



# BPW Joondalup News

June 2006

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## Next Dinner Meeting

Tuesday, 13<sup>th</sup> June  
**Sandra Cook and Trish Williams**

### *Professional Development Session*

Unlike the usual format for our dinner meetings where we have a keynote speaker, the BPW Joondalup dinner meeting in June will be run as a professional development workshop. The purpose of this workshop is to give members and guests the opportunity to develop valuable career and business skills through specific tasks focusing on improving their communication skills. A further benefit for members is that the activities will assist them to complete stages of the Keys to Achievement program.

6.30pm for 7.00pm at

Joondalup Function Centre, Boas Avenue, Joondalup

**Members please note:** If you are not coming or if you are bringing a guest *please* email our Events Officer, Lareesa Guttery by Friday, 5<sup>th</sup> May on [lareesa7@bigpond.net.au](mailto:lareesa7@bigpond.net.au). It will otherwise be assumed that you require a seat and will be charged accordingly.

## Dinner Meeting

May's dinner meeting was delighted to have Caroline Staples as the guest speaker. Caroline is a travel consultant with over 20 years of experience and the owner of Galaxy Travel in Osborne Park. She regaled us with the joys of travelling both as a part of a group of travel consultants and on her own – her 'Table for One' travels. Focussing on a trip to Southern Borneo back in the late 1980's and a second trip to Northern Borneo earlier this year Caroline told us of the wide range of experiences. This included dining with villagers in their traditional long houses, visiting an orang-utan reserve and checking out many of the luxury hotels the island now has to offer. Of particular interest was the resort of Kota Kinabalu (or KK as it is commonly known). With Bali no longer being the destination of choice for many Western Australians, KK offers a great alternative. Although not quite as cheap as Bali, the quality of accommodation and entertainment on offer sounded fantastic.

Caroline as the seasoned traveller also gave us several hints and tips to help us on our journeys including scanning all your key travel documents and passports before you travel and emailing them to your hotmail account – the perfect way to store copies should your originals be stolen. Also, when travelling alone – always make sure you ask for a room with a double bed – what use are twin beds (apart from dumping all your clothes on)??



Throughout the course of the evening we also heard from Sandy, who brought us up to date on some of the issues regarding the new IR laws and the impact (or lack of) that the new budget would have on the availability of childcare places. Jasmyn brought national Sorry Day to our attention, highlighting the importance of events like this to help heal the rift between Indigenous and non-Indigenous communities. She also enlightened us about a new networking body called Extraordinary Lives which aims to determine how we in Western Australia can benefit, both financially and in terms of helping others, from the new super power of the growing Asia Pacific region right on our doorstep.

As usual, the whole evening passed far too quickly and several people were still there chatting away as the final plates were cleared around us; so much to say and so little time.

## Birthdays!



Happy Birthday to:

**June**  
24<sup>th</sup> Jasmyn

And next month:

**July**  
21<sup>st</sup> Bianca

## Help

Don't forget, if you have items of interest or want to promote a BPW project you are working on please send this to Anita Cheetham at [anitac@iprimus.com.au](mailto:anitac@iprimus.com.au). The newsletter will be emailed out to members by the end of the month with extra hard copies available at meetings for members and guests. Information to be included should be received by the 4th Tuesday of the month.

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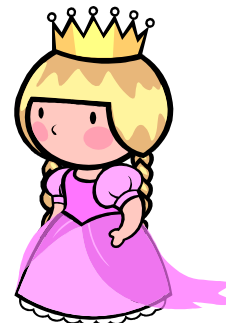
## OPERATION BALL GOWN

### DAY ONE

- 17:30 hours: BPW Member 1 (from car phone): "Just get down there and calm her down before I get home!"  
BPW Member 2: "OK, OK. Umm, er, what am I supposed to say?"  
BPW Member 1 (shouting from car phone): "Just make it up! Reassure her! Troubleshoot! Problem-solve! Fire fight! Administer drugs if necessary! She's getting hysterical!"
- 17:40 hours: Arrive at HQ, with high trepidation and low expectation. Enter Princess, stunning in the most glamorous dress her school would ever see, gnashing teeth, wringing hands, wailing, "This bit's broken, this bit doesn't fit, this bit's not supposed to be here and the ball's tomorrow night!!" No amount of reassuring from me is going to work. We both know that. We know it down to our toes. We need support in the form of Hollywood Tape and practical advice.
- 17:45 hours: Open a bottle of Super-Auntiness (why is it called "Yellow" when it gives you such courage?). Roll up sleeves.
- 18:55 hours: House in turmoil, dogs hiding behind sofa, bottle empty and still no sign of Hollywood Tape. How many drawers can a house house?
- 18:59 hours: Thoughts of superglue and the staple gun run through mind before the arrival of GENIUS THOUGHT. The BPW Cavalry!
- 19:00 hours: Call to BPW Member 3: "Do you have Hollywood Tape left over from last year's ball? Yes? I'll be there in 3 minutes! Wait out on the street with it. What do you mean it's raining? Just get out there – there's not a minute to spare!"
- 19:01 hours: Call to BPW Member 4 (henceforth known as "Trinny"): "Where are you and can you bring your sewing machine now? I don't care if you're in a meeting. This is an emergency!"
- 19:02 hours: Call to BPW Member 5 (henceforth known as "Susannah"): "Bring all your dressmaking knowledge and be prepared to lie if you have to. What? The same meeting? Too bad buddy!"
- 19:15 hours: Grave consultation, sticking, re-sticking, fiddling, folding, lifting, pinning, eye-rolling and nail-biting.
- 19:30 hours: Original Hollywood Tape found cunningly secreted in sewing box.
- 19:50 hours: Glimmer of hope emerges.
- 20:00 hours: Official announcement received: yes, it can be done! Repeat: it can be done!
- 20:30 hours: Member 1 collapses from relief and exhaustion.
- 20:35 hours: Member 2 goes home to cook dinner for guest, Member 6 (who, oblivious to the drama, is sipping G&T at Member 2's house).

### DAY TWO

- 12:00 hours: Members 4 and 5 snip and sew and stick tirelessly ("Fairwear" be damned!).
- 16:40 hours: Members 1, 7 and 8 nervously attend pre-ball viewing.
- 17:00 hours: Princess glides off to ball in perfect dress and glass carriage.
- 17:01 hours: Operation is complete and Universe heaves sigh of relief.



## Fun bits

Mothers hold their children's hands for a short while, but their hearts forever.

- *Unknown*

I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat.

- *Rebecca West, 1913*



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## Weekend Away

A very important date to put in your diary – BPW Joondalup Weekend - Friday 7<sup>th</sup> to Sunday 9<sup>th</sup> July.

Julie Stolen has organised accommodation for any interested Joondalup BPW Members at Olde Yanchep Inne. Come along and treat yourself to a weekend of fun from 12noon Saturday to 12noon Sunday (or feel free to start your weekend off the right way and stay Friday night also).

Olde Yanchep Inne is a quaint tudor style old English pub with a lot of history. The nights could be spent with poem recitals, scary story telling and/or singing.. There is a big open fire place in the common room of the Inne as well as a piano. This is an amazing atmosphere, which is fitting for these types of things... Of course another plan could be to just do cocktails and pool in the bar!!

Things to see and do in Yanchep include the crystal caves, lakes, koala park, kangaroos and gorgeous bird wild life... if we have time with all of the things we will have to do... please bring an activity to share.

### Cost

For the entire weekend – \$120 per person (shared accommodation) includes accommodation Friday and Saturday night in the Olde Yanchep Inne, Christmas in July dinner on Saturday night, and breakfast Sunday morning.

### One night only –

Friday: \$34 per person (breakfast not included).  
Saturday: \$90 per person (shared accommodation) includes bed and breakfast Saturday night plus three course Christmas dinner.

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## National Dance



When Caroline travelled with a group of travel agents to Borneo, the group was asked to perform the national dance... I guess only those of you that were at the dinner meeting listening to Caroline will know what that is!

## From the President

From the comments that we have received from our first edition of our newsletter it is great to see that you have enjoyed its contents.

I wanted to share a thought with you all. This week I went to a networking function, I took my new BPW business cards and they were invaluable. I handed out many cards and spoke to some great professional business women. The next day I got an email asking when the next dinner meeting was. The two ladies wanted to visit our club. This just shows, that we need to be out there and talking up our wonderful club and association.

This last months speaker Caroline Staples from Galaxy Travel let us in on the how to's of travel and told her story. Borneo inspired me. This was very interesting and we thank her for her advice. Caroline gave us some great tips when you want to take that trip of your life.

Many exciting things are happening at our club, our Personal Development Workshop evening this month will prove to be very interesting so why not come along and put another tick next to what you have achieved so far.

Deb Woods  
President

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## Quiz Night

We will be hosting a quiz night on Saturday 2<sup>nd</sup> September. Cost will be \$10 per person, eight per table. Get your friends and relatives organised and come along to help raise money to train more nurses in Mexico. Please bring along one or two gourmet or international non-perishable food items to the June Dinner Meeting. The food items will be used to make up delicious hampers for prizes.

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## National Executive

Congratulations to Sandra Cook! Sandra is now Policy Support Officer assisting Yvonne Todd, National Vice President External Policy, on Policy issues. This means we have yet another Joondalup Representative at National meetings as Sandy joins Jasmyn Mumme who is National Vice President Internal Policy. Sandra and Jasmyn both attended a BPW National Executive meeting in Sydney on 27<sup>th</sup> and 28<sup>th</sup> May.

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## Interesting Quote

Quote from the Boss: "Teamwork is a lot of people doing what I say."  
(Marketing executive, Citrix Corporation)

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| BPW Joondalup Dinner Meetings are held on the 2 <sup>nd</sup> Tuesday of the month |
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## BPW Joondalup Member volunteering in Peru

Further to the article in the last edition of our newsletter we can now confirm that BPW Joondalup member Sarah Flatters has been accepted into the Peru Overseas Action Program with World Youth International (WYI) as a volunteer and will be travelling to Peru in November to work on community development projects.

Some of the activities she will be involved in are –

- A construction program which will benefit the local community by assisting them to develop an income stream
- Assisting with teaching English and other subjects at a village primary school
- Working directly with locals in a second village, in particular with single mothers who are greatly affected by the poverty in their region.



While initially concerned about how she would fund her dream, Sarah has already been amazed at the support she has already received. In one instance, a young professional woman who heard about Sarah's intentions – and had always wanted to do something like this herself but was unable to make the commitment of three months out of her career – has offered significant financial sponsorship to meet a large proportion of Sarah's travel and program expenses. Another family friend is donating writing and art materials for Sarah to take to the village school she will be working in.

WYI have advised that volunteers may be able to get an additional 10kg baggage allowance for humanitarian purposes to take items such as educational materials, warm clothing, sports equipment etc. Another volunteer, who has only recently returned from Peru and who has been corresponding via email with Sarah, has confirmed the dire need for these in this poverty stricken region.

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## Young BPW

Our second teleconference was held on Sunday 21<sup>st</sup> May. Plans have been made for our first face to face meeting/training session to be held on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> June in Melbourne. I am very excited to say that I will be attending and with access to the Young BPW budget thanks to Jasmyn, I will be partly reimbursed for my trip.

The face to face training should be focussing on women on boards in general and what this involves as well as some specific training such as financial viability and public relations to assist with portfolio development for the resource kit. We will be drawing on the amazing talents of BPW members as much as possible to provide the training.

Anita Cheetham  
Joondalup Young BPW

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## Splitting Superannuation

**Unfortunately the normal scenario we see for couples nearing retirement is that the husband has a relatively large superannuation balance while the wife, due to an irregular work history and child raising, has minimal superannuation.**

Once retirees start accessing their superannuation through either a lump-sum or regular payments, this difference in superannuation balances can create difficulties in reducing the amount of tax paid.

While superannuation is an extremely tax-effective way of investing, there are limits on the amount you can withdraw from your superannuation tax-free. Further, if the amount you have in superannuation becomes excessive, the tax benefits reduce. The ideal scenario therefore is to have couples with similar superannuation balances. Each member of the couple can then access the tax-free amount or commence a tax-effective regular payment from their superannuation at retirement.

The recent legislation allowing couples to split superannuation contributions is therefore a real tax windfall. While existing superannuation balances cannot be split, 85% of employer contribution, self employed contributions and salary sacrifice contributions contributed after 1st January 2006 can all be split. The person is required to advise their superannuation fund at the end of the financial year on the amount of their contributions they wish to split. While superannuation funds are not required to offer this facility, it is envisaged that most will. Similarly the contributions can be split within your Self Managed Super Fund.

*Source: May 2006 Newsletter of McKinley Plowman + Associates, CPA Accountants, Joondalup.*

**Important:** This is not advice. Clients should not act solely on the basis of the material contained in this newsletter. Items herein are general comments only and do not constitute or convey advice per se. Also changes in legislation may occur quickly. We therefore recommend that our formal advice be sought before acting in any of the areas.