invited to participate in an online discussion on the theme "Financing for gender equality and the empowerment of women", organised by the United Nations Division for the Advancement of Women. The discussion will run for four weeks from 18 June to 15 July 2007.



The purpose of the online discussion is to contribute to a further understanding of the existing mechanisms and processes of financing for gender equality and the empowerment of women at the national, regional and global levels; to identify good practices and lessons learned and to highlight gaps and challenges requiring further action.

The online discussion is part of the preparatory process of the 52nd session of the Commission on the Status of Women (CSW) in February 2008, which will consider "Financing for gender equality and the empowerment of women" as its theme.

To register for the online discussion please click on the following link and fill out the online form: <http://www.un.org/womenwatch/daw/forum/forum-daw-financing.htm>

Liz Flatters, BPW Joondalup president, says: Although this forum will have already begun by the time you read this, it is still well worth registering if you are interested in this topic. There are so many exciting things happening in the lead-up to CSW and it's a privilege to be invited to participate in them. Take advantage of this one if you can.

The Women's Budget Kit

The federal government has produced a Women's Budget Kit for the 2007-08 Budget, outlining important measures for women in the Budget. The Women's Budget Kit includes:

- a Quick Reference Card summarising new initiatives for women;
- media release by the Minister Assisting the Prime Minister for Women's Issues, the Hon Julie Bishop MP: and
- 2007-08 Budget Highlights for Women

Visit: <http://ofw.facs.gov.au/publications/budget2007/index.htm>

(Information taken from Security 4 Women Chat Page May 2007. Any member not receiving this Chat Page by email should contact Alex Haynes at projects@bpw.com.au.)

And finally...

"The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they're okay, then it's you." - Rita Mae Brown