



BPW Joondalup News

March 2007

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Next Dinner Meeting

Tuesday, 13th March 2007
'She's the Man!'
presented by **Dr. Karin Margolius**

More and more women today are facing the challenges of working in industries and careers that have traditionally been dominated by men – oil & gas, mining & resources, engineering, politics and medicine just to mention a few!

Come and hear a fascinating account of one woman's journey. Dr Karin Margolius is a forensic pathologist with the department of Forensic Pathology. She is also a member of the Forensic Pathology Advisory Committee of the Royal College of Pathologists of Australasia and a senior lecturer at the School of Surgery and Pathology at the University of Western Australia.

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 Friday, 9th March at liz@stayingintouch.com.au

February Dinner Meeting

The first dinner meeting of 2007 had a great turnout with over 40 people attending, including many guests.

The main speaker of the evening was Angie (Speedy) Spiteri, expert in time management, which is something we could all do with more of. Angie gained her 'Speedy' nickname while working at the ATO where she was clearly more productive than her colleagues! The focus of her presentation was 'more time, more control, less pressure'. It was certainly shocking to learn that the average person spends six weeks a year looking for information they already have (at least that proves to my husband that I'm not the only person rushing round crying 'I know I put it somewhere!'). It was also somewhat depressing to hear that the number of emails we received doubles every 12 months! Where will it all end??! Angie's main secret to time management is to get organised and stay organised. All information in your in-tray, whether emails or physical pieces of paper, should be handled only once; have a proper 'home' for everything (the bin being one option) and move it there. The only items in your in-tray should be things you haven't seen before. You then set up a system to prompt you to handle that information properly at sometime in the future – using Outlook calendar to make appointments with yourself to work on larger projects and the Outlook task folder for smaller jobs. If only I'd known sooner that it was possible to drag and drop emails into your calendar or tasks list! Angie gave us a glimpse into the seductive world of the organised, and we all went home vowing to at least have a holiday in this new world with a view to hopefully moving there permanently at some stage in the not too distant future.



New Members

We were delighted to welcome new members Penny Twining, Joanne Newton, Michelle Badman & Marian Oxenbury to BPW Joondalup. It's always great to see new people joining the BPW 'family'.

Sewing Machines in Peru

Sarah Flatters who gave us an update on the three sewing machines BPW had purchased for the industrious ladies of Peru to help them improve the lives of their families by producing local garments to sell. It was heart-warming to hear how this simple gesture had made such a profound impact on the lives of these women; we look forward to hearing more of Sarah's adventures in Peru at our April meeting. (See article below that will appear in the next National BPW newspaper – BPW Women Today)



BPW Australia launches Forums

Sandy Cook brought us up to date with the launch of new forums on the national BPW website, giving women across the country the opportunity to comment on a diverse range of topics including leadership, superannuation and fertility. Check out the link: <http://www.bpw.com.au/forum.htm>

International Candlelighting Ceremony

Don't forget, due to the Lunch Box list event for International Women's Day (see details attached) we will be having our International Candlelighting Ceremony as part of our dinner meeting in April.



Hot Link

Have you found an interesting website? Send in the link and it can be included for everyone to see.

This website has information about the fabulous International Women's Day event, plus other interesting programs that are coming up. <http://www.lunchboxlunchlist.com.au/>

Have you looked at BPW Joondalup's website lately? Information is constantly being updated, so it is worth checking it out and recommending it to your friends. <http://www.stayingintouch.com.au/bpwjoondalup>

BPW Joondalup Dinner Meetings are held on the 2nd Tuesday of the month.

Birthdays!

Happy Birthday to:

March

24th Ruth Webber

And coming up:

April

4th Chris Wood

8th Lyn Girvan

9th Liz Flatters

11th Tracii Vann



Apologies to those people that were missed at the beginning of the year:

January

11th Michelle Badman

February

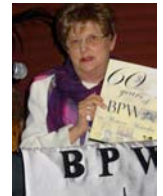
3rd Laura Rowan

13th Brigitte Julien

19th Dorsa Nazemi

BPW History in WA

Representing BPW WA Division, Arlene Quinn presented books celebrating 60 years of BPW history in WA to members of BPW Joondalup who had recently joined the organisation, or were unable to attend conference.



Joy Whitfield, author

Fun Bits

Some Fun Quotes

If you look like your passport picture, you probably need the trip.
~ Unknown



Experience is a wonderful thing. It enables you to recognise a mistake when you do it again.
~ Unknown

You should not confuse your career with your life.
~ Unknown

Hot Read

If you were at the February dinner meeting, you would have head Lyn Girvan talking about a fantastic book she had come across. The details are below for your information. Check it out. (Please note, available from your local library too!)

"The War over work: the future of work and family" by Don Edgar. Melbourne: Melbourne University Press.



Making a difference half a world away

When 18 year old Sarah Jayne Flatters, BPW Joondalup's youngest member, went to volunteer in Peru, South America over the summer, she met a group of 14 hardworking women struggling to make a living. All the women head single parent families and provide for their children by hand-sewing articles of clothing to sell locally and abroad. With the help of BPW WA Sarah Jayne was able to present three sewing machines which will enable them to grow their business and improve their livelihood.

Sarah Jayne travelled to Peru with Australian Volunteer organisation World Youth International and worked in rural communities to improve their standard of living. Through her volunteer work she learned of this Cusco based women's co-operative known as Inti Wawacuna. Assisted by a local business woman, Yeny de Delgado, the group sells some of their products to Italy through a benefactor who not only pays the freight for the goods to be sent overseas, he also returns 100% of the profits from each article directly to the maker. As a result these women are able to send some of their children to school and buy basic food items. However their product range is restricted to simple items such as scarves, ponchos and beanies which limits their market and income.

The sewing machines purchased through donations from BPW WA members will enable them to extend their range to include bags and other clothing items. They will be able to sell more through their Italian distributor, to tourists and develop other export markets. This could allow more women to join the group to help feed and educate their families. "It was amazing to see firsthand how BPW can help women literally on the other side of the world," said Sarah Jayne. "I feel honoured to be part of such a supportive and generous network of women," she added.



Sarah Jayne Flatters in Peru delivering some the very valuable sewing machines.

Two BPW WA women, Jasmyn Mumme (Joondalup) and Maidie Brockman (Busselton) helped to communicate the need for donations to other members and \$1,300 was raised within 36 hours. Sarah Jayne concluded, "On behalf of Inti Wawacuna Cusco, Muchas Gracias!"

BPW Australia Conference 2007

Just a quick note to discuss a few things about National Conference Plans ...please forward this to anyone you know is considering attending this year!

- 1) BPW Australia Conference is being hosted by BPW Parramatta from the 2-4 November – great program of BPW workshops, Keynote speakers, fun discount shopping tours and river cruises etc are also on agenda and events recognizing club Presidents etc. Then there will be all of the Awards:
 - Young BPW;
 - Woman of the Year;
 - Pat Harrison Award (Outstanding Club President);
 - Beryl Nashar Award (Outstanding BPW Member);
 - Jean Arnot Award etc etc;
 - Key Players Recognition etc.
- 2) You also need to know that prior to the Conference on 31 Oct and 1 Nov, BPW Australia is running Leadership Training – the Individual Development Program from BPW USA – "Pink Poppies – we aren't afraid to stand tall" Members only pay venue costs (non-members pay approx \$700 for this training) more later. . . but be aware that would mean arriving in Sydney by Tuesday night. There are only 40 places available.
- 3) And there we will be . . . in Sydney, just a short flight from Melbourne only days before the Cup - anyone who wants to register interest with us needs to do so over the next few days as accommodation is always difficult. Right now you can still get flights Perth-Sydney-Melbourne-Perth for \$655 all up QANTAS and slightly cheaper with Virgin. Apartment accommodation is still available in Melbourne. So start thinking now about how and what you can fit in. . . WA members need to know that we also plan to run the Leadership Training sessions in Perth prior to conference so we have that advantage.

For further information, please contact Jasmyn Mumme on 0414 750 729

International Women's Day

BPW had the pleasure of being a mentoring partner for the wonderful International Women's Day event that was presented by LunchboxLunchList on Thursday 8th March.

Everyone took a seat in the Hyatt Ballroom with lunch box in tow following a brief networking/mentoring session. There we were able to hear from the four very amazing, young women. One of these women being our very own BPW WA Development Officer, Alicia Curtis. Other speakers were Alexandra Shaw (guest speaker at our August 2006 Young BPW presents meeting), Jasmine Denkha (winner of 2006 Junior Lawyer of the Year award) and Tamsin Ainscow (SKM Structural Engineer and youngest female associate). Each young woman talked about her passions, career so far, and how they found their path.

Alicia, Alexandra, Jasmine and Tamsin offered inspiration for being able to achieve anything you desire. It was a pleasure to be in their company and learn a little more about each of them personally and professionally.

Anita Cheetham, Young BPW Joondalup

Design the Pinkprint of your Life

A new brochure promoting BPW explains some of our wonderful initiatives in a new and exciting way! What a great way to promote why we are members of BPW and encourage others to join us.

Leadership "Pink Poppies Program"

The BPW Individual Development Program – 14 modules of personal and professional training that will give you the courage to stand tall in your work and private life. Learn skills every woman needs and take home your own design toolkit for success.

Networking & Mentoring "Network Pink!"

Real mentoring that will endure and support you as you plan or progress your blueprint of life. A wealth of women's wisdom to tap into and share.

Advocacy "Pink Policy"

Help shape pink policy to create a balanced workplace and ensure more women move into decision making roles.

Community "Club Pink"

Make a difference in the lives of other women, locally and globally through Project 5-0 – Five international women's organisations working together to change the world.

Career Success Breakfast

The second ever Career Success Breakfast run by a team of Young BPW members was held on Friday 2nd March 2007. The venue was changed for this breakfast to É Cucina in Perth. We had our own separate space in which we had 13 women join us for a tasty breakfast and some inspiration!

The guest speaker was Kylie Mathieson, Director of EmergeOne. As it says on her website www.emergeone.com.au, "Kylie strives to inspire maximum potential from individuals and businesses through improved health, wellbeing and happiness."



Anita Cheetham, Genevieve Cocher, Ranelle Cliff, Alicia Curtis

Kylie is such an energetic and enthusiastic person, some of the requests for an outcome of her presentation

was to simply transfer some of that on! During her presentation, Kylie spoke about her Springboardin' program which she describes as 10 steps to goal setting glory.

Two of the things that really meant a lot to me were:

- Build a Success Mindset – that is don't make too many things that you want to achieve, focus on a few and actually do them!
- Scrap Over-thinking – this one is obvious but definitely one I am regularly guilty of!

It was great to hear from someone that is so passionate about her own health and vitality and that of other people. As Kylie said, the Nike people have it right – "Just do it!"

Anita Cheetham, Young BPW Joondalup



Kylie Mathieson in action